

Diet History Questionnaire

- This questionnaire will ask you what you have eaten in the past 12 months.
- Must be complete before you come in for your appointment.
 - Complete the paper questionnaire in black ink

Food Diary

- Must complete before you come in for your appointment
- Fill out for 3 days – 2 week days and 1 weekend day, if possible.
- Every food item gets its own line on the form (see examples below)
- Provide as much detail as possible (including brand names and flavors)
- If at a restaurant, include restaurant name and what the menu item is called
- Only describe the amounts in units that can be measured (ex. Ounces, cups, tbs, tsp)
- **Only ONE food item per line**

Meals	Place Prepared	Food and Beverages	Amount
Breakfast	Home	Folgers caffeinated coffee	10 oz
		splenda	1 tsp
		Skim milk	1 oz
Lunch	Home	Sara Lee 100 % Whole Wheat Bread	2 slices
		Heinz, Yellow Mustard	1 tsp
		Healthy Choice Deli turkey breast, smoked	4 slices
		Iceburg lettuce	1 leaf
		Tomato	2 slices
Dinner	Pappasitos Restaurant	Chicken Fajitas	3 oz
		Bell peppers	1 oz
		Corn chips	17 chips
		Red salsa	3 tbs
		Mexican rice	¼ cup
		Refried beans	½ cup
		Iced tea	20 oz
Sweet N Low	2 packets		

Please complete the diary for 3 days and write as much detail as possible.