

Doc Martin Wellness

Food Survey

Indicate the frequency with which you eat the following foods by marking the appropriate box.

FREQUENT = at least once a day, **OFTEN** = several times per week, **OCCASIONALLY** = once a week or less, **SELDOM** = once or twice a month or less, and **NEVER** = total avoidance.

	Frequent	Often	Occas.	Seldom	Never
Alcoholic beverages	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Eat out at restaurants	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Pastries, cookies, candy, ice cream and other sweets	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
White flour: bread, pasta, pancakes, crackers, muffins, etc.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Add sugar to coffee, tea, cereals, or other foods	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Sodas or soft drinks	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Diet soft drinks	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Fruit juices	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Artificial sweeteners (NutraSweet, saccharin, etc.)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Natural sweeteners (honey, maple syrup, agave, etc.)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Breakfast cereals (hot or cold)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Packaged foods: chips, crackers, puffs, pretzels	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Vegetable oils (sunflower, safflower, canola, corn, soy)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Margarine or tub vegetable oil spreads	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Deep-fried foods	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Olive oil	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Avocados	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Saturated fats (butter, ghee, lard, coconut, palm, tallow)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Fatty fish (salmon, mackerel, sardines, herring)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Nuts and seeds, nut/seed butters	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Pasteurized dairy (Check: <input type="checkbox"/> nonfat, <input type="checkbox"/> low-fat, <input type="checkbox"/> whole)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

	Frequent	Often	Occas.	Seldom	Never
Raw dairy products (Check: <input type="checkbox"/> nonfat, <input type="checkbox"/> low-fat, <input type="checkbox"/> whole)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Fermented dairy products (yogurt, kefir, cheese)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Eggs (Check: <input type="checkbox"/> free-range, <input type="checkbox"/> pastured, <input type="checkbox"/> organic, or <input type="checkbox"/> conventional)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Poultry or fowl (chicken, turkey, duck, etc.)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Pork	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Red meat (beef, lamb)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Processed meats (bacon, sausage, salami, ham, etc.)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Organ meats (liver, kidney, sweetbreads, etc.)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Soy products (tofu, tempeh, soy milk, edamame)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Salads, uncooked vegetables	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Fermented vegetables (sauerkraut, kimchi, etc.)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Non-starchy vegetables (greens, squash, carrots)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Starchy vegetables (potatoes, yams, sweet potatoes)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Fresh fruits	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Beans and legumes	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Whole grains and whole-grain breads (wheat, gluten)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Alternative grains (quinoa, buckwheat, teff, etc.)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Herbs and spices (fresh or dried)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Chocolate (Check: <input type="checkbox"/> milk or <input type="checkbox"/> dark)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Herbal teas	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Coffee (Check: <input type="checkbox"/> regular or <input type="checkbox"/> decaffeinated)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Caffeinated teas (Check: <input type="checkbox"/> black or <input type="checkbox"/> green)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Salt (Check: <input type="checkbox"/> iodized or <input type="checkbox"/> sea salt)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Please indicate if you are on any special diet:

<input type="checkbox"/> Dairy-free	<input type="checkbox"/> Ovo-lacto-vegetarian	<input type="checkbox"/> Gluten-free
<input type="checkbox"/> Diabetic ADA	<input type="checkbox"/> Paleo	<input type="checkbox"/> Vegetarian
<input type="checkbox"/> GAPS	<input type="checkbox"/> Vegan	<input type="checkbox"/> Other

If you checked any, how long have you been on this diet?

If you checked any, how strictly are you on it? For example: 80/20, all the time, except certain holidays

Please check any and all boxes below that describe your current eating styles:

<input type="checkbox"/> Eat while driving, in front of a TV or computer, or multi-tasking	<input type="checkbox"/> Don't really enjoy meals; eat mostly for fuel or calories
<input type="checkbox"/> Fast eater	<input type="checkbox"/> Eat lots of pre-made or pre-packaged foods and snacks
<input type="checkbox"/> Irregular eating habits (eating times, portion sizes, etc.)	<input type="checkbox"/> Lack of choice of healthy foods in neighborhood
<input type="checkbox"/> Eat too much	<input type="checkbox"/> Don't eat breakfast or dinner together as a family unit
<input type="checkbox"/> Eat late at night	<input type="checkbox"/> Don't share same meals, even if seated together at table (special dietary needs and/or food preferences)
<input type="checkbox"/> Eat in the middle of the night	<input type="checkbox"/> Emotional eater (when sad, bored)
<input type="checkbox"/> Time constraints	<input type="checkbox"/> Have a negative relationship to food
<input type="checkbox"/> Travel frequently	<input type="checkbox"/> Diet often for weight control
<input type="checkbox"/> Eat more than 50 percent of meals away from home	<input type="checkbox"/> Struggle with eating issues or history of eating disorders
<input type="checkbox"/> Don't care to cook or never learned	<input type="checkbox"/> Eat too much or too little under stress
<input type="checkbox"/> Confused about nutritional advice	

Additional Comments