

# Nutritional Status Questionnaire

## Personal Assessment

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

**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 slice of whole grain bread
- 1 cup of most fibre cereals
- 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 ☐
- d) 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.