

Diet and Nutrition Questionnaire - prepared by Vanessa Leschak, Certified Nutrition Therapist

1. I skip meals	Never	Sometimes	Always
2. I eat alone	Never	Sometimes	Always
3. I eat when I am stressed or bored	Never	Sometimes	Always
4. I like easy, microwaveable foods	Never	Sometimes	Always
5. I enjoy eating the same foods often	Never	Sometimes	Always
6. I eat out weekly	0-3	4-6	6+

****Questions 1-6 are BAD eating habits.** Review the questions you answered 'ALWAYS' and that is where you should start making improvements: Invite a friend or family member over for dinner, go for a walk instead of eating when stressed/bored. Plan your meals in advance to minimize convenience foods.

7. I read the labels on food before I purchase	Never	Sometimes	Always
8. I buy organic when possible	Never	Sometimes	Always
9. I shop locally at farmer's markets	Never	Sometimes	Always
10. I enjoy grocery shopping	Never	Sometimes	Always
11. I enjoy cooking	Never	Sometimes	Always
12. I enjoy eating a variety of different foods	Never	Sometimes	Always
13. I use a variety of fresh herbs and spices	Never	Sometimes	Always
14. I take time to enjoy my meals	Never	Sometimes	Always
15. I plan my meals in advance	Never	Sometimes	Always

****Questions 7-15 are GOOD eating habits.** Review the questions you answered 'NEVER' and that is where you should start making improvements: Take a trip to your local farmer's market, take a cooking class, try a new recipe, participate in a potluck with your friends/neighbors or plant some fresh herbs to try in your next recipe.

Rate your weekly consumption of the following

Fried foods - (fried in canola or veg. oil)	0	1-3	4-6	6+
Canned foods - (soups, pastas, meats)	0	1-3	4-6	6+
Beef	0	1-3	4-6	6+
Chicken	0	1-3	4-6	6+
Fish	0	1-3	4-6	6+
Other meats	0	1-3	4-6	6+
Cheese	0	1-3	4-6	6+
Milk	0	1-3	4-6	6+
Other dairy	0	1-3	4-6	6+
Regular soda	0	1-3	4-6	6+
Artificial sweeteners (Splenda, Equal, Sweet N Low)	0	1-3	4-6	6+
Sweets (baked goods, candy, etc.)	0	1-3	4-6	6+
Salty foods (chips, crackers, etc.)	0	1-3	4-6	6+
Frozen foods	0	1-3	4-6	6+
Fast foods	0	1-3	4-6	6+
Alcohol	0	1-3	4-6	6+

**These foods and beverages should be avoided. If you consume any of these items on a regular basis, use the shopping list and healthy swaps handout to find a better alternative to processed products. Most fast food and processed foods, such as frozen meals, canned foods and boxed meals contain chemicals, high amounts of sodium, fat and sugars. Food is meant to protect and feed your body and brain the nutrients it needs. YOU ARE WHAT YOU EAT.



Food Diary – Use this to track how certain foods make you feel after eating.

Day & Time: After I eat: I feel:

List of medical issues and Parkinson's symptoms that can be improved with a cleaner diet

**Proper diet and eating habits can improve these symptoms. By tracking what you eat and how it makes you feel you can pinpoint what you should consider adding more or taking out of your diet.

Medical Concerns related to poor diet

Acid Reflux
Alzheimer's
Arthritis
Cancer
Dementia
Diabetes
Heart disease
High cholesterol
Stroke
Ulcers

Parkinson's symptoms that can be improved with healthier diet

Anxiety
Constipation
Depression
Dizziness
Fatigue
Intestinal issues
Nausea
Swallowing issues