



# Divide Creek, PC Allergy Center

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## FOOD QUESTIONNAIRE - PAGE 1

Please answer all questions on front and back sides of this form.

Patient's Name

Date

*If you haven't done so, you may DETACH this page to make it easier to complete.*

1. Are you currently on any special diet? If so, please explain.

2. Do you avoid any foods? If so please list them.

3. On a typical day, what do you have for the following meals? (Think about yesterday's meals.)

<u>Breakfast</u>	<u>Lunch</u>	<u>Dinner</u>	<u>Snacks</u>

4. Please list your 3 everyday favorite foods that you eat REGULARLY (please answer - even if you find it difficult)

A. \_\_\_\_\_ B. \_\_\_\_\_ C. \_\_\_\_\_

5. Do you suspect any foods as making you ill? Please list and describe your reaction.

6. Do you crave or binge on any foods? Please list.

7. How many times per week do you eat out?  
Restaurant \_\_\_\_\_  
Fast Food \_\_\_\_\_  
Lunch from home \_\_\_\_\_

8. (FOR WOMEN) Do you crave or binge food premenstrually?  
If so, what foods?

9. Please list vitamins or supplements you take.

Comments

Please turn page over and answer questions about specific foods



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**FOOD QUESTIONNAIRE - PAGE 2**

After completing other side of form, please **CIRCLE BELOW**  
**HOW MANY DAYS PER WEEK DO YOU EAT THE FOLLOWING?**

Examples: CIRCLE "0" if seldom or never  
 CIRCLE "1/2" if once in 2 weeks

CIRCLE "2" if twice per week  
 CIRCLE "7" if every day

CIRCLE "1" if once per week  
 CIRCLE "3" if 3 times per week

**WHEAT PRODUCTS**

- Bread.....7 6 5 4 3 2 1 1/2 0
- Rolls.....7 6 5 4 3 2 1 1/2 0
- Muffins.....7 6 5 4 3 2 1 1/2 0
- Sandwiches.....7 6 5 4 3 2 1 1/2 0
- Bagels.....7 6 5 4 3 2 1 1/2 0
- Pasta.....7 6 5 4 3 2 1 1/2 0
- Macaroni.....7 6 5 4 3 2 1 1/2 0
- Noodles.....7 6 5 4 3 2 1 1/2 0
- Spaghetti.....7 6 5 4 3 2 1 1/2 0
- Casseroles.....7 6 5 4 3 2 1 1/2 0
- Pizza.....7 6 5 4 3 2 1 1/2 0
- Breakfast Cereals.....7 6 5 4 3 2 1 1/2 0
- Crackers.....7 6 5 4 3 2 1 1/2 0
- Cookies.....7 6 5 4 3 2 1 1/2 0
- Canned Soup.....7 6 5 4 3 2 1 1/2 0
- Pasties.....7 6 5 4 3 2 1 1/2 0
- .....7 6 5 4 3 2 1 1/2 0

**CORN**

- Popcorn.....7 6 5 4 3 2 1 1/2 0
- Lunch Meat.....7 6 5 4 3 2 1 1/2 0
- Corn Flakes.....7 6 5 4 3 2 1 1/2 0
- Corn Chips.....7 6 5 4 3 2 1 1/2 0
- Vegetable Corn.....7 6 5 4 3 2 1 1/2 0
- Pancake Syrup.....7 6 5 4 3 2 1 1/2 0
- Tacos.....7 6 5 4 3 2 1 1/2 0
- .....7 6 5 4 3 2 1 1/2 0

**DAIRY & EGGS**

- Milk.....7 6 5 4 3 2 1 1/2 0
- Cheese.....7 6 5 4 3 2 1 1/2 0
- Yogurt.....7 6 5 4 3 2 1 1/2 0
- Ice Cream.....7 6 5 4 3 2 1 1/2 0
- Coffee Creamer.....7 6 5 4 3 2 1 1/2 0
- Margarine.....7 6 5 4 3 2 1 1/2 0
- Butter.....7 6 5 4 3 2 1 1/2 0
- Cream Cheese.....7 6 5 4 3 2 1 1/2 0
- Cottage Cheese.....7 6 5 4 3 2 1 1/2 0
- .....7 6 5 4 3 2 1 1/2 0
- Eggs, cooked.....7 6 5 4 3 2 1 1/2 0
- Mayonnaise.....7 6 5 4 3 2 1 1/2 0
- French Toast.....7 6 5 4 3 2 1 1/2 0
- .....7 6 5 4 3 2 1 1/2 0

**YEAST**

- Mushrooms.....7 6 5 4 3 2 1 1/2 0
- Vinegar.....7 6 5 4 3 2 1 1/2 0
- Salad Dressing.....7 6 5 4 3 2 1 1/2 0
- Soy Sauce.....7 6 5 4 3 2 1 1/2 0
- Raisins.....7 6 5 4 3 2 1 1/2 0
- Dates.....7 6 5 4 3 2 1 1/2 0
- Prunes.....7 6 5 4 3 2 1 1/2 0
- Catsup.....7 6 5 4 3 2 1 1/2 0
- Mustard.....7 6 5 4 3 2 1 1/2 0
- Fruit Juice.....7 6 5 4 3 2 1 1/2 0

**SNACKS/MISC.**

- Potato Chips.....7 6 5 4 3 2 1 1/2 0
- Chocolate.....7 6 5 4 3 2 1 1/2 0
- Peanuts.....7 6 5 4 3 2 1 1/2 0
- Nuts.....7 6 5 4 3 2 1 1/2 0
- Candy.....7 6 5 4 3 2 1 1/2 0
- Dessert.....7 6 5 4 3 2 1 1/2 0
- .....7 6 5 4 3 2 1 1/2 0
- Jello.....7 6 5 4 3 2 1 1/2 0
- Jelly/Jam.....7 6 5 4 3 2 1 1/2 0
- Sweet 'N Low.....7 6 5 4 3 2 1 1/2 0
- Equal.....7 6 5 4 3 2 1 1/2 0

**BEEF & PORK**

- Hamburger.....7 6 5 4 3 2 1 1/2 0
- Steak.....7 6 5 4 3 2 1 1/2 0
- Beef Roast.....7 6 5 4 3 2 1 1/2 0
- Pork Roast.....7 6 5 4 3 2 1 1/2 0
- Ham.....7 6 5 4 3 2 1 1/2 0
- Bacon.....7 6 5 4 3 2 1 1/2 0
- Sausage.....7 6 5 4 3 2 1 1/2 0
- Pork Chops.....7 6 5 4 3 2 1 1/2 0

**OTHER PROTEIN**

- Chicken.....7 6 5 4 3 2 1 1/2 0
- Turkey.....7 6 5 4 3 2 1 1/2 0
- Fish.....7 6 5 4 3 2 1 1/2 0
- .....7 6 5 4 3 2 1 1/2 0
- .....7 6 5 4 3 2 1 1/2 0
- Soy/Tofu.....7 6 5 4 3 2 1 1/2 0
- Hot Dogs.....7 6 5 4 3 2 1 1/2 0
- .....7 6 5 4 3 2 1 1/2 0

**BEVERAGES**

- Coffee.....7 6 5 4 3 2 1 1/2 0
- Tea.....7 6 5 4 3 2 1 1/2 0
- Soda Pop.....7 6 5 4 3 2 1 1/2 0
- Diet Pop.....7 6 5 4 3 2 1 1/2 0
- Alcoholic Beverage.....7 6 5 4 3 2 1 1/2 0
- .....7 6 5 4 3 2 1 1/2 0

**FRUIT**

- Apples.....7 6 5 4 3 2 1 1/2 0
- Bananas.....7 6 5 4 3 2 1 1/2 0
- Oranges.....7 6 5 4 3 2 1 1/2 0
- Pears.....7 6 5 4 3 2 1 1/2 0
- Melon.....7 6 5 4 3 2 1 1/2 0
- Grapefruit.....7 6 5 4 3 2 1 1/2 0
- Grapes.....7 6 5 4 3 2 1 1/2 0
- Pineapple.....7 6 5 4 3 2 1 1/2 0
- .....7 6 5 4 3 2 1 1/2 0
- .....7 6 5 4 3 2 1 1/2 0
- .....7 6 5 4 3 2 1 1/2 0

**VEGETABLES**

- Lettuce/Salads.....7 6 5 4 3 2 1 1/2 0
- Potatoes/Fries.....7 6 5 4 3 2 1 1/2 0
- Tomato.....7 6 5 4 3 2 1 1/2 0
- Green Pepper.....7 6 5 4 3 2 1 1/2 0
- Peas.....7 6 5 4 3 2 1 1/2 0
- Green Beans.....7 6 5 4 3 2 1 1/2 0
- Other Beans.....7 6 5 4 3 2 1 1/2 0
- Carrots.....7 6 5 4 3 2 1 1/2 0
- Celery.....7 6 5 4 3 2 1 1/2 0
- Broccoli.....7 6 5 4 3 2 1 1/2 0
- Cabbage/Cole Slaw.....7 6 5 4 3 2 1 1/2 0
- Cauliflower.....7 6 5 4 3 2 1 1/2 0
- .....7 6 5 4 3 2 1 1/2 0
- .....7 6 5 4 3 2 1 1/2 0
- .....7 6 5 4 3 2 1 1/2 0

**SPICES**

- Onion.....7 6 5 4 3 2 1 1/2 0
- Garlic.....7 6 5 4 3 2 1 1/2 0
- Pepper.....7 6 5 4 3 2 1 1/2 0
- Dry Mustard.....7 6 5 4 3 2 1 1/2 0
- Basil.....7 6 5 4 3 2 1 1/2 0
- Paprika.....7 6 5 4 3 2 1 1/2 0
- Rosemary.....7 6 5 4 3 2 1 1/2 0
- Ginger.....7 6 5 4 3 2 1 1/2 0
- Parsley.....7 6 5 4 3 2 1 1/2 0
- Oregano.....7 6 5 4 3 2 1 1/2 0
- Cinnamon.....7 6 5 4 3 2 1 1/2 0
- Mint.....7 6 5 4 3 2 1 1/2 0
- .....7 6 5 4 3 2 1 1/2 0
- .....7 6 5 4 3 2 1 1/2 0
- .....7 6 5 4 3 2 1 1/2 0