

# Food Life Style Check Sheet

~Let's review own diets~



Student ID \_\_\_\_\_ Name \_\_\_\_\_ (M • F)

Birth date \_\_\_\_\_ Y \_\_\_\_\_ M \_\_\_\_\_ D \_\_\_\_\_

☆ **Please answer the four questions below.**

1 **Living with family** Yes / No [Person mainly in charge of cooking : \_\_\_\_\_ ]

2 **Habitual exercise** Yes / No [Details : \_\_\_\_\_ : \_\_\_\_\_ hrs/ week]

3 **How do you evaluate your food lifestyle?** Good • Average • Bad

[What do you want to improve : \_\_\_\_\_ ]

4 **Please write down your meals on the days with and without school in the table below.**

(Please refer to the entry example on the back page.)

**If possible take a photo of what you ate with your phone and show it to a registered dietitian .**



	On Campus (ex. Weekdays)			Off-Campus (ex. Weekends)		
	Name of menu (Ingredients)	Amt.	Select one	Name of menu (Ingredients)	Amt.	Select one
Break fast			Home Convenience store Dining out /co-op other			Home Convenience store Dining out /co-op other
Lunch			Home Convenience store Dining out /co-op other			Home Convenience store Dining out /co-op other
Dinner/ Supper			Home Convenience store Dining out /co-op other			Home Convenience store Dining out /co-op other
Snacks						
Alcohol						

# Example

	Schooldays (Weekdays)			Non-school days (Weekends)		
	Name of menu (Ingredients)	Amt.	Circle	Name of menu (Ingredients)	Amt.	Circle
Break fast	Bread coffee	1 slice 1 cup	<u>Home</u> Convenience store Dining out /co-op other	Rice Soup(Tomato, Bacon) Boiled egg	1 bowl 1 cup 1	<u>Home</u> Convenience store Dining out /co-op other
Lunch	Rice Hamburg Steak Salad (Broccoli, Lettuce) Soup (Onion, Carrot, Potato)	1 bowl 1 1 plate 1 cup	Home Convenience store <u>Dining out</u> /co-op other	Meat sauce spaghetti Salad (Tomato, Cucumber)	1 plate 1 plate	Home Convenience store Dining out /co-op other
Dinner	Noodle (Green onion, Roasted pork) fried mashed potato		Home <u>Convenience store</u> Dining out /co-op other	Rice Vegetable stir fry (cabbage, carrot, pork) deep fried chicken	1 bowl 1 plate 2	<u>Home</u> Convenience store Dining out /co-op other
Snack	chocolate	1 pack		Potato chips	1 pack	
Alcohol				beer	350ml	

## For nutritionist

項目	評価 (高→低)					備考
	5	4	3	2	1	
食事のバランスについて (総合的に)						
・脂肪の摂取量						
・食塩の摂取量						
・野菜・果物の摂取量						
・カルシウムに富む食品の摂取量						
朝食を摂取しているか						
間食の摂り方は適正か						
飲酒量は適量か						
自分自身に必要な栄養や健康に興味があるか						