

Eating Habit Questionnaire

Eating habit item	Question	Answers
1. Breakfast habits	Are you in the habit of eating breakfast?	<input type="checkbox"/> Skip sometimes <input type="checkbox"/> Every day
2. Always eat at a fixed time	Do you usually eat at fixed times?	<input type="checkbox"/> Yes <input type="checkbox"/> No
3. Number of meals per day (including snacks)	How many meals do you eat a day (including snacks)?	<input type="text"/> meals/day
4. Amount eaten	How much food do you usually eat?	<input type="checkbox"/> Small <input type="checkbox"/> Medium <input type="checkbox"/> Large
5. Eating speed	How quickly do you eat?	<input type="checkbox"/> Slow <input type="checkbox"/> Fast
6. Chew food well	Do you chew your food well?	<input type="checkbox"/> Yes <input type="checkbox"/> No
7. Eat until full	Do you eat until you are full?	<input type="checkbox"/> Yes <input type="checkbox"/> No
8. Think about the nutritional balance of the meal	Do you pay attention to the nutritional balance of your meal?	<input type="checkbox"/> Yes <input type="checkbox"/> No
9. Many likes and dislikes	Do you have many food likes and dislikes?	<input type="checkbox"/> Yes <input type="checkbox"/> No
10. Eat for stress relief	Does eating relieve your stress?	<input type="checkbox"/> Yes <input type="checkbox"/> No
11. Eat with others or alone (including family)	Are you always with someone when you eat (including family)?	<input type="checkbox"/> Alone <input type="checkbox"/> Sometimes eat with others <input type="checkbox"/> Always eat with others
12. Conversation when eating	Do you have a conversation when eating?	<input type="checkbox"/> No conversation <input type="checkbox"/> Sometimes conversation <input type="checkbox"/> Always conversation