



### General Nutrition Survey

Please indicate what kinds of foods and drinks you consume and how often. Use the letter “D” to indicate how many times per day, “W” to indicate how many times per week, and “M” to indicate how many times per month, etc. Encircle the foods in each list that you regularly consume and whether organic, commercial or both.

\*Note, unsaturated oils are polyunsaturated fatty acids (PUFA) = omega-3 and -6 oils

Meats	Beef, commercial (liver, beef, bison) _____	_____
Meats	Beef, organic, grass fed, no drugs, hormones, etc. _____	_____
Meats	Lamb _____	_____
Deli Meats	Turkey, ham, roast beef _____	_____
Processed Meats	Cold cuts, bologna, canned, with animal by-products _____	_____
Pork	Ham, bacon, pork chops, pork ribs, sausage: organic, commercial _____	_____
Poultry	Free range, organic no hormones, drugs, etc. _____	_____
Fish	Shellfish, cod, halibut, orange roughy, red snapper, wild salmon, etc. _____	_____
Farmed fish	Salmon, tilapia, catfish _____	_____
Protein powders	Soy, rice, whey, Great Lakes Gelatin _____	_____
Milk	Organic but pasteurized or unhomogenized: whole, low fat, skim _____	_____
Milk	Raw organic (unpasteurized) _____	_____
Milk substitutes	Soy milk, rice milk, almond milk, non-dairy creamers (encircle which) _____	_____
Cheese	Organic, unpasteurized, from raw milk _____	_____
Cheese	Unprocessed but pasteurized _____	_____
Cheese	Processed: American, Velveeta, Cheese Whiz, etc. _____	_____
Bread	Commercial: white, bleached, enriched with margarine or unsaturated oils* _____	_____
Bread	Organic whole grain with no margarine or unsaturated fats and only natural sweeteners: Wheat, rye, barley, spelt, kamut, amaranth, corn (encircle which) _____	_____
Tortillas	Corn, wheat _____	_____
Whole grains	Rice (white or brown), corn, oats, spelt, millet, etc. _____	_____
Pasta	Wheat (any kind), rice, quinoa, corn, spelt _____	_____
Refined grains	White flour, Bisquick, commercial pancake, cookie, etc. mixes _____	_____
Commercial cereals	Refined grains, unsaturated oils, sugar, etc. _____	_____
Organic boxed cereals	Any kind, list: _____	_____
Potatoes	Potatoes, yams, sweet potatoes _____	_____
Beans	Green, red, kidney, pinto, black, lima, mung, soybeans, etc. _____	_____
Soy products	Unfermented: soymeal, soybeans, soy cheese, tofu, soy milk, edamame _____	_____
Fermented soy	Tamari, Teriyaki, tempeh, miso _____	_____
Vegetables	Canned or frozen (encircle which), any kind _____	_____
Vegetables, fresh	Cruciferous (broccoli, cabbage, cauliflower, brussels sprouts, etc.) – raw or cooked (encircle which), peas, asparagus, celery, cucumber, parsnips, squash, eggplant _____	_____
Vegetables, root	Carrots, turnips, beets, burdock, garlic, onion (encircle), organic or commercial _____	_____
Vegetables, sea	Kelp, dulse, nori, etc. _____	_____
Greens	Swiss chard, kale, spinach, arugula, watercress, dandelion, turnip greens, parsley, Bok choy, collard greens, beet greens, organic or commercial _____	_____
Salad greens	Salad mix, head lettuce, red leaf, romaine, bib, organic or commercial _____	_____
Salad dressings	Commercial, with unsaturated oils & vinegar, creamy, blue cheese, Ranch _____	_____
Salad dressings	Health food store brands with _____ oil, name kind _____	_____
Salad dressings	Homemade, with _____ oils plus natural sweeteners _____	_____
Tomatoes	Fresh, organic or commercial _____	_____
Tomatoes	Canned, tomatoes or sauces, pasta sauce, catsup, organic or commercial _____	_____
Fats	Butter, raw or pasteurized, organic or commercial _____	_____
Fats	Olive oil, light or extra virgin, commercial or organic _____	_____
Fats	Coconut oil _____	_____
Fats	Coconut milk _____	_____
Fats	Unsaturated (PUFA): flaxseed, soybean, safflower, canola, fish, sesame, corn, Evening Primrose Oil, Borage oil, etc., encircle which ones _____	_____
Fruits, fresh	Organic, grapefruit, lemon, tangerine, apples, grapes, strawberries, bananas, cantaloupe, honey dew, watermelon, pineapple, blueberries, cherries, others _____	_____

	organic or commercial _____	
Fruits	Canned, organic or commercial, list them _____	_____
Fruit juices	Canned or frozen (encircle which), organic or commercial _____	_____
Fruit juices	Raw, freshly squeezed, organic or commercial _____	_____
Fruit juices	Bottled, NOT from concentrate, organic or commercial _____	_____
Fruit juices	Bottled, FROM the concentrate (reconstituted), organic or commercial _____	_____
Vegetable juices	Carrot, celery, cucumber, parsley, greens, etc., organic or commercial _____	_____
Nuts	Commercial, canned or bottled, dry roasted or roasted in oil _____	_____
Nuts	From bins, organic or commercial, raw or roasted _____	_____
Nut butters	Containing only nuts, peanuts, almonds, etc and salt, raw or roasted _____	_____
Nut butters	Commercial peanut butter (Jiffy, etc. with sugar/oils) _____	_____
Seeds	Sesame, sunflower, pumpkin, raw or roasted _____	_____
Sprouts	Alfalfa, clover, mung beans, mixed _____	_____
Fast foods	Hamburgers, fried fish sandwiches, pizza, etc. _____	_____
Chips	Commercial with unsaturated oils _____	_____
Chips	Olive oil potatoe chips _____	_____
Snacks	Corn puffs, rice cakes, others _____	_____
Candy	Organic dark chocolate _____	_____
Candy	Any kind of commercial candy bars _____	_____
Candy	Health food store bars, any kind _____	_____
Desserts	Ice cream, yogurt, home made desserts with natural ingredients _____	_____
Desserts	Baked goods with natural whole grains, natural sugars, fruits, organic or commercial _____	_____
Desserts	Commerical ice cream, pastries, donuts, pies, etc. _____	_____
Spritzers	Carbonated fruit juices, with or without sugar, organic or commercial _____	_____
Soda pop	Commercial, non-diet: Coke, Pepsi, Root Beer, Sprite, etc. _____	_____
Soda pop	Diet sodas sweetened with NutraSweet, Splenda, Saccharin _____	_____
Sweeteners	Raw honey, Sucanat or Rapidura, whole sugar cane, organic maple syrup, molasses ..... Agave, rice syrup _____	_____
Sweeteners	White sugar, commercial honey, fructose, corn syrup, brown sugar, artificial syrups _____ Mannitol, dextrose, sorbitol _____	_____
Sweeteners	NutraSweet, Splenda, Saccharin _____	_____
Salt	Sea salt, white or colored (encircle), commercial salt _____	_____
Water, tap	Is your tap water fluoridated? Yes, No or Don't Know _____	_____
Water you drink	Tap water from yours or anyone's untreated tap water? _____	_____
Water you drink	Type of purifier used? _____	_____
Water you drink	Spring, distilled, deionized, reverse osmosis, carbon filter (encircle which) or other ..... _____	_____
Toothpaste	Is your fluoridated? _____	_____
Tea	Black, green, white, herbal (encircle all the ones you drink) _____	_____
Coffee	With caffeine, freshly ground or canned, organic or commercial _____	_____
Coffee	Decaf, commercial or Swiss water process decaf _____	_____
Wine	Red, white, organic or commercial _____	_____
Beer	American, micro brew, organic or commercial, light or dark _____	_____
Hard liquor	Any kind _____	_____