



Name: _____ Date: _____

Purpose: This form has been adopted to help both you and Dr. Huntoon determine, through the foods you are currently eating, how your weight and health are being effected, and what is the best way to help you improve your current state of health. Be as complete as possible and include everything you eat and drink for the next five (5) days. **Do Not** change anything in your current eating habits while filling out this form. It is important to get an accurate picture of your current eating habits in an effort to understand your current health concerns. If it is a food that has a label with it, please include the label with the page for the day you ate that item, and return the information to the office when you are done.

Regarding “your mood” with meals, please choose from the list of moods on the side panel. Try to accurately assess how you are feeling just prior to eating and how you feel after completing your meal. As this is a lot of work, it will make all the difference in Dr. Huntoon being able to make positive changes in your health and life.

Dr. Huntoon will evaluate your diet history and then sit down with you to review what are the best ways to improve your current eating habits.

Please note: The office has detoxification programs designed to remove all the toxins from your digestion and elimination systems. If this is of interest to you, please do not hesitate to ask how we can help you to detox yourself in a natural, healthy way.



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Diet History

List of moods (continued)

Aggressive
Agonized
Anxious
Apologetic
Arrogant
Bashful
Bliss
Bored
Cautious
Cold
Concentrating
Confident
Curious
Demure
Determined
Disappointed
Disapproving
Disbelieving
Disgusted
Distasteful
Eavesdropping
Ecstatic
Enraged
Envious
Exasperated
Exhausted
Frightened
Frustrated
Grieving
Guilty
Happy
Horrificed
Hot
Hung over
Hurt
Hysterical

Diet History

List of moods

(continued)

Indifferent
Idiotic
Innocent
Interested
Jealous
Joyful
Loaded
Lonely
Love Struck
Meditative
Mischievous
Miserable
Negative
Obstinate
Optimistic
Pained
Paranoid
Perplexed
Prudish
Puzzled
Regretful
Relieved
Sad
Satisfied
Shocked
Sheepish
Smug
Surly
Surprised
Suspicious
Sympathetic
Thoughtful
Undecided
Withdrawn

Diet History



Day 1

Doctor Comments	Meals Eaten	Food Eaten	Time Eaten	Amount Eaten	Where Eaten	Mood While Eating
	Breakfast					
	Snack					
	Lunch					
	Snack					
	Dinner					
	Snack					

Diet History



Day 2

Doctor Comments	Meals Eaten	Food Eaten	Time Eaten	Amount Eaten	Where Eaten	Mood While Eating
	Breakfast					
	Snack					
	Lunch					
	Snack					
	Dinner					
	Snack					

Diet History



Day 3

Doctor Comments	Meals Eaten	Food Eaten	Time Eaten	Amount Eaten	Where Eaten	Mood While Eating
	Breakfast					
	Snack					
	Lunch					
	Snack					
	Dinner					
	Snack					

Diet History



Day 4

Doctor Comments	Meals Eaten	Food Eaten	Time Eaten	Amount Eaten	Where Eaten	Mood While Eating
	Breakfast					
	Snack					
	Lunch					
	Snack					
	Dinner					
	Snack					

Diet History



Day 5

Doctor Comments	Meals Eaten	Food Eaten	Time Eaten	Amount Eaten	Where Eaten	Mood While Eating
	Breakfast					
	Snack					
	Lunch					
	Snack					
	Dinner					
	Snack					