

Dietary Questionnaire

1. How would you rate your eating habits (1-10, 10 being excellent)?
2. Which statement better describes your approach to food: "Eat to Live," or "Live to Eat"?
3. Describe a Typical Day (or few days) of Eating:

Breakfast

Lunch

Dinner

Snacks

4. How many meals do you have a day and do you skip any meals?
5. How many snacks do you have a day?
6. How long has this type of diet been "typical"?
7. How often do you go out to eat and what restaurant(s) do you go to?
8. Where do you buy most of your groceries?
9. Do you take any supplements, and if so, what?
10. What percentage of the food you eat is raw or steamed?
11. What percentage of the food you eat is organic?
12. Can you define the terms "organic", "sustainable," and "non GMO"?
13. Do you know what probiotics are/do for the body...and if so how often do you consume them?
14. When you read food labels what do you look for?
15. How often do you consume foods or beverages with sugar, or artificial sweeteners?

16. Do you, or have you in the past, made an effort to do any of the "low" or "no" diets (carb, fat, sodium, sugar, cholesterol, animal--vegetarian, etc)?
17. How much water do you drink each day?
18. What else do you drink besides water, (including alcohol and caffeine) and how often do you consume it?
19. What percentage of your beverage intake is not water?
20. Have you ever had a food sensitivity test done?
21. Are there any particular foods you crave regularly?
22. What are your favorite and least favorite foods?
23. Can you describe good *and* not-so-good sources of:
 - a. Protein
 - i. Good
 - ii. Not-so-good
 - b. Fats
 - i. Good
 - ii. Not-so-good
 - c. Carbohydrates
 - i. Good
 - ii. Not-so-good
24. Do you understand and incorporate soaking and sprouting of various legumes, grains, and nuts and seeds into your diet?
25. Do you understand how to create fermented and lacto-fermented foods and beverages?
26. Do you make and use your own bone broths and/or meat marinades?
27. Who/what has been (or is) most influential in your views on supplements (e.g personal or observed experience, commercials, friend, parents, supplement labels, etc)?
28. Who/what has been (or is) most influential in your understanding of food (e.g. mom, Weight Watchers, *The Biggest Loser*, particular book(s), etc)?