

# **Nutrition & Gut Health History:**

**Patient Name:** \_\_\_\_\_ **Date of Birth:** \_\_\_\_\_ **Today's Date:** \_\_\_\_\_

List typical foods you consume now:

<b>Breakfast</b>	<b>Lunch</b>	<b>Dinner</b>	<b>Snacks</b>	<b>Liquids</b>

**Have you tried to lose weight before?** NO YES- please describe how & when: \_\_\_\_\_

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**Are there any foods you avoid because of the way make you feel?** NO YES- please describe:

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**Do you experience any symptoms shortly after eating?** NO YES- please describe:

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**What is your biggest challenge with eating healthfully?** \_\_\_\_\_

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**Initials:** \_\_\_\_\_

**Are there foods that you crave?** NO YES- please describe: \_\_\_\_\_

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**Do you have any known food allergies or sensitivities?** NO YES- please describe:

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**Which of following do you consume regularly?** (Please circle)

Soda/Pop    Diet Soda/Pop    Alcohol    Coffee    Sugar    Artificial Sweeteners  
Fast Food    Gluten (wheat, rye, barley)    Dairy (milk, cheese, yogurt)

**Are you following a special diet or lifestyle plan?** NO YES- Please describe: \_\_\_\_\_

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**What percentage of your meals are home-cooked?** \_\_\_\_\_

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**Is there anything else we should know about your current diet, history or relationship to food?** \_\_\_\_\_

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**Please take a moment to describe you intestinal status/bowel movements. Please describe:**

Frequency: \_\_\_\_\_

Consistency: \_\_\_\_\_

Color: \_\_\_\_\_

**Do you experience intestinal gas?** NO YES- Please describe (i.e.: frequency, triggers, odor)

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**Initials:** \_\_\_\_\_

**Have you been exposed to any chemicals or toxic metals?** NO YES- Please describe

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**Do odors affect you?** NO YES- Please describe

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**Are you affected by secondhand smoke?** NO YES- Please describe

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**Do you have any mercury amalgam fillings?** NO YES- Please describe

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**How do you see a Nutrition Counselor/Health Coach helping you?**

(Circle all that apply.)

Disease prevention	Adrenal fatigue relief	Pain relief	Lower cholesterol
Immunity boost	Better sleep	Thyroid issues	Better digestion
More energy	Food intolerances	Mood stability	Addictions
Education	Inspiration	Motivation	Metabolism
Body image	Lifestyle makeover	Stress management	Weight loss
Emotional eating help	Craving control	Portion control	Detox and Cleanses
How to cook	Meal plans & Recipes	Learning what to eat	Affordable health foods
Learning what foods to avoid	Healthful food sources	Dining out strategies	Kitchen food overhaul
Helping a family member	Picky eaters	Holiday strategies	Traveling strategies
	Fueling for fitness	Clean protein	