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 ______  Alcohol:
   Milk: Whole milk ______  Beer ______
   Soda ______  2% milk ______  Wine ______
   Diet soda ______  1% milk ______  Hard liquor ______
   Sports drinks ______  Skim milk ______
   Iced tea ______
   Iced tea with sugar ______

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