

## Eating habits questionnaire

Please answer the following questions, regarding your eating habits of the previous 7 days. In case your eating habits during the previous 7 days have differed significantly from your habitual routine (because you may have been on holiday, you may have temporarily changed your work routine or a life event has occurred etc.), please regard the time before this period and highlight this (questions 22 and 23).

1. How many meals do you eat a day (breakfast, lunch, dinner, snacks)? Consider every fruit, every yoghurt, or a glass of milk etc. as a single snack.

...during the week

- 1-2 meals a day
- 3-4 meals a day
- 5-6 meals a day
- more than 6 meals a day

...at the weekend

- 1-2 meals a day
- 3-4 meals a day
- 5-6 meals a day
- more than 6 meals a day

2. At which times do you usually eat:

- |            |                               |                                |
|------------|-------------------------------|--------------------------------|
| ___ (time) | <input type="checkbox"/> meal | <input type="checkbox"/> snack |
| ___ (time) | <input type="checkbox"/> meal | <input type="checkbox"/> snack |
| ___ (time) | <input type="checkbox"/> meal | <input type="checkbox"/> snack |
| ___ (time) | <input type="checkbox"/> meal | <input type="checkbox"/> snack |
| ___ (time) | <input type="checkbox"/> meal | <input type="checkbox"/> snack |
| ___ (time) | <input type="checkbox"/> meal | <input type="checkbox"/> snack |

3. Please specify your meals for two specific days of the previous week:

Meal	Time	<i>Yesterday</i>	<i>Last Sunday</i>
breakfast			
lunch			
dinner			
snack I			
snack II			
snack III			
other			

4. How often do you have hot meals?

...during the week

- several times a day
- once daily
- more than 3 times a week
- less than 3 times a week
- never

...at the weekend

- several times a day
- once daily
- more than 3 times a week
- less than 3 times a week
- never

5. At which times do you have hot meals?

...during the week

- at lunchtime ( \_\_\_\_ [time])
- in the evening ( \_\_\_\_ [time])
- during the night ( \_\_\_\_ [time])
- other ( \_\_\_\_ [time])
- never

...at the weekend

- at lunchtime ( \_\_\_\_ [time])
- in the evening ( \_\_\_\_ [time])
- during the night ( \_\_\_\_ [time])
- other ( \_\_\_\_ [time])
- never

6. Which meals do you usually partake?

- breakfast
- lunch
- dinner
- snacks

7. Do you get up at nights to eat, or do you eat at night times because of sleeplessness?

- yes
- no

8. How much coffee/ tea do you have a day?

- none / less than one cup
- 1-2 cups
- 3-4 cups

- 5-6 cups
- more than 6 cups

9. How many alcoholic drinks do you have a week (examples for a standard drink: 1dL of wine, 3dL of beer, 2 cL of liquors)?

- none or less than 1 standard drink a week
- 1-3 standard drinks a week
- 4-5 standard drinks a week
- 6-7 standard drinks a week
- 8-12 standard drinks a week
- more than 12 standard drinks a week

10. How often do you eat in a restarant?

Your answer: \_\_\_\_\_

11. In case you prepare your meals at home: do you serve single servings, or do you help yourself continuously until you feel sated?

- single servings
- repetitive serving to satiety

12. Do you watch out for healthy nutrition?

- never
- rarely
- occasionally
- usually

13. Are you mindful of your sensation of hunger?

- never
- rarely
- occasionally
- usually

14. Are you mindful of your sensation of satiety?

- I realise when I become sated and stop eating
- I realise when I become sated but continue eating
- I rarely realise when I become sated and often eat too much
- I rarely realise when I become sated and eat according to the size of a standard serving

15. Do you eat when you feel stressed, unhappy, angry or bored?

- never
- rarely
- occasionally

- often

16. What type of diet you prefer?

- Swiss diet
- Mediterranean diet
- American diet
- Asian diet
- other \_\_\_\_\_

17. Where do you use to buy food (you can choose more than one answer)

- on markets
- in supermarkets
- in small shops
- in organic food shops
- other \_\_\_\_\_

18. What type of food do you preferentially buy (you can choose more than one answer)

- pre-cooked foods
- fresh foods
- frozen foods
- canned foods
- other \_\_\_\_\_

19. Describe your physical activity during working hours:

- seated or standing position; few physical activities (e.g. office employee, watch maker, laboratory assistant, shop assistant, precision engineer, driver, assembly-line work)
- moderate physical activities (e.g. car mechanic, waiter, painter, electrician, nurse, housewife/househusband, gardener, postman)
- demanding physical activities (e.g. farmer, forester, builder, mason, carpenter, roofer, sportsman)

20. Describe your recreational physical activity:

- mainly seated activities; using motor vehicles for transport; using lift instead of stairs; no sports or just occasionally
- walking to work or taking the bicycle; using stairs instead of lifts; regular recreational exercise (at least 30 min. a day)
- regular physical activity in daily life (walking, cycling, climbing stairs etc.), endurance training (at least 20-60 min. 3 times weekly), strength training (at least twice a week)

21. Do you take your time to rest and relax?

- never
- rarely

- occasionally
- often

22. Did you eating habits during the previous 7 days differ significantly from your habitual routine of the previous month?

- yes
- no, the eating habits of the previous 7 days correspond to the previous month

23. Did you eating habits during the previous month differ significantly from your habitual routine of the previous year

- yes
- no, the eating habits of the previous month correspond to the previous year

24. Remarks

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