

pNutrition

- **Diet**
- Exercise
- Health
- Lifestyle
- Cognition

Diet Analysis

1. 1

On average, how many cups of caffeinated coffee or tea do you drink each day?

- ☐ None
- ☐ 1 cup
- ☐ 2 cups
- ☐ 3 cups
- ☐ 4 cups
- ☐ 5+ cups

2. 2

How many servings of fish, shellfish, flaxseed oil, walnuts, or cooked soybeans do you eat each week?

- ☐ 0
- ☐ 1
- ☐ 2
- ☐ 3+

3. 3

Which of the following foods do you typically eat at least once a week?

- ☐ Blueberries
- ☐ Blackberries
- ☐ Raspberries
- ☐ Red grapes
- ☐ Apples
- ☐ Pecans
- ☐ Walnuts

- ☐ Soy beans
- ☐ Red beans
- ☐ Black beans
- ☐ Pinto beans
- ☐ Broccoli
- ☐ Avocados
- ☐ Garlic
- ☐ Spinach
- ☐ Carrots
- ☐ Whole grain
- ☐ Dark chocolate

4. 4

How much alcohol do you drink on an average day?

- ☐ None
- ☐ 1 drink
- ☐ 2 drinks
- ☐ 3 drinks
- ☐ 4 drinks
- ☐ 5 drinks
- ☐ 6 drinks
- ☐ 7 or more drinks

Continue

progress

0%

your grade

calculating 

Did you know that the food you eat can contribute to your brain health? We'll start by asking you some questions about your diet.

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