

Helene Sallerson's

HEALTH & FITNESS

NUTRITION ASSESSMENT FORM

This Nutrition Assessment Form looks at four key dietary factors:

- ✓ Prudent Diet Habits (general nutrition balance)
- ✓ Calorie Control Habits (weight loss and gain)
- ✓ Dietary Fat/Cholesterol (habits that affect blood cholesterol levels)
- ✓ Sodium/Salt Control (factors that may affect blood pressure)

Nutrition

Circle the answer according to your usual eating habits.

How much low fat or skim milk, yogurt and low-fat cheese per day?

- a. 16 oz. per day
- b. 8 oz. per day
- c. Only use milk in cereal, seldom eat low-fat cheese or yogurt
- d. Do not consume any

How often do you eat potato chips, corn chips, taco chips, olives, nuts or similar foods as snacks or with a meal?

- a. Never or rarely
- b. Occasionally
- c. 3-4 times/week
- d. 5 or more times/week

How many servings of whole grain breads, cereals, rice or pasta do you eat each day?

- a. 0-2 servings/day
- b. 3-4 servings/day
- c. 5 servings/day
- d. 6 or more servings/day

Which describes your consumption of vegetables?

- a. Rarely eat vegetables
- b. Eat salads and vegetables at one meal/day
- c. Eat vegetables 2-3 times/week
- d. Snack on raw vegetables/eat salads with most meals

How many 8 oz. glasses of water do you drink a day?

- a. 0-1 glasses
- b. 2-4 glasses
- c. 5-7 glasses
- d. 8 or more glasses

Prudent Diet Score _____

Calorie Control

Which most closely describes the amount of food you eat at a time?

- a. I stop eating when full even if there is still food on my plate
- b. I select a small portion of food and finish it
- c. I eat what is served to me and clean the plate
- d. I usually take a second helping, especially when it tastes good

If you wanted to reduce your calorie intake, which would you do?

- a. Follow a crash diet for a few days
- b. Stop eating bread, potatoes and other carbs
- c. Cut down on meat, gravy, salad dressings and desserts
- d. Limit all portion sizes

How many alcoholic beverages do you consume per week?

- a. 0-2 drinks
- b. 3-5 drinks
- c. 6-12 drinks
- d. More than 12 drinks

Do you ever continue to eat until you are so full that you become uncomfortable?

- a. Rarely or never
- b. Once a week
- c. 1-2 per month
- d. Often, every couple of days or more

How many sweets (candy, pastry, cookies, desserts, ice cream, or sugary beverages) do you eat?

- a. 1-2 servings per day
- b. More than 2 servings per day
- c. Once a week or less
- d. A few servings per week

Which eating pattern of eating reflects your style?

- a. Regular meals at frequent intervals
- b. Occasionally skipping a meal and/or bingeing
- c. Eating regular for a few days and then bingeing when I have time to relax
- d. Skipping meals during the day and then bingeing at night

Total Calorie Control _____

Fat/Cholesterol Control

How many eggs do you eat per week?

- a. 2 or less
- b. 3-4
- c. 6-8
- d. More than 8

How many times do you eat red meat (steak, Canadian bacon, lamb, ribs) per week?

- a. 0-2
- b. 3-4
- c. 5-6
- d. 7 or more

How do you prepare and eat poultry (chicken, turkey, Cornish hen)?

- a. Skinless white meat only, baked or broiled
- b. Skinless dark meat baked or broiled
- c. Bake or broil skin-on meat with gravy
- d. Fried skin-on meat

When selecting a salad or sandwich, which fillings do you often choose?

- a. Lentils, kidney beans, peas, pinto or garbanzo beans
- b. Turkey, chicken, tuna, lean meats, peanut butter, low-fat cheese
- c. Turkey, chicken, tuna, lean meats, peanut butter without any cheese
- d. Ham, pastrami, hamburger, salami, frankfurter, bacon with hard or cream cheese

When you eat dairy products (milk, yogurt, ice cream, frozen yogurt) which do you select?

- a. Only skim milk or low-fat products
- b. Low-fat products except ice cream
- c. Only enjoy high-fat dairy products
- d. Not sure of the differences

Total Calorie Control _____

Sodium/Salt Control

How frequently do you add salt to your food after it is served at the table?

- a. Never
- b. Once a day
- c. 1-2 times/week
- d. With every meal

How many times do you eat at Fast Food restaurants?

- a. Rarely or never
- b. 1-2 times/week
- c. 3-4 times/week
- d. Every day

How often do you eat the following: hot dogs, bologna, salami, ham, bacon or sausage?

- a. Rarely or never
- b. 1-2 times/week
- c. 3-4 times/week
- d. Every day

In what form do you usually purchase ingredients for meal preparation?

- a. Fresh
- b. Canned or frozen without salt
- c. Canned without sauces
- d. Canned, frozen or dry with sauces and/or seasonings

When preparing meals, how often do you add any or all of the following: mustard, pickles, relish, soy sauce, ketchup, meat tenderizer, MSG?

- a. Rarely or never
- b. 1-2 times/week
- c. 3-4 times/week
- d. Every day

How often do you use canned soups, dry soup or broths?

- a. Rarely or never
- b. 1-2 times/week
- c. 3-4 times/week
- d. Every day

Total Sodium Control_____

Name: _____

RATING	PRUDENT DIET	CALORIE CONTROL	FAT	SODIUM
Excellent				
Good				
Fair				
Poor				
Very Poor				

Scores for each section:

Excellent (6-8)

Good (9-12)

Fair (13-16)

Poor (17-20)

Very Poor (21-24)

TOTAL SCORE _____

Notes and Questions

NUTRITION PLAN

You can improve your scores by incorporating these strategies into your lifestyle. Select three strategies from each to move yourself closer to an EXCELLENT rating.

Prudent Diet Strategies

- Drink 6-8 glasses of water per day
- Drink less regular and diet soda, coffee and tea
- Consume at least two servings of low-fat dairy products per day
- Eat more dark green and deep yellow-orange vegetables and fruits (spinach, broccoli, carrots, cantelop, peaches, yams)
- Include a good source of Vitamin C daily (oranges, grapefruits, tomatoes, or fruit juices)
- Eat raw fruits and vegetables whenever possible

Calorie Control Strategies

- Limit intake of all sweets (candy, cookies, syrup, jelly, desserts, pastries, donuts and sweet rolls)
- Cut down on alcohol consumption
- Refuse second helpings
- Take smaller portions
- Stop eating when you are full
- Cut down on toppings and condiments (sweet and high-fat additions)
- Avoid high fat and “junk foods”

Strategies for Reducing Fats

- Limit intake of beef and pork
- Eat more fish, skinless poultry and non-meat protein sources
- Select low-fat dairy products (skim milk, low-fat yogurt, sherbet, frozen yogurt, low-fat cheese)
- Reduce intake of eggs
- Avoid toppings and condiments (butter, margarine, cream, sour cream, non-dairy creamers, salad dressings, guacamole, gravy and other sauces)
- Avoid fried foods
- Choose baked, broiled, steamed, poached and marinated foods
- Remove visible fat from meat and skin from poultry

Strategies for Reducing Sodium

- Eliminate adding salt at the table and avoid salt when cooking
- Cut down on the use of condiments (mustard, ketchup, pickles, relish, soy sauce, steak sauce, MSG and meat tenderizers)
- Avoid “fast food” restaurants
- Rarely eat convenience foods (canned soups, dried soup mixes, TV dinners and prepared foods)
- Avoid processed meats (hot dogs, sausages, bacon, luncheon meats)
- Substitute raw fruits and vegetables for processed snacks and spreads (chips, nuts, dips, cheese spreads, pretzels and crackers)