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
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.

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

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