

Nutrition History

1. How many meals and snacks do you eat each day?

Meals _____ Snacks _____

2. How many times a week do you eat the following meals away from home?

Breakfast _____ Lunch _____ Dinner _____

What types of eating places do you frequently visit? (Check all that apply)

Fast-food _____ Diner/cafeteria _____

Restaurant _____ Other _____

3. On average, how many pieces of fruit or glasses of juice do you eat or drink each day?

Fresh fruit _____ Juice (8 oz cup) _____

4. On average, how many servings of vegetables do you eat each day? _____

5. On average, how many times a week do you eat a high-fiber breakfast cereal? _____

6. How many times a week do you eat red meat (beef, lamb, veal) or pork? _____

7. How many times a week do you eat chicken or turkey? _____

8. How many times a week do you eat fish or shellfish? _____

9. How many hours of television do you watch every day? _____

Do you usually snack while watching television? Yes _____ No _____

10. How many times a week do you eat desserts and sweets? _____

11. What types of beverages do you usually drink? How many servings of each do you drink a day?

Water _____

Juice _____

Soda _____

Diet soda _____

Sports drinks _____

Iced tea _____

Iced tea with sugar _____

Milk:

Whole milk _____

2% milk _____

1% milk _____

Skim milk _____

Alcohol:

Beer _____

Wine _____

Hard liquor _____

FIGURE 1. Sample form for use in taking a nutrition history.