

Patient Name: \_\_\_\_\_

DOB: \_\_\_\_\_

## Horizon Healthcare Fairfield, IL 62837

### ***Food Frequency Questionnaire***

This questionnaire will give us information about your eating habits. There are no “right” or “wrong” answers. Accurate and thoughtful responses will allow us to pinpoint your good habits as well as the habits that you should consider changing.

- Use the **past month** as your standard for how you eat.
- Recall the times during the day when you ate, and what you had.
- Include snacks and “nibbles” as well as meals and beverages.
- If you ate out regularly or traveled, remember to include those foods too.
- Be sure to answer every item on this form. If you did not eat a food listed below — or ate it less than once a week — write a “0” in the space provided. Please do not leave blanks.

**Part I.** We want to know how often you ate certain foods. For each of the foods listed, please indicate how many servings per week you **usually** ate in the past month. (If you ate a food less than once a week, write a “0” in the space provided.) Where indicated, check whether your servings are large, small, or about average in size.

Food Item	Average Weekly Servings	Serving size:			Size of average serving
		Lg.	Av.	Sm.	
Meat (beef, pork and ham, veal, lamb)					4 ounces
Meat dishes (casseroles, tacos, pizza, meat sauce)					1 cup casserole, 1 taco or pizza slice
Chicken or turkey					1 lg or 2 sm pieces
Fish or shellfish, including fish canned in water					4 ounces*, ½ can
Bacon, sausage					2 pieces
Luncheon meats (salami, bologna, hot dogs, etc. including turkey and chicken varieties)					1 piece
Low fat luncheon meats (at least 95% fat free)					1 piece

\*4 ounces of meat or fish is roughly the size of a deck of cards.

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<b>Food Item</b>	<b>Average Weekly Servings</b>	<b>Size of average serving</b>
Whole eggs or egg yolks		1 egg or yolk
Milk, yogurt or cottage cheese		1 cup (8 ounces)
Cheese or cream cheese		1 ounce/slice
Ice cream		½ cup (1 scoop)
Fruits, fresh or dried		1 whole piece or 1 cup cut-up fruit
Fruit juice		½ cup (4 ounces)
Vegetable salads or raw vegetables		1 cup
Cooked vegetables (fresh, frozen or canned)		½ cup
Spaghetti, noodles or other pastas		1 cup
Dried beans, split peas or lentils		¾ cup (cooked)
Potatoes, rice or bulgur		¾ cup or 1 potato
Bread, bagels, rolls, tortillas, English muffins, homemade low fat muffins		1 piece
Biscuits, bakery muffins, croissants, flaky rolls		1 piece or slice
Cold or hot breakfast cereals		1 med. Bowl
Salad dressing		2 Tbsp.
Mayonnaise		1 Tbsp.
Nut, nut butters (like peanut butter)		2 Tbsp.
Chips or French fries		1 cup
Baked desserts and pastries (cake, cookie, etc)		1 slice or 2 cookies
Donuts or sweet rolls		1 piece
Chocolate or candy bars		1 candy bar
Alcoholic drinks		1 drink, 1 can beer, 1 glass wine
Sweetened beverages, not including diet drinks (soft drinks, fruit drinks, etc.)		1 large glass, 1 can

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Part II. For each of the following items, check the **one** answer that best describes you. Use your eating habits of the past month as your standard.

Between butter and margarine,

- 1 I almost always use butter.
- 2 I almost always use margarine.
- 3 I use both.
- 4 I don't use butter or margarine.

The person who cooks my food,

- 1 Almost always uses butter, shortening or lard for cooking and baking.
- 2 Almost always uses vegetable oil or margarine for cooking and baking
- 3 Does both.
- 4 Doesn't use any fat at all for cooking and baking.

When I use milk,

- 1 I almost always use whole milk.
- 2 I use both whole and lowfat (2%) milk.
- 3 I almost always use lowfat (2%) milk.
- 4 I use both lowfat (2%) and nonfat (skim) milk, or 1% milk.
- 5 I almost always use nonfat (skim) milk.
- 6 I don't use milk.

When I eat chicken or turkey,

- 1 I almost always eat the skin.
- 2 I almost never eat the skin.
- 3 I do both.
- 4 I don't eat chicken or turkey.

When I eat meat, fish or poultry,

- 1 I almost always have it fried or cooked with oil or another fat, or with gravy.
- 2 I almost always have it broiled, baked, or stewed, and without any gravy.
- 3 I do both.
- 4 I don't eat meat, fish or poultry.

When I eat cheese,

- 1 I almost always have a "regular-fat" cheese (like Cheddar, Jack, Swiss, or cream cheese).
- 2 I almost always have a part-skim cheese (Mozzarella, Ricotta, Neufchatel, or Farmers).
- 3 I do both.
- 4 I don't eat cheese.

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When I eat cooked vegetables,

- 1 I almost always have them with butter, margarine or sauce; or cooked with butter, margarine, oil or another fat.
- 2 I almost always have them without any of the fats listed above.
- 3 I do both.
- 4 I don't eat cooked vegetables.

When I eat potatoes, rice or bulgur,

- 1 I almost always have them with butter, margarine, sour cream, gravy or sauce; or fried.
- 2 I almost always have them without any of the fats listed above.
- 3 I do both.
- 4 I don't eat potatoes, rice, or bulgur.

When I eat pasta,

- 1 I almost always have it with butter, margarine, cream or white sauce.
- 2 I almost always have it plain or with tomato sauce.
- 3 I do both.
- 4 I don't eat pasta.

When I eat bread, rolls or muffins,

- 1 I almost always have them with butter, margarine or mayonnaise.
- 2 I almost always have them without butter, margarine or mayonnaise.
- 3 I do both.
- 4 I don't eat bread, rolls or muffins.

When I use salad dressing,

- 1 I usually use a creamy or bleu cheese dressing.
- 2 I usually use an oil based dressing.
- 3 I use both creamy and oil based dressings.
- 4 I usually use low calorie or fat-free salad dressing.
- 5 I don't use salad dressing.

Please look over this form to be sure you answered every question. Do not leave any items blank.

Thank you!