

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	Score
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	Score
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)?

4 or more servings	0 points	Score
2–3 servings	3 points	
1 servings	2 points	
0	0 points	

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

Olive oil, avocado, canola oil, olives, flaxseed oil, coconut oil	2 points	Score
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	0 points	Score
Coffee or tea	1 points	
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	Score
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	Score
More than 1 serving	0 points	

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

None	1 point	Score
More than 1 serving	0 points	

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

2 or more servings	2 points	Score
1 serving	1 point	
None	0 points	

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

None	2 points	Score
More than 1 serving	0 points	

Total Score: _____

Score	%
30	100
28	90
26	80
24	70
21	60
17	50
14	40
10	30
7	20
3	10