

## Prescription for Nutritional Life Habits

Examinee's name:

### 1. Present diet habits

- ☐ Needs much improvement.
- ☐ Normal.
- ☐ Can prevent disease and maintain health

### 2. Improvement of diet habits

- ☐ Drink more than 1 glass of milk, low-fat milk, or soybean milk containing calcium every day.
- ☐ Eat a small portion of meat, tofu, bean, or fish more than 3 times a day.
- ☐ Have vegetables during every meal.
- ☐ Have seasoned, steamed, or roasted dishes, rather than fried dishes.
- ☐ When you eat meat, if possible, eat lean meat and eat chicken and duck without the skin. Do not often eat eel, fish stomach, and fish eggs.
- ☐ Do not have any sugary snacks, such as ice cream, snacks, or cake.
- ☐ Eat more solid food items rather than soup and reduce intake of salty food.
- ☐ Never skip breakfast and have regular meals.
- ☐ Keep a balanced diet.
- ☐ If possible, cut the number of times you eat out and if you do eat out, please avoid food that is too salty, too spicy, or too oily.

### 3. Health problems or conditions that can be improved through healthy eating habits.

- |  |  |
|--|--|
| <input type="checkbox"/> High blood pressure | <input type="checkbox"/> Diabetes                        |
| <input type="checkbox"/> Heart disease       | <input type="checkbox"/> Hyperlipidemia                  |
| <input type="checkbox"/> Stroke              | <input type="checkbox"/> Peripheral blood vessel trouble |
| <input type="checkbox"/> Osteoporosis        | <input type="checkbox"/> Overweight                      |
| <input type="checkbox"/> Gout                | <input type="checkbox"/> Others:                         |

### 4. Other comments (100 characters or less)

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Physician's name / Signature:

※ This prescription cannot be used for medication. It is only for developing life habits.