

Food Life Style Check Sheet

~Let's review own diets~



Student ID _____ Name _____ (M • F)

Birth date _____ Y _____ M _____ D

☆ **Answer the questions below.**

1 Living with family No / Yes **2** Habitual exercise No / Yes [About : _____ hours/ week]

3 Mark the items below which you are interested in or you need advice.

① nutrition balance ② How to eat enough vegetable ③ appropriate meal for athlete

④ Self-cooking skill ⑤ How-to eat breakfast every day ⑥ good quality snack

⑦ night snack ⑧ others [details: _____]

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.)

	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						

Please refer to the entry example on the back page.

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 <u>/co-op</u> 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						