

Example of a nutrition counseling tool to be filled prior to clinic visits that may help facilitate personalized nutrition counseling discussion.

Height: _____ in Weight: _____ lbs BMI: _____ Usual Body Weight (UBW) : _____					
Change in weight: <input type="checkbox"/> stable <input type="checkbox"/> increased <input type="checkbox"/> decreased					
Goal weight: _____ lbs					
Risk Factors: <input type="checkbox"/> DM type 1 <input type="checkbox"/> DM type 2 <input type="checkbox"/> high chol <input type="checkbox"/> low HDL <input type="checkbox"/> high trig <input type="checkbox"/> HTN <input type="checkbox"/>					
Labs	TC	LDL	HDL	TG	HbA_{1c}
XX / XX /XX XX / XX /XX XX / XX /XX XX / XX /XX					
Supplements:					
Food Allergies:					
Exercise/Activity:					
<input type="checkbox"/> Currently Exercising on Regular basis: _____ <input type="checkbox"/> No formal exercise at this time <input type="checkbox"/> Do you take stairs rather than elevators or escalators <input type="checkbox"/> Future Plans to include regular exercise					
ASSESSMENT: Could be either recall or 3 day food record filled prior to visit (mailed)					
Diet Recall					
Breakfast: _____					
Snack: _____					
Lunch: _____					
Snack: _____					
Dinner: _____					
Snack: _____					
Beverages: <input type="checkbox"/> soda _____, <input type="checkbox"/> water _____, <input type="checkbox"/> alcohol _____					
# times/week: <input type="checkbox"/> fish _____, <input type="checkbox"/> red meats _____					
Restaurant frequency: _____					
Diet History					
<input type="checkbox"/> Do you eat because you're hungry...or rather because it is "meal time" (and not hungry)					
<input type="checkbox"/> Skips meals _____					
<input type="checkbox"/> Excessive calorie intake, snacking					
<input type="checkbox"/> High calorie beverages _____					
<input type="checkbox"/> High intake of: refined carbohydrates, sodium, fat(saturated, trans fat)					
<input type="checkbox"/> Inadequate intake of: fruits, vegetables, whole grains, fiber, fluids, calcium rich foods					