

FOOD FREQUENCY FORM—page 2 of 2										
Meats and Fish				Servings Per Day			Servings Per Week			
serving size: 4 oz				4-6	2-3	1	4-6	2-3	1	<1
turkey, chicken, beef, lamb, scallops				<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
salmon, halibut, tuna, snapper, shrimp, venison				<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
calf's liver				<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Dairy & Eggs				Servings Per Day			Servings Per Week			
serving size: 1 cup (exception- egg: 1 egg)				4-6	2-3	1	4-6	2-3	1	<1
low-fat cheese, yogurt, goat's milk				<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
cow's milk, egg				<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Spices & Condiments				Servings Per Day			Servings Per Week			
serving size: 2 teaspoons (exceptions: garlic, ginger, miso, parsley, peppermint: 1 oz)				4-6	2-3	1	4-6	2-3	1	<1
sage, rosemary, ginger, cumin, coriander, black pepper, maple syrup				<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
oregano, basil, soybean miso, tamari soy sauce, cloves, thyme, garlic, blackstrap molasses , chili peppers, turmeric				<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
cinnamon, mustard seed, parsley, peppermint leaves				<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

After you complete this form, we will do a computer analysis of nutrients that may be missing in your diet. This will give you the probability of each vitamin and mineral deficiency, with commentary. So take your time, and be sure the information is accurate. The report you will receive will also list common foods that will correct your probable deficiencies.