

New Patient Diet Sheet

Who prepares the majority of your meals?		How many meals do you eat each day?																																																																						
Cookware/method: stainless steel y/n non-stick y/n aluminum y/n glass y/n iron y/n enamel y/n copper y/n microwave y/n	Please describe your average breakfast:																																																																							
	Please describe your average lunch:																																																																							
	Please describe your average dinner:																																																																							
	Do you eat snacks? Type of snacks: Do you eat or drink things with NutraSweet?																																																																							
How many glasses of water do you drink daily?		Source of water? tap-plain tap-filtered																																																																						
Why do you drink it? thirst? someone told you to?		reverse osmosis spring distilled																																																																						
Circle how often do you eat each of these foods: <table border="0"> <tr> <td>example (3 times per week):</td> <td>0 1 2 3 4 5 6 >6 / day? week?</td> </tr> <tr> <td>whole milk</td> <td>0 1 2 3 4 5 6 >6 / day? week?</td> </tr> <tr> <td>low fat or skim milk</td> <td>0 1 2 3 4 5 6 >6 / day? week?</td> </tr> <tr> <td>cheese</td> <td>0 1 2 3 4 5 6 >6 / day? week?</td> </tr> <tr> <td>ice cream</td> <td>0 1 2 3 4 5 6 >6 / day? week?</td> </tr> <tr> <td>yogurt/sour cream</td> <td>0 1 2 3 4 5 6 >6 / day? week?</td> </tr> <tr> <td>butter/margarine</td> <td>0 1 2 3 4 5 6 >6 / day? week?</td> </tr> <tr> <td>eggs</td> <td>0 1 2 3 4 5 6 >6 / day? week?</td> </tr> <tr> <td>red meat (beef, pork, veal, lamb)</td> <td>0 1 2 3 4 5 6 >6 / day? week?</td> </tr> <tr> <td>coffee/tea (non-herbal)</td> <td>0 1 2 3 4 5 6 >6 / day? week?</td> </tr> <tr> <td>herbal tea</td> <td>0 1 2 3 4 5 6 >6 / day? week?</td> </tr> <tr> <td>soda</td> <td>0 1 2 3 4 5 6 >6 / day? week?</td> </tr> <tr> <td>cookies/pastries/deserts</td> <td>0 1 2 3 4 5 6 >6 / day? week?</td> </tr> <tr> <td>salt/miso/soy sauce</td> <td>0 1 2 3 4 5 6 >6 / day? week?</td> </tr> <tr> <td>canned vegetables</td> <td>0 1 2 3 4 5 6 >6 / day? week?</td> </tr> <tr> <td>cold and hot cereals</td> <td>0 1 2 3 4 5 6 >6 / day? week?</td> </tr> <tr> <td>frozen vegetables</td> <td>0 1 2 3 4 5 6 >6 / day? week?</td> </tr> <tr> <td>poultry (chicken, turkey)</td> <td>0 1 2 3 4 5 6 >6 / day? week?</td> </tr> <tr> <td>fish/seafood</td> <td>0 1 2 3 4 5 6 >6 / day? week?</td> </tr> <tr> <td>beans (lentil, azuki, navy, ...)</td> <td>0 1 2 3 4 5 6 >6 / day? week?</td> </tr> <tr> <td>fresh vegetables</td> <td>0 1 2 3 4 5 6 >6 / day? week?</td> </tr> <tr> <td>whole grains (brown rice, millet, ...)</td> <td>0 1 2 3 4 5 6 >6 / day? week?</td> </tr> <tr> <td>vegetable oil</td> <td>0 1 2 3 4 5 6 >6 / day? week?</td> </tr> <tr> <td>oleo/Crisco</td> <td>0 1 2 3 4 5 6 >6 / day? week?</td> </tr> <tr> <td>oranges/orange juice</td> <td>0 1 2 3 4 5 6 >6 / day? week?</td> </tr> <tr> <td>other fruits/jam</td> <td>0 1 2 3 4 5 6 >6 / day? week?</td> </tr> <tr> <td>other juices</td> <td>0 1 2 3 4 5 6 >6 / day? week?</td> </tr> <tr> <td>alcohol</td> <td>0 1 2 3 4 5 6 >6 / day? week?</td> </tr> <tr> <td>breads/pasta/pancakes</td> <td>0 1 2 3 4 5 6 >6 / day? week?</td> </tr> <tr> <td>nuts</td> <td>0 1 2 3 4 5 6 >6 / day? week?</td> </tr> <tr> <td>peanut butter</td> <td>0 1 2 3 4 5 6 >6 / day? week?</td> </tr> <tr> <td>mushrooms</td> <td>0 1 2 3 4 5 6 >6 / day? week?</td> </tr> <tr> <td>sugar/honey/syrup</td> <td>0 1 2 3 4 5 6 >6 / day? week?</td> </tr> <tr> <td>_____</td> <td>0 1 2 3 4 5 6 >6 / day? week?</td> </tr> </table>				example (3 times per week):	0 1 2 3 4 5 6 >6 / day? week?	whole milk	0 1 2 3 4 5 6 >6 / day? week?	low fat or skim milk	0 1 2 3 4 5 6 >6 / day? week?	cheese	0 1 2 3 4 5 6 >6 / day? week?	ice cream	0 1 2 3 4 5 6 >6 / day? week?	yogurt/sour cream	0 1 2 3 4 5 6 >6 / day? week?	butter/margarine	0 1 2 3 4 5 6 >6 / day? week?	eggs	0 1 2 3 4 5 6 >6 / day? week?	red meat (beef, pork, veal, lamb)	0 1 2 3 4 5 6 >6 / day? week?	coffee/tea (non-herbal)	0 1 2 3 4 5 6 >6 / day? week?	herbal tea	0 1 2 3 4 5 6 >6 / day? week?	soda	0 1 2 3 4 5 6 >6 / day? week?	cookies/pastries/deserts	0 1 2 3 4 5 6 >6 / day? week?	salt/miso/soy sauce	0 1 2 3 4 5 6 >6 / day? week?	canned vegetables	0 1 2 3 4 5 6 >6 / day? week?	cold and hot cereals	0 1 2 3 4 5 6 >6 / day? week?	frozen vegetables	0 1 2 3 4 5 6 >6 / day? week?	poultry (chicken, turkey)	0 1 2 3 4 5 6 >6 / day? week?	fish/seafood	0 1 2 3 4 5 6 >6 / day? week?	beans (lentil, azuki, navy, ...)	0 1 2 3 4 5 6 >6 / day? week?	fresh vegetables	0 1 2 3 4 5 6 >6 / day? week?	whole grains (brown rice, millet, ...)	0 1 2 3 4 5 6 >6 / day? week?	vegetable oil	0 1 2 3 4 5 6 >6 / day? week?	oleo/Crisco	0 1 2 3 4 5 6 >6 / day? week?	oranges/orange juice	0 1 2 3 4 5 6 >6 / day? week?	other fruits/jam	0 1 2 3 4 5 6 >6 / day? week?	other juices	0 1 2 3 4 5 6 >6 / day? week?	alcohol	0 1 2 3 4 5 6 >6 / day? week?	breads/pasta/pancakes	0 1 2 3 4 5 6 >6 / day? week?	nuts	0 1 2 3 4 5 6 >6 / day? week?	peanut butter	0 1 2 3 4 5 6 >6 / day? week?	mushrooms	0 1 2 3 4 5 6 >6 / day? week?	sugar/honey/syrup	0 1 2 3 4 5 6 >6 / day? week?	_____	0 1 2 3 4 5 6 >6 / day? week?	Are you willing to make dietary changes in order to accomplish your health goals?
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