

PLEASE ANSWER THE FOLLOWING QUESTIONS TO HELP US EVALUATE YOUR EATING HABITS						
1. How many servings of alcohol do you drink per day?	0	1	2	3	4	More
How many servings of alcohol do you drink per week?	0	1	2	3	4	More
2. How many times do you eat out per week?	0	1	2	3	4	More
3. Which meals do you eat each day? (Circle all that apply)	Breakfast		Lunch		Dinner	
4. What kind of snacks do you eat regularly (i.e. chips, soda, fruit)?						
5. How often do you eat fried foods? (Circle one)	Never		Seldom		Sometimes Often	
6. How many times do you exercise per week?	How many minutes is each session?					
7. What kind of exercise do you do (i.e. running, aerobics, golf, etc)?						
8. List any medications/vitamin supplements that you are taking.						
9. Do you have any special circumstances, food allergies or intolerances to consider in meal planning?					YES	NO
If yes, please explain:						

**FOR PREGNANT PATIENTS ONLY**

Did you have gestational diabetes with any previous pregnancies?		Number of previous pregnancies	Amount of weight gain during previous pregnancies
YES	NO		
At what age did you have your previous child/children?			
What is your usual body weight?	Anticipated delivery date?	Are you planning to breast feed?	
		YES	NO

**DO NOT WRITE BELOW THIS LINE - TO BE COMPLETED BY DIET COUNSELOR**

SUGGESTED	EATEN	ADEQUATE		ASSESSMENT		REMARKS
		YES	NO	Adequate		
				May be inadequate in:		
<b>MILK</b> 2-3 Adults/Children 4-5 Pregnant/Lactating 5-6 Pregnant Teens				Calcium, Protein, Riboflavin		
<b>MEAT/PROTEIN</b> 5-7 oz Adults/Children 6-7 oz Pregnant/Lactating 7-8 oz Pregnant Teens				Protein, Iron, Niacin, Thiamin, Zinc		
<b>FRUITS</b> 2-4 Servings				Vitamins A and C, Potassium		
<b>VEGETABLES</b> 3-5 Servings				Vitamins A and C, Folic Acid		
<b>BREADS/CEREAL/GRAINS</b> 6-11 Servings				Iron, Complex Carbohydrate, Niacin, Thiamin, Fiber		
DATE	TYPED OR PRINTED SIGNATURE BLOCK OF DIET COUNSELOR					SIGNATURE

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### **About the ITAOP/savePDF Method**

The traditional Field-by-Field creation process is extremely ineffective and slow.

The only realistic option to create high-quality forms is the Insert-Text-Anywhere-on-Page (ITAOP) method.

The field creation process is about 10,000 times faster than the traditional method; the list of ITAOP features is not even available for the traditional method.

ITAOP savePDF method proved to be very simple and completely reliable for millions of users all over the world (incl. individuals, companies, organizations, government employees).