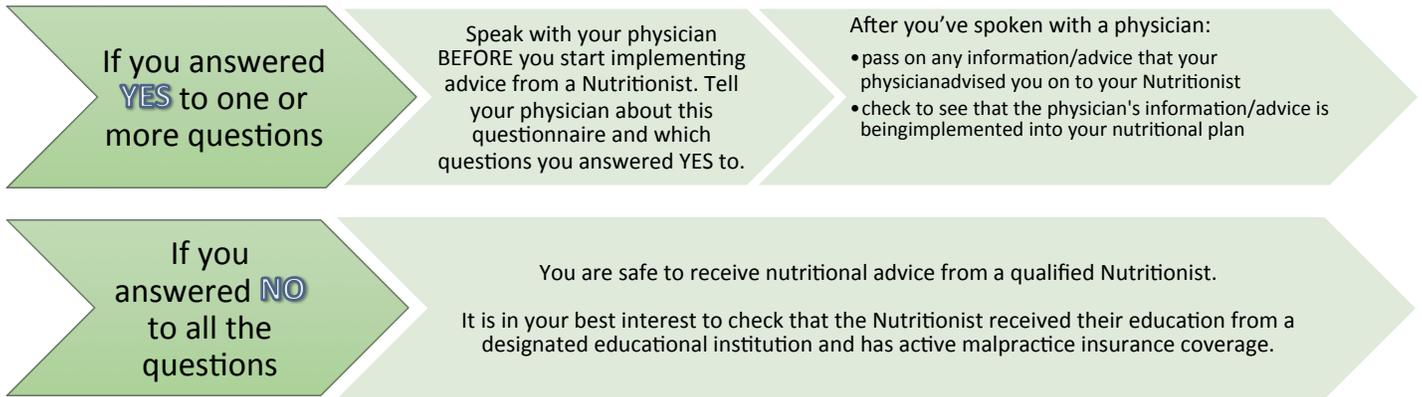


## Nutritional Advice Eligibility Questionnaire (NAEQ)

Receiving nutritional advice from a qualified professional is very safe for most people, and acting on it would improve most people’s health and quality of life. However, some people should check with their physician before starting to act on nutritional advice, as their health situation may be more complex than what a Nutritionist has the capacity to assess.

Please answer the questions below to the best of your knowledge, with “Yes” or “No”.

		YES	NO
<b>1</b>	Have you been on a physician-prescribed special diet in the last year?		
<b>2</b>	Do you have a strong physical reactions to the intake of certain foods and don’t know why (i.e. it isn’t a diagnosed allergy or food sensitivity)?		
<b>3</b>	Are you currently on more than 2 types of medication?		
<b>4</b>	Has your body weight changed significantly (gained or lost 10 lbs or more), for no apparent reason, within the last 2 months?		
<b>5</b>	Do you have a history of an eating disorder or heavily disordered eating patterns?		



**NOTE:** If you have negative reactions to any meal plan suggested by your Nutritionist, make sure to notify them.

*Informed Use of the NAEQ: The Canadian Council on Nutrition, Health Canada, and their agents assume no liability for persons who receive nutritional advice, and if in doubt after completing this questionnaire, consult your physician prior to receiving such advice.*

If the NAEQ is being given to a person before he or she is about to receive nutritional advice, this section may be used for legal or administrative purposes.

“I have read, understood and completed this questionnaire to the best of my knowledge.”

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

Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Signature of Parent (If under 18): \_\_\_\_\_

Witness: \_\_\_\_\_

This NAEQ is valid for a maximum of 12 months from the date it is signed and becomes invalid if your condition changes so that you would answer “yes” to any of the above 5 questions.

*No changes permitted. You are encouraged to print/photocopy the NAEQ but only if you use the entire form.*