

Diet assessment sheet

Diet history

How long existing diet?	How has it varied recently/over time?
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Attachments

Likes	Dislikes	Cravings
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Dependencies (people & environment)

Home (family)	Work	Social
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Food intolerances/sensitivities

Known	Suspected	Hidden sources
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Eating habits

Meal times/size	Cultural	Types (veg/vegan/paleo)
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Comments

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Nutrient composition

Macro-nutrients	CHO Complex/refined	Protein Animal/vegetable	Fat Sat/omega3/other	Fibre Soluble/insoluble	H2O	Kcal
Micro-nutrients	Minerals (Ca/Mg/Zn/Fe, etc)	Vitamins (Bvits)	AOs (A/C/E)	Phyto-nutrients	Vit D sources	Enzymes
Anti-nutrients	Alcohol	Caffeine	Additives	MSG	Smoking	Drugs