

## EXAMPLE OF THE INFORMATION GATHERED DURING AN ON-LINE CONSULTATION

First name: Jo  
Surname: Blow  
Address: PO Box 1234, Healthville, Qld, 4444  
Telephone: (07) 5676 5432  
Email address: jo@trimup.com.au  
Age: 35  
Sex: female  
Height: 169 cm  
Weight: 85 kg  
Goal weight: 75 kg  
Activity level: light-moderate  
Medical history: Migraines (approximately every month), Constipation

Blood test results: Blood cholesterol 6.9 mmole/l, High blood pressure

Weight at 21 years of age: 74 kg

Weight history: I put on 10kg since I had my first child 5 years ago

Number of adults in the household: 2  
Number of children in the household: 2  
Ages of children: 5, 2  
Usual cook: self  
On medications? no  
On supplements? no  
Food likes/dislikes/intolerance? no  
Medications: Nil

Supplements: Nil

Food likes/dislikes/intolerance: Nil

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### MEAL TIMES

Breakfast: 7:00 AM  
Morning tea: (skipped)  
Lunch: 11:30 AM  
Afternoon tea: 3:00 PM  
Dinner: 7:00 PM  
Supper: (skipped)

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### FOOD INTAKE DURING A TYPICAL 24 HOUR PERIOD

#### BREAKFAST

Porridge, cooked (with no fat) - 3/4 cup  
Milk (full cream) - 3/4 cup  
Toast, white, thick - 2 slices  
butter, thickly spread  
Coffee (plunger) - 1 cup  
Milk - 2 tbsp

#### MORNING TEA

Nil

#### LUNCH

Bread - white, toasted - 2 thick slices

butter - thickly spread

tinned tuna (in oil) - 1/2 small can

lettuce - 1 leaf

Apple, green (unpeeled) - 1 large

Chocolate bar (plain) - 40g

Coffee (plunger) - 1 cup

Milk (full cream) - 2 tbsp

#### AFTERNOON TEA

Scotch finger biscuits - 2

Apple juice (commercial 100% juice) - 1 cup

#### DINNER

Rump steak, with fat, BBQ - size of my hand

Gravy - 1/3 cup

Potato, mashed, butter added - 2/3 cup

Carrots, microwaved, butter added - 1/2 cup

Broccoli, microwaved, butter added - 1/2 cup

Fruit salad, tinned (in own juice) - 1/2 cup

Cream (full fat) - 1/4 cup

Wine, red - 2 glasses

#### SUPPER

Nil

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Snacks, etc during a typical WEEK: Potato crisps - 1 small packet, Macadamia nuts - 200g

Additional comments: Nil

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