Dietary habits

Personal info

ID: _____   Sex_____

Place of birth: _____   Date of birth _____

Age: _____   Weight: _____   Height: _____

Parents place of birth: Father _____   Mother_____

Smoker: ☐YES   ☐ NO

Respiratory problems: ☐YES☐ NO   Which ones: _____

Diseases (Cardiovascular, Diabetes, Obesity...)☐YES☐ NO   Which ones:_____

Food intolerances: ☐YES☐ NO   Which ones: _____

Do you practise physical activity? : ☐YES☐ NOIf you do, competitively?   ☐YES☐ NO
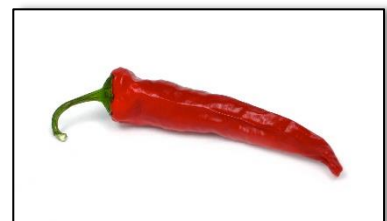
How often do you eat this foods?

Chilly pepper

1 -never☐

2—At least 2-3 times a month☐

3—At least 2-3 times a week☐

Pepper

1—never☐

2 - At least 2-3 times a month ☐

3 - At least 2-3 times a week ☐

Garlic

1 - never ☐

2 - At least 2-3 times a month ☐

3 - At least 2-3 times a week ☐

4 - Cucked ☐ Raw ☐

Onion

1 - never ☐

2 - At least 2-3 times a month ☐

3 - At least 2-3 times a week ☐

4- Cucked ☐ Raw ☐

Ginger

1—never ☐

2 - At least 2-3 times a month ☐

3 - At least 2-3 times a week ☐

Turmeric

1 - never ☐

2 - At least 2-3 times a month ☐

3 - At least 2-3 times a week ☐

Paradise grains/Guinea pepper/Maniguette

1 - never ☐

2 - At least 2-3 times a month ☐

3 - At least 2-3 times a week ☐

Alcoholic drinks

1 - never ☐

2 - At least 2-3 times a month ☐

3 - At least 2-3 times a week ☐

Mint

1 - never ☐

2 - At least 2-3 times a month ☐

3 - At least 2-3 times a week ☐

Chewing gum/breath mints

1 - never ☐

2 - At least 2-3 times a month ☐

3 - At least 2-3 times a week ☐

Indicate the tolerance threshold to:

<u>Hot</u>   low ☐   intermediate ☐   high ☐

<u>Cold</u>   low ☐   intermediate ☐   high ☐

<u>Pain</u>   low ☐   intermediate ☐   high ☐

For non-Italian volunteers

Is the diet you follow in Italy different from that you followed before you came live here?In which way?

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How long have you lived away from your country of origin?

....

In the last _____ years, the use of hot spicy foods:

decreased ☐   remained unchanged ☐   increased ☐

In the last _____ years, the use of fresh foods:

decreased ☐   stayed unchanged ☐   increased ☐