NUTRITION PROFILE PLUS
QUESTIONNAIRE

Instructions

Read each question carefully and write in your answer in the space provided. Check to be sure no questions are skipped. The accuracy of your report depends on the correctness of your answers.

Biographical Data

Name (print) _____

Mail Address _____

City _____

State _____   Zip _____

_____ Date today (mm-dd-yy)

_____ Group ID Number (skip if unknown)

_____ Age (in years)

_____ Sex (1 = male, 2 = female)

_____ Height (inches, note: 5ft. = 60in.)

_____ Weight (lbs.)

Frame size: 1 [ ] Small 2 [ ] Medium 3 [ ] Large

Method used for percent body fat

   1 [ ] Skinfold (U/M/L)   2 [ ] Skinfold (U/M/M)
   3 [ ] Skinfold - 7 site   4 [ ] Known, direct entry

_____ Sum of skinfolds or known percent fat

____ -- ____ Percent fat desired (range)

Eating Habits Survey

Instructions: Mark the answer that best describes your usual eating behavior.

1. How often do you eat a good breakfast (something more than coffee and a sweet roll)?

   1 [ ] Always
   2 [ ] Usually
   3 [ ] Sporadically
   4 [ ] Seldom

2. How often do you eat snack foods between meals?

   1 [ ] Regularly, more than once per day
   2 [ ] Once per day
   3 [ ] Occasionally
   4 [ ] Seldom or never eat between meals

3. What is your usual dinner eating pattern?

   1 [ ] Large evening meal, major source of calories for the day
   2 [ ] Average size evening meal
   3 [ ] Light evening meal
   4 [ ] Seldom eat an evening meal

4. Indicate the kind of meals you generally eat.

   1 [ ] Regular mixed diet including meat
   2 [ ] Regular mixed diet with fish or fowl, but no red meat
   3 [ ] Vegetarian diet with eggs and/or milk, but no meat, fish or fowl
   4 [ ] Total vegetarian diet, no animal foods

5. What kind of bread do you usually eat?

   1 [ ] Typical white bread and rolls
   2 [ ] Whole wheat breads
   3 [ ] Use both about the same
   4 [ ] Seldom ever eat bread

6. What kind of breakfast cereals do you usually eat?

   1 [ ] Typical sweetened dry cereals
   2 [ ] Whole grain cereals (cooked or dry)
   3 [ ] Use both about the same
   4 [ ] Seldom ever eat cereals

7. What kind of milk do you usually drink?

   1 [ ] Whole milk
   2 [ ] Low fat or skim milk
   3 [ ] Soy milk
   4 [ ] Never drink milk

8. Primary kind of spread you usually use?

   1 [ ] Butter
   2 [ ] Hardstick margarine
   3 [ ] Soft tub margarine
   4 [ ] Don't use any typical spreads

9. Primary kind of fats you usually use?

   1 [ ] Shortening
   2 [ ] Vegetable oil
   3 [ ] Use both about the same
   4 [ ] Don't use any fats

10. How do you usually salt your food?

   1 [ ] Freely
   2 [ ] Moderately
   3 [ ] Sparingly
   4 [ ] Don't add salt

11. Kind of red meat you **usually** eat?

1 [ ] Marbled cuts of red meat
2 [ ] Regular cuts of red meat
3 [ ] Only lean cuts
4 [ ] Don't eat red meat

12. How much water do you **usually** drink per day?

1 [ ] Seldom ever drink water
2 [ ] 1 to 2 cups per day
3 [ ] 3 to 5 cups per day
4 [ ] 6 plus cups per day

13. Kind of soft drinks you **usually** have?

1 [ ] Cola drinks
2 [ ] Caffeine-free
3 [ ] Drink both
4 [ ] Never drink soft drinks

14. Kind of coffee you **usually** drink?

1 [ ] Brewed coffee
2 [ ] Instant coffee
3 [ ] Decaffeinated coffee
4 [ ] Never drink coffee

Physical Activity Status- Indicate how many hours per day you typically spend in each of the following categories. If your activity level fluctuates, use average values. Total must equal 24 hours. Decimals can be used (eg. 30 min. = 0.5 hrs.)

15. _____ **Sleeping or lying still;** relaxed, napping, lying down watching TV
16. _____ **Sitting or standing still;** eating, watching TV, writing, reading, sewing, typing, desk work
17. _____ **Very light activity;** driving a car, slow walking on level ground, most office work, laboratory work, playing musical instruments
18. _____ **Light activity;** normal walking (2.5 to 3 mph), most housework, electrical trades, carpentry, golf, sailing, table tennis, volleyball, active gardening (raking, weeding)
19. _____ **Moderate activity;** Brisk walking (3.5 to 4 mph), heavy construction, hard gardening (hoeing, digging), loading and stacking bales, cycling, skiing, tennis, active dance
20. _____ **Heavy activity;** tree felling, work with pick and shovel, basketball, x-c skiing, running, hill climbing with a pack, fast swimming
_____ **TOTAL; must equal 24 hours**

21. During your free time, how often do you get vigorous, sustained, aerobic exercise of 20 plus minutes per session?

1 [ ] Don't have a regular exercise program
2 [ ] 1 to 2 times per week
3 [ ] 3 to 4 times per week
4 [ ] 5 plus times per week

22. Concerning your present weight, do you consider yourself...

1 [ ] Definitely overweight
2 [ ] Somewhat overweight
3 [ ] About right
4 [ ] Somewhat underweight

23. Indicate your present condition:

1 [ ] Male
2 [ ] Pregnant
3 [ ] Currently nursing a child
4 [ ] Female other than above

24. How often do you eat cruciferous type vegetables These include broccoli, Brussel sprouts, cabbage, kohlrabi, and cauliflower.

1 [ ] Never
2 [ ] 1 to 2 times each week
3 [ ] 3 to 5 times each week
4 [ ] Nearly every day

25. How often do you eat cured or smoked foods? These include conventionally smoked foods such hams, some varieties of sausages, and fish; salt-cured or pickled foods and nitrite-cured foods.

1 [ ] Seldom or never
2 [ ] About once a week
3 [ ] 2-5 times each week
4 [ ] Nearly every day

26. Mark any program that you are interested in and would like to receive more information.

1 [ ] Nutrition education class
2 [ ] Weight control program
3 [ ] Exercise class
4 [ ] Low calorie cooking
5 [ ] Low cholesterol cooking
6 [ ] Coronary risk reduction program
7 [ ] Comprehensive nutritional evaluation
8 [ ] Nutrition counselling
9 [ ] Other, list below:

Food Intake History

Instructions: Indicate the usual **number of servings** you eat from each food group listed below. Foods eaten less than daily should be marked under the weekly or monthly column, but mark only **one column** per food group. Notice the serving size and adjust your number of servings reported accordingly. Use decimals to indicate partial servings, e.g., .5 for 1/2 or 1.5 for 1-1/2. Be sure to include **all** foods, snacks, salad dressings, etc.

Example: If you regularly eat an orange and half a tomato daily and cooked vegetables 4 times per week, then mark as shown below.

Number of servings per

	Day	Week	Month		Serving sizes of selected foods
1.	[1.5]	[ ]	[ ]	Vitamin C Rich Foods	1 orange, 1/2 grapefruit, 2 tangerines, 1 lemon, green pepper, 1 C fresh strawberries, 1 tomato
8.	[ ]	[4]	[ ]	Cooked Vegetables	1/2 C green beans, cabbage, beets, asparagus, summer squash, cauliflower, Chinese vegetables

Number of servings per

	Day	Week	Month	Fruits	Serving sizes of selected foods
1.	[ ]	[ ]	[ ]	Vitamin C Rich Foods	1 orange, 1/2 grapefruit, 2 tangerines, 1 lemon, green pepper, 1 C fresh strawberries, 1 tomato, slice honeydew or watermelon
2.	[ ]	[ ]	[ ]	Vitamin C Rich Drinks	3/4 C orange, grapefruit, or lemon drink, 1 C tomato or vegetable cocktail juice
3.	[ ]	[ ]	[ ]	Unsweetened Fruits	1 medium apple, banana or pear, 2 plums, 1 C cherries or grapes, 3 T raisins, 2 to 3 dates, 2 to 3 pieces of dried fruit
4.	[ ]	[ ]	[ ]	Sweetened Fruits	1/2 C applesauce, peaches, pears, plums, berries, pineapple, cherries, fruit cocktail
5.	[ ]	[ ]	[ ]	Other Fruit Juices	3/4 C apple, grape, cranapple, apricot nectar

Vegetables

	Day	Week	Month		Serving sizes of selected foods
6.	[ ]	[ ]	[ ]	Foods Rich in Vitamin A	1/2 C cooked or 1 C fresh dark, leafy, green and dark yellow foods; greens, squash, carrots, apricots, broccoli, sweet potatoes
7.	[ ]	[ ]	[ ]	Salads/Raw Vegetables	Medium salad bowl (no dressing), lettuce and other raw vegetables; celery, radishes, onions, sprouts, cabbage, endive
8.	[ ]	[ ]	[ ]	Cooked Vegetables	1/2 C green beans, cabbage, beets, asparagus, summer squash, cauliflower, Chinese vegetables
9.	[ ]	[ ]	[ ]	Starchy Vegetables	1 medium potato (baked or boiled), 1 medium ear of corn, 2/3 C corn, green peas, yams
10.	[ ]	[ ]	[ ]	Dry Peas/Beans	2/3 C beans, lentils, garbanzos, split peas

Bread and Grains

	Day	Week	Month		Serving sizes of selected foods
11.	[ ]	[ ]	[ ]	Bread, Whole Grain	1 slice, roll, muffin, whole grain crackers, etc.
12.	[ ]	[ ]	[ ]	Breads, Other	1 slice, roll, biscuit, French bread, English muffin, etc.
13.	[ ]	[ ]	[ ]	Quick Breads	1 slice or piece corn bread, roll, biscuit, pancake, 2 tortillas, crackers (4 to 5), 1/2 waffle
14.	[ ]	[ ]	[ ]	Cooked Cereals	3/4 C cooked oatmeal, rice, Cream of Wheat, or other cooked cereal
15.	[ ]	[ ]	[ ]	Dry Cereal, Sweetened	1 C Frosted Flakes, Kix, Fruit Loops, Sugar Puffs, etc.
16.	[ ]	[ ]	[ ]	Dry Cereal, Low Sugar	1 C Wheat Chex, Shredded Wheat, Nutrigrain, Cheerios, 1/3 C Grapenuts or granola, 2 C unbuttered popcorn
17.	[ ]	[ ]	[ ]	Pasta	1/2 C cooked spaghetti, macaroni, noodles, other pasta (report sauce or toppings in appropriate group)

	Day	Week	Month	Dairy Products	Serving sizes of selected foods
18.	[ ]	[ ]	[ ]	Milk Products	1 C whole milk, yogurt, 2/3 C cottage cheese
19.	[ ]	[ ]	[ ]	Skim Milk	1 C skim milk, low fat yogurt, buttermilk
20.	[ ]	[ ]	[ ]	Cream	1 T heavy cream, 2 T light cream, 2 T sour cream, 1 T cream cheese
21.	[ ]	[ ]	[ ]	Ice Cream	1 C ice cream, 1 medium cone or ice cream bar
22.	[ ]	[ ]	[ ]	Butter (Real)	1 T (include butter used in cooking, too)
23.	[ ]	[ ]	[ ]	Hard Cheese	1 oz. or 1 slice sandwich size
24.	[ ]	[ ]	[ ]	Eggs	1 egg fried, scrambled, or boiled

Protein Rich Foods

	Day	Week	Month		
25.	[ ]	[ ]	[ ]	Red Meat	3 to 4 oz. beef, lamb, pork, steak, roast, 1 hamburger patty
26.	[ ]	[ ]	[ ]	Lunch Meat/Franks	1 frankfurter, slice luncheon meat, 2 slices bacon, slice salami
27.	[ ]	[ ]	[ ]	Fowl	3 to 4 oz. chicken, turkey
28.	[ ]	[ ]	[ ]	Fish/Shellfish	3 to 4 oz. tuna, halibut, salmon, oysters, shrimp, caviar, lobster, crab, abalone
29.	[ ]	[ ]	[ ]	Organ Meat	3 to 4 oz. liver or other
30.	[ ]	[ ]	[ ]	Meat Substitutes	3 to 4 oz. glutenburger, soy product, weiners, steak, chicken-like slices
31.	[ ]	[ ]	[ ]	Vegetarian Entrees	(No milk/eggs) 3/4 C roast or patty
32.	[ ]	[ ]	[ ]	Vegetarian Entrees	(With milk/eggs/cheese),3/4 C roast or patty

Fat Rich Foods

	Day	Week	Month		
33.	[ ]	[ ]	[ ]	Nuts	1/2 oz. or 2 T peanuts, almonds, sunflower seeds, 1 T peanut butter, Tahini, coconut
34.	[ ]	[ ]	[ ]	Fats	1 T shortening, vegetable oil, 2 to 3 T gravy
35.	[ ]	[ ]	[ ]	Spreads/Dressings	1 T margarine, 1-1/2 T salad dressing, mayonnaise, (include all fats added to bread, vegetables, salads, etc.)
36.	[ ]	[ ]	[ ]	Avocado/Olives	1/4 avocado, 6 to 7 olives

Miscellaneous Foods

	Day	Week	Month		
37.	[ ]	[ ]	[ ]	Soups	1 C vegetable, chicken, mushroom, or tomato soup
38.	[ ]	[ ]	[ ]	Soft Drinks	12 oz. 7-Up, Coca Cola, Pepsi, Kool-Aid, (omit non-nutritive or artificially sweetened drinks)
39.	[ ]	[ ]	[ ]	Coffee/Tea	1 C (mark sugar and cream separately)
40.	[ ]	[ ]	[ ]	Alcoholic Beverages	12 oz. beer, 4 oz. wine, 1.5 oz. whiskey, gin
41.	[ ]	[ ]	[ ]	Candy/Sweets	1 oz. candy, mints, caramels, chocolates
42.	[ ]	[ ]	[ ]	Sugar/Sweeteners	1 T sugar, honey, jam, jelly, syrups
43.	[ ]	[ ]	[ ]	Baked Goodies	2 cookies, brownie, doughnut, small pastry
44.	[ ]	[ ]	[ ]	Desserts	1/6 pie, 1 C custard dessert, 1 piece cake
45.	[ ]	[ ]	[ ]	Snacks	1 oz. potato chips, Fritos, Cheezettes, deep-fried onions, 1 C buttered popcorn, small order fries
46.	[ ]	[ ]	[ ]	Fast Foods	1 regular serving pizza, hamburger, hot dog, taco