

# How healthy is your diet?

## Questionnaire

MISSION VERY  
POSSIBLE!

This questionnaire is designed to allow you to assess the nutritional value of your diet. Answer **yes** or **no** to the questions below and then read the supplementary information that will help you to consider making changes to your diet.

**Date:** February 12, 2024



Eating habits		Yes	No
1	Do you skip breakfast more than once a week?		X
2	Do you skip lunch more than once a week?		X
3	Do you skip evening meals more than once a week?		X
4	Do you skip meals and snack instead on most days?		X

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Fat		Yes	No
8	Do you choose low-fat products when available?	X	
9	Do you choose baked, steamed or grilled options when available, rather than fried foods (such as crisps and snacks, or fish and chips)?	X	
10	Do you opt for lean cuts of meat or remove visible fat – for example, removing the skin on chicken or the rind on bacon?		X
11	Did you eat any oily fish last week? <i>Examples of oily fish include salmon, mackerel, herring, sardines, trout, and fresh tuna.</i>		X
12	Do you include some unsalted nuts and seeds in your diet?		X

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Starchy foods		Yes	No
13	Do you base your main meals around starchy foods? <i>For example, potatoes, pasta, rice or bread.</i>		X
14	Do you regularly choose wholemeal bread or rolls rather than white?	X	
15	Do you regularly eat wholegrain cereals, with no added sugar?	X	
16	Do you regularly include pulses in your diet? <i>For example, beans and lentils.</i>	X	

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Sugar		Yes	No
17	Do you regularly eat sugar-coated breakfast cereals or add sugar to your breakfast cereals?		X
18	Do you add sugar to your drinks?		X
19	Do you regularly drink sweet fizzy drinks?		X
20	Do you regularly eat cakes, sweets, chocolate or biscuits at work?		X

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Salt		Yes	No
21	Do you regularly add salt to food during cooking?	X	
22	Do you regularly add salt to meals at the table?		X
23	Do you regularly eat savoury snacks at work? For example, crisps or salted nuts.		X
24	Do you regularly eat pre-prepared meals? For example, pre-prepared sandwiches, ready meals or canned soups.		X
25	Do you regularly eat processed meats such as ham or bacon, or smoked fish?	X	
26	Has your GP advised you that you have high blood pressure?		X

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Drinks and alcohol		Yes	No
21	Do you drink plenty of fluids at regular intervals during the working day?	X	
22	Do you opt for a variety of different drinks, including water, at work?	X	
23	Do you avoid sugary fizzy drinks?	X	
24	<p>Do you drink less than 2-3 units of alcohol a day if you're a woman, or less than 3-4 units of alcohol a day if you're a man?</p> <p><b>1 unit of alcohol is equivalent to 100ml of 10% ABV (alcohol by volume)</b></p> <p>For example 1 unit is: 1/2 pint (300ml) of bitter, lager or cider (3% to 5% ABV), or 1 small glass of white or red wine, 100ml (4fl oz), 10% ABV, or 1 pub measure of spirits, 25ml (1fl oz), or 1 small glass of sherry, 50ml (2fl oz)</p>	X	