

FOOD

- DO YOU TEND TO OVERINDULGE IN FOOD AND DRINK?
- HOW CAREFULLY DO YOU WATCH WHAT YOU EAT?
- WHAT KIND OF SNACK OR JUNK FOODS DO YOU ENJOY?
- WHAT WAS THE LAST REALLY GOOD MEAL THAT YOU HAD?
- WHAT IS YOUR FAVORITE SANDWICH?
- WOULD YOU BE ABLE & WILLING TO EAT MORE HOMEMADE FOOD RATHER THAN FAST FOOD?
- DO YOU MORE "EAT TO LIVE" OR "LIVE TO EAT"?
- HOW FREQUENTLY DO YOU EAT OUT IN RESTAURANTS?
- DO YOU EAT ONLY WHOLESOME FOODS?
- HAVE YOU EVER GONE ON AN UNCONTROLLABLE EATING BINGE?
- ARE YOU NOW OR HAVE YOU EVER BEEN ON A DIET? WHAT HAS BEEN YOUR SUCCESS RATE?
- WHAT USUALLY MAKES YOU STOP TO GET SOMETHING TO EAT?
- WHAT WAS THE LAST REALLY LOUSY MEAL THAT YOU HAD?
- DO YOU NOW OR HAVE YOU EVER HAD AN EATING DISORDER?
- HOW GOOD A COOK ARE YOU?
- DO YOU EAT AND DRINK ONLY WHOLESOME BEVERAGES?
- WHAT IS YOUR FAVORITE DESSERT?
- WHAT IS YOUR FAVORITE FOOD? WHAT DO YOU LIKE ABOUT IT?
- WHAT IS YOUR FAVORITE MEAL OF THE DAY? WHY?
- HOW FUSSY ARE YOU WHEN IT COMES TO FOOD?
- WHAT IS YOUR FAVORITE FLAVOR ICE CREAM?
- WHEN EATING OUT DO YOU EXPERIMENT WITH NEW FOODS?
- WHICH DO YOU LEAN MORE TOWARDS?-HAVING A WELL-BALANCED DIET OR EATING THE FOODS YOU WANT?
- DO YOU EVER FAST? IF SO HOW OFTEN?
- HAVE YOU EVER READ UP ON OR TAKEN A COURSE ON NUTRITION?
- HOW FREQUENTLY DO YOU EAT FRUITS AND VEGETABLES?
- WHAT AND WHEN WAS THE LAST GREEN THING YOU ATE?
- WHAT IS YOUR BEVERAGE OF CHOICE?
- DO YOU USUALLY PACK YOUR OWN LUNCH OR EAT OUT?
- ARE YOU ABLE TO LISTEN TO HOW YOUR BODY RESPONDS TO WHAT YOU EAT?
- WHAT DO YOU BELIEVE ARE THE BEST FOODS FOR YOUR BODY?
- WHAT PERCENTAGE OF YOUR DIET IS WATER-RICH FOODS SUCH AS FRUITS AND VEGETABLES?