

Name: _____

Date _____

Please circle your answer,

- Y N Do you use margarine, or "soft tub fats" in your kitchen?
- Y N Do you eat margarine, or soft table fats, in restaurants?
- Y N Do you eat fried foods at fast food restaurants?
- Y N Do you cook with Canola?
- Y N Corn oil?
- Y N Soy oil?
- Y N Crisco (crystallized cottonseed oil)?
- Y N Vegetable oil?
- Y N Olive oil?
- Y N Do you eat and cook with butter?
- Y N Do you know what transfatty acids are?
- Y N Do you know what hydrogenized fats are?
- Y N What saturated fats are?
- Y N What polyunsaturated fat means?
- Y N Do you eat animal fat?
- Y N Do you eat red meat?
- Y N Do you eat pork?
- Y N Do you eat chicken?
- Y N Are you a vegan or vegetarian?
- Y N Do you believe that meat must be limited?
- Y N Do you eat eggs?
- Y N Do you drink milk?
- Y N Do you eat cheese, yogurt, ice cream?
- Y N Do you know what nightshade plants are?
- Y N Do you believe the "Food Pyramid",
- Y N That 11 servings of carbohydrate each day is proper nutrition?
- Y N Do you eat rice cakes?
- Y N Pasta ?
- Y N White bread?
- Y N White rice?
- Y N Are you overweight?
- Y N Do you have dietary allergies?
- Y N Have you had gall stones or gall bladder disease?
- Y N Do you eat irradiated foods?
- Y N Do you eat meat from all grocery-store sources?
- Y N Do you eat food from cans?
- Y N Do you eat frozen foods?
- Y N Do you eat fish?
- Y N Do you eat Tuna, swordfish, shark, blue fin marlin?
- Y N Do you eat shrimp, lobster, clams, crayfish, etc?
- Y N Do you believe that you need 1200 (+ or -) mg of calcium each day?
- Y N Do you know what RDA is?
- Y N MDR?
- Y N Do you believe the RDA and MDR?
- Y N Do you feel that salads in restaurants are a safe choice?
- Y N Do you eat organic meat, poultry, eggs?
- Y N Do you eat organic fruits and vegetables?
- Y N Do you eat only organic grains?
- Y N Do you trust the term "organically grown"?
- Y N Is organic food available in your community?
- Y N Who sets the standard for the organic classifications?
- Y N Do you know what IPM food is?
- Y N Do you know what transitional food means?

- Y N Do you know the function of the USDA?
- Y N Of the FDA?
- Y N Do you believe the USDA grades on meat?
- Y N Do you believe the government agencies would not allow a product to be available if it was not safe?
- Y N Do you believe that Nutrasweet is safe?
- Y N Do you use artificial sweeteners?
- Y N Do you use pesticides in your home?
- Y N Do you have an exterminator service?
- Y N Do you garden?
- Y N Do you use pesticides, herbicides in the garden?
- Y N Do you use pesticides, herbicides, etc. on your lawn?
- Y N Is your job or hobby toxic or potentially toxic?
- Y N Do you believe that good meals should require no supplementation?
- Y N Do you feel some people need supplements and others don't?
- Y N Or some people need more than others?
- Y N Do you believe that some basic supplements are needed?
- Y N Do you use herbs as treatments?
- Y N Supplements as treatments?
- Y N Homeopathics as treatments?
- Y N Do you trust herbs to be organically grown?
- Y N Do you think all brands of vitamin, mineral, and herbal supplements are of the same quality?
- Y N Do you buy supplements by price?
- Y N By company reputation?
- Y N By ingredients?
- Y N From a friend/relative who sells it to you at a better price?
- Y N Do you feel your diet is related to your health?
- Y N Do you feel your diet is related to your illness?
- Y N Did you change your diet and notice a benefit?
- Y N Did you change your diet and find *no* benefit?
- Y N Have you been told your thyroid is low or under active?
- Y N Have you been told your illness is due to stress?
- Y N Have you been told your illness is imaginary?
- Y N How many nutritional doctors have you visited?
- Y N How many conventional doctors have you visited with your condition?

Brief description of your illness:
