



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 | <input type="checkbox"/> 1 |
| Three or more times a week | <input type="checkbox"/> 0 |
| Never or seldom | <input type="checkbox"/> 2 |

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

- | | |
|----------------------------------|----------------------------|
| Butter or lard | <input type="checkbox"/> 2 |
| Corn, groundnut or sunflower oil | <input type="checkbox"/> 1 |
| Olive, rapeseed or walnut oil | <input type="checkbox"/> 0 |
| No idea | <input type="checkbox"/> 1 |

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

- | | |
|----------------------------------|----------------------------|
| 1 or 2 portions à with each meal | <input type="checkbox"/> 0 |
| 2 or 3 portions daily | <input type="checkbox"/> 1 |
| never or seldom | <input type="checkbox"/> 2 |

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

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

Question 10: What about treats?

- | | |
|------------------------------|----------------------------|
| I like to nibble | |
| chocolate bars, biscuits | <input type="checkbox"/> 2 |
| sweets | <input type="checkbox"/> 2 |
| dark chocolate | <input type="checkbox"/> 1 |
| I can't go without a dessert | <input type="checkbox"/> 2 |

Question 11: What do you drink during the day?

- | | |
|--|----------------------------|
| Water, tea, coffee (without sugar or milk) | <input type="checkbox"/> 0 |
| Sweetened beverages | <input type="checkbox"/> 2 |
| Alcoholic beverages | <input type="checkbox"/> 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.