

## Low Glycemic Index Diet Questionnaire

Please answer the questions regarding your dietary habits since your last visit.

1. How many **vegetable servings** do you normally consume each day?  
(Note: One serving is 1 cup leafy greens, ½ cup any other vegetable, raw or cooked)

4 or more servings	7 points	<b>SCORE</b>
3 servings	5 points	
2 servings	3 points	
1 serving	1 point	
0	0 points	

2. How many times do you eat **legumes** (dried beans or peas, lentils, chickpeas, kidney beans, green peas, etc.) in a normal week?

7 or more servings	5 points	<b>SCORE</b>
5-6 servings	4 points	
3-4 servings	3 points	
1-2 servings	1 point	
0	0 points	

3. How many **fruits** do you normally eat each day (1/2 cup fresh fruit, 1 medium piece of fruit)?

More than 3 servings	0 points	<b>SCORE</b>
2-3 servings	3 points	
1 serving	2 points	
0 servings	0 points	

4. What **types of oils** are you eating each day?

Olive oil, avocado, canola oil, olives, flaxseed oil, coconut oil	2 points	<b>SCORE</b>
Soybean oil, vegetable oil	0 points	
Butter, lard, partially hydrogenated oils	0 points	
No oils	0 points	

5. In a typical day, what do you **drink** most often?

Water or decaffeinated tea	2 points	<b>SCORE</b>
Coffee or tea	1 point	
Fruit juice	0 points	
Soft drinks	0 points	
Alcohol	0 points	

6. How many **servings of whole grains** do you eat in a usual day?

None or 1 serving	3 points	<b>SCORE</b>
More than 1 serving	0 points	

7. How many times per week do you eat **sweets** such as cookies, cakes, or ice cream?

None	3 points	<b>SCORE</b>
1 or more	0 points	

8. How many servings of *fatty, processed meats (fast food hamburger, sausage)* do you consume per week?

None	1 point	<b>SCORE</b>
1 serving or more	0 points	

9. How many servings of *grilled, broiled, or poached fish* do you consume per week?

2 or more servings	2 points	<b>SCORE</b>
1 serving	1 point	
None	0 points	

10. How many times do you eat *fast food* in a normal week?

None	2 points	<b>SCORE</b>
1 or more	0 points	

<b>TOTAL SCORE:</b>	%
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**KEY**

<b>SCORE</b>	<b>%</b>
<b>30</b>	<b>100</b>
<b>28</b>	<b>90</b>
<b>26</b>	<b>80</b>
<b>24</b>	<b>70</b>
<b>21</b>	<b>60</b>
<b>17</b>	<b>50</b>
<b>14</b>	<b>40</b>
<b>10</b>	<b>30</b>
<b>7</b>	<b>20</b>
<b>3</b>	<b>10</b>