

Marie Parker

nil

Submission Date

Feb 6, 2024 4:24 PM

Name

Marie Parker

Please record the food and drinks you consume on a typical day

Health Concern	
Breakfast	eggs, protein pancakes, toast
Morning Tea	fruit or protein bar
Lunch	leftovers - meat & veg
Dinner	meat & veg
Dessert/Evening snack	icecream

On average, how many serves of the following would you consume on a typical day?

	#servings
Fruit: 1 medium piece, 2 small pieces or 1 cup chopped fruit	2-3
Vegetables: 1/2 cup cooked or 1 cup raw	3-4
Cereals & grains: 1 cup cooked rice/pasta, 2 slices bread, 1 bread roll, 1 cup porridge or cereal, 1/2 cup muesli	2
Milk & dairy: 1 cup milk, 200g yoghurt, 2 slices cheese	2
Protein: cooked meat/chicken/fish palm size, 2 eggs, 1/3 cup legumes, 1/3 cup nuts, 100g tofu or tempeh	3

How many cups of water do you drink per day?

2ltr or more

What % of food per week is

Prepared at home? 80
Fast Food/takeaway? 10
Restaurant/cafe? 10

What % of food you cook is

Fresh? 80
Frozen?
Canned/Jar?
Pre-prepared?

What % of food you eat is?

Raw? 20
Cooked? 80

What sort of fats and oils do you use?

Butter

What many cups do you consume on a typical day?

Coffee: 2
Tea: 2
Juice:
Soft drinks:
Energy drinks:
Milky drinks:

Do you crave any of the following foods?

Chocolate

Any known food allergies or sensitivities?	adolescent allergy to cashews - has not tried cashews since
Do you experience any of the following digestive symptoms?	<div>Bloating</div> <div>Excess fullness after meals</div> <div>Abdominal cramping/pain</div>
Do you experience any of the following regarding your bowel movements?	<div>Constipation</div>
Digestion of fatty meals; symptoms?	heavy - but rarely eats
Any symptoms when skipping meals?	doesn't skip meals. Would definitely feel if did
How many rounds of antibiotics have you been on before puberty?	nil
How many rounds of antibiotics have you been on in the last 5 years?	currently on antibiotics for UTI
Do you experience any of the following?	<div>Yeast infection (toenail fungus/athlete's foot, vaginal/jock itch, tinea, etc.)</div>
Do you experience any of the following?	<div>Snoring/sleep apnea</div>
Details?	random snoring. not nightly nose breather
Do you experience any of the following?	<div>Migraine</div>
Details?	11/12 school year migraines. was on the OCP at the time. Was put on various other OCP, has not had a migraine since
Do you experience any of the following?	<div>Mood swings</div>
Details?	Hormonal mood swings mild anxiety
What is the general condition of your skin; dry, flakey, oily, itchy?	dry - but not enough to be treating
Do you experience any of the following?	<div>Warts</div>
Do you experience any of the following?	<div>Urgency</div> <div>UTI</div>
Details?	Increased thirst - does drink a lot of water throughout the day
Any hormonal/contraception?	natural BBT tracking
Regular cycle?	yes
Cycle length?	26-30days, 5 days MC
Blood loss; light, medium, heavy?	medium
Colour of blood; red/dark	starts off bright red - goes to brown towards end

brown?

Do you experience any of the following?

Period Pain

Details?

period pain - requires nurofen for the first day
PMS: mood swings, tired, bloating, odd pimple

Average hours of sleep

8 hours

Average time taken to fall asleep?

average

Fall back to sleep easily if woken?

Yes

Remember dreams?

Yes

Refreshed on waking?

Yes

Sleep through the night

No

Energy levels 1-10

8

Highest: am/pm

am

Lowest: am/pm

3-5pm

Stress levels 1-10

5

Stressors: how is stress handled?

reading, slowing down, walking, chilling

Skin

Normal

Hair

Dry

Tongue

Coated

Midline groove

Quivering
