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DIET INTAKE FORM

Next to each item below, enter the number of times you might eat this food during the course of a week. If you do not eat an item, simply skip it without making any markings. For instance, “_3_ Almond” would indicate that you eat a portion of almonds three times each week.

Foods

- | | | | |
|--|--|---|---|
| <input type="checkbox"/> Abalone | <input type="checkbox"/> Blackberry | <input type="checkbox"/> Chillies | <input type="checkbox"/> Egg Yolk |
| <input type="checkbox"/> Aduki Bean | <input type="checkbox"/> Black boned Chicken | <input type="checkbox"/> Chinese Cabbage | <input type="checkbox"/> Eggplant |
| <input type="checkbox"/> Agar | <input type="checkbox"/> Blackcurrant | <input type="checkbox"/> Chinese Ginseng | <input type="checkbox"/> Elder flower |
| <input type="checkbox"/> Alfalfa Sprout | <input type="checkbox"/> Blueberry | <input type="checkbox"/> Chives | <input type="checkbox"/> Fava Bean |
| <input type="checkbox"/> Algae | <input type="checkbox"/> Bok Choy | <input type="checkbox"/> Chocolate | <input type="checkbox"/> Fennel Shoots |
| <input type="checkbox"/> Almond | <input type="checkbox"/> Broad Bean | <input type="checkbox"/> Chrysanthemum | <input type="checkbox"/> Fenugreek Seed |
| <input type="checkbox"/> Aloe Juice | <input type="checkbox"/> Broccoli | <input type="checkbox"/> Cilantro | <input type="checkbox"/> Figs |
| <input type="checkbox"/> Amaranth | <input type="checkbox"/> Brown Rice | <input type="checkbox"/> Cinnamon | <input type="checkbox"/> Finless Eel |
| <input type="checkbox"/> Amasake | <input type="checkbox"/> Brown Sugar | <input type="checkbox"/> Cinnamon Bark | <input type="checkbox"/> Flax |
| <input type="checkbox"/> American Ginseng | <input type="checkbox"/> Buckwheat | <input type="checkbox"/> Clam | <input type="checkbox"/> French Fries |
| <input type="checkbox"/> Anchovy | <input type="checkbox"/> Burdock Root | <input type="checkbox"/> Clove | <input type="checkbox"/> Freshwater Shrimp |
| <input type="checkbox"/> Anise Seed | <input type="checkbox"/> Butter | <input type="checkbox"/> Coconut | <input type="checkbox"/> Frog Meat |
| <input type="checkbox"/> Apple | <input type="checkbox"/> Cabbage | <input type="checkbox"/> Coconut Milk | <input type="checkbox"/> Galangal |
| <input type="checkbox"/> Apricot | <input type="checkbox"/> Cantaloupe | <input type="checkbox"/> Coffee | <input type="checkbox"/> Garlic |
| <input type="checkbox"/> Arame | <input type="checkbox"/> Caper | <input type="checkbox"/> Cola | <input type="checkbox"/> Ginger |
| <input type="checkbox"/> Artichoke | <input type="checkbox"/> Caraway | <input type="checkbox"/> Coriander | <input type="checkbox"/> Glutinous Rice |
| <input type="checkbox"/> Asparagus | <input type="checkbox"/> Cardamon | <input type="checkbox"/> Corn | <input type="checkbox"/> Goose |
| <input type="checkbox"/> Bagels | <input type="checkbox"/> Carob | <input type="checkbox"/> Corn Chips | <input type="checkbox"/> Gourd |
| <input type="checkbox"/> Bamboo Shoots | <input type="checkbox"/> Carp | <input type="checkbox"/> Corn Meal | <input type="checkbox"/> Grape |
| <input type="checkbox"/> Banana | <input type="checkbox"/> Carrot | <input type="checkbox"/> Cow Milk | <input type="checkbox"/> Grapefruit |
| <input type="checkbox"/> Barley | <input type="checkbox"/> Cashew | <input type="checkbox"/> Cow Pea | <input type="checkbox"/> Green Bean |
| <input type="checkbox"/> Barley Malt Syrup | <input type="checkbox"/> Cassio Fruit | <input type="checkbox"/> Crab | <input type="checkbox"/> Green Lentil |
| <input type="checkbox"/> Basil | <input type="checkbox"/> Catfish | <input type="checkbox"/> Cranberry | <input type="checkbox"/> Ham |
| <input type="checkbox"/> Bay Leaf | <input type="checkbox"/> Cauliflower | <input type="checkbox"/> Croissants | <input type="checkbox"/> Hash browns |
| <input type="checkbox"/> Beef | <input type="checkbox"/> Cayenne Pepper | <input type="checkbox"/> Cucumber | <input type="checkbox"/> Hawthorn |
| <input type="checkbox"/> Beer | <input type="checkbox"/> Celery | <input type="checkbox"/> Cumin | <input type="checkbox"/> Hazelnut |
| <input type="checkbox"/> Beet | <input type="checkbox"/> Chamomile | <input type="checkbox"/> Daikon Radish | <input type="checkbox"/> Herring |
| <input type="checkbox"/> Bell Pepper | <input type="checkbox"/> Cheese | <input type="checkbox"/> Dandelion Greens | <input type="checkbox"/> Hiziki |
| <input type="checkbox"/> Black Bean | <input type="checkbox"/> Cherry | <input type="checkbox"/> Dandelion Root | <input type="checkbox"/> Honey |
| <input type="checkbox"/> Black Pepper | <input type="checkbox"/> Chestnut | <input type="checkbox"/> Dill | <input type="checkbox"/> Horseradish |
| <input type="checkbox"/> Black Sesame | <input type="checkbox"/> Chicken | <input type="checkbox"/> Donut | <input type="checkbox"/> Hot Peppers |
| <input type="checkbox"/> Black Soya Bean | <input type="checkbox"/> Chicken Liver | <input type="checkbox"/> Duck | <input type="checkbox"/> Immature
Tangerine Peel |
| <input type="checkbox"/> Black Tea | <input type="checkbox"/> Chickpea | <input type="checkbox"/> Dulse | <input type="checkbox"/> Jasmine |
| | <input type="checkbox"/> Chilli Pepper | <input type="checkbox"/> Eel | <input type="checkbox"/> Job's Tears |
| | | <input type="checkbox"/> Egg | <input type="checkbox"/> Juniper |
| | | <input type="checkbox"/> Egg White | |

- | | | | |
|---|--|--|---|
| <input type="checkbox"/> Kale | <input type="checkbox"/> Oregano | <input type="checkbox"/> Rose | <input type="checkbox"/> Trout |
| <input type="checkbox"/> Kelp | <input type="checkbox"/> Oyster | <input type="checkbox"/> Rosehip | <input type="checkbox"/> Turkey |
| <input type="checkbox"/> Ketchup | <input type="checkbox"/> Oyster Mushroom | <input type="checkbox"/> Rosemary | <input type="checkbox"/> Turmeric |
| <input type="checkbox"/> Kidney Bean | <input type="checkbox"/> Papaya | <input type="checkbox"/> Royal Jelly | <input type="checkbox"/> Turnip |
| <input type="checkbox"/> Kiwi | <input type="checkbox"/> Paprika | <input type="checkbox"/> Rye | <input type="checkbox"/> Vinegar |
| <input type="checkbox"/> Kohlrabi | <input type="checkbox"/> Parsley | <input type="checkbox"/> Saffron | <input type="checkbox"/> Wakame |
| <input type="checkbox"/> Kombu | <input type="checkbox"/> Parsnip | <input type="checkbox"/> Sage | <input type="checkbox"/> Walnut |
| <input type="checkbox"/> Korean Ginseng | <input type="checkbox"/> Pea | <input type="checkbox"/> Salmon | <input type="checkbox"/> Water Chestnut |
| <input type="checkbox"/> Kumquat | <input type="checkbox"/> Peach | <input type="checkbox"/> Salt | <input type="checkbox"/> Watercress |
| <input type="checkbox"/> Kuzu | <input type="checkbox"/> Peanut | <input type="checkbox"/> Sardine | <input type="checkbox"/> Watermelon |
| <input type="checkbox"/> Lamb | <input type="checkbox"/> Peanut Oil | <input type="checkbox"/> Savory | <input type="checkbox"/> Wheat |
| <input type="checkbox"/> Leek | <input type="checkbox"/> Pear | <input type="checkbox"/> Sea Cucumber | <input type="checkbox"/> Wheat Bran |
| <input type="checkbox"/> Lemon | <input type="checkbox"/> Peppermint | <input type="checkbox"/> Sea Palm | <input type="checkbox"/> Wheat Germ |
| <input type="checkbox"/> Lentil | <input type="checkbox"/> Perch | <input type="checkbox"/> Sesame | <input type="checkbox"/> Wheat berry |
| <input type="checkbox"/> Lettuce | <input type="checkbox"/> Persimmon | <input type="checkbox"/> Sesame Oil | <input type="checkbox"/> White Pepper |
| <input type="checkbox"/> Licorice Root | <input type="checkbox"/> Pheasant | <input type="checkbox"/> Shark | <input type="checkbox"/> White Rice |
| <input type="checkbox"/> Lima Bean | <input type="checkbox"/> Pine Nut | <input type="checkbox"/> Sheep Milk | <input type="checkbox"/> White Sugar |
| <input type="checkbox"/> Lime | <input type="checkbox"/> Pineapple | <input type="checkbox"/> Shiitake Mushroom | <input type="checkbox"/> Whitefish |
| <input type="checkbox"/> Linseed | <input type="checkbox"/> Pinto Bean | <input type="checkbox"/> Snow Pea | <input type="checkbox"/> Wild Rice Shoots |
| <input type="checkbox"/> Litchi | <input type="checkbox"/> Pistachio | <input type="checkbox"/> Soft Shell Turtle | <input type="checkbox"/> Wine |
| <input type="checkbox"/> Lobster | <input type="checkbox"/> Pizza | <input type="checkbox"/> Sorghum | <input type="checkbox"/> Winter melon |
| <input type="checkbox"/> Lotus Root | <input type="checkbox"/> Plantain | <input type="checkbox"/> Soy Milk | <input type="checkbox"/> Yellow Croaker |
| <input type="checkbox"/> Mackerel | <input type="checkbox"/> Plum | <input type="checkbox"/> Soy Oil | <input type="checkbox"/> Yellow Soy Bean |
| <input type="checkbox"/> Malt Sugar | <input type="checkbox"/> Plum Wine | <input type="checkbox"/> Soy Sauce | <input type="checkbox"/> Yogurt |
| <input type="checkbox"/> Maltose | <input type="checkbox"/> Pollen | <input type="checkbox"/> Soya Bean | |
| <input type="checkbox"/> Mango | <input type="checkbox"/> Pomegranate | <input type="checkbox"/> Spearmint | Please List Below Any
Foods You Eat Regu-
larly That Are Missing:

_____ |
| <input type="checkbox"/> Marjoram | <input type="checkbox"/> Pomelo | <input type="checkbox"/> Spelt | |
| <input type="checkbox"/> Millet | <input type="checkbox"/> Pork | <input type="checkbox"/> Spinach | |
| <input type="checkbox"/> Miso | <input type="checkbox"/> Potato | <input type="checkbox"/> Split Pea | |
| <input type="checkbox"/> Molasses | <input type="checkbox"/> Potato Chips | <input type="checkbox"/> Spring Onion | |
| <input type="checkbox"/> Muffin | <input type="checkbox"/> Pretzel | <input type="checkbox"/> Squash | |
| <input type="checkbox"/> Mung Bean | <input type="checkbox"/> Pumpkin | <input type="checkbox"/> Strawberry | |
| <input type="checkbox"/> Mushroom | <input type="checkbox"/> Pumpkin Seed | <input type="checkbox"/> Sturgeon | |
| <input type="checkbox"/> Mussel | <input type="checkbox"/> Purslane | <input type="checkbox"/> Sugarcane | |
| <input type="checkbox"/> Mustard | <input type="checkbox"/> Quail | <input type="checkbox"/> Sunflower Seed | |
| <input type="checkbox"/> Mustard Greens | <input type="checkbox"/> Quinoa | <input type="checkbox"/> Sweet Potato | |
| <input type="checkbox"/> Navy Bean | <input type="checkbox"/> Rabbit | <input type="checkbox"/> Sweet Rice | |
| <input type="checkbox"/> Nettle | <input type="checkbox"/> Radish | <input type="checkbox"/> Swiss Chard | |
| <input type="checkbox"/> Non-glutinous Rice | <input type="checkbox"/> Raspberry | <input type="checkbox"/> Tamarind | |
| <input type="checkbox"/> Nori | <input type="checkbox"/> Raspberry Leaf | <input type="checkbox"/> Tangerine | |
| <input type="checkbox"/> Nutmeg | <input type="checkbox"/> Red Lentil | <input type="checkbox"/> Tangerine Peel | |
| <input type="checkbox"/> Oat | <input type="checkbox"/> Relish | <input type="checkbox"/> Taro | |
| <input type="checkbox"/> Octopus | <input type="checkbox"/> Rhubarb | <input type="checkbox"/> Tempeh | |
| <input type="checkbox"/> Olive | <input type="checkbox"/> Rice Bran | <input type="checkbox"/> Thyme | |
| <input type="checkbox"/> Olive Oil | <input type="checkbox"/> Rice Syrup | <input type="checkbox"/> Tofu | |
| <input type="checkbox"/> Onion | <input type="checkbox"/> Rice Wine | <input type="checkbox"/> Tomato | |
| <input type="checkbox"/> Orange | <input type="checkbox"/> River Snail | <input type="checkbox"/> Tripe | |