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** |
| ApplesApricotsAvocadoBananasBlueberriesCantaloupeCherriesCranberriesDried fruitEggplantFigsGrapes – green or redGrapefruitHoneydewKiwiKumquatsLemon/LimesMangoOlivesOrangesPapayaPassion fruitPearsPeachesPineapplePlumsRaisinsRaspberriesStar fruitStrawberriesWatermelon | ArtichokeAsparagusBeetsBroccoliCabbageCarrotsCauliflowerCeleryCornCucumbersEggplantFennelGreens: Collard Chard Kale SpinachGreen BeansLeeksLettuceMushroomsOkra OnionsPeas Peppers – green, red, yellowPotatoes – whitePumpkin RadishesString BeansSquashSweet potatoesTomatoesZucchini | AmaranthBarleyBuckwheatCornKamutMilletOatsQuinoaRice – White BrownRyeSpeltTeffWheat | AlmondBrazilCashewHazelnutPeanutsPecanPistachioPoppy seedPumpkin seedSesameSunflower seedWalnut | Milk – Cow GoatDo you use milk substitutes? If yes, please list:Cheese- specify-Yogurt – specifyCottage 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-BeefLambPork Shellfish, please list-ChickenTurkeyOther Poultry:Eggs- Miscellaneous  Chicken- Whey Protein  Other Pea, Rice or Hemp ProteinDried Beans Adzuki LimaBlack LentilsFava MungGarbanzo NavyKidney-red, black PintoBlack-eyed pea SoyOther: | CoffeeTeaSodaCaffeineMiscellaneous:Sugar Substitute- please list-Food Colorings Allergies – please list-LecithinMSGCinnamon  |
|   |  |
| 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:

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