

## Nutritionist and Dietitian Questionnaire

1. Which of the following definitions is most representative of good nutrition?  
(Please tick)

1. Eating a variety of foods from the 5 food groups in the correct proportions	
2. Eating 3 meals a day and no snacks	
3. Avoiding processed and fast foods most of the time	
4. Eating low fat foods	
5. Getting enough nutrients for good health and protection from disease	
6. Taking the right nutritional supplements	
7. Other	

2. In your opinion, how important is nutrition in people's everyday diet? (Please tick)

1. Very important	
2. Somewhat important	
3. Not important	
4. Other	

3. In your opinion, how high is the general level of nutrition in the populations' current eating habits? (Please tick)

1. High	
2. Medium	
3. Low	
4. Other	

4. Do you want nutrition labelling information on all food products on the Australian market? (Please tick)

1. Yes	
2. No	
3. Indifferent	

5. In your opinion, how important should the following factors be when buying foods? (**A** – Always important, **S** – Sometimes important, **N** – Never important, **D** – Do not know) (Please insert rating in box)

1. Overall fat content	
1a. Saturated fat	
1b. Polyunsaturated fat	
1c. Trans-fats	
1d. Monounsaturated fats	
2. Fibre	
3. Calorie/Kilojoule content	
4. Protein content	
5. Preservatives	

6. Potassium content	
7. Antioxidants	
8. DHA	
9. Omega 3	
10. Vitamins	
11. Calcium	
12. Natural colouring	
13. Artificial flavouring	
14. Artificial sweeteners	
15. Artificial colours	
16. Cholesterol content	
17. Serving size	
18. Heart Foundation Tick	
19. Salt/Sodium content	
20. Sugar content	
21. MSG	
22. Other (Please specify)	

6. How useful do you believe the following nutrients to be for good nutrition and health?

Usefulness: (**A** – Always useful, **S** – Somewhat useful, **N** – Not useful, **D** – Don't Know)

	Usefulness
1. Vitamin A	
2. Vitamin B1 (Thiamin)	
3. Vitamin B2 (Riboflavin)	
4. Vitamin B12	
5. Vitamin C	
6. Vitamin D	
7. Vitamin E	
8. Omega 3	
9. Protein	
10. Phyto oestrogens	
11. High Maize	
12. Probiotics	
13. Calcium	
14. Iron	
15. Zinc	
16. Soy/Isoflavones	
17. Folate	
18. Fibre	
19. Antioxidants	
20. Other (Please specify)	

Thank you for your feed back.

Please fill in the following details if you wish to receive our report information.

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