Please circle all foods that you eat, noting an “**A**” by those that cause allergic reactions and “**FS**” that cause food sensitivity reactions:

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Fruits** | **Vegetables** | **Grains** | **Nuts/Seeds** | **Dairy or Substitutes** |
| Apples  Apricots  Avocado  Bananas  Blueberries  Cantaloupe  Cherries  Cranberries  Dried fruit  Eggplant  Figs  Grapes – green or red  Grapefruit  Honeydew  Kiwi  Kumquats  Lemon/Limes  Mango  Olives  Oranges  Papaya  Passion fruit  Pears  Peaches  Pineapple  Plums  Raisins  Raspberries  Star fruit  Strawberries  Watermelon | Artichoke  Asparagus  Beets  Broccoli  Cabbage  Carrots  Cauliflower  Celery  Corn  Cucumbers  Eggplant  Fennel  Greens:  Collard Chard  Kale Spinach  Green Beans  Leeks  Lettuce  Mushrooms  Okra  Onions  Peas  Peppers – green, red, yellow  Potatoes – white  Pumpkin  Radishes  String Beans  Squash  Sweet potatoes  Tomatoes  Zucchini | Amaranth  Barley  Buckwheat  Corn  Kamut  Millet  Oats  Quinoa  Rice –  White  Brown  Rye  Spelt  Teff  Wheat | Almond  Brazil  Cashew  Hazelnut  Peanuts  Pecan  Pistachio  Poppy seed  Pumpkin seed  Sesame  Sunflower seed  Walnut | Milk –  Cow  Goat  Do you use milk substitutes? If yes, please list:  Cheese- specify-  Yogurt – specify  Cottage cheese |
|  |  |  |  |  |
| If one serving = ½ cup, how many servings per day do you eat? | If one serving = ½ cup, how many servings per day do you eat? | If one serving = ½ cup how many servings per day do you eat? | If one serving = 1 tablespoon,  how many servings do you eat per day? | If one serving = ½ cup milk or 1 oz cheese, how many servings per day do you eat? |

Please circle all foods that you eat, noting an “**A**” by those that cause allergic reactions and “**FS**” that cause food sensitivity reactions:

|  |  |
| --- | --- |
| **Protein Foods** | **Beverages/Miscellaneous** |
| Meat/Poultry Fish, please list-  Beef  Lamb  Pork Shellfish, please list-  Chicken  Turkey  Other Poultry:  Eggs- Miscellaneous  Chicken- Whey Protein  Other Pea, Rice or Hemp Protein  Dried Beans  Adzuki Lima  Black Lentils  Fava Mung  Garbanzo Navy  Kidney-red, black Pinto  Black-eyed pea Soy  Other: | Coffee  Tea  Soda  Caffeine  Miscellaneous:  Sugar Substitute- please list-  Food Colorings Allergies – please list-  Lecithin  MSG  Cinnamon |
|  |  |
| If one serving = 1 oz or ¼ cup, how many servings do you eat per day? | How cups do you drink per day of juice?\_\_\_\_  Water?\_\_\_\_\_\_\_\_\_ Tea or Coffee? \_\_\_\_\_Soda?­­­­­­­­\_\_\_\_\_\_\_\_ |

Do you add salt at the table? Yes/No/Sometimes

Do you cook with salt? Yes/No/Sometimes

Other Comments or information I should know:

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_