

FOOD FREQUENCY CHECKLIST

Below is a list of foods. Please tell me how many servings of these foods you eat each week, which foods you seldom eat (less than six times a year), and which foods you never eat.

	Servings Per Week	Seldom	Never		Servings Per Week	Seldom	Never
1. Bread (type)	—	—	—	5. Fish	—	—	—
Wheat Germ	—	—	—	Shellfish	—	—	—
Bran	—	—	—	Eggs	—	—	—
Cereal (type)	—	—	—	Poultry	—	—	—
Rice	—	—	—	Red Meat/Pork	—	—	—
Pasta (type)	—	—	—	Processed Meats/Franks	—	—	—
Pancakes	—	—	—	Liver	—	—	—
Other Grains (type)	—	—	—	Organ Meats	—	—	—
				Milk (type)	—	—	—
2. Dark Green Vegetables	—	—	—	Yoghurt	—	—	—
Dark Yellow Vegetables	—	—	—	Cheese (type)	—	—	—
Sea Vegetables	—	—	—	Ice Cream (type)	—	—	—
Other Vegetables	—	—	—	Sour Cream	—	—	—
Flower Vegetables	—	—	—				
				6. Oil (type)	—	—	—
3. Citrus Fruit/Juice	—	—	—	Butter	—	—	—
Other Fruits	—	—	—	Margarine	—	—	—
Dried Fruits	—	—	—	Sauces/Gravies	—	—	—
Tomatoes	—	—	—	Salad Dressing (type)	—	—	—
				Fried Foods	—	—	—
4. Legumes	—	—	—	Bacon/Sausage	—	—	—
Peas	—	—	—	Chips	—	—	—
Lentiles	—	—	—				
Soyfoods	—	—	—	7. Candy	—	—	—
Sprouts	—	—	—	Pie/Cake/Cookies	—	—	—
Nuts/Seeds	—	—	—	Ice Milk/Sherbet	—	—	—
Peanut Butter	—	—	—	Drink Mixes	—	—	—
				Carbonated/Fruit Drinks	—	—	—
				Coffee/Tea/Cola	—	—	—
				Products with Artificial	—	—	—
				Sweeteners	—	—	—
				Wine/Beer	—	—	—
				Hard Liquor	—	—	—
				Water (source)	—	—	—
				Sugar/Honey	—	—	—

8. Foods not listed that you eat regularly:

9. List all vitamin and mineral supplements you take. List brand names as well as amount taken:

