FAMILY NAME:	First Name:	DoB:	Date:

For <u>every</u> food/drink, please tick the appropriate box according to how much you consume it on a scale of 0 to 4. If you never consume it then tick the first column (0), if you consume large amounts tick the last column (4). **It is essential that you consider your answer carefully and use ALL five columns to precisely reflect you intake.**

FOODS						FOODS						FOODS					
	0	1	2	3	4		0	1	2	3	4		0	1	2	3	4
Milks:		_	_			Cereal cakes:						Vegetables:					
Cow's milk Goat's milk						Rice cakes						Tomato Aubergine					-
Sheep's milk						Corn cakes Oat cakes						Lentils					
Mare's milk						Quinoa cakes						Green peas					
Soya milk						Sarasin cakes						White beans					
Rice milk						Seeds:						Red kidney beans					
Almond milk						Sesame seeds						Speckled beans					
Oat milk						Flaxseeds						French beans					
Coconut milk						Chia seeds						Soya beans					-
Dairy products:						Hemp seeds						Chickpeas					
			1									Carrot					
Plain yogurt						Pumpkin seeds Sunflower seeds											-
Fruit yogurt						Nuts:						Pumpkin					-
Kefyr												Beetroot					
Cream						Walnuts						Celery					-
Ice cream						Almonds						Parsley					-
Custard						Peanuts						Spinach					-
Whey protein		-	-			Hazelnuts		-			-	Lettuce	1		\vdash		<u> </u>
Protein shakes						Brazil nuts		-	.		\vdash	Rocket	1				<u> </u>
Cheeses:		-	-			Pistachios						Broccoli					<u> </u>
Hard cheese		.				Cashew nuts						Cauliflower	.				<u> </u>
Cottage cheese						Pecan nuts						Cabbage					<u> </u>
Soft cheese						Macadamia nuts						Brussel sprouts					
Goat's cheese						Chestnuts						Cucumber					
Sheep's cheese						Pine nuts						Asparagus					
Ricotta (whey)						Coconut						Fennel					
Cheese-topped dishes						Fruits:						Rhubarb					
Butter						Avocado						Meats:					
Ghee						Banana						Beef					
Tofu						Mango						Veal					
Breads:						Pineapple						Pork					
White bread						Papaya						Lamb					
Wholemeal bread						Passion fruit						Horse					
Rye bread						Orange						Chicken					
Gluten-free bread						Mandarin						Turkey					
Cereals:						Grapefruit						Rabbit					
Muesli						Lemon						Game					
Corn flakes						Lime						Cured meats					
Shredded wheat						Grapes						Black pudding					
Rice crispies						Kiwi						Offal					
Porridge						Apricot						Quorn					
Weetabix						Peach						Fishes:					
Starches:					Apple						Tuna						
Pasta						Pear						Salmon					
Pizza						Plum						Mackerel					
Wheat						Cherries						Sardine					
Rye						Strawberries						Trout					
Barley						Cranberries						Herring					
Spelt						Blackberries						Anchovy					$\overline{}$
Oats						Blueberries						Cod					\vdash
Millet						Raspberries						Haddock					\vdash
Rice		1	1			Red currants						Halibut					\vdash
Potatoes		1	1			Figs					H	Plaice					
Sweet potatoes		1	1			Dates						Sole			\vdash		\vdash
		1	1			Melon		1				30.0					
Corn Quinoa						Watermelon											\vdash
· ·		1	-			Guava							1				
Amaranth		1	-												-		
Buckwheat		 				Persimmon		-			\vdash				\vdash		
															\vdash		
																	<u> </u>
				•													4

FAMILY NAME:					First Name:						<u>B:</u>		Date:					
FOODS						FOODS						FOODS						
FOODS	0	1	2	3	4	FOODS	0	1	2	3	4		0	1	2	3	4	
Seafood:						Oils:						Beverages:						
Oysters						Olive oil						Home made fruit juices						
Crab						Sunflower oil						Processed fruit juices						
Prawns	-					Walnut oil		-				Squash						
Lobster	-					Hazelnut oil		-				Coconut water						
Crayfish	-					Coconut oil		-				Sodas						
Snails	-					Palm oil						Sweetened drinks						
Mussels	-					Rape seed oil						Colas						
Scallops	-					Soya oil						Still water						
Clam						Corn oil						Sparkling water						
Squid						Linseed oil						Black tea						
Spices:						Hempseed oil						Green tea						
Garlic						Margarine						Herbal tea						
Onion						Crisps						Coffee						
Chillies						Salt:						Decaf coffee						
Black pepper						Sea salt						Chocolate						
Paprika	-					Table salt						Alcoholic drinks / to	bacc	o:				
Mustard						Himalayan salt						Cider						
Ginger						LoSalt						Beer						
Curry						Sugar:						Wine						
Cardamom						Refined sugar						Aperitifs						
Clove						Brown cane sugar						Spirits						
Coriander						Artifical sweetener	rs					Tobacco						
Yeasts:	_		-			Xylitol						MISCELLANIOUS						
Mushroom						Stevia						Big appetite						
Baker's yeast						Sweet foods:						Eat quickly						
Brewer's yeast						Candies						Need to eat often						
Vinegar						Chocolate						Eat small amounts						
Eggs:						Carob						Eat not enough						
Chicken eggs						Biscuits						Sugar cravings						
Duck eggs						Cakes						Evening cravings						
Goose eggs						Pastries						Salt cravings						
Quail eggs						Croissants						Cravings for caffeine						
Egg white						Jam						Excessive thirst						
Egg yolk						Honey						Low blood sugar						
Egg protein						Maple syrup						Fried foods						
Mayonnaise						Agave syrup						Processed foods						
						Molasses						Fast food						
						Popcorn												
						Chips												
												<u> </u>						