

HEALTH AND NUTRITION QUESTIONNAIRE

Daily Habits		
	YES	NO
Do you eat breakfast every day?		
Do you eat at least 1 piece of raw fruit each day?		
Do you eat a serving of raw vegetables each day?		
Do you eat at least 5 servings of vegetables each day?		
Do you chew your food thoroughly until it's liquefied?		
Do you eat a varied diet instead of eating the same foods every day?		
Do you use seaweed in your cooking?		
If you are stressed, do you wait until the feeling has passed before eating?		
Do you avoid foods that contain sugar or added sugar?		
Do you always make sure that you take time to eat properly, even if you feel tired or busy?		
Drinking Habits		
Do you drink alkaline (ionized) water?		
Do you drink bottled spring water every day?		
Do you drink at least ½ your body weight of water in fluid ounces every day?		
Do you drink beer/alcohol/soda when eating?		
Do you separate drinking with your main meals, instead of drinking water with meals?		
Weekly Habits		
Do you eat rice, quinoa, millet, oats or other grains at least three times a week?		
Do you eat raw seeds at least three times a week?		
Do you include fish in our diet at least twice a week?		
Do you avoid foods containing preservatives, additives, colorings or E numbers?		