

Name _____

Date _____

FOOD QUESTIONNAIRE

In terms of Oriental Health, it is important to find foods you like that keep you in balance and healthy. They are generally the ones that will make you vital and energetic. In order to begin finding the foods that go well with you, it is helpful to list the foods you eat each day for 7 days. The list doesn't need to be exact and you can include on it at the end foods you may be avoiding, but really enjoy. We should look at the whole picture to make your plan an enjoyable and natural process rather than one of rigid discipline. Please also include the drinks that you take and the time you have each meal.

DAY 1: _____

Breakfast _____ Time _____

Lunch _____ Time _____

Dinner _____ Time _____

Snacks taken during the day _____

DAY 2: _____

Breakfast _____ Time _____

Lunch _____ Time _____

Dinner _____ Time _____

Snacks taken during the day _____

DAY 3: _____

Breakfast _____ Time _____

Lunch _____ Time _____

Dinner _____ Time _____

Snacks taken during the day _____

DAY 4: _____

Breakfast _____ Time _____

Lunch _____ Time _____

Dinner _____ Time _____

Snacks taken during the day _____

DAY 5: _____

Breakfast _____ Time _____

Lunch _____ Time _____

Dinner _____ Time _____

Snacks taken during the day _____

DAY 6: _____

Breakfast _____ Time _____

Lunch _____ Time _____

Dinner _____ Time _____

Snacks taken during the day _____

DAY 7: _____

Breakfast _____ Time _____

Lunch _____ Time _____

Dinner _____ Time _____

Snacks taken during the day _____

Please list any foods you like or dislike, and any food cravings you experience.

Do you have any other questions regarding your diet?
