

WHAT ARE YOUR EATING HABITS?



● Drinks: How much water do you drink per day?

Water	what type?	Soda	which ones?
Wine	what type?	Alcohol	which ones?
Coffee	Tea		

● How many times a week do you eat... ?

Meat	what type?	cooking method
Fish	what type?	cooking method
Eggs		cooking method

Dairy products		
Milk	How much per day?	
Whole milk	Semi-skimmed milk	Skimmed milk
Cow's milk	Goat's milk	Other
Cheese	What type?	
Yogurt	Which ones?	

Cereals	Which ones?
Bread	What type?
Starchy foods (pasta, rice, potatoes)	
Legumes (lentils, white beans, peas, broad beans)	

Fruits
Cooked vegetables
Raw vegetables

Sugary treats (cakes, sweets, chocolate bars)
Pastries (croissants, pains au chocolat, etc.)

Which seasoning oil(s) do you use?

DESCRIBE YOUR DIET FOR A TYPICAL DAY :

Number of portions	Water Gr 1	Protein Gr 2	Dairy products Gr 3	Cereals Gr 4	Fruits and vegetables Gr 5	Sweets and sugary drinks
Breakfast						
Lunch						
Afternoon tea						
Dinner						
Outside mealtimes						

HOW TO CALCULATE YOUR PORTIONS? I USE EQUIVALENCES OF PORTIONS...

	1 portion =
Group 1: Water	1 glass of 25 cl
Group 2: Proteins	1 piece of meat = 1 piece of fish = 2 eggs
Group 3: Dairy products	1 bowl of milk = 1 yogurt = 1 piece of cheese (about 1/8 of a camembert)
Group 4: Cereals	1 bowl of cereal, of muesli or of oatmeal = 1 piece of bread = 1 pie = 1 plate of rice, of pasta or potatoes = 1 plate of lentils or white beans = 1 plate of semolina
Group 5: Fruits and vegetables	1 piece of fruit = 1 fruit salad = 1 portion of stewed fruit = 1 salad = 1 serving of raw vegetables = 1 plate of cooked vegetables
Sweets and sugary drinks	20 cl of a sugary drink = 1 chocolate bar = 1 cake = 1 croissant = 5 sweets

To balance and diversify your daily intake A well-balanced diet pyramid includes:



The aim

To develop a balanced diet, record what you eat each day and work towards building a diet pyramid like the one shown here.

ADDITIONAL INFORMATION

Surname: First name: Date of birth:
 Height: Weight: No. of hours of physical exercise per week:
 Profession: Tel: E-mail:

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We are interested
in your diet...



Are your dietary habits
causing a deficiency?

To find out, fill in this questionnaire:
Your micronutritionist will be able to advise you!

Show this D.H.Q. to your micronutritionist

Dietary Habits Questionnaire D. H. Q.



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