

Conversation Questions:

FOOD



Name of the participant in the interview	
<p>How many meals do you eat per day and when?</p> <p>What do you eat during the day? (breakfast, lunch, dinner, snacks, beverages)</p>	
<p>Do you eat 5-6 per week? What food do you eat?</p> <p>How often?</p>	
<p>What do you eat for breakfast, lunch, and dinner?</p> <p>Do you eat any snacks?</p> <p>What do you eat?</p>	
<p>Do you eat any fruits, vegetables, and grains?</p> <p>Do you eat any dairy products?</p> <p>Do you eat any protein sources?</p>	
<p>Do you eat any nuts, seeds, and oils?</p> <p>Do you eat any legumes?</p> <p>Do you eat any fish, shellfish, or other seafood?</p>	
<p>Do you eat any processed foods?</p> <p>Do you eat any fast food?</p> <p>Do you eat any sugary drinks?</p> <p>Do you eat any alcohol?</p>	
<p>Do you eat any organic or locally sourced foods?</p> <p>Do you eat any seasonal produce?</p> <p>Do you eat any fermented foods?</p>	
<p>Do you eat any plant-based meats?</p> <p>Do you eat any dairy alternatives?</p> <p>Do you eat any nut butters?</p>	
<p>Do you eat any superfoods?</p> <p>Do you eat any adaptogens?</p> <p>Do you eat any medicinal herbs?</p>	
<p>Do you eat any fermented foods like kimchi, sauerkraut, or kombucha?</p> <p>Do you eat any probiotics?</p>	