



Diet History

Functional Medicine
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Report Date: 02-11-2014

Date Completed by Patient: 02-11-2014

Patient: Jane Doe

Date of Birth: 1-1-1980

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Patient Notes: I've been experiencing headaches about 3 to 4 times per week for the last 2 years. My family doctor prescribed pain medication. I was told to take it as needed. I've noticed that certain foods seem to make the pain worse.

Sample

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Foods consumed by patient three or more times per week.

Almonds

- **Food/Substance Description:** Almonds are a significant source of essential fatty acids, fiber, phytosterols, manganese, vitamin E, magnesium, and copper. One ounce of almonds contains about 34 mg of phytosterol. Regular consumption of almonds is associated with reduced LDL cholesterol, and therefore may reduce the risk of cardiovascular disease. Almonds may also reduce the risk of colon cancer.
- **Other Considerations:** (Note: Check for oxalate bioavailability) Source of oxalate.

Apples

- **Food/Substance Description:** Apples are an excellent source of vitamin C, fiber, and a variety of phytochemicals, which include: quercetin, catechin, phloridzin, and chlorogenic acid. Studies have linked apple consumption with reduced risk of certain cancers, cardiovascular disease, asthma, and diabetes. The phytochemicals are found mainly in the peel of the apple, and therefore it is recommended to only consume organic apples.
- **Other Considerations:** Conventional source is high in pesticide residue. Moderate cross-reactivity with latex allergy. Potential cross-reactivity with birch allergy.

Apricot

- **Food/Substance Description:** Apricots are good source of carotenoids, vitamins C and A, iron, and potassium. Their selenium content is higher than most other fruits. The lutein and zeaxanthin present in apricots supports eye health.
- **Other Considerations:** Moderate cross-reactivity with latex allergy.

Asparagus

- **Food/Substance Description:** Asparagus is an excellent source of vitamins K, A, and C, potassium, protein, and folic acid. Asparagus is noted for its content of anti-inflammatory compounds that can significantly inhibit COX-2 enzymes and moderately inhibit COX-1 enzymes. (Note: Avoid steaming, boiling, and baking methods of cooking. Sautéing or grilling is recommended).
- **Other Considerations:** Moderate purine content. Conventional source is low in pesticide residue.

Avocado

- **Food/Substance Description:** Avocado appears to serve as a functional food by containing substances that can decrease inflammation, lower blood cholesterol, decrease intestinal glucose absorption (antihyperglycemic effects), and alleviate symptoms of benign prostatic hypertrophy.
- **Other Considerations:** Potential cross-reactivity in individuals with latex allergy. Conventional source is low in pesticide residue.

Bananas

- **Food/Substance Description:** Bananas are an excellent source of potassium and vitamin B6. Other significant nutrients include: vitamin C, fiber, magnesium, biotin, and vitamin B2. Banana peels are a rich source of antioxidant flavonoids which include; gallic catechin, catechin, and epicatechin. The soluble and insoluble components of the fiber in banana can participate in a hypocholesterolemia effect, as well as normalize bowel function. It is recommended to use organic bananas if the peels are being consumed.
- **Other Considerations:** Conventional source contains a low to moderate amount of pesticide residue. High cross-reactivity with latex allergy. Potential cross-reactivity with ragweed allergy.

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Basil

- **Food/Substance Description:** Basil is an excellent source of vitamin K. The oils contained in basil exhibit antimicrobial properties, as well as anti-inflammatory properties. Basil is also a significant source of antioxidants due to its strong free radical scavenging.

Beets

- **Food/Substance Description:** Beet greens are an excellent source of vitamins A, C, B1, B2, B6, and K, magnesium, iron, potassium, copper, and calcium. The root is an excellent source of folic acid and a good source of fiber, potassium, and manganese. Beet root juice is known for its high content of inorganic nitrates, which has been demonstrated to decrease blood pressure by increasing nitric oxide production in the body. Beets also stimulates the liver's detoxification process.

- **Other Considerations:** Significant dietary source of increasing urinary oxalate.

Bottled Water

- **Food/Substance Description:** Bottled water kept in a plastic container can absorb toxic chemicals that leach from the plastic. Heat exposure may cause an increase in the amount of leaching. In addition, the source of the water may be in question.

Bread (wheat, rye, barley, oats)

- **Food/Substance Description:**

- **Other Considerations:** Gluten containing food.

Broccoli

- **Food/Substance Description:** Compounds found in broccoli demonstrate remarkable anticancer effects. Indole-3-carbinol and sulforaphane increase the excretion of a form of estrogen known as 2-hydroxyestrone, which has been linked to breast cancer. Many antioxidants in broccoli include: carotenoids (lutein and zeaxanthin), tocopherols, ascorbic acid, and flavonoids (quercetin and kaempferol).

- **Other Considerations:** Goitrogen (May interfere with thyroid function.) Conventional source contains a low to moderate amount of pesticide residue.

Butter (Dairy)

- **Food/Substance Description:** Butter is a good source of vitamins A, D, and E. Persistent organic pollutants (POPs) concentrate in dairy fats. Organic sources of dairy products are recommended.

- **Other Considerations:** Non-Organic is high in pesticides and other toxins, including DDT and PCBs.

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Cabbage

- **Food/Substance Description:** Cabbage is an excellent source of vitamin C and glucosinolates (esp. indole-3-carbinole I-3-C). I-3-C has been shown to improve estrogen detoxification. Cabbage also contains vitamin U (S-methyl methionine) and glutamine which has been used in the treatment of stomach ulcers and other gastrointestinal conditions.
- **Other Considerations:** Goitrogen (May interfere with thyroid function.) Conventional source is low in pesticide residue.

Caffeinated Coffee

- **Food/Substance Description:** Aside from its caffeine content, coffee contains certain phytochemical that are known for their chemoprotective qualities against certain cancers.
- **Other Considerations:** Caffeine can interfere with certain medication.

Candy

- **Food/Substance Description:** Most candy is high in refined sugar and saturated fats. Check for trans-fat content.

Carrots

- **Food/Substance Description:** Carrots are an excellent source of pro-vitamin A carotenoids, as well as rich source of vitamins A, K, and C, potassium and fiber. Carrots also contain many bioactive compounds, one of which is called falcarinol, which is a potent skin sensitizer and irritant. High concentration of falcarinol can cause neurotoxic effects. (Note: Inquire about juicing carrots.)
- **Other Considerations:** Moderate cross-reactivity with latex allergy.

Cheese

- **Food/Substance Description:** Cheese is a good source of tryptophan, calcium, iodine, phosphorous, selenium, and protein. Cow and goat cheese contain lactose, however the content is considerably lower than cow's milk or goat's milk. The amount of lactose present in cheese depends upon the age and hardness of the cheese. The more aged and harder cheeses contain lower amounts of lactose. Inquire about which type and variety of cheese is consumed (i.e. milk, goat, soy – natural or processed).
- **Other Considerations:** Common food allergen. Non-Organic is high in pesticides and other toxins, including DDT and PCBs. Contains low amounts of lactose.

Chicken

- **Food/Substance Description:** Chicken is a good source of protein, niacin, selenium, pyridoxine, and phosphorous.
- **Other Considerations:** Moderate purine content. May contain arsenic. Non-organic sources may contain antibiotics and/or growth hormones.

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Chocolate

- **Food/Substance Description:** Chocolate contains fats, protein, carbohydrates, caffeine, magnesium, calcium, iron and B2. In addition, chocolate contains a significant amount of phytochemicals called flavonoids. These flavonoids are potent antioxidants and protect against LDL oxidation. Chocolate also provide a significant amount of arginine which is required for the production of nitric oxide, a vasodilator. (Note: Dark semisweet chocolate is recommended due to its high flavonoid content). Chocolate consumption will raise urinary oxalate excretion and can lead to stone formation.
- **Other Considerations:** Significant dietary source of increasing urinary oxalate. Contains phenylethylamine. Potential migraine inducer.

Cinnamon

- **Food/Substance Description:** A compound found in cinnamon has been shown to mimic insulin by triggering glucose uptake and glycogen synthesis. In addition, cinnamon oil has been shown to be an effective treatment for Candida infections.

Corn

- **Food/Substance Description:** Corn is a good source of vitamins B1 and B5, magnesium and folic acid. Corn is deficient in niacin and the amino acids lysine and tryptophan. Corn is significant source of lutein and zeaxanthin, and therefore contributes to eye health.
- **Other Considerations:** Conventional source is low in pesticide residue. Potential food allergen.

Eggs

- **Food/Substance Description:** Eggs are considered one of the highest quality sources of complete protein, as well as a significant source of tryptophan, selenium, iodine and riboflavin. Eggs are a rich source of betaine and choline, both of which are involved in homocysteine metabolism. Conventional eggs generally contain pesticides and other toxin, including DDT and PCBs. Inquiry about your patient's source of eggs.
- **Other Considerations:** Common food allergen.

Grapefruit

- **Food/Substance Description:** Grapefruit is an excellent source of vitamin C, and a good source of flavonoids, water soluble fiber, potassium, and folic acid. A flavonoid found in grapefruit, called naringin, has been demonstrated to lower an elevated hematocrit by removing old red blood cells from the body. Naringin can interfere with the metabolism certain medications.
- **Other Considerations:** Potential nutrient-drug interaction. Conventional source is low in pesticide residue.

Kiwifruit

- **Food/Substance Description:** Kiwi fruit contains high amounts of vitamin C, vitamin E and polyphenols may be beneficial in cardiovascular disease. Consuming two or three kiwi fruit per day for several weeks is known to reduce platelet aggregation and lowered blood triglycerides levels.
- **Other Considerations:** High cross-reactivity with latex allergy. Conventional source is low in pesticide residue.

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Milk (cow)

- **Food/Substance Description:** Milk is a good source of iodine, calcium, vitamin D, tryptophan, and vitamin B2. However, the content of iodine in cow's milk is influenced by the animals' diet. Conventional sources may contain recombinant bovine growth hormone (rBGH). Milk is a common food allergen and contains a sugar called lactose, which cannot be digested in individuals with lactose intolerance.
- **Other Considerations:** Lactose containing food. Common food allergen.

Nutritional Shakes/Drinks/Bars

- **Food/Substance Description:**
- **Other Considerations:** Inquire about which type is being consumed.

Oranges

- **Food/Substance Description:** Oranges contain vitamin C, flavonoids and carotenoids. Hesperetin is a cholesterol lowering flavanoid is found in a number of citrus juices. It appears to reduce cholesteryl ester mass and inhibit apoB secretion by up to 80%. Hesperetin may have antioxidant, anti-inflammatory, anti-allergic, hypolipidemic, vasoprotective and anticarcinogenic action.

Peanuts

- **Food/Substance Description:** Peanuts are a good source of protein, tocopherols, magnesium, phosphorous, manganese, folic acid, biotin, thiamine and niacin. The fungus, *Aspergillus flavus*, can grow on peanuts. This fungus produces a carcinogenic substance called aflatoxin. Proper storage of peanuts is required to prevent the growth of this fungus.
- **Other Considerations:** (Note: Check for oxalate bioavailability) Goitrogen (May interfere with thyroid function.) Common food allergen.

Raisins

- **Food/Substance Description:** Raisins are a high fiber food and promotes bowel and bone health. Raisins are a significant source of boron.
- **Other Considerations:** May contain sulfites.

Red Meat

- **Food/Substance Description:** Beef is an excellent source of protein (especially tryptophan), vitamin B12, iron (heme form - which is well absorbed by the body), zinc, and selenium. Non-organic grain-fed and non-organic grass-fed may contain the following substances: antibiotics, hormones, pesticides, and dioxin and dioxin-like compounds. (Dioxin and related chemical compounds are toxic industrial pollutants which are ubiquitous and persistent in the environment. These toxins accumulate in the fat tissue of animals and humans. Choice grass-fed beef that is organically raised.)
- **Other Considerations:** Non-organic sources may contain antibiotics and/or growth hormones. Non-organic source may contain pesticides and other toxins. Moderate purine content.

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Sage

- **Food/Substance Description:** Sage exhibits antibacterial, antiviral, and antifungal properties. Sage is a significant source of antioxidants and is known to be hepatoprotective.

Salad Dressings (commercial/bottled)

- **Food/Substance Description:** This product generally contain a host of additives.
- **Other Considerations:** Inquire about which type is being consumed.

Salmon

- **Food/Substance Description:** Salmon is an excellent source of omega-3 fatty acids, selenium, protein, niacin, and vitamin B12.
- **Other Considerations:** Low level of mercury. The level of persistent organic pollutants is a concern. Moderate purine content.

Soy Sauce

- **Food/Substance Description:** Soy sauce is made from fermented soybeans, wheat, water, and salt. Gluten free soy sauce is available.
- **Other Considerations:** Tyramine (vasoamine) containing food. May contain gluten. Common food allergen.

Strawberries

- **Food/Substance Description:** Strawberries are a good source of vitamins C and K, dietary fiber, flavonoids, iodine, biotin and folic acid. Ellagic acid is a phytochemical found in raspberries, strawberries, cranberries, walnuts, pecans, pomegranates, and other plant foods. Ellagic acid may slow the growth of some tumors caused by certain carcinogens. Strawberry extracts have been shown to inhibit/lesson COX (cyclooxygenase) enzymes, in vitro.
- **Other Considerations:** Goitrogen (May interfere with thyroid function.) Conventional source is high in pesticide residue. Common food allergen. Contains a significant amount of oxalates . (Note: Check for oxalate bioavailability)

Tomato Juice

- **Food/Substance Description:** Tomatoes are a good source of vitamins A, C, and K, carotenoids, flavonoids, and phytosterols. As a functional food, tomato extract may have a role in primary prevention of cardiovascular disease by reducing platelet activation, which could contribute to a reduction in thrombotic events. The consumption of tomatoes is associated with a reduced risk of prostate cancer, due to its lycopene content.
- **Other Considerations:** Food allergen. Potential cross-reactivity with birch allergy. Nightshade (solanine/chaonine containing food) Potential cross-reactivity with grass allergy. Moderate cross-reactivity with latex allergy. Potential cross-reactivity with ragweed allergy.

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Tomatoes

- **Food/Substance Description:** Tomatoes are a good source of vitamins A, C, and K, carotenoids, flavonoids, and phytosterols. As a functional food, tomato extract may have a role in primary prevention of cardiovascular disease by reducing platelet activation, which could contribute to a reduction in thrombotic events. The consumption of tomatoes is associated with a reduced risk of prostate cancer, due to its lycopene content.
- **Other Considerations:** Nightshade (solanine/chaonine containing food) Food allergen. Potential cross-reactivity in individuals with latex allergy. Conventional source contains moderate pesticide residue. Potential cross-reactivity with birch allergy. Potential cross-reactivity with ragweed allergy. Potential cross-reactivity with grass allergy.

Tuna

- **Food/Substance Description:** Tuna is an excellent source of protein, selenium, and vitamins B1, B3, and B6. Tuna is also a good source of essential fatty acids. The mercury content found in tuna can range from moderate to very high depending on the species.
- **Other Considerations:** Moderate to high mercury content. Moderate purine content.

White Potatoes

- **Food/Substance Description:** Potatoes are a good source of vitamins C and B6, potassium, and dietary fiber. Most of the nutrients, fiber, and protein are found in the skins. (Note: Avoid any potato that has a discoloration, in particular a green tint.)
- **Other Considerations:** Nightshade (solanine/chaonine containing food) Conventional source is high in pesticide residue. Potential cross-reactivity in individuals with latex allergy.

Other Foods: Mangos

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Reported Allergies

- Grass
- Latex (rubber)
- Ragweed
- Sulfite

Other Foods: Pineapple

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Possible Adverse Food Reaction(s) (see Reported Allergy section)

Food Selected	Allergen Selected
Apples	Latex (rubber)
Apricot	Latex (rubber)
Avocado	Latex (rubber)
Bananas	Latex (rubber), Ragweed
Carrots	Latex (rubber)
Kiwifruit	Latex (rubber)
Raisins	Sulfite
Tomato Juice	Grass, Latex (rubber), Ragweed
Tomatoes	Grass, Latex (rubber), Ragweed
White Potatoes	Latex (rubber)

Clinicians's Notes:

Signature: _____

Date: _____

