

Dubrow Physical Therapy and Golf Fitness  
601 West Plano Parkway, Suite 141-A  
Plano, TX 75075

**Patient Nutrition Form**

Name: \_\_\_\_\_

Please provide the specific number of servings PER DAY *or per week*, as indicated.

**Caffeine:** Yes No

How many ounces and what type of caffeine PER DAY? (medium coffee mug is 10 oz.)

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**Alcohol:** Yes No

How many servings and what type of alcohol per week? (1 serving = 1 beer; 5 oz of wine; 1 oz of liquor)

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**Fried Foods:** Yes No

How many servings and what type of fried food per week? (1 serving = 1/2 cup French fries; hamburger; fast food; fried chicken. The palm of your hand = 1 serving)

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**Gluten (Wheat Products):** Yes No

How many servings of gluten per week? (1 serving = 1 slice of bread; 1/2 cup pasta; 1/2 bagel; palm of crackers; 2-3 small cookies)

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**Sugar:** Yes No

How many servings of sugar PER DAY? (1 tsp of sugar is a serving; 1 packet of sugar; 1 can of soda contains 9<sup>1</sup>/<sub>3</sub> tsp of sugar)

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**Soda:** Yes No

How many cans of soda per week? (1 can of soda is 12 ounces)

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**Grain Fed Red Meat:** Yes No

How many servings of grain fed beef per week? If you don't specifically buy "grass fed" from a known organic source, you are buying grain fed red meat. Beef served at a restaurant is generally grain fed. (1 serving = palm of your hand)

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**Dairy Fat:** Yes No

How many servings of dairy fat PER DAY? (1 serving = 1 tbsp butter; 1/2 cup 2% or whole milk; 4 oz of cheese)

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**Shellfish:** Yes No

How many servings of shellfish per week? (1 serving = 4 oz of shrimp; lobster; crab; clams, mussels)

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**Fast Food:** Yes No

How many times do you eat fast food per week?

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**Water:** Yes No

How many ounces do you drink PER DAY? (A large cup from a fast food restaurant is usually 32 oz. A regular water glass is usually 8 oz. Purchased water bottles come in 8oz, 16oz, and 20 oz)

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**Smoking:** Yes No

How many cigarettes PER DAY? \_\_\_\_\_ How many cigars per week? \_\_\_\_\_