

Diet History

Food and diet patterns can be a trigger for many skin, gastrointestinal, airway and nervous system symptoms. We ask that all patients fill out this form at their initial consultation and at subsequent reviews to assist with diagnosis and management.

Name: _____

Today's Date: _____

Ht. (cm): _____ Wt. (Kg): _____

Please record the **CURRENT TYPICAL MEALS, SNACKS AND DRINKS** you consume below:

BREAKFAST

MORNING TEA

LUNCH

AFTERNOON TEA

DINNER

SUPPER

List any **REACTIONS** you have had to **FOOD**

Are you currently on a **SPECIAL DIET** or **AVOIDING** any foods? Please provide details:

Circle any of the following foods you may eat (whether homemade or takeaway)

Burgers Pizza Hot chips Chicken Nuggets Stir Fry
Curry Noodles Spaghetti Bolognese Sushi

| | Please specify the TYPE you are having and HOW MANY TIMES PER WEEK you are having it |
|-------------------------------------|--|
| Tea / Coffee | |
| Milk / Alternative Milk / Formula | |
| Juice / Cordial | |
| Soft drink / Coke | |
| Alcohol | |
| Other drinks | e.g. sports / protein / energy |
| Crackers/ Crispbreads | |
| Flavoured biscuits / Chips / Shapes | |
| Cake / Chocolate | |
| Lollies / Chewing gum/ Mints | |
| Nuts / Seeds | |
| Dried fruit | |
| Spices, Herbs, Pepper, Stock cubes | |
| Sauces | e.g. tomato / BBQ / soy / fish |
| Oil / Vinegar (specify) | |
| Butter/Margarine (specify) | |
| Probiotics | |
| Vitamin supplement | |

List the types of fruit you often eat:

List the types of vegetables you often eat:

Circle how you feel about the following foods.

| | |
|-----------------|------------------------------------|
| Pear | Like / Dislike / Don't Eat / React |
| Celery | Like / Dislike / Don't Eat / React |
| Cabbage | Like / Dislike / Don't Eat / React |
| Brussel Sprouts | Like / Dislike / Don't Eat / React |
| Garlic | Like / Dislike / Don't Eat / React |
| Leek: | Like / Dislike / Don't Eat / React |
| Shallots: | Like / Dislike / Don't Eat / React |
| Onions: | Like / Dislike / Don't Eat / React |
| Legumes: | Like / Dislike / Don't Eat / React |