

DIET

Please list the types of these foods you eat and how often:

Meat _____

Organ
Meat _____

Eggs _____

Dairy _____

Fruit _____

Vegetables _____

Butter or
Margarine _____

Oils and
Fats _____

Processed, Frozen or Canned Foods

How often do you eat out and at what kind of establishments? Fast food? What do you order when you eat out?

Pickled, Fermented or Cultured foods, such as yogurt, kefir, sauerkraut, kombucha, pickled vegetables

Grains, Nuts and Legumes

Bread, Baked Goods, Crackers, Pasta

What do you use for sweetening? _____

Beverages including caffeinated

Snacks, candy, sugar-containing foods and desserts

Salt _____

Soy _____

Misc _____

What do you eat for breakfast?

What do you eat for Lunch?

What do you eat for dinner?
