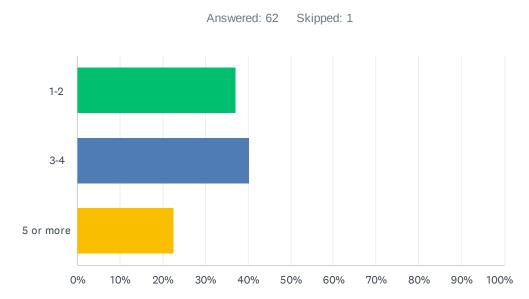
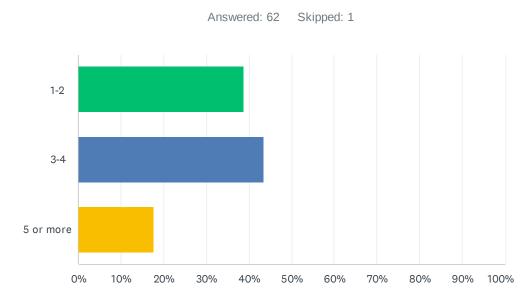
# Q1 How many servings of fruits do you eat a day? One serving is most easily identified as the size of your palm.

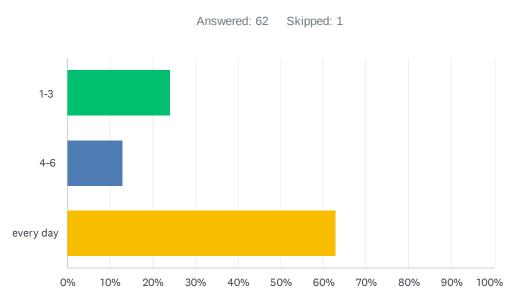


ANSWER CHOICES	RESPONSES	
1-2	37.10%	23
3-4	40.32%	25
5 or more	22.58%	14
TOTAL		62

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



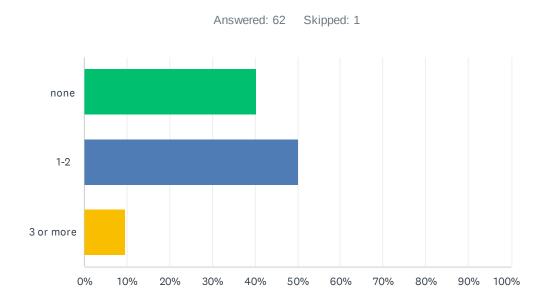
ANSWER CHOICES	RESPONSES	
1-2	38.71%	24
3-4	43.55%	27
5 or more	17.74%	11
TOTAL		62



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

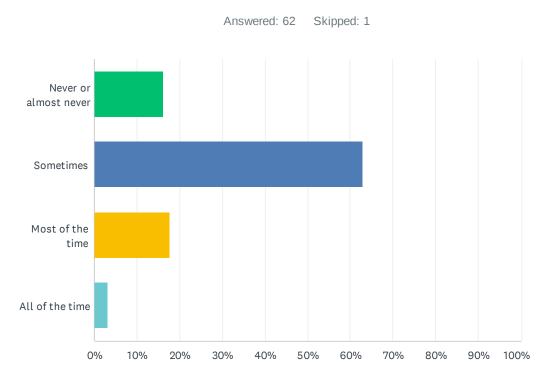
ANSWER CHOICES	RESPONSES	
1-3	24.19%	15
4-6	12.90%	8
every day	62.90%	39
TOTAL		62

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



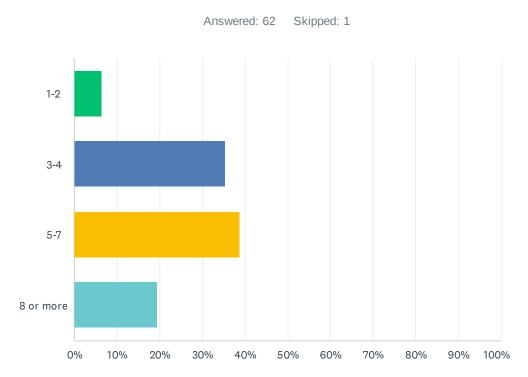
ANSWER CHOICES	RESPONSES	
none	40.32%	25
1-2	50.00%	31
3 or more	9.68%	6
TOTAL		62

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



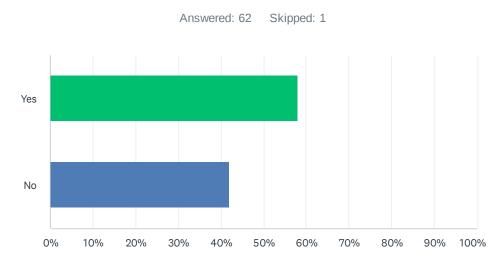
ANSWER CHOICES	RESPONSES	
Never or almost never	16.13%	10
Sometimes	62.90%	39
Most of the time	17.74%	11
All of the time	3.23%	2
TOTAL		62

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



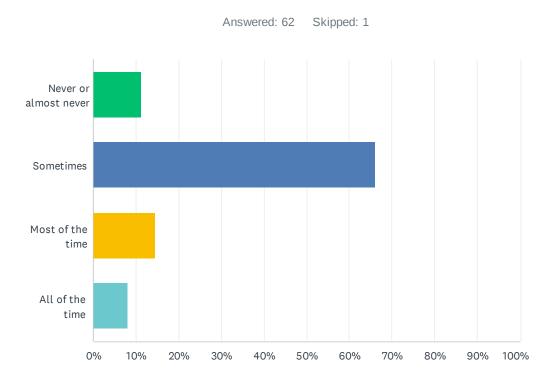
ANSWER CHOICES	RESPONSES	
1-2	6.45%	4
3-4	35.48%	22
5-7	38.71%	24
8 or more	19.35%	12
TOTAL		62

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

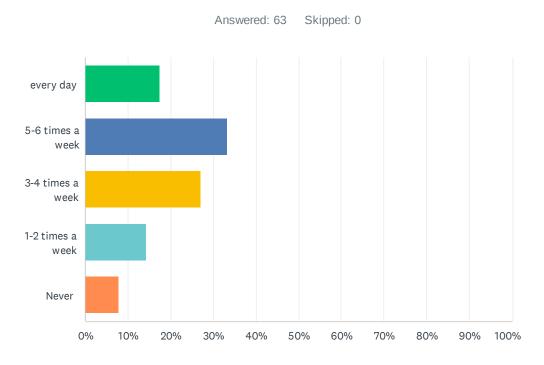


ANSWER CHOICES	RESPONSES	
Yes	58.06%	36
No	41.94%	26
TOTAL		62

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

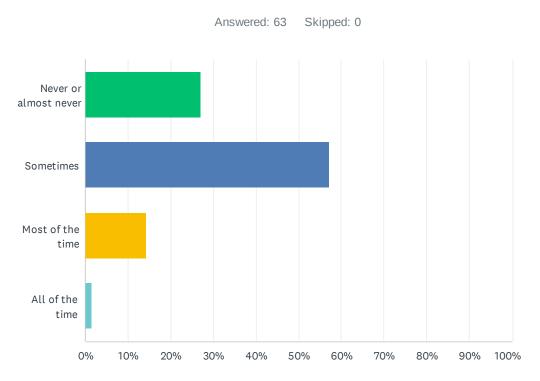


ANSWER CHOICES	RESPONSES
Never or almost never	11.29% 7
Sometimes	66.13% 41
Most of the time	14.52% 9
All of the time	8.06% 5
TOTAL	62



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

### Q9 How often do you eat meat?



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

### Q10 How often do you eat fish?