FAMILY NAME:	**Date of Birth**:	**Date of 1st tick**:
First Name:		**Date of 2nd tick**:

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
Milks:					
Cow's milk					
Goat's milk					
Sheep's milk					
Mare's milk					
Soya milk					
Rice milk					
Almond milk					
Oat milk					
Coconut milk					
Hemp seed milk					
Flax seed milk					
Dairy products:					
Plain yogurt					
Fruit yogurt					
Kefyr					
Cream					
Ice cream					
Custard					
Whey protein					
Protein shakes					
Cheeses:					
Hard cheese					
Cottage cheese					
Soft cheese					
Goat's cheese					
Sheep's cheese					
Ricotta (whey)					
Cheese-topped dishes					
Butter					
Ghee					
Tofu					
Breads:					
White bread					
Wholemeal bread					
Rye bread					
Gluten-free bread					
Cereals:					
Muesli					
Corn flakes					
Shredded wheat					
Rice crispies					
Porridge					
Weetabix					
Starches:					
Pasta					
Pizza					
Wheat					
Rye					
Barley					
Spelt					
Oats					
Millet					
Rice					
Potatoes					
Sweet potatoes					
Corn					
Quinoa					
Amaranth					
Buckwheat					

FOODS	0	1	2	3	4
Cereal cakes:					
Rice cakes					
Corn cakes					
Oat cakes					
Quinoa cakes					
Buckwheat cakes					
Seeds:					
Sesame seeds					
Flaxseeds					
Chia seeds					
Hemp seeds					
Pumpkin seeds					
Sunflower seeds					
Caraway seeds					
Nuts:					
Walnuts					
Almonds					
Peanuts					
Hazelnuts					
Brazil nuts					
Pistachios					
Cashew nuts					
Pecan nuts					
Macadamia nuts					
Chestnuts					
Pine nuts					
Coconut					
Fruits:					
Avocado					
Guacamole					
Banana					
Mango					
Pineapple					
Papaya					
Passion fruit					
Orange					
Mandarin					
Grapefruit					
Lemon					
Lime					
Grapes					
Kiwi					
Apricot					
Peach					
Apple					
Pear					
Plum					
Cherries					
Strawberries					
Cranberries					
Blackberries					
Blueberries					
Raspberries					
Red currants					
Figs					
Dates					
Melon					
Watermelon					
Guava					
Persimmon					
Pomegranate					
Olives					
Tapenade					

FOODS	0	1	2	3	4
Vegetables:					
Tomato					
Aubergine					
Lentils					
Green peas					
White beans					
Red kidney beans					
Speckled beans					
French beans					
Soya beans					
Chickpeas					
Carrot					
Pumpkin					
Beetroot					
Celery					
Parsley					
Spinach					
Rhubarb					
Lettuce					
Rocket					
Watercress					
Broccoli					
Cauliflower					
Cabbage					
Brussel sprouts					
Cucumber					
Asparagus					
Fennel					
Jerusalem artichoke					
Meats:					
Beef					
Veal					
Pork					
Lamb					
Horse					
Chicken					
Turkey					
Rabbit					
Game					
Cured meats					
Black pudding					
Offal					
Quorn					
Fishes:					
Tuna					
Salmon					
Mackerel					
Sardine					
Trout					
Herring					
Anchovy					
Cod					
Haddock					
Halibut					
Plaice					
Sole					

FAMILY NAME:	Date of Birth:	Date of 1st tick:
First Name:		Date of 2nd tick:

FOODS	0	1	2	3	4
Seafood:					
Oysters					
Crab					
Prawns					
Lobster					
Crayfish					
Snails					
Mussels					
Scallops					
Clam					
Squid					
Spices:					
Garlic					
Onion					
Chillies					
Black pepper					
Paprika					
Mustard					
Ginger					
Curry					
Cardamom					
Clove					
Coriander					
Yeasts:					
Mushroom					
Baker's yeast					
Brewer's yeast					
Vinegar					
Eggs:					
Chicken eggs					
Duck eggs					
Goose eggs					
Quail eggs					
Egg white					
Egg yolk					
Egg protein					
Mayonnaise					

FOODS	0	1	2	3	4
Oils:					
Olive oil					
Sunflower oil					
Walnut oil					
Hazelnut oil					
Coconut oil					
Palm oil					
Rape seed oil					
Soya oil					
Corn oil					
Linseed oil					
Hempseed oil					
Margarine					
Crisps					
French fries					
Salt:					
Sea salt					
Table salt					
Himalayan salt					
LoSalt					
Sugar:					
Refined sugar					
Brown cane sugar					
Artifical sweeteners					
Xylitol					
Stevia					
Sweet foods:					
Candies					
Chocolate					
Carob					
Biscuits					
Cakes					
Pastries					
Croissants					
Jam					
Honey					
Maple syrup					
Agave syrup					
Molasses					
Popcorn					

FOODS	0	1	2	3	4
Beverages:					
Home made fruit juices					
Processed fruit juices					
Vegetable juices					
Squash (drink)					
Coconut water					
Sodas (lemonade)					
Sweetened drinks					
Colas					
Still water					
Sparkling water					
Black tea					
Green tea					
Herbal tea					
Coffee					
Decaf coffee					
Chocolate					
Alcoholic drinks / tobacco:					
Cider					
Beer					
Wine					
Aperitifs					
Spirits					
Tobacco					
MISCELLANIOUS					
Big appetite					
Eat quickly					
Need to chew more					
Need to eat often					
Eat small amounts					
Eat not enough					
Sugar cravings					
Evening cravings					
Salt cravings					
Cravings for caffeine					
Excessive thirst					
Low blood sugar					
Fried foods					
Processed foods					
Fast food					

HOW MANY MEALS AND SNACKS PER DAY?

GIVE APPROXIMATE TIME SCHEDULE

Last Updated: 2019.05.13