



## DIETARY EVALUATION OVERVIEW (DEO) QUESTIONNAIRE

CLIENT: \_\_\_\_\_ DATE: \_\_\_\_\_

**Circle Your Score to Indicate Frequency of Consumption of Foods in Sections I and II.**

Daily	Frequently/Weekly	Infrequent/Monthly	Seldom/Sp. Occ	Never
10	7	5	3	0

### **I. WHOLE / ALIVE FOODS: SECTION I - TOTAL SCORE: \_\_\_\_\_.**

1. Honey, Molasses, Maple Syrup, etc.	10	7	5	3	0
2. Whole Grains & their flours	10	7	5	3	0
3. Monounsaturated Oils (Canola, Olive, etc.)	10	7	5	3	0
4. Goat, Soy or Nut Milks & Cheeses	10	7	5	3	0
5. Turkey, Chicken, Fish	10	7	5	3	0
6. Fruit Juice, Natural Sodas, Sparkling Waters	10	7	5	3	0
7. Sea Salt, Veg-It, Mrs. Dash, Spike, Kelp	10	7	5	3	0
8. Fresh or Frozen Fruits (Frozen out of Season)	10	7	5	3	0
9. Fresh or Frozen Vegetables (Fresh in Season)	10	7	5	3	0
10. Raw unsalted nuts & seeds in shell	10	7	5	3	0

### **II. CULTURAL / DEAD FOODS SECTION II - TOTAL SCORE: \_\_\_\_\_.**

1. White, Brown, Artificial Sugars	10	7	5	3	0
2. White, Enriched Flour	10	7	5	3	0
3. Margarine, Artificial or Butter Substitutes	10	7	5	3	0
4. Cow Dairy Products (esp., Milk, Ice Cream)	10	7	5	3	0
5. Red Meats (no more than twice weekly)	10	7	5	3	0
6. Soda (Coke, Pepsi), Punch, Kool-aid	10	7	5	3	0
7. Table Salt, ex. Morton, Sodium Substitutes	10	7	5	3	0
8. Canned Fruits	10	7	5	3	0
9. Canned Vegetables	10	7	5	3	0
10. Salted nuts & salted seeds	10	7	5	3	0

After totaling your scores for Section I and II, use these Passcodes to open web page titled, "Evaluation – Diet" at [www.AdvancedClinicalNutrition.com](http://www.AdvancedClinicalNutrition.com): User's Name: ur-deo Password: diet.

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