

DIET THERAPY[®] PATIENT INTAKE FORM

Note: Only enter items that you are certain about

(* indicates required data)

*Patient Name: _____ Date: _____

Address: _____ City: _____ State: _____ Zip: _____

Phone: _____ Email: _____ *Gender: M F *DOB: _____

(# indicates data required ONLY if doing calorie calculations)

#Height (barefoot): _____ #Weight (clothed): _____ # Wrist (circumference of dominant hand at wrist folds): _____

#Activity Level (check only one)

- Sedentary (little or no exercise, desk job or bed ridden)
- Light Activity (light exercise – sports 1 to 3 days per week)
- Moderate Activity (moderate exercise – sports 3 to 5 days per week)
- Very Active (hard exercise – sports 6 to 7 days per week)
- Extra Active (hard daily exercise – sports and physical job)

Surgery (very recent or pending – check only one)

- Minor
- Major

Infection (current only – check only one)

- Mild
- Moderate
- Severe

Lean Body Mass or Percent Body Fat (if known):

If Pregnant - Trimester: 1 2 3

Trauma (very recent only)

- Muscular/Skeletal (sprains, fractures, etc.)

Food Allergies or Sensitivities

- Bananas
- Chocolate
- Citrus Fruits
- Corn
- Dairy
- Eggplant
- Eggs
- Gluten Foods (all)
- Gluten Foods (highest)
- Peanuts
- Peppers
- Refined Sugars
- Shellfish
- Soy
- Strawberries
- Sulfites
- Theobromine
- Tomatoes
- Wheat

Other Items to Eliminate:

- Alcohol
- Caffeine
- Carcinogens
- Fluoride/Chlorine
- Foods children should avoid
- Mercury contaminated foods
- Synthetic foods
- Pesticide residues
- Refined sugars
- All toxic foods

Other food allergies or sensitivities: _____

Vegetarian Intolerances:

- Red Meat
- Poultry
- Fish
- Dairy
- Eggs

Ethnic Options:

- Kosher foods only

Patient's Blood Type:

- O
- A (subtype unknown)
- A₁
- A₂
- B
- AB (subtype unknown)
- A₁B
- A₂B
- Rh negative

Primary diagnosis / chief complaint: _____

Other health factors to address: _____

Organs or Systems needing support (check any that apply)

- Adrenals
- Bladder
- Bones
- Brain/Nerves (CNS)
- Bronchi
- Ears (hearing)
- Eyes (vision)
- Female Reproductive Organs
- Gall Bladder
- Gums/Teeth
- Hair/Scalp
- Heart
- Intestines (GI tract)
- Joints
- Kidneys
- Liver
- Lungs
- Lymphatic
- Male Reproductive Organs
- Mammary Glands/Breasts
- Muscles
- Nails
- Pancreas
- Pituitary Gland
- Prostate
- Skin
- Spine
- Spleen
- Thymus
- Thyroid
- Uterus
- Veins/Arteries

INCREASE
 REDUCE
 RESTRICT

Patient Name: _____ Date: _____

CHECK NO MORE THAN ONE BOX PER ITEM

- MACRONUTRIENTS -

Standard Options

- High protein foods
- High carbohydrate foods
- High fat foods
- High calorie foods
- High fiber foods
- High water content foods
- Acid ash foods
- Alkaline ash foods

Advanced Options

- High glycemic load foods
- Medium glycemic load foods
- High purine protein foods
- Medium purine protein foods
- Low purine protein foods
- Oxalic acid containing foods
- Phytic acid containing foods
- Thyroid suppressing foods
- Phytoestrogenic foods

- MICRONUTRIENTS -

Vitamins & Other Nutrients

- Biotin
- Choline
- Folic acid
- Inositol
- Isoflavones
- Lycopene
- PABA
- Provitamin A (carotenes)
- Vitamin A (retinol)
- Vitamin B1 (thiamine)
- Vitamin B2 (riboflavin)
- Vitamin B3 (niacin)
- Vitamin B5 (pantothenic acid)
- Vitamin B6 (pyridoxine)
- Vitamin B12 (cobalamin)
- Vitamin C (ascorbic acid)
- Vitamin D (calciferol)
- Vitamin E (tocopherol)
- Vitamin K (pylloquinone)

Minerals

- Boron (B)
- Calcium (Ca)
- Chromium (Cr)
- Copper (Cu)

Minerals (continued)

- Germanium (Ge)
- Iodine (I)
- Iron (Fe)
- Magnesium (Mg)
- Manganese (Mn)
- Molybdenum (Mo)
- Phosphorus (P)
- Potassium (K)
- Selenium (Se)
- Sodium (Na)
- Sulfur (S)
- Vanadium (V)
- Zinc (Zn)

- AMINO ACIDS -

Essential

- Histidine
- Isoleucine
- Leucine
- Lysine
- Methionine
- Phenylalanine
- Threonine
- Tryptophan
- Valine

Non-essential

- Alanine
- Arginine
- Aspartic acid
- Cysteine
- Glutamic acid
- Glycine
- Proline
- Serine
- Tyrosine

- FATTY ACIDS -

General Categories

- High omega 3 foods
- High omega 6 foods
- High omega 9 foods
- High monounsaturated fats
- High polyunsaturated fats
- High saturated fats
- High total fats
- High cholesterol foods
- High Phytosterol foods

Omega 3 Fatty Acids (specific fatty acids)

- Alpha-linolenic acid (ALA)
- Docosapentaenoic acid (DPA)
- Docosahexaenoic acid (DHA)
- Eicosapentaenoic acid (EPA)

Omega 6 Fatty Acids (specific fatty acids)

- Linoleic acid (LA)
- Gamma-linolenic acid (GLA)
- Arachidonic acid (AA)

Omega 6 Fatty Acids (specific fatty acids)

- Oleic acid (non-essential)
- Nervonic acid (non-essential)

Saturated Fatty Acids (specific fatty acids)

- Lauric acid
- Myristic acid
- Palmitic acid
- Stearic acid

- DIET THERAPIES -

Metabolic Type (select only one)

- Parasympathetic dominant
- Sympathetic dominant
- Balanced dominant
- Slow oxidation dominant
- Fast oxidation dominant
- Mixed dominant

Metabolic Modifiers (select only one)

- Dysaerobic imbalance (catabolic excess)
- Anaerobic imbalance (anabolic excess)

Endocrine Type (select only one)

- Ovarian type (gonadal type)
- Adrenal type
- Thyroid type
- Pituitary type

Ayurvedic Type (select only one)

- Vata
- Vata-Pitta
- Vata-Kapha
- Pitta
- Pitta-Vata
- Pitta-Kapha
- Kapha
- Kapha-Vata
- Kapha-Pitta

Oriental Food Qualities (multiple options)

- Sour foods
- Bitter foods
- Sweet foods
- Pungent foods
- Salty foods
- Warming foods
- Cooling foods