

<b>FAMILY NAME:</b>	<b>First Name:</b>	<b>DoB:</b>	<b>Date:</b>
---------------------	--------------------	-------------	--------------

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

