



# Food For Fitness

Test your eating habits



**Question 1: For me, eating means :**

- pleasure  1
- Necessity, because I'm starving  2
- Health and wellbeing  0

**Question 2: When I eat, I do so:**

- Quickly, I finish before the others  2
- Normally  1
- Slowly, I finish after the others  0

**Question 3: Which of these statements applies to you :**

- I eat when I feel depressed  2
- I only eat at the main meals  0
- When something good is on offer, I can't say no, even if I'm not hungry  1

**Question 4: Concerning my appetite**

- I eat too much, I never feel full  2
- I can rely on feeling full  0
- I am guided by the size of the portions, I do not feel full  1

**Question 5: I eat meat, sausage, cold cuts**

- Less than 3 times a week  0
- Nearly every day  1
- Several times a day  2

**Question 6: I eat fish**

- Once or twice a week 1
- Three or more times a week 0
- Never or seldom 2

**Question 7: Which kinds of fat do you mainly use when cooking?**

- Butter or lard  2
- Corn, groundnut or sunflower oil  1
- Olive, rapeseed or walnut oil  0
- No idea  1

**Question 8: How often do you eat fruit and/or vegetables?**

- 1 or 2 portions à with each meal  0
- 2 or 3 portions daily  1
- never or seldom  2

**Question 9: What about food with a high fat content?**

- I prefer rich food (raclette, gratins, pizzas...) 2
- I like fried foods (chips, fritters, breaded meat) 2
- I always take sauce, mayonnaise, ketchup... 2
- I eat more than 1 portion of dairy produce every day 2
- I eat whatever is served up without considering the fat content 1
- I pay attention to the fat content and try to eat light meals 0

**Question 10: What about treats?**

- I like to nibble
  - chocolate bars, biscuits 2
  - sweets 2
  - dark chocolate 1
- I can't go without a dessert 2

**Question 11: What do you drink during the day?**

- Water, tea, coffee (without sugar or milk) 0
- Sweetened beverages 2
- Alcoholic beverages 2

**Question 12: How many meals do you take each day?**

- I never eat breakfast 2
- I never eat in the evening 2
- I often miss lunch 2
- I eat when I think of doing so 1
- I take care to eat 3 meals a day 0
- I eat more than 3 times a day 1
- I nibble 2

**Question 13: Are you interested in the quality of your food?**

- I buy and eat organic food only 0
- Quality before quantity 0
- Quantity before quality 2
- I eat in the canteen every day 1
- Because of my job, I have to eat with clients at least 3 times/week 2
- I try to compensate for overeating on the next day 1

**Question 14: What do you know about nutrition?**

- I am keen on the subject and read everything I find 0
- I look for information about the content and calories of the food that I buy 0
- Not interested, I eat whatever turns up 2
- I am content with the information that I find anywhere 1

**Total points :**



## Résultats and interpretation :

### \* 0 - 9 points :

Amazing. You seem to be doing all it takes to have a well-balanced diet.

### \* 10 - 19 points :

Good. You are already making a considerable effort. You just need to correct a few weak points.

### \* 20 - 29 points :

You can do better and correct the basic dietary mistakes you are making.

### \* 30 points et plus :

**Red alert!** You must change your eating habits completely. The best thing would be to seek expert advice.