

Nutrition Questionnaire

Please respond to each of the following statements about your eating habits and cooking/shopping behaviors.

Eating Habits	Never	Rarely	Sometimes	Often	Always
I eat at scheduled mealtimes.					
At home, I sit and eat at the table.					
I snack between meals.					
I eat at "fast food" restaurants.					
I eat out at other restaurants.					
I get "take out" or food "to go."					
I eat while working or at my desk.					
My schedule affects my habits.					
I eat in the company of other people.					
I enjoy eating.					
I feel confident choosing foods to eat.					
I skip meals.					
I eat when I'm not hungry.					
I eat when I'm emotional.					
I feel guilty when I eat.					
I eat until I am uncomfortably full.					

Cooking/Shopping Behaviors	Never	Rarely	Sometimes	Often	Always
I cook for myself.					
I cook for others in my household.					
I do the grocery shopping for my household.					
I can afford to eat regular and balanced meals.					

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