



Dr. Sonja Lewandowski

Nutrition Questionnaire

Please send this completed questionnaire back to us before your nutrition appointment.

Last name/First name: _____ Appointment on: _____

- Briefly describe your ailment or illness:

- In general, how is your digestion and what is the regularity and character of your bowel movements (hard, soft, formed, loose etc.)?

- How is your appetite like?

- Where do you usually eat? ☐ at home ☐ in a restaurant ☐ in a canteen ☐ fast food

- Which taste do you prefer? ☐ sweet ☐ salty ☐ spicy ☐ sour ☐ bitter

- How is your quality of sleep?

- How do you feel about your body temperature? Are you often too cold or too hot?

- Do you participate in any sports? If so, which ones and how often?



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What time do you usually eat? What do you usually eat for each meal?

Time	Food
_____	Breakfast: _____
_____	Snack: _____
_____	Lunch: _____
_____	Snack: _____
_____	Dinner: _____
_____	Snack: _____

• What and how much do you usually drink per day?

<input type="radio"/> Tap water/mineral water _____	<input type="radio"/> Herbal-/Fruit-/Green-Tea _____
<input type="radio"/> Fruit juice _____	<input type="radio"/> Coffee/Black Tea _____
<input type="radio"/> Soft drinks _____	<input type="radio"/> Wine/Beer/Liquor _____

• What and how often do you eat from the following foods?

<input type="radio"/> Fish _____	<input type="radio"/> Legumes (beans, peas, lentils) _____
<input type="radio"/> Meat _____	<input type="radio"/> Tofu _____
<input type="radio"/> Poultry _____	<input type="radio"/> Milk/dairy/cheese _____
<input type="radio"/> Eggs _____	<input type="radio"/> Sweets _____
<input type="radio"/> Vegetables _____	<input type="radio"/> Raw vegetables _____
<input type="radio"/> Lettuce/salad _____	<input type="radio"/> Fruit _____
<input type="radio"/> Pasta/noodles _____	<input type="radio"/> Potatoes _____
<input type="radio"/> Rice _____	<input type="radio"/> Grains: corn, millet, amaranth etc. _____
<input type="radio"/> Bread _____	<input type="radio"/> Nuts/Seeds _____

• What kind of cooking and salad oil do you use?
