

Diet Quiz: Discover Your Ideal Eating Plan

Name:

Age:

Birth date:

Medical history:

1. What is your primary goal for following a diet?

- A. Weight loss
- B. Muscle gain
- C. Improved overall health
- D. Specific health condition management (please specify)

2. How would you describe your level of physical activity?

- A. Sedentary (little to no exercise)
- B. Lightly active (light exercise/sports 1-3 days/week)
- C. Moderately active (moderate exercise/sports 3-5 days/week)
- D. Very active (hard exercise/sports 6-7 days a week)

3. Which foods do you enjoy the most?

- A. Fruits and vegetables
- B. Lean proteins (chicken, fish, tofu)
- C. Whole grains (brown rice, quinoa, oats)
- D. Dairy or dairy alternatives
- E. Sweets and treats

4. How would you describe your current eating habits?

- A. Balanced and varied
- B. High in protein
- C. Vegetarian or vegan
- D. High in carbohydrates
- E. Irregular and inconsistent

5. Do you have any dietary restrictions or preferences?

- A. Vegetarian
- B. Vegan
- C. Gluten-free
- D. Dairy-free
- E. None

6. How often do you eat out or order takeout in a week?

- A. Rarely or never
- B. 1-2 times a week
- C. 3-4 times a week
- D. Almost every day

7. How much water do you typically drink in a day?

- A. Less than 1 liter
- B. 1-2 liters
- C. 2-3 liters
- D. More than 3 liters

8. Do you have any specific health concerns or conditions?

- A. Diabetes
- B. Hypertension
- C. High cholesterol
- D. None

9. How do you handle stress?

- A. Exercise
- B. Meditation or mindfulness
- C. Seeking support from friends or family
- D. Unhealthy eating habits

10. What is your preferred cooking method?

- A. Grilling
- B. Baking
- C. Steaming
- D. Stir-frying

Results:

- Mostly A's: You may benefit from a balanced and varied diet with a focus on fruits, vegetables, lean proteins, and whole grains.
- Mostly B's: A higher protein diet might be suitable for your goals. Include lean proteins and balance with healthy fats and carbohydrates.
- Mostly C's: A plant-based diet could be ideal for you. Ensure you get enough protein from plant sources, and include a variety of fruits, vegetables, and whole grains.
- Mostly D's: Your diet may be high in carbohydrates, and you might benefit from balancing it with adequate proteins and healthy fats. Be mindful of portion sizes.