## Q1 How many servings of fruits do you eat a day? One serving is most easily identified as the size of your palm.

Answered: 62 Skipped: 1


| ANSWER CHOICES | RESPONSES |  |
| :--- | :--- | :--- |
| $1-2$ | $37.10 \%$ | 23 |
| $3-4$ | $40.32 \%$ | 25 |
| 5 or more | $22.58 \%$ | 14 |
| TOTAL |  | 62 |

Q2 How many servings of vegetables do you eat a day? One serving is most easily identified as the size of your palm.

Answered: 62 Skipped: 1


| ANSWER CHOICES | RESPONSES |  |
| :--- | :--- | :--- |
| $1-2$ | $38.71 \%$ | 24 |
| $3-4$ | $43.55 \%$ | 27 |
| 5 or more | $17.74 \%$ | 11 |
| TOTAL |  | 62 |

## Q3 How many times a week do you eat breakfast?



| ANSWER CHOICES | RESPONSES |  |
| :--- | :--- | :--- |
| $1-3$ | $24.19 \%$ | 15 |
| $4-6$ | $12.90 \%$ | 8 |
| every day | $62.90 \%$ | 39 |
| TOTAL |  | 62 |

## Q4 How many times a week do you eat takeout or fast food?

Answered: 62 Skipped: 1


| ANSWER CHOICES | RESPONSES |  |
| :--- | :--- | :--- |
| none | $40.32 \%$ | 25 |
| $1-2$ | $50.00 \%$ | 31 |
| 3 or more | $9.68 \%$ | 6 |
| TOTAL |  | 62 |

Q5 How often do you drink sugary drinks (soda, energy drinks, fruitflavoured drinks)?

Answered: 62 Skipped: 1



| ANSWER CHOICES | RESPONSES |  |
| :--- | :--- | :--- |
| Never or almost never | $16.13 \%$ | 10 |
| Sometimes | $62.90 \%$ | 39 |
| Most of the time | $17.74 \%$ | 11 |
| All of the time | $3.23 \%$ | 2 |
| TOTAL |  | 62 |

## Q6 How many glasses of water do you drink a day (1 glass=250ml)?

Answered: 62 Skipped: 1


| ANSWER CHOICES | RESPONSES |  |
| :--- | :--- | :--- |
| $1-2$ | $6.45 \%$ | 4 |
| $3-4$ | $35.48 \%$ | 22 |
| $5-7$ | $38.71 \%$ | 24 |
| 8 or more | $19.35 \%$ | 12 |
| TOTAL |  | 62 |

## Q7 Does your family limit the amount of sugar and salt in your diet?



## Q8 How often does your family eat low-fat or fat-free products?

Answered: 62 Skipped: 1


| ANSWER CHOICES | RESPONSES |  |
| :--- | :--- | :--- |
| Never or almost never | $11.29 \%$ | 7 |
| Sometimes | $66.13 \%$ | 41 |
| Most of the time | $14.52 \%$ | 9 |
| All of the time | $8.06 \%$ | 5 |
| TOTAL |  | 62 |

## Q9 How often do you eat meat?



| ANSWER CHOICES | RESPONSES |  |
| :--- | :--- | :--- |
| every day | $17.46 \%$ | 11 |
| $5-6$ times a week | $33.33 \%$ | 21 |
| $3-4$ times a week | $26.98 \%$ | 17 |
| $1-2$ times a week | $14.29 \%$ | 9 |
| Never | $7.94 \%$ | 5 |
| TOTAL |  | 63 |

## Q10 How often do you eat fish?

Answered: 63 Skipped: 0


| ANSWER CHOICES | RESPONSES |  |
| :--- | :--- | :--- |
| Never or almost never | $26.98 \%$ | 17 |
| Sometimes | $57.14 \%$ | 36 |
| Most of the time | $14.29 \%$ | 9 |
| All of the time | $1.59 \%$ | 1 |
| TOTAL |  | 63 |

