

Nutritional Status Questionnaire

Personal Assessment

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Murphy METS Programme

Client Information

Name: _____

Age: _____ Gender: M/F Date of Birth: _____ Weight: _____

Address: _____

Telephone: _____ Email: _____

Please answer the following questions to help Marie Murphy assess your nutrition (*tick the appropriate box below*):

1) How often, on average, do you eat any of the following foods?

- bacon
- ground beef
- pork products
- spare ribs
- burgers
- chicken wings
- processed luncheon meats (ex. Salami, bologna)

- a) Daily
- b) 3-4 times per week
- c) 1-2 times per week
- d) 3-4 times per month
- e) 1-2 times per month
- f) Never

2) How often, on average, do you consume any of the following foods?

- cheeses (ex., cheddar cheese, mozzarella, monterey jack, brick, cream cheese, parmesan)
- homogenized milk
- yogurt that is more than 1% milk fat
- ice cream

- a) Daily
- b) 3-4 times per week
- c) 1-2 times per week
- d) 3-4 times per month
- e) 1-2 times per month
- f) Never

3) Do you use milk/cream in your coffee or tea? If yes, how many cups per day do you average? ____

Yes No

4) Do you routinely use butter on bread products such as bagels, toast, crackers, etc.?

Yes No Infrequently

5) Do you routinely use butter for cooking or on baked potatoes or other vegetables?

Yes No Infrequently

6) Do you use regular sour cream or high fat salad dressings (ex. French, Thousand Islands, Blue Cheese) more than once per week?

Yes No

7) What is your weekly whole egg consumption on average?

- a) 12 or more eggs per week
- b) 7-11 eggs per week
- c) 3-6 eggs per week
- d) 1-2 eggs per week
- e) None

8) How often do you eat fried foods?

- a) 7 or more times per week
- b) 5-6 times per week
- c) 2-4 times per week
- d) 0-1 times per week

9) Do you choose poultry or fish in place of red meat, pork or fried foods in most situations?

Yes No

10) Are you a vegetarian or near vegetarian? If yes, please describe (that is, are you vegan, lacto-ovo etc.): _____

Yes No

11) How often, on average, do you consume any of the following foods?

- milk (ex, 1%, skimmed)
 - yogurt (ex, low fat, non-fat)
 - alpro
 - lactaid
 - soya
- a) 7 or more times per week
 - b) 4-6 times per week
 - c) 2-3 times per week
 - d) 0-1 times per week

12) How often, on average, do you consume any of the following foods?

- pastries such as cakes, croissants, turnovers
 - premium ice cream
 - donuts
 - cookies (3 or more)
 - high fat muffins
 - rich desserts (ex. cheesecake, brownies)
- a) 7 or more times per week
 - b) 4-6 times per week
 - c) 2-3 times per week
 - d) 0-1 times per week

13) How often, on average, do you consume any of the following snack foods?

- potato chips
 - nachos
 - any type of fried snack
 - cheeses
 - chocolate bars
- a) 7 or more times per week
- b) 4-6 times per week
- c) 2-3 times per week
- d) 0-1 times per week

14) How often, on average, do you consume any of the following snacks or drinks?

- regular soft drinks
 - hard candy
 - gummi bears or anything similar
 - licorice
- a) 7 or more times per week
- b) 4-6 times per week
- c) 2-3 times per week
- d) 0-1 times per week

15) On average, how many servings per day do you consume of garden type vegetables (ex. broccoli, cauliflower, peas, carrots, tomatoes, peppers, romaine lettuce, spinach, collard greens, kale)?

NOTE: each of the following is equal to one serving:

- ½ cup of most vegetables
- 1 tomato
- 1 large stalk of broccoli
- 8 oz. food cooked in tomato sauce
- 1 large cauliflower floret
- 1 small garden salad
- 8 oz. of vegetable juice
- 8 oz. of vegetable soup

- a) 5 or more servings per day
- b) 3-4 servings per day
- c) 1-2 servings per day
- d) 0 servings per day

16) On average, how many servings per day do you consume of any of the following: wheat pasta, brown rice, beans, lentils, peas, corn, barley, oatmeal?

NOTE: each of the following is equal to one serving:

- ½ whole grain bagel
- 1 cup of most fibre cereals
- low-fat, high-fibre muffin
- ½ English muffin
- 1 slice of whole grain bread
- ½ cup of pasta, rice, beans, peas, corn, oatmeal, etc.

- a) 5 or more servings per day
- b) 3-4 servings per day
- c) 1-2 servings per day
- d) 0 servings per day

17) On average, how many servings of fruit do you have per day?

NOTE: each of the following is equal to one serving:

- 1 whole fruit (ex. apple, orange, peach)
- ½ cup of chopped fruit (i.e. fruit salad)
- 8 oz. fruit juice

- a) 5 or more servings per day
- b) 3-4 servings per day
- c) 1-2 servings per day
- d) 0 servings per day

18) What is your average alcohol consumption?

(Note: 1 drink = 1 beer = 5 oz. glass of wine = 1 cocktail)

- a) 3 or more drinks per day
- b) 1-2 drinks per day
- c) 2-6 drinks per week
- d) 2-6 drinks per month
- e) None

19) How often, on average, do you consume any food or drinks that are highly processed and contain preservative, artificial flavours, colours, and related chemicals?

NOTE: these foods would primarily include:

- diet and regular soft drinks, sugary fruit drinks
- potato chips, nachos, cheesies, corn chips etc.
- licorice, gummy bears, gelatins etc.
- ice cream, fruit ices, sherbet etc.

- a) 3 or more per day
- b) 1-2 per day
- c) 2-3 per week
- d) Never or once per week

20) How often, on average, do you drink a can, bottle, or glass of soda or pop such as Coke, Pepsi, 7 Up, Sprite, Fanta or DIET soda?

- a) 3 or more per day
- b) 1-2 per day
- c) 2-3 per week
- d) Never or once per week

Vitamin and Mineral Supplementation Assessment**A. Dietary Habits**

1. Do you take a multivitamin and mineral supplement daily? Yes No
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2. Do you have fewer than 5 servings of fruits and vegetables per day on average? Yes No
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3. Do you consume citrus fruits fewer than 4 times per week on average? Yes No
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4. Do you consume 1 serving of orange-yellow fruits & vegetables fewer than 5 times/week on average? Yes No
- For example:
- 1 baked sweet potato
 - 1 whole carrot
 - 8 large apricots halves
 - 1 whole peach/nectarine
 - ½ cup melon squash
 - ¼ of a cantaloupe
-
5. Do you consume cruciferous vegetables (cabbage, cauliflower, broccoli, brussel sprouts fewer than 5 times per week on average? Yes No
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6. Do you eat smoked meats or fish more than once per week on average? Yes No
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7. Do you eat luncheon meats, processed meats, sausages, bacon, bologna or any other nitrate salt containing meat once per week or more on average? Yes No
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8. Do you eat barbecued foods that are charred, once per week or more on average? Yes No
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9. Do you drink 3 or more cups of coffee per day on average? Yes No
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10. Do you consume less than two dairy servings per day on average? 1 serving = 8oz of milk or yogurt (preferably low-fat varieties) = 3-4 oz. of cheese (preferably low-fat varieties) Yes No
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11. Are you currently on a diet to lose weight or on a calorie-restricted program? Yes No
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12. Do you consume meat, poultry or fish less than four times per week? Yes No
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Thank you for completing my nutritional status questionnaire. Your thoughtful responses enable me to develop programmes tailored to your individual needs, thereby ensuring the outcomes you desire can be achieved as efficiently as possible.

Yours faithfully,
Marie Murphy