



1. I eat green leafy vegetables like, kale, chicory, beet greens, escarole, spinach.	T	F
2. I smoke.	T	F
3. I eat a high animal protein diet.	T	F
4. I avoid starchy carbohydrates as a way of maintaining weight.	T	F
5. I take dietary supplements to improve my overall health.	T	F
6. I eat foods in this category 5 times a week or more: (ie: meals out at Americana-style restaurants or fast food like Applebees, Rudy Tuesday, pub foods, happy hour, box cereals and sugar cereals, non-diet sodas, sugary foods, fruit drinks.	T	F
7. No one really grocery shops in my household.	T	F
8. I think my diet is overall, very healthful.	T	F
9. I feel my lifestyle is overall, very healthy.	T	F
10. I spend time thinking about what I eat and I plan for meals that consider nutrient density.	T	F
11. I buy food based on a budget. I need to make the most of my food money.	T	F
12. I buy/eat primarily whole food products and organic foods.	T	F
13. I cook whole grains or purchase a good amount of food from stores like Whole Foods or other health food stores that contain actual whole grains in them (ie: barley, brown rice, quinoa, amaranth,	T	F
14. I am currently a lacto-ovo vegetarian (no meats/fish/fowl/shellfish).	T	F
15. I am vegan (no animal flesh, dairy, eggs, shellfish, or fish)	T	F
16. I eat at least five servings of vegetables/fruit per day as a regular good habit.	T	F
17. I do not drink alcoholic beverages.	T	F
18. I am allergic to dairy products or avoid them for other health reasons.		
19. I have a shellfish allergy or avoid shellfish for other health or religious reasons.	T	F
20. I am an avid exerciser and engage in an intense amount of aerobic excises.	T	F
21. I am a tri-athlete or marathon/ultra-marathon runner or long distance cyclist.	T	F
MEDICATIONS		
22. I take or have taken antacids or ulcer medications on a regular basis.	T	F
23. I am taking, or have taken antibiotics more than 3 times this year.	T	F
24. I have had illness in the past that has caused me to need to take prolonged anti-biotic prescriptions. (ie lyme disease, MRSA, candidiasis, staph, strep, staph, MRSA)	T	F
25. I am currently taking cholesterol-lowering medications.	T	F
26. I take anti-depressant medications or have taken these medications in the past for a prolonged period of time.	T	F
27. I am on prescription anticonvulsants.	T	F
28. I take anti-inflammatories on a regular basis (prednisone, NSAIDS, Baby Aspirin).	T	F
29. I have needed to take corticosteroids (prednisone) for pain and/or autoimmune disease more than once in the past.	T	F
30. I take diuretics (water pill) for hypertension and/or a heart condition (HCTZ).	T	F
31. I take anti-hypertensive medications for cardiovascular disease and/or a heart condition.	T	F
32. I am taking antiviral medications for retrovirus, Hepatitis C or HIV/AIDS.	T	F
33. I have had to take anti-tuberculn medications.	T	F



FEMALE PATIENTS ONLY

34. I am on hormone replacement therapy and plan on staying on it for the foreseeable future. T F

35. I am taking contraceptive medications(birth control). T F

DIAGNOSIS/MEDICAL CONDITIONS

36. I have been diagnosed with diabetes and am on medications that help control diabetes or the effects of diabetes (does not include insulin hormone). T F

37. I am diagnosed with a gastrointestinal disorder (gastritis, Crohns, IBS, etc). T F

38. I have been diagnosed with anorexia or bulimia. T F

39. I am on a medically supervised weight loss diet, which causes caloric restriction and/or prescribed medications, which cause lack of appetite (ie: Phentermine, Topiramate, hcg). T F

40. I take medications that cause lack of appetite. T F

41. I avoid sunbathing and wear sun-block regularly. T F

42. I eat a lot of raw fish (sushi/sashimi) T F

43. I have a disorder/disease that lowers my immune function. T F

44. My BMI is over 30 T F

Vitamin Inadequacies - Key:

1.	F	Calcium, B1 (Thiamin), B2 (Riboflavin), B3 (niacinamide), B5, (Pantothenic Acid), B6 (Pyridoxine) , B7 (Choline), B9 (folic acid), vitamin H (biotin), Inositol, Iron, Vitamin C.
2.	T	Vitamin C, Calcium, Vitamin D, vitamin A
3.	T	Magnesium
4.	T	Magnesium, Potassium, Selenium, B1 (Thiamin)
5.	T	Self admission of self-medicating with supplements
6.	T	Self admission of highly processed, overly fatty and high sodium/sugary diet. Over-feeding/undernourishing: Issues with carbohydrate metabolism (Glucose-Insulin Interaction, Fructose Sensitivity, Chromium)
7.	T	Eating out the majority of the time, check nutritional status
8.	F	Self admission of chronic unhealthy food choices, nutritional history and inadequacy testing recommended.
9.	F	Self admission of chronic unhealthy lifestyle choices, patient history and inadequacy testing recommended.
10.	F	Self-admission of lack of planning around healthy food choices
11.	T	Self-admission of eating processed/unhealthy foods
12.	F	Self-admission of eating processed/unhealthy foods
13.	F	iron, Manganese, Magnesium, Potassium, Selenium, B1 (Thiamin), B6 (Pyridoxine)
14.	T	Alpha Lipoic Acid, Vitamin D
15.	T	B12 (cobalamin), Alpha Lipoic Acid, Vitamin D
16.	F	Glutathione, all b-related vitamins, CoQ10, Selenium, vitamin C, Total Antioxidant Function.
17.	F	B1 (thiamin), B6 (pyridoxine), B9 (folic acid)
18.	T	Calcium, Vitamin D
19.	T	B12 (cobalamin), copper, zinc, iron
20.	T	Magnesium, Zinc, Total Antioxidant Function, Glutathione, Alpha Lipoic Acid, Cysteine, Selenium, Vitamin C
21.	T	Magnesium, Zinc, Total Antioxidant Function, Glutathione, Alpha Lipoic Acid, Cysteine, Selenium, Vitamin C
22.		Vitamin B12 (cobalamin), B9 (Folic Acid), Calcium, Iron, Zinc
23.	T	Vitamin K, Calcium, Magnesium, Iron, B6 (Pyridoxine), Zinc, all other B Vitamins
24.	T	Vitamin K, Calcium, Magnesium, Iron, B6 (Pyridoxine), Zinc, All other B Vitamins
25.	T	CoQ10
26.	T	CoQ10, B2 (riboflavin)
27.	T	Vitamin D, Calcium, B9 (Folic Acid), Vitamin H (biotin), Carnitine, Vitamin B12 (methylcobalamin), B1 (Thiamin), Vitamin K, Copper, Selenium, Zinc.
28.	T	Folic Acid, Vitamin C, Calcium, Iron, Vitamin B5, Vitamin D, Zinc, Magnesium, Vitamin B6, Vitamin B12, Selenium, Chromium
29.	T	Calcium, Vitamin D, Magnesium, Zinc, Vitamin C, Vitamin B6, Vitamin B12, Folic Acid, Selenium, Chromium
30.	T	Calcium, Magnesium, Vitamin B1, Vitamin B6, Vitamin C, Zinc, Coenzyme Q10, Potassium, Sodium, Folic Acid
31.	T	Coenzyme Q10, Vitamin B6, Zinc, Vitamin B1
32.	T	Carnitine, Copper, Zinc, B12 (cobalamin), Magnesium, Potassium
33.	T	Vitamin B2 (Niacinamide)
34.	T	Vitamin B6, Folic Acid, Vitamin B1, Vitamin B2, Vitamin B3, Vitamin B6, Vitamin B12, Vitamin C, Magnesium, Selenium, Zinc
35.	T	Vitamin B6, Folic Acid, Vitamin B1, Vitamin B2, Vitamin B3, Vitamin B6, Vitamin B12, Vitamin C, Magnesium, Selenium, Zinc
36.	T	Coenzyme Q10, Vitamin B2, Folic Acid
37.	T	Self-admission of absorption issue
38.	T	Self-admission of caloric restriction
39.	T	Self-admission of caloric restriction, potential nutrient inadequacy, through medical supervision and iatrogenic side-effect of anorexia
40.	T	Self-admission of caloric restriction, and potential nutrient inadequacy, through medical supervision and iatrogenic side-effect of anorexia
41.	T	Vitamin D
42.	T	Vitamin B1
43.	T	Immunity, Total Antioxidant Function, Glutathione
44.	T	Study Shows That Taking The Recommended Daily Allowance Of Nutrients Is Not Enough To Correct Deficiencies In Obese Patients. (Nutrition Journal, June 2012)