

COVID-19 SURVEY

This is a general survey to find the food items most eaten by Covid patients for a better recovery.

1. Are you recovering or recently recovered from Covid 19?

Mark only one oval.

☐ Yes

☐ No

2. Which region of India do you belong to ?

Mark only one oval.

☐ Northern region

☐ Western region

☐ Southern region

☐ Eastern region

3. What is your age ?

Mark only one oval.

☐ 20-30 yrs

☐ 30-40 yrs

☐ 40-50 yrs

☐ 50-60 yrs

☐ 60+ yrs

4. What is your gender ?

Mark only one oval.

☐ Female

☐ Male

☐ Other

5. What did you prefer as your first hot beverage in morning while recovering?

Tick all that apply.

☐ green tea (caffeine free)

☐ tea

☐ coffee

☐ warm lemon water

☐ Decoction / kadha

6. What did you prefer the most for breakfast?

Tick all that apply.

☐ Sprouts

☐ Eggs

☐ Cereal with milk

☐ Oats

☐ Poha

☐ Upma / Rava Idli

☐ Whole grain/ Multi grain Bread

7. In non-veg, What did you prefer the most for Lunch?

Tick all that apply.

☐ Chicken rice

☐ Fish rice

☐ Egg curry

8. In veg, What did you prefer the most for Lunch?

Tick all that apply.

- ☐ Soya Beans
- ☐ Potatoes
- ☐ Paneers
- ☐ Pulses
- ☐ Green leafy veggies
- ☐ Salads

9. Did you prefer taking yogurt with your meals?

Mark only one oval.

- ☐ Yes
- ☐ No

10. What did you prefer the most for your evening snacks ?

Tick all that apply.

- ☐ Fruits salad
- ☐ Roasted Chickpeas
- ☐ Roasted Makhana/ Lotus seeds
- ☐ Banana Chips

11. What evening hot beverage did you prefer the most?

Tick all that apply.

- ☐ Coffee
- ☐ Tea
- ☐ Green Tea

12. In Veg meals, what did you prefer the most for dinner?

Tick all that apply.

- ☐ Green veggies
- ☐ Khichdi
- ☐ Dal Soup with rotis
- ☐ Salads

13. In non -Veg , what did you prefer the most for dinner?

Tick all that apply.

- ☐ Fish
- ☐ Prawns
- ☐ Chicken
- ☐ Eggs

14. Between Rice and Rotis , what did you prefer the most in your diet?

Tick all that apply.

- ☐ Rice (Brown)
- ☐ Rice (White)
- ☐ Roti (White)
- ☐ Roti (Wholegrain)

15. What fluid intake did you prefer the most for hydration ?

Tick all that apply.

- ☐ Herbal concoction
- ☐ Coconut water
- ☐ Fresh fruit juice
- ☐ Milk with cinnamon/turmeric

Thank you for your kind participation.



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