

**University of Alabama at Birmingham**  
**Department of Nutrition Sciences**  
*Nutrition and Metabolic Health Clinic*

<b>Patient Intake Form</b>	
Name:	Émile Hayes (bio name is Ashley Brianna Hayes)
Age and Date of Birth:	18, 10/03/2005
Gender:	Non-Binary
Ethnicity:	Caucasian
Height:	65 inches
Weight:	204
Address:	3312 Argyle Lane, Birmingham, AL 35242
Contact Number:	(205)842-7451
Email:	ehayes3uab.edu
<b>Emergency Contact:</b>	
Name:	Lori Ann Hayes
Relationship:	Mother
Contact Number:	(205)587-6370
<b>Insurance Information:</b>	
Insurance Provider:	Blue Cross Blue Shield
Policy Number:	XAC864346210
Referring Physician Name and Contact Information:	Not Referred
<b>Medical History:</b>	
	<b>No significant health issues prior to recent diagnosis of NAFLD and 2013 gallbladder removal</b>
<b>General Health:</b>	
Any ongoing medical conditions (e.g., diabetes, hypertension)?	Recently diagnosed with NAFLD, F2/3
If you have been diagnosed with Type 2 diabetes, what was your <b>last fasting glucose and HbA1c</b> ?	No

Previous surgeries or hospitalizations:	Cholecystectomy
Known allergies (medications, food, environmental):	GI cocktail gives me hives, don't respond well to sulfur based medication
<b>Family Medical History:</b>	
Family history of specific diseases (cancer, heart disease, etc.):	Cancer, Various types in history- currently sister diagnosed with Triple Negative Breast Cancer and other sister had cervical cancer Autoimmune disorders - various types in history
<b>Medication History:</b>	
List current medications (prescription and over-the-counter):	Pantoprazole - prescribed recently for indigestion taken in 20mg doses once daily before morning meal
Any supplements or herbal remedies being taken:	None
<b>Lifestyle:</b>	
Smoking history: <i>Do you currently smoke? If yes, how often?</i>	No, never
Alcohol consumption: <i>How many drinks do you have per week?</i>	None
Exercise routine: <i>How often do you exercise? What do you do for exercise?</i>	2-4 days per week for 30-45 minutes, brisk outdoor walking, seated stepper machine, video guided aerobic exercise
<b>General Diet Information:</b>	
	No specific diet. Eat mostly at home. Meal prep for breakfast and lunches at work. Eat from restaurants 1-2 weekly.
<b>Special Diets or Dietary Goals:</b>	
Previous or current diets followed: <i>Have you followed a diet that helped you lose weight in the past?</i>	Physician assisted HCG diet. Worked well but as a result of low intake had gallbladder issues then removal

Weight management goals: <i>Please describe.</i>	Obtain education and support to help resolve increased weight. I have been gaining over the last 11 years and haven't found success on my own.
Health-related dietary goals: <i>Example: lowering cholesterol, managing blood sugar, etc.</i>	Resolve/reverse fibrosis/fatty liver.
<b>Typical Daily Meal Pattern:</b>	
<i>Please describe what you would typically eat in a day for the following:</i>	
Breakfast:	whole grain toast, ½ oats overnight package with 2% milk
Snacks:	None.
Lunch:	deli turkey and low fat cheese on wheat bread, salad, various high protein meal prep recipes or bento boxes with grapes/berries, carrots, cheese, whole wheat/grain crackers, 1-3 times monthly take out for lunch with husband
Dinner:	Various items, typically cooked at home, mostly meat plus a vegetable, might have rice/pasta 1x week
Beverages (including alcohol):	Water, unsweetened green tea or 10 oz. Mt. dew or sprite with dinner 1-2x weekly
<b>Eating Habits:</b>	
Frequency of eating out or ordering takeout:	2 times a week most weeks, but can be higher when things are stressful or something quick is needed no more than 4 meals in a week.
Preferred cuisines or types of food:	Italian, Mediterranean, Chinese, prefer flavorful food for dinner, and food for breakfast/lunch that is easy to transport to work and edible without heating or heated in the microwave.
<b>Food Allergies or Intolerances:</b>	
Allergies:	None.
Intolerances (lactose, gluten, etc.):	None.
<b>Dietary Preferences:</b>	

<i>Please describe the types of foods, portion size, and frequency (servings per week) you generally consume for each category</i>	
Vegetables:	1-2 portions daily, kale, green beans, asparagus, zucchini, broccoli, butternut squash,
Fruits:	2-3 portions weekly, berries, apples, grapes, plums, pears
Protein (meat, fish, etc):	<b>1-2 portions daily, more often salmon or chicken, maybe once weekly beef or pork</b>
Types of grains/starches consumed (bread, crackers, potatoes, rice, cereal, etc):	<b>1 portion daily - oats or toast common for breakfast, 1x weekly dinner might include potatoes or rice</b>
Dairy (milk, yogurt, cheese):	<b>2% milk used in oats for breakfast, lunch might include Laughing Cow or Babybell or a slice of cheese, dinner might have cheese as a topping 1x weekly</b>
Alternatives (soy milk, almond milk):	<b>None</b>
Sources of fats/oils (olive oil, butter, etc.):	Sometimes butter on toast, if dinner requires cooking with oil either olive oil or avocado oil is utilized
Sweets (cookies, cake, ice cream, etc)	<b>On occasion, only sweet at home is dark chocolate squares, might have 1-2 weekly</b>
Artificial/Non-caloric sweeteners: (Splenda, Stevia, Equal, Sweet-n-low)	<b>None</b>
Water (oz per day):	<b>70-100 oz daily</b>
Coffee/Tea (oz per day):	<b>not drank daily - 2-3 green teas weekly 20 oz each</b>
Sugary drinks (oz per day):	not drank daily - maybe 10 oz 1-2 times weekly
Snacks (describe what you eat between meals):	Busy work days so I don't snack much. I lean towards potato chips or popcorn maybe 1-3 times a week mostly on the weekends at home
<b>Additional Notes:</b>	
Any additional dietary information or concerns:	I have some food texture aversions that include cellular/watery foods (tomatoes, onions, melon, lettuce) and almost all condiments. I get bored quickly with bland repetitive food and tend to seek out crunchier textures and bold saltier flavor profiles.