

# Nutritional Status Questionnaire

## Personal Assessment

Marie Murphy Health & Fitness  
www.mariemurphyhealthfitness.com  
marie@mariemurphyhealthfitness.com  
Tel: 085 1965468

Murphy METS Programme

**Client Information**

Name: \_\_\_\_\_ Age: \_\_\_\_\_

Gender: M/F Date of Birth: \_\_\_\_\_ Height: \_\_\_\_\_ Weight: \_\_\_\_\_

Address: \_\_\_\_\_

Telephone: \_\_\_\_\_ Email: \_\_\_\_\_

Please answer the following questions to help assess your nutrition behaviour (*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. Ham, Salami, chicken)

- 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 (example; cheddar cheese, blue cheese, parmesan, cream cheese)
- homogenized milk
- yoghurt 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 toast, bagels, 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 (example; Mayonnaise, 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 vegetarian or near vegetarian? If yes, please describe (if you are vegan, lacto-ovo etc.):

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Yes  No

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

- milk (1%, skimmed)
  - yoghurt (low fat, non-fat)
  - alpro
  - lactaid
  - soya,
  - koko
- 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, coffee slices
  - premium ice cream
  - donuts
  - biscuits (3 or more)
  - high fat muffins
  - rich desserts (ex. cheesecake, brownies, cookies)
- 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?

- tayto
  - nachos
  - chocolate bars
  - cheeses
  - any type of fried snack
- 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
  - jelly's, gummy 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 (example broccoli, kale, cauliflower, spinach, peas, carrots, tomatoes, peppers, romaine lettuce, collard greens)?

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

- ½ cup of most vegetables
- 1 tomato
- 1 large stalk of broccoli
- 1 large cauliflower floret
- 1 small garden salad
- 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, quinoa, peas, corn, barley, oatmeal?

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

- ½ whole grain bagel
- 1 cup of most fibre cereals
- 1 slice of whole grain bread
- ½ cup of pasta, rice, beans, 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 (example; apple, orange, peach)
- ½ cup of chopped fruit (example; fruit salad)
  - 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)** How often, on average, do you consume any of the following?

- nuts (almonds, walnuts, hazelnuts, pecans etc)
- seeds (pumpkin, sunflower, flaxseeds, chia, hemp, sesame etc.)
- legumes (alfalfa, peas, chickpeas, lentils, soybeans etc.)
  - a) daily
  - b) 4-6 days per week
  - c) 2-3 times per week
  - c) 0-1 times per week

**19)** What is your average alcohol consumption?

(Note: 1 beer = 12 oz. glass of wine = 5 oz. 1 cocktail = 5oz. shot = 1.5 oz.)

- 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

**20)** 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, pringles, nachos, cheesies etc.
- liquorice, gummy bears, jelly's 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

**21)** How often, on average, do you drink a can, bottle, or glass of soda or minerals such as Coke, Pepsi, Fanta, 7 Up, Sprite 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

Thank you for completing *Nutritional Status Questionnaire* your thoughtful responses enable me to develop programmes tailored to individual needs, thereby ensuring the outcomes desired can be achieved as efficiently as possible.