



Patient Name: _____

Date: _____

DietMD Initial Visit and Food Questionnaire

- How many calorie consuming events (CCEs) do you have per day? A calorie consuming event (CCE) is any meal or snack. Basically, anytime you consume any amount of calories it counts as one calorie consuming event. Please circle one number below.

1 2 3 4 5 6+

- Do you usually eat breakfast? Y N
- What are your meal times? Please write the time of each meal and/or snack.
- Do you drink any liquids or semi liquids which contain calories? Please circle any of the liquids below that you consume on a regular basis. Please note water, black coffee, black tea are unrestricted.

Fruit Juice Soda Diet Soda Smoothies Milk Milk Shakes
Energy Drinks Lemonade Beer Wine (red) Wine (white) Liquor

- Do you sip on a calorie consuming beverage throughout the day or over several hours? Y N
- What kind of phone do you have? Circle one. iPhone (iOS) Android Other
- What are you eating now that you think is causing you to gain weight?
- What foods do you love but you know are bad for you?
- Are you allergic to any foods?
- Are there any foods you do not like or will not eat?
- Are you vegetarian? Y N
- Do you eat eggs? Y N
- Do you have a history of kidney stones? Y N
- Do you have a history of gout? Y N
- Do have problems with constipation? Y N
- Do have problems with diarrhea? Y N

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- Do you have a history of any of the following: (please circle)

Eating Disorder	Bulimia	Gallstones
Gallbladder Removal	Kidney Failure	Heart Failure
Gastric Sleeve	Lap Band	Gastric Bypass
Alcoholism	Weight loss Surgery	Anorexia
Ulcerative colitis insufficiency	Crohn's disease	Liver Disease/Cirrhosis pancreatic
	Inflammatory bowel disease	

- Do you have a history of any of the following rare disorders? (please circle)

Carnitine deficiency	Carnitine palmitoyltransferase deficiency	Porphyria
APOE4 genotype	Carnitine-acylcarnitine translocase deficiency	
Beta-oxidation defects	Pyruvate carboxylase deficiency	
Short-chain	Medium-chain	Long chain acyl-CoA dehydrogenase deficiency
Medium-chain	Long-chain 3-hydroxyacyl-CoA dehydrogenase deficiency	

- Do you take any of the following medications for diabetes? Please circle all that apply. Invokana (canagliflozin), Farxiga (dapagliflozin), Jardiance (empagliflozin), and Steglatro (ertugliflozin), Invokamet, Xigduo, Glyxambi, Synjardy, Segluromet, Steglujan, Qtern

- Do you take any of the following medications for diabetes? Please circle all that apply. Glipizide, Glyburide, Glimepiride, Chlorpropamide, Tolbutamide, Tolzamide, Gliclazide, or Acetohexamide

- Which of the following ways do you prefer to learn? There is no right answer. It is important for you to be honest so that we provide the best possible method(s) for you.

Please circle **ALL** of your preferences.

Watching Videos Reading Books Reading Websites All of these choices

- Which of the following ways do you prefer to use to track progress on a diet program? Again there is no right answer. It is important for you to be honest. Please circle **ALL** that apply. Phone

Apps Website Paper Tracking No Tracking at All

- What is the longest amount of time you have gone without eating or drinking? (During illness does not count) Please circle only one answer.

Less than 12 hours 12 hours 16 hours 24 hours More than 24 hours

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