



Circle the foods in the boxes that you eat on a daily basis

Patient's Copy

Patient Name or ID

Date and Time

NOTE: Foods may be listed twice. Try to circle every instance if it appears more than once. Foods are not grouped according to category, for example, all fruits are not listed in one grouping. See gluten question to the right of this box. Please place an "X" in the box that corresponds to your answer.

Do you avoid gluten?

☐ Yes

☐ No

- soda, sport drinks, applesauce, apples, honey, sweet potatoes, pastries, pies, cakes, cookies, jam/jelly, table/powdered sugar, fortified wines, agave, ketchup, fruit juices, apricots, vegetable juices, salad dressings, blueberries, pears, grapes, figs, dates, watermelon, pineapple, bananas, cranberries, raisins, nectarines, raspberries, onions, blackberries, plums, any fast-food menu items

- soda, sports drinks, mangoes, table/powdered sugar, salad dressings, energy drinks, jam/jelly, pastries, pies, fruit juices, clementines, apples, apple sauce, dates, dried fruits, coffee, nectarines, watermelon, grapes, peaches, ketchup, cranberries, melon, maple syrup, pineapple, sugary cereal, granola, energy/cereal bars, nuts, sugar beets, sweet peas, squash, any fast-food menu items

- milk, milkshakes, ice cream, whipping cream, coffee creamer, sherbet, cheese, butter, puddings, custards, cream soups/sauces, yogurt, frozen yogurt, foods made with milk, bread/baked goods, milk chocolate, breakfast cereals, supplements containing lactose

- blackberries, raspberries, apples, apricots, pears, nectarines, plums, avocado, sugar-free sweeteners, sugar-free candies, chewing gum

- chewing gum, sugar-free candies, mints, gumdrops, beverage flavoring, diet foods, sugar-free sweeteners

- leeks, asparagus, garlic, onions, wheat, artichokes, chicory root, bananas

If any foods that you eat regularly were not shown above, please list below:

Doctor Notes

