



Diet Check Questionnaire

- Do you add sugar to food & drink almost every day?
- Do you eat foods with added sugars almost every day?
- Do you use salt in food?
- Do you drink more than one cup of coffee most days?
- Do you drink more than three cups of tea most days?
- Do you smoke more than five cigarettes a week?
- Do you take recreational drugs such as cannabis?
- Do you drink more than 1oz (28g) of alcohol (one glass of wine, 1 pint or 600ml of beer, or one measure of spirits), a day?
- Do you eat fried food more than twice a week?
- Do you eat processed 'fast food' more than twice a week?
- Do you eat red meat more than twice a week?
- Do you often eat foods containing additives and preservatives?
- Do you eat chocolate or sweets more than twice a week?
- Does less than a third of your diet consist of raw fruit and vegetables?
- Do you drink less than (1/2) pint (300ml) of plain water each day?
- Do you normally eat white rice, flour or bread rather than whole grain?
- Do you drink more than 3 pints (1.7 litres) of milk a week?
- Do you eat more than three slices of bread a day on average?
- Are there some foods you feel 'addicted' to?
- Do you eat oily fish less than twice a week and/or seeds less than daily?

How many did you tick?

- 1-3 You are obviously a health-conscious individual and your indiscretions are unlikely to affect your health. Provided you supplement your diet with the right vitamins and minerals you can look forward to a long and healthy life.
- 4-8 You are on the right track, but must be a little stricter with yourself. Rather than giving up your bad habits, we can help you set yourself easy experiments. As you will agree it's pretty fair to say that diet's don't actually work, because how many people do you know that have done just the one diet and got where they wanted to go? At WinningMinds we use advanced hypnosis and NLP techniques to significantly change the way you feel about yourself AND how you feel about food, exercise and eating wholesome nutritious foods – so the weight falls off – and stays off with no more dieting at all.
- 9-14 Your diet is not good for you and you will need to make some changes to be able to reach optimum health. But take it a step at a time. You should aim to have your score down to 5 within six months. You will find that bad dietary habits will change for the better as you discover tasty alternatives. The bad habits that remain should be dealt with one at a time. Remember that sugar, salt, coffee and chocolate are all addictive foods. Your cravings for them will dramatically decrease or go away altogether after one month without them. WinningMinds can help you understand why you crave certain foods. Only by addressing the underlying cause of weight gain will you successfully break the cycle. We can help you make gradual yet massive and permanent changes to your life.
- 15-20 There is no way you can continue to eat like this and remain in good health. You are consuming far too great a quantity of fat, refined foods and artificial stimulants. WinningMinds are here to help you make **Massive and Permanent** changes to your lifestyle. For instance, take two questions to which you said 'yes' and make changes so that one month later you could answer 'no' (one example would be to stop eating sugar and drinking coffee in the first month). With our encouragement and you can keep doing this until your score is 5 or less. You may feel worse for the first two weeks, but within a month you will be feeling the positive effects of healthy eating.

We are passionate about helping people change their lives and therefore encourage people who want permanent change!