

## HEALTHY BRAIN DIET QUESTIONNAIRE

CALORIE INTAKE	RARELY		SOMETIMES		OFTEN
Feeling too full after eating a meal	1	2	3	4	5
Drinking sodas or sugared beverages	1	2	3	4	5
Worrying about your body weight	1	2	3	4	5
Having to buy bigger clothes	1	2	3	4	5
Noticing that your stomach is larger than it used to be	1	2	3	4	5

TOTAL THE CIRCLED NUMBERS \_\_\_\_\_

FATS AND PROTEINS	RARELY		SOMETIMES		OFTEN
Choosing steaks or burgers for entrées	1	2	3	4	5
Eating fried foods	1	2	3	4	5
Opting for ice cream or a fatty dessert	1	2	3	4	5
Avoiding fish and lean chicken	1	2	3	4	5
Using butter on bread or popcorn	1	2	3	4	5

TOTAL = \_\_\_\_\_

CARBOHYDRATES	RARELY		SOMETIMES		OFTEN
Snacking on candy or cookies	1	2	3	4	5
Eating white bread or dinner rolls	1	2	3	4	5
Having donuts, pancakes, or waffles for breakfast	1	2	3	4	5
Choosing processed foods (e.g., pasta) over whole whole grains (e.g., quinoa or barley)	1	2	3	4	5
Having trouble stopping yourself from finishing the whole bag of whatever you're eating	1	2	3	4	5

TOTAL = \_\_\_\_\_

### TOTAL HEALTHY BRAIN DIET SCORE