

Evaluation of Diet Habits

Examinee's
name

1. I drink dairy products, such as milk, soybean milk, among others, more than 1 glass (over 200 ml) every day.

☐ Usually (5 points)

☐ Sometimes (3points)

☐ Never (1 point)

2. I eat meat, fish, egg, bean, or tofu more than 3 times a day.

☐ Usually (5 points)

☐ Sometimes (3points)

☐ Never (1 point)

3. I include vegetables in every meal.

☐ Usually (5 points)

☐ Sometimes (3points)

☐ Never (1 point)

4. I eat fruit (1 item) every day. (Including blended fruit juice)

☐ Regularly (5 points)

☐ Sometimes (3 points)

☐ Never (1 point)

5. How often do you have stir-fried food?

☐ More than 4 times a week (1 point)

☐ 2–3 times a week (3 points)

☐ Less than 1 time a week (5 points)

6. How often do you have food containing cholesterol, such as bacon, egg yolk, squid, etc.?

☐ More than 4 times a week (1 point)

☐ 2–3 times a week (3 points)

☐ Less than 1 time a week (5 points)

7. I eat one of these—ice cream, cake, snack or drinks (coffee, cola, sweet drinks)—every day.

☐ Usually (1 point)

☐ Sometimes (3points)

☐ Never (5 points)

8. I eat salted fish, soy sauce-seasoned dried vegetables, and other salty foods.

☐ Usually (1 point)

☐ Sometimes (3points)

☐ Never (5 points)

9. I always have my meals on time.

☐ Usually (5 points)

☐ Sometimes (3points)

☐ Never (1 point)

10. Do you eat at least 1 of each of the food groups, such as dairy products, meat or fish, fruits, vegetables, and grain, every day?

☐ 5 types (5 points)

☐ 4 types (3 points)

☐ Less than 3 types (1 point)

11. How often do you eat out?

☐ More than 5 times a week (1 point)

☐ 2–4 times a week (3 points)

☐ Less than once a week (5 points)

Total