

Pinewood Natural Health Centre

220 Duncan Mill Road, Unit 110
Toronto, Ontario M3B 3J5
(416) 656-8100

1295 Wharf Street, Unit 11
Pickering, Ontario L1W 1A2
(905) 427-0057

Meal Planning Questionnaire

Karen Gilman
Registered Holistic Nutritionist

Name: _____ Date: _____

Phone Number: _____

Email address: _____

Referred by: _____

Please answer the following questions so that a meal program can be designed with your specific requirements.

Complete and return at least 1 week prior to your appointment. Send your completed form to:

toronto@pinewoodhealth.ca, or fax to 416-656-8107, or drop off at the Toronto clinic, 110-220 Duncan Mill Road.

Do you have a medical condition that requires a special diet? If yes, please specify.

Do you have food allergies or sensitivities?

Do you take vitamins or supplements?

Which meal do you find the most challenging?

Are there any foods that you find unpalatable?

What are your favourite foods?

Which meal (home cooked or store bought) do you enjoy the most?

Which meals would you enjoy more often if you could make them healthier? (allergen-free, gluten-free, dairy-free)

Are there nutrients you feel you are not getting enough of?

What are your main sources of protein?

<u>Source</u>	<u>Times per week eaten</u>
Meat	
Chicken	
Dairy	
Beans	
Eggs	
Tofu	
Other _____	

Are you prepared to cook meals from scratch and, if so, what is the maximum time you can dedicate to this?

Do you regularly eat 3 meals a day? If no, which meals do you skip?

Do you feel that you have enough energy to get through the day?

Are you physically active? If yes, how often do you work out?

Do you have regular bowel movements?

Which of the following items do you usually have in your pantry/fridge?

- Canned beans
- Dried beans
- Rice
- Pasta
- Couscous
- Other grains – please specify
- Eggs
- Cheese

Do you have the necessary tools at home to prepare meals from scratch? ie. knives, cutting board, blender or food processor?

Are there any cookbooks you refer to on an on-going basis?

Any other comments: