



DIETARY HABITS

CELLULAR PROTECTION

1. I eat at least 5 servings of fruits and vegetables daily.

| | | | | | | |
|----|---|--|--|-----|---|--|
| No | 0 | | | Yes | 1 | |
|----|---|--|--|-----|---|--|

2. I eat organic fruits and vegetables.

| | | | | | | | |
|-------|---|--|---------------|--|-------|---|--|
| Never | 0 | | Sometimes 0.5 | | Often | 1 | |
|-------|---|--|---------------|--|-------|---|--|

3. I eat grilled food.

| | | | | | | | |
|-------|---|--|---------------|--|-------|---|--|
| Often | 0 | | Sometimes 0.5 | | Never | 1 | |
|-------|---|--|---------------|--|-------|---|--|

4. I consume smoked products.

| | | | | | | | |
|-------|---|--|---------------|--|-------|---|--|
| Often | 0 | | Sometimes 0.5 | | Never | 1 | |
|-------|---|--|---------------|--|-------|---|--|

5. I drink freshly squeezed fruit or vegetable juices.

| | | | | | | | |
|-------|---|--|---------------|--|-------|---|--|
| Never | 0 | | Sometimes 0.5 | | Often | 1 | |
|-------|---|--|---------------|--|-------|---|--|

6. I use spices and aromatic herbs in my diet.

| | | | | | |
|---------|--|-------------------------|--|----------------------------|--|
| Never 0 | | 1 to 3 times a week 0.5 | | more than 3 times a week 1 | |
|---------|--|-------------------------|--|----------------------------|--|

7. I drink herbal teas (rosemary, licorice, burdock, green anise, etc.).

| | | | | | |
|---------|--|---------------|--|---------|--|
| Never 0 | | Sometimes 0.5 | | Often 1 | |
|---------|--|---------------|--|---------|--|

8. I drink green or black tea.

| | | | | | |
|---------|--|-------------------------|--|----------------------------|--|
| Never 0 | | 1 to 3 times a week 0.5 | | more than 3 times a week 1 | |
|---------|--|-------------------------|--|----------------------------|--|

9. I drink red wine.

| | | | | | |
|---------|--|---------------------------|--|-----------------------|--|
| Never 0 | | 1 to 5 glasses a week 0.5 | | 1 - 3 glasses a day 1 | |
|---------|--|---------------------------|--|-----------------------|--|

10. I consume dark chocolate.

| | | | | | |
|-----------------------------|--|-------------------------|--|-----------------------------|--|
| less than 2 squares a day 0 | | 2 - 4 squares a day 0.5 | | more than 4 squares a day 1 | |
|-----------------------------|--|-------------------------|--|-----------------------------|--|

11. My primary cooking oil is:

| | | | | | |
|--------------------------|--|---------------------|--|------------------------------------|--|
| Sunflower oil | | Peanut oil | | Grape seed oil | |
| Olive oil | | Rapeseed oil | | Walnut oil | |
| Olive/rapeseed oil blend | | Rapeseed/walnut oil | | Other (sesame, argan, paraffin...) | |

12. I eat broccoli, cabbage, artichokes, turnips, radishes, garlic, onions.

| | | | | | |
|---------|--|---------------|--|---------|--|
| Never 0 | | Sometimes 0.5 | | Often 1 | |
|---------|--|---------------|--|---------|--|

CELLULAR COMMUNICATION

1. My primary cooking oil is: (*same as above*)

| | | | | | |
|--------------------------|--|---------------------|--|------------------------------------|--|
| Sunflower oil | | Peanut oil | | Grape seed oil | |
| Olive oil | | Rapeseed oil | | Walnut oil | |
| Olive/rapeseed oil blend | | Rapeseed/walnut oil | | Other (sesame, argan, paraffin...) | |

2. On average, I consume oil for seasoning daily.

| | | | | | |
|---------------------|--|------------------------|--|---------------------------|--|
| 0 – 1 table spoon 0 | | 2 to 3 table spoon 0.5 | | more than 3 table spoon 1 | |
|---------------------|--|------------------------|--|---------------------------|--|

3. I supplement my oils with wild flax oil (*Camelina sativa*).

| | | | | | |
|---------|--|-------------------------|--|----------------------------|--|
| Never 0 | | 1 to 3 times a week 0.5 | | more than 3 times a week 1 | |
|---------|--|-------------------------|--|----------------------------|--|

4. I consume cold-pressed virgin oil.

| | | | |
|------|--|-------|--|
| No 0 | | Yes 1 | |
|------|--|-------|--|

5. I primarily use as cooking fat:

| | | | | | |
|---------|--|----------|--|--------|--|
| Nothing | | Oil | | Butter | |
| Lard | | Pork fat | | | |

6. I eat fish.

| | | | | | |
|---------|--|----------------------------|--|--------------------------|--|
| Never 0 | | less than twice a week 0.5 | | twice or more per week 1 | |
|---------|--|----------------------------|--|--------------------------|--|

7. I eat fatty fish (sardines, mackerel, seafood, salmon, trout).

| | | | | | |
|---------|--|----------------------------|--|--------------------------|--|
| Never 0 | | less than twice a week 0.5 | | twice or more per week 1 | |
|---------|--|----------------------------|--|--------------------------|--|

8. I eat walnuts, almonds.

| | | | | | |
|---------|--|---------------|--|---------|--|
| Never 0 | | Sometimes 0.5 | | Often 1 | |
|---------|--|---------------|--|---------|--|

9. I eat dried fruits (apricots, figs, prunes, etc.).

| | | | | | |
|---------|--|-------------------------|--|----------------------------|--|
| Never 0 | | 1 to 3 times a week 0.5 | | more than 3 times a week 1 | |
|---------|--|-------------------------|--|----------------------------|--|

10. I consume carbonated beverages (cola, 330 ml can equivalent) daily.

| | | | | | |
|----------------------------|--|-------------------------|--|---------|--|
| more than 3 times a week 0 | | 1 to 3 times a week 0.5 | | never 1 | |
|----------------------------|--|-------------------------|--|---------|--|

11. I eat meals WITHOUT any fruits or vegetables.

| | | | | | |
|----------------------------|--|-------------------------|--|---------|--|
| more than 3 times a week 0 | | 1 to 3 times a week 0.5 | | never 1 | |
|----------------------------|--|-------------------------|--|---------|--|

12. I follow high-protein diets (Dukan, Stillman, Atkins).

| | | | | | | | |
|-------------------------------|--|---------------------------|--|--|--|---------|--|
| regularly (1-3 days per week) | | often (4-5 days per week) | | for extended periods (1 month or more) | | never 1 | |
|-------------------------------|--|---------------------------|--|--|--|---------|--|

DIGESTIVE FUNCTION

1. I drink more than 3 glasses of wine daily.

| | | | | | |
|----|---|--|-----|---|--|
| No | 0 | | Yes | 1 | |
|----|---|--|-----|---|--|

2. I regularly consume strong alcoholic beverages (aperitifs, digestives).

| | | | | | |
|-----|---|--|----|---|--|
| Yes | 0 | | No | 1 | |
|-----|---|--|----|---|--|

3. I eat heavily spiced foods.

| | | | | | | | | |
|-------|---|--|---------------------|-----|--|--------------------------|---|--|
| Never | 0 | | 1 to 3 times a week | 0.5 | | more than 3 times a week | 1 | |
|-------|---|--|---------------------|-----|--|--------------------------|---|--|

4. I consume dairy products daily.

| | | | | | | | | |
|-------|---|--|----------|-----|--|-------------|---|--|
| Never | 0 | | only one | 0.5 | | from 2 to 3 | 1 | |
|-------|---|--|----------|-----|--|-------------|---|--|

5. I mostly consume dairy in the form of:

| | | | | | | | | | | | | |
|---------|---|--|------|--|--|--------|-----|--|--|--------------|---|--|
| Nothing | 0 | | Milk | | | Cheese | 0.5 | | | Yogurt/kefir | 1 | |
|---------|---|--|------|--|--|--------|-----|--|--|--------------|---|--|

6. I consume goat, sheep, or plant-based milk products (soy, oat, almond, etc.) daily.

| | | | | | |
|----|---|--|-----|---|--|
| No | 0 | | Yes | 1 | |
|----|---|--|-----|---|--|

7. I eat legumes (beans, peas, soy, lentils) and/or whole grains (brown rice, whole wheat bread, whole wheat pasta) daily.

| | | | | | |
|----|---|--|-----|---|--|
| No | 0 | | Yes | 1 | |
|----|---|--|-----|---|--|

8. I regularly eat bananas.

| | | | | | |
|----|---|--|-----|---|--|
| No | 0 | | Yes | 1 | |
|----|---|--|-----|---|--|

9. I regularly eat cooled potatoes.

| | | | | | |
|----|---|--|-----|---|--|
| No | 0 | | Yes | 1 | |
|----|---|--|-----|---|--|

10. I regularly eat mushrooms, chicken.

| | | | | | |
|----|---|--|-----|---|--|
| No | 0 | | Yes | 1 | |
|----|---|--|-----|---|--|

11. I regularly drink fruit juices.

| | | | | | |
|-----|---|--|----|---|--|
| Yes | 0 | | No | 1 | |
|-----|---|--|----|---|--|

12. I regularly eat plums, prunes, kiwi, cabbage, melons, unripe bananas, citrus fruits (oranges, grapefruit, lemon).

| | | | | | |
|----|---|--|-----|---|--|
| No | 0 | | Yes | 1 | |
|----|---|--|-----|---|--|

BRAIN FUNCTION

1. I eat a portion of protein (meat, fish, or 2 eggs) daily.

| | | | | | |
|--------------------|--|--------------------------------|--|----------------------------|--|
| zero servings 0 | | several servings a week 0.5 | | 1 to 2 servings a day 1 | |
|--------------------|--|--------------------------------|--|----------------------------|--|

2. I eat protein for breakfast (cream cheese, yogurt, soft cheese, eggs, ham, cheese, bacon, etc.).

| | | | | | |
|---------|--|---------------|--|---------|--|
| Never 0 | | Sometimes 0.5 | | Daily 1 | |
|---------|--|---------------|--|---------|--|

3. I eat grain-based meals (bread, pasta, rice).

| | | | | | |
|--------------------|--|--------------------------------|--|----------------------------|--|
| zero servings 0 | | several servings a week 0.5 | | 1 to 2 servings a day 1 | |
|--------------------|--|--------------------------------|--|----------------------------|--|

4. I eat legumes (beans, lentils, green beans, peas, chickpeas) and/or dried fruits (apricots, raisins).

| | | | | | |
|---------|--|---------------|--|---------|--|
| Never 0 | | Sometimes 0.5 | | Daily 1 | |
|---------|--|---------------|--|---------|--|

5. I eat leafy green vegetables daily (spinach, lamb's lettuce, watercress, lettuce, etc.).

| | | | |
|------|--|-------|--|
| No 0 | | Yes 1 | |
|------|--|-------|--|

6. I drink magnesium-rich mineral water (Mg Mivela, Donat Mg, etc.) (1 serving = 250ml).

| | | | | | |
|----------------|--|--------------------|--|---------------------------|--|
| zero serving 0 | | One serving 0.5 | | Two or more servings 1 | |
|----------------|--|--------------------|--|---------------------------|--|

7. I eat fatty fish (sardines, mackerel, seafood, salmon, trout).

| | | | | | |
|---------|--|-------------------------------|--|---------------------------|--|
| Never 0 | | Less than twice a week 0.5 | | Twice or more a week 1 | |
|---------|--|-------------------------------|--|---------------------------|--|

8. I consume seasoning oil daily. (*same options as above*)

| | | | | | |
|---------------|--|--------------|--|----------------|--|
| Sunflower oil | | Peanut oil | | Grape seed oil | |
| Olive oil | | Rapeseed oil | | Walnut oil | |

| | | | | | |
|--------------------------|--|---------------------|--|------------------------------------|--|
| Olive/rapeseed oil blend | | Rapeseed/walnut oil | | Other (sesame, argan, paraffin...) | |
|--------------------------|--|---------------------|--|------------------------------------|--|

9. I snack around 4:00 or 5:00 PM.

| | | | | | |
|---------|--|---------------|--|---------|--|
| Never 0 | | Sometimes 0.5 | | Daily 1 | |
|---------|--|---------------|--|---------|--|

10. I drink a lot of coffee or carbonated drinks (cola, etc.).

| | | | | | |
|---------|--|---------------|--|---------|--|
| Daily 0 | | Sometimes 0.5 | | Never 1 | |
|---------|--|---------------|--|---------|--|

11. In the evening, I eat chocolate, cakes, sweets, or drink an aperitif.

| | | | | | |
|---------|--|---------------|--|---------|--|
| Daily 0 | | Sometimes 0.5 | | Never 1 | |
|---------|--|---------------|--|---------|--|

12. I eat 5 servings of fruits and vegetables daily.

| | | | |
|------|--|-------|--|
| No 0 | | Yes 1 | |
|------|--|-------|--|

CARDIOMETABOLIC QUESTIONNAIRE

1. I eat 5 servings of fruits and vegetables daily.

| | | | | | |
|----|---|--|-----|---|--|
| No | 0 | | Yes | 1 | |
|----|---|--|-----|---|--|

2. I use spices and aromatic herbs in my diet.

| | | | | | | | | |
|-------|---|--|---------------------|-----|--|--------------------------|---|--|
| Never | 0 | | 1 to 3 times a week | 0.5 | | more than 3 times a week | 1 | |
|-------|---|--|---------------------|-----|--|--------------------------|---|--|

3. I drink green or black tea.

| | | | | | | | | |
|-------|---|--|---------------------|-----|--|--------------------------|---|--|
| Never | 0 | | 1 to 3 times a week | 0.5 | | more than 3 times a week | 1 | |
|-------|---|--|---------------------|-----|--|--------------------------|---|--|

4. I drink red wine.

| | | | | | | | | |
|-------|---|--|-----------------------|-----|--|----------------------|---|--|
| Never | 0 | | 1 to 3 glasses a week | 0.5 | | 1 to 3 glasses a day | 1 | |
|-------|---|--|-----------------------|-----|--|----------------------|---|--|

5. My primary cooking oil is: *(same options as above)*

| | | | | | |
|--------------------------|--|---------------------|--|------------------------------------|--|
| Sunflower oil | | Peanut oil | | Grape seed oil | |
| Olive oil | | Rapeseed oil | | Walnut oil | |
| Olive/rapeseed oil blend | | Rapeseed/walnut oil | | Other (sesame, argan, paraffin...) | |

6. On average, I consume seasoning oil daily.

| | | | | | | | | |
|-------------------|---|--|--------------------|-----|--|-------------------------|---|--|
| 0 – 1 table spoon | 0 | | 2 to 3 table spoon | 0.5 | | more than 3 table spoon | 1 | |
|-------------------|---|--|--------------------|-----|--|-------------------------|---|--|

7. I eat fatty fish (sardines, mackerel, seafood, salmon, trout).

| | | | | | | | | |
|-------|---|--|------------------------|-----|--|------------------------|---|--|
| Never | 0 | | less than twice a week | 0.5 | | twice or more per week | 1 | |
|-------|---|--|------------------------|-----|--|------------------------|---|--|

8. I eat red meat more than twice a week.

| | | | | | |
|-----|---|--|----|---|--|
| Yes | 0 | | No | 1 | |
|-----|---|--|----|---|--|

9. I consume sweet products (sweets, pastries, jam, honey, chocolate, cakes).

| | | | | | | | | |
|------------------------------------|---|--|-----------------------|-----|--|-------|---|--|
| More than three times a week | 0 | | 1 – 3 times a week | 0.5 | | Never | 1 | |
|------------------------------------|---|--|-----------------------|-----|--|-------|---|--|

10. I eat salty foods (instant meals, packaged soups, chips, processed meats, etc.).

| | | | | | | | | |
|------------------------------------|---|--|--------------|-----|--|-------|---|--|
| More than three times a week | 0 | | Occasionally | 0.5 | | Never | 1 | |
|------------------------------------|---|--|--------------|-----|--|-------|---|--|

11. I regularly consume butter, sausages, pâtés, fatty cheeses, pastries, peanuts, white or milk chocolate.

| | | | | | | | | |
|-------|---|--|--------------------------|-----|--|-------|---|--|
| Never | 0 | | More than once a week | 0.5 | | Daily | 1 | |
|-------|---|--|--------------------------|-----|--|-------|---|--|

12. I often have dinner or breakfast without carbohydrates (bread, starches, sugar, fruits).

| | | | | | |
|-----|---|--|----|---|--|
| Yes | 0 | | No | 1 | |
|-----|---|--|----|---|--|
