

**Why is this survey important?** In this survey we will ask you questions about your diet. We are interested in better understanding the link between diet and brain performance.

**How long will this survey take to complete?** 5 minutes or less.

**For the tables below:** Over the past few weeks, average what you ate or drank and choose one answer for each of the questions listed.

<b>1. How would you rate your overall habits of eating healthy foods?</b>	Poor	Fair	Good	Very Good	Excellent
<b>2. How many servings (1 serving = 1/2 cup) of fresh, canned, frozen, or dried fruit did you eat each day?</b>	Less than 1	1 time	2-3 times	4-5 times	6 or more times
<b>3. How many servings of fresh, canned, frozen, or dried vegetables did you eat each day?</b>	Less than 1	1 time	2-3 times	4-5 times	6 or more times
<b>4. How many times a day did you eat fried food or packaged snacks high in fat, salt, or sugar?</b>	Less than 1	1 time	2-3 times	4-5 times	6 or more times
<b>5. How many times a day did you eat sweet foods (not the low-fat kind) or desserts, like chocolate or ice cream, and other sweets?</b>	Less than 1	1 time	2-3 times	4-5 times	6 or more times
<b>6. How many regular soda, sweet tea, juice, energy/sports drinks, sweetened coffee, or other sugar sweetened beverages did you drink each day?</b>	Less than 1	1 time	2-3 times	4-5 times	6 or more times
<b>5. How many servings (1 serving = 3 to 6 ounces) of meat (beef, pork, chicken) did you eat each day?</b>	Less than 1	1 time	2 times	3 times	4 or more

<b>6. How many times a day did you eat dairy products (milk, yogurt, cheese)?</b>	Less than 1	1 time	2 times	3 times	4 or more
<b>7. How many times a day did you eat fish or beans?</b>	Less than 1	1 time	2 times	3 times	4 or more

Approximately how many years do you think you've eaten the diet you described above?

How would you best describe your diet? **Please choose as many as apply to your diet.**

**Dev team – update the yellow highlighted sentence above and allow as many options as desired to be selected from the below list.**

- Western Diet: (high intakes of red meat, sugary desserts, high-fat foods, and refined grains)
- Western-Style Diet – Western diet based but with “healthier” options such as decreasing red meat, healthier dessert, and lower fat foods.
- Mediterranean: Olive oil, legumes, unrefined cereals, fruits, and vegetables, moderate consumption of fish and dairy products and low consumption of meat and meat products)
- Pescatarian: Includes fish but not any other type of meat.
- Vegetarian: A vegetarian diet is one which excludes meat.
- Vegan: In addition to the requirements of a vegetarian diet, vegans do not eat food produced by animals, such as eggs, dairy products, or honey.
- Paleo, Atkins or South Beach or other low carbohydrate diets
- Medical: for example, ketogenic diet, DASH diet, diabetic diet or other medical diets
- Calorie-restricted Diet: Weight Watchers, Jenny Craig, Nutrisystem
- Intermittent Fasting
- Gluten-free or Gluten-Casein free diet