

# ROSEWOOD ENT

OTOLARYNGOLOGY · HEAD & NECK SURGERY

NASAL ALLERGY · AUDIOLOGY · HEARING AIDS

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RANDALL W. BRAUCHLE, M.D.

## DIET HISTORY

Name: \_\_\_\_\_

Date: \_\_\_\_\_

Please indicate how often you eat each of the foods listed below:

1=Daily

2=Frequently

3=Seldom

4=Rarely

5=Never

(2-3 times/week)

(2-3 times/month)

(1-2 times/month)

### Grains

\_\_\_\_\_ Corn  
\_\_\_\_\_ Oat  
\_\_\_\_\_ Rice  
\_\_\_\_\_ Rye  
\_\_\_\_\_ Wheat  
\_\_\_\_\_ Other: \_\_\_\_\_

### Legumes

\_\_\_\_\_ Black-Eyed Peas  
\_\_\_\_\_ Kidney Beans  
\_\_\_\_\_ Lima Beans  
\_\_\_\_\_ Navy Beans  
\_\_\_\_\_ Soy Beans  
\_\_\_\_\_ String Beans  
\_\_\_\_\_ Other: \_\_\_\_\_

### Nuts

\_\_\_\_\_ Cashew  
\_\_\_\_\_ Peanut  
\_\_\_\_\_ Pecan  
\_\_\_\_\_ Pistachio  
\_\_\_\_\_ Sunflower Seeds  
\_\_\_\_\_ Walnut  
\_\_\_\_\_ Other: \_\_\_\_\_

### Condiments

\_\_\_\_\_ Barbeque Sauce  
\_\_\_\_\_ Catsup  
\_\_\_\_\_ Chives  
\_\_\_\_\_ Cinnamon  
\_\_\_\_\_ Garlic  
\_\_\_\_\_ Horseradish  
\_\_\_\_\_ Mayonnaise  
\_\_\_\_\_ Olives  
\_\_\_\_\_ Pepper-Black  
\_\_\_\_\_ Pepper-Red  
\_\_\_\_\_ Pickles  
\_\_\_\_\_ Relish  
\_\_\_\_\_ Salad Dressing  
\_\_\_\_\_ Salt  
\_\_\_\_\_ Tomato Sauce  
\_\_\_\_\_ Vinegar  
\_\_\_\_\_ Worcestershire  
\_\_\_\_\_ Other: \_\_\_\_\_

### Meats

\_\_\_\_\_ Beef  
\_\_\_\_\_ Chicken  
\_\_\_\_\_ Mutton  
\_\_\_\_\_ Pork  
\_\_\_\_\_ Turkey  
\_\_\_\_\_ Veal  
\_\_\_\_\_ Other: \_\_\_\_\_

### Seafood

\_\_\_\_\_ Crab  
\_\_\_\_\_ Fish  
\_\_\_\_\_ Lobster  
\_\_\_\_\_ Oyster  
\_\_\_\_\_ Scallop  
\_\_\_\_\_ Shrimp  
\_\_\_\_\_ Other: \_\_\_\_\_

### Dairy

\_\_\_\_\_ Butter  
\_\_\_\_\_ Cheese  
\_\_\_\_\_ Cream Soups  
\_\_\_\_\_ Egg  
\_\_\_\_\_ Ice Cream  
\_\_\_\_\_ Milk (Incl. Choc.)  
\_\_\_\_\_ Pudding  
\_\_\_\_\_ Sour Cream  
\_\_\_\_\_ Yogurt  
\_\_\_\_\_ Other: \_\_\_\_\_

### Vegetables

\_\_\_\_\_ Asparagus  
\_\_\_\_\_ Avocado  
\_\_\_\_\_ Beets  
\_\_\_\_\_ Bell Pepper  
\_\_\_\_\_ Broccoli  
\_\_\_\_\_ Brussel Sprouts  
\_\_\_\_\_ Cabbage  
\_\_\_\_\_ Carrot  
\_\_\_\_\_ Cauliflower  
\_\_\_\_\_ Corn  
\_\_\_\_\_ Cucumber  
\_\_\_\_\_ Eggplant  
\_\_\_\_\_ Lettuce  
\_\_\_\_\_ Mushrooms  
\_\_\_\_\_ Okra  
\_\_\_\_\_ Onion  
\_\_\_\_\_ Radish  
\_\_\_\_\_ Spinach  
\_\_\_\_\_ Squash  
\_\_\_\_\_ Sweet Potato  
\_\_\_\_\_ Tomato  
\_\_\_\_\_ Turnip  
\_\_\_\_\_ White Potato  
\_\_\_\_\_ Other: \_\_\_\_\_

### Fruits/Berries/Melons

\_\_\_\_\_ Apple  
\_\_\_\_\_ Banana  
\_\_\_\_\_ Blackberry  
\_\_\_\_\_ Blueberry  
\_\_\_\_\_ Cantaloupe  
\_\_\_\_\_ Cherry  
\_\_\_\_\_ Cranberry  
\_\_\_\_\_ Dewberry  
\_\_\_\_\_ Grapefruit  
\_\_\_\_\_ Grapes  
\_\_\_\_\_ Honeydew Melon  
\_\_\_\_\_ Lemon  
\_\_\_\_\_ Lime  
\_\_\_\_\_ Muskmelon  
\_\_\_\_\_ Nectarine  
\_\_\_\_\_ Orange  
\_\_\_\_\_ Peach  
\_\_\_\_\_ Pear  
\_\_\_\_\_ Pineapple  
\_\_\_\_\_ Plum  
\_\_\_\_\_ Pumpkin  
\_\_\_\_\_ Raisins  
\_\_\_\_\_ Raspberry  
\_\_\_\_\_ Strawberry  
\_\_\_\_\_ Tangerine  
\_\_\_\_\_ Watermelon  
\_\_\_\_\_ Other: \_\_\_\_\_

### Sweeteners

\_\_\_\_\_ Brown Sugar  
\_\_\_\_\_ Cane Sugar  
\_\_\_\_\_ Equal  
\_\_\_\_\_ Fructose  
\_\_\_\_\_ Honey  
\_\_\_\_\_ NutraSweet  
\_\_\_\_\_ Powder Sugar  
\_\_\_\_\_ Sweet-N-Low  
\_\_\_\_\_ Other: \_\_\_\_\_

### Candy

\_\_\_\_\_ Chocolate  
\_\_\_\_\_ Hard Candy  
\_\_\_\_\_ Other: \_\_\_\_\_

### Vitamins

\_\_\_\_\_ Type \_\_\_\_\_

### Bread (Rolls, Bagels,

### Muffins, Donuts)

\_\_\_\_\_ Corn  
\_\_\_\_\_ Rye  
\_\_\_\_\_ Wheat  
\_\_\_\_\_ White  
\_\_\_\_\_ Other: \_\_\_\_\_

### Beverages

\_\_\_\_\_ Alcohol  
Type: \_\_\_\_\_  
Amt.: \_\_\_\_\_  
Beer Amt. \_\_\_\_\_  
Canned Juice \_\_\_\_\_  
Carbonated Beverages  
Types: \_\_\_\_\_  
# Per Day: \_\_\_\_\_  
Coffee Amt. \_\_\_\_\_  
Tea Amt. \_\_\_\_\_  
Wine Amt. \_\_\_\_\_

Please list your medications, prescriptions and non-prescription, and the frequency they are taken. \_\_\_\_\_

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