

# Hayley De Campo

not that is aware

Submission Date

Feb 26, 2024 12:20 PM

Name

Hayley De Campo

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

Health Concern	
Breakfast	english muffin - vegemite, crumpet.
Morning Tea	
Lunch	curried egg sandwhich, salad bowl. chicken, lettuce, tomato, cheese, avo
Dinner	meat & veg, meat & salad. rice
Dessert/Evening snack	choc biscuits

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
Vegetables: 1/2 cup cooked or 1 cup raw	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	2

How many cups of water do you drink per day?

less than 1ltr

What % of food per week is

most prepared to home, lunch is the only thing not.

What % of food you cook is

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

What % of food you eat is?

Raw? 50%  
Cooked? 50%

What sort of fats and oils do you use?

Butter

Olive oil

What many cups do you consume on a typical day?

Coffee: 1 x 8.30am  
Tea:  
Juice: 1 x orange juice  
Soft drinks:  
Energy drinks:  
Milky drinks:

Do you currently or have you experienced any of the

Frequently skipping meals

Can't lose weight

following?

Do you crave any of the following foods?

Sugar

Any known food allergies or sensitivities?

easily skip breakfast - but does get jittery if has skipped brekky.  
Bloating - not eating or eating.

Sugar cravings - arvo

Do you experience any of the following digestive symptoms?

Bloating

Excess fullness after meals

Do you experience any of the following regarding your bowel movements?

Loose stools

Digestion of fatty meals; symptoms?

feels really average.

How many rounds of antibiotics have you been on before puberty?

not that is aware

How many rounds of antibiotics have you been on in the last 5 years?

0

Do you experience any of the following?

Frequent cold/flu's

Other infections (sinus, ear, lung, skin, bladder, kidney)

Do you experience any of the following?

Snoring/sleep apnea

Details?

allergies this year - nasal congestion

Do you experience any of the following?

Dizziness/loss of balance

Details?

dizziness from fast movements

Details?

rescue remedy for mild anxiety.

hormonal mood swings.

What is the general condition of your skin; dry, flakey, oily, itchy?

normal

Do you experience any of the following?

Psoriasis

Details?

stress psoriasis - run down.  
minor skin tags

Do you experience any of the following?

Palpitations

Do you experience any of the following?

Unexplained fatigue

Regular cycle?

yes - 31 -33 days

Cycle length?

5 - 6 days, heavier middle of cycle.

Blood loss; light, medium, heavy?

heavy,

Colour of blood; red/dark brown?

starts brown, heavy red, light brown.

Do you experience any of the following?

Clots

Ovulation Pain

Details?

mood swings - grumpy prior. lower tolerance , less patience.

considering that peri menopausal.

Average hours of sleep

changes with alcohol consumption. 7 hours. 10.30pm/6.30am. kids 7.30/8.30.

Average time taken to fall asleep?

feeds animals, brush teeth, falls asleep listening to friends.

Fall back to sleep easily if woken?

Yes

Remember dreams?

Yes

Sleep through the night

Yes

Energy levels 1-10

7/8

Highest: am/pm

morning energy highest.

Lowest: am/pm

4pm lowest. peak energy at night

Stress levels 1-10

not worried about stress

Stressors: how is stress handled?

dealing with stress. workout, walking. watching tv shows

Tongue

Midline groove

Scalloped edges

Quivering

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