



Personal Information

Thank you for answering the questions below and for completing the food diary at the end of the questionnaire. The information you provide forms the basis for your nutrition consult and it helps to be as accurate as you can. Please email the completed questionnaire and food diary to len Hellemans at jen.h@xtra.co.nz or to Jonny Rea at jonnyrea@gmail.com prior to your appointment time.

Name

Gender

Phone

Email

Skype (online consults only)

Date of birth

Occupation

What is/are the reason(s) for your nutrition consult?

Outline any medical/health issues relevant to your nutrition consult:

List any medications and/or dietary supplements you currently take:

What is your height?

What is your weight?

What is your goal weight? (if different from current weight)



Diet History

What are your living arrangements? (alone, flatting, with family, other)

Who does the grocery shopping in your household?

Who does the cooking in your household?

List any foods you avoid, with reasons:

Record your usual intake for the foods listed below:

Food/beverage	Description & amount of food per day/week	Weekend variation if relevant
Fruit		
Vegetables		
Milk & Dairy		
Dining out		
Take-out Meal		
Alcohol		

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Sport and Exercise



Choose one of the following:

- I am a competitive athlete
- I am a recreational athlete
- I exercise for health
- I don't exercise

What is your main sport/mode of exercise?

List any other sports/exercise you participate in:

Outline your current training/exercise program:

Day of the week	Type of sport/exercise	Start time	Finish time

What are your sporting/exercise goals?



Food Diary



Please record all food and drink consumed over five days on the template below, AFTER reading the instructions

GO!

Instructions for completing your food diary:

- Follow your usual diet during the period of recording
- Include at least one weekend day
- Enter ALL food and drink consumed during the period of recording, including the time you consumed the food
- Enter at the time of eating/drinking, not at the end of the day from memory
- Be as specific as you can when recording the type of food, e.g. blue top milk, NOT milk; Sanitarium Toasted Muesli Nuts and Seeds, NOT muesli; premium beef mince, NOT mince etc.
- Record the weights of food if you know these; e.g. 1x 85 can Sealord tuna lite in spring water; 1x 125g carton Meadowfresh apricot yoghurt etc.
- If you don't know the weight of a food, use household measures, e.g. 1 cup cooked basmati rice; 4 slices Molenberg Original toast slice bread; 2 tsp margarine, 1 Tb. Olive oil, 1 medium size apple, 2 medium size potatoes etc.
- Record if the measure is for the cooked or raw ingredient, e.g. in the case of rice, pasta etc.
- Record cooking methods, e.g. baked potato.
- Remember to enter meal additions also, such as salt, tomato sauce, oil, mayonnaise, sour cream, salad dressing etc.
- When recording exercise/training, include start and finishing time for each session

Once you have completed the food diary template:

If you believe the food diary does not reflect your TYPICAL eating pattern, describe how your usual eating pattern differs from the food diary entries:



Day and date	Breakfast	Snack	Lunch	Snack	Dinner	Snack

