

Nutrition Questionnaire

The assessment of nutrition involves looking at four key dietary factors:

- 1). Prudent diet habits referring to general nutrition balance,
- 2) Calorie controlling habits pertaining to weight loss and gain,
- 3) Dietary fat referring to habits that affect cholesterol in the diet,
- 4) Sodium or salt control which affects blood pressure.

All four of these dietary factors have an influence as to whether or not your diet contributes to an unusual risk of heart disease.

Complete the questionnaire below to get an idea of where you stand:

- **Answer each question according to your usual eating habits.**
- **Place the number corresponding to your answer in the space provided to the left of each question.**
- **Total these numbers at the end of each category.**

PRUDENT DIET

_____ **How much low fat or skim milk, yogurt, and low fat cheese do you consume in a typical day?**

1. 16 ounces low fat milk or yogurt, or 2 ounces of low fat cheese per week.
2. 8 ounces of low fat milk or yogurt or 1 ounce of low fat cheese per day.
3. Only use milk on cereal, seldom eat low fat cheese or yogurt.
4. Do not consume low fat milk, yogurt or cheese at all.

_____ **How often do you choose to eat potato chips, corn chips, taco chips, olives, nut or similar foods as snacks or with a meal?**

1. Never or rarely
2. Occasionally
3. 3-4 times per week
4. 5 or more times per week

_____ **How many servings of fruit do you eat per day?**

1. 4 or more
2. 2-3
3. 1-2
4. None

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

1. 6 or more
2. 5
3. 3-4 servings
4. Less than 3

_____ **Which best describes your consumption of vegetables?**

1. Snack on raw vegetables and eat vegetables/salads with most meals
2. Eat salads and vegetables when served with a meal
3. Only eat vegetables when served with a meal
4. Rarely eat vegetables

_____ **How many 8 ounces glasses of water do you drink in a day? (You may count other beverages of water, provided they do not contain caffeine or alcohol).**

1. 8 or more glasses
2. 5-7 glasses
3. 2-4 glasses
4. Less than 2 glasses

_____ ***TOTAL - PRUDENT DIET***

CALORIE CONTROL

_____ **What most closely describes the amount you eat at a time?**

1. Stop eating when full, even if there is still food on the plate.
2. Select a small amount and clean the plate
3. Eat what is served and clean the plate
4. Take second helpings, especially when it tastes good.

_____ **If you wanted to decrease the calories intake, which would you do?**

1. Cut down on meat, sauces, gravy, desserts, salad dressings
2. Limit portion sizes
3. Leave off bread and potatoes
4. Follow a crash diet for a few days

_____ **How many alcoholic beverages do you consume?**

1. 0-2 drinks per week
2. 3-5 drinks per week
3. 6-12 drinks per week
4. More than 12 drinks per week

_____ **Do you ever eat until you are so full that you are uncomfortable?**

1. Rarely or never
2. Periodically, 1-2 times a month
3. Regularly, once a week
4. Often, every couple of days

_____ **How many sweets (candy, pastry, cookies, desserts, ice cream, sugar-based beverages) do you eat?**

1. Once a week or less
2. A few servings per week
3. 1-2 servings per day

_____ **Which pattern of eating typifies your style?**

1. Regular meals at frequent intervals
2. Occasionally skipping a meal/or binging
3. Eating regularly for a few days then binging when there is time to relax.
4. Skipping meals during the day and eating all evening

_____ **TOTAL - CALORIE CONTROL**

FAT CONTROL

_____ **How many eggs (including yolks) do you eat per week?**

1. 0-2 times
2. 3-5 times
3. 6-8 times per week
4. more than 8

_____ **How many times per week do you consume red meat (beef steak, Canadian bacon, lamb, ribs)?**

1. 0-2 times
2. 3-4 times
3. 5-6 times
4. 7 or more

_____ **When you prepare or eat poultry (chicken, turkey, Cornish hen) which of the following plans so you must closely follow?**

1. Choose white meat, remove skin and prepare by baking or broiling
2. Choose dark meat, skin removed and bake or broil
3. Bake or broil, skin on and serve with gravy
4. Leave the skin on and fry

_____ **When selecting a salad or sandwich, which of the following “fillings” would you choose most often?**

1. Lentils, kidney beans, peas, pinto or garbanzo beans
2. Turkey, chicken, tuna, other lean meats, low fat cheese
3. Same as below, but without cheese
4. Ham, pastrami, hamburger, salami, frankfurter, bacon

_____ **When eating dairy products do you select?**

1. Only skim or low-fat products
2. Only look for low-fat products except when selecting ice cream
3. Are not aware of the difference
4. Only enjoy whole fat content dairy products

_____ **If you were having potatoes would you choose?**

1. Boiled or baked with no added fat
2. Boiled or baked with liquid margarine or yogurt
3. Boiled or baked with hard margarine/butter and sour cream
4. French fried, hash browns

_____ **TOTAL- FAT CONTROL**

SODIUM CONTROL

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

1. Never
2. 1-2 times per week
3. Once a day
4. With almost every meal

_____ **How frequently do you add salt to your food: hot dogs, bologna, bacon, ham, sausage?**

1. Rarely or never
2. 1-2 times per week
3. Canned without sauces
4. Canned, frozen or dry with sauces and /or seasonings

_____ **In what form do you most frequently purchase food for meal preparation?**

1. Fresh
2. Canned or frozen without salt
3. Canned without sauces
4. Canned, frozen or dry with sauces and /or seasonings

_____ **While preparing meals or when eating out, how frequently do you add any or all of the following items to your food? Mustard, pickles, relish, soy sauce, ketchup, meat tenderizer, MSG?**

1. Rarely or never
2. 1-2 times per week
3. 3-4 times per week
4. Daily

_____ **How often do you use canned soups or dry soup/broth mixes?
Rarely or never**

1. Rarely or never
2. 1-2 times per week
3. 3-4 times per week
4. Daily

_____ **TOTAL - SODIUM (SALT) CONTROL**

NUTRITION ASSESSMENT PROFILE

RATING:

_____ *TOTAL - PRUDENT DIET*

_____ *TOTAL - CALORIE CONTROL*

_____ *TOTAL- FAT CONTROL*

_____ *TOTAL - SODIUM (SALT) CONTROL*

How To Score Results for Each Section

Excellent 6-8

Good 9-12

Fair 13-16

Poor 17-20

Very Poor 21-24

Nutrition Plan

Improve your score in each nutrition category by incorporating these strategies into your lifestyle. Select **three** strategies from each of the lists below and improve your nutrition rating to excellent. Check (X) those you would like to adopt. If you scored in the good or excellent category, only one or two strategies need to be checked.

Prudent Diet Strategies

- _____ Drink 6-8 glasses of water each day
- _____ Drink less regular and diet soda, coffee and tea
- _____ Consume at least 2 servings of low-fat dairy products each day
- _____ Eat more dark green and deep yellow-orange fruits and vegetables (e.g. spinach, greens, broccoli, carrots, cantaloupe, peaches, or yams)
- _____ Include a good source of vitamin C daily (e.g. oranges, grapefruit, tomatoes, or juices from these fruits)
- _____ Select whole grain breads and cereals, including bran products
- _____ Eat raw fruits and vegetables whenever possible

Calorie Control Strategies

- _____ Limit intake of sweets (e.g. 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 Fat

- _____ Limit intake of beef and pork to three servings per week
- _____ Eat more fish, skinless poultry and non-meat protein sources
- _____ Select low-fat dairy products (e.g. skim milk, low fat yogurt, sherbert, frozen yogurt, low fat cottage cheese)
- _____ Reduce intake of eggs, especially yolks
- _____ Avoid toppings and condiments (e.g. butter, margarine, cream, sour cream, non-dairy creamers, salad dressings, guacamole, gravy, sauces)
- _____ Avoid fried foods
- _____ Choose baked, broiled, boiled, steamed, poached, and marinated foods
- _____ Remove visible fat from meat and skin from poultry
- _____ Limit intake of butter and margarine

Strategies for Reducing Sodium (Salt)

- _____ Eliminate salt at the table and avoid salt in cooking
- _____ Cut down on use of condiments (e.g. mustard, ketchup, pickles, relish, soy sauce, steak sauce, **MSG**, and meat tenderizers)
- _____ Avoid “fast food” restaurants
- _____ Rarely eat convenience foods (e.g. canned soups, dried soup mixes, TV dinners, boxed prepared foods)
- _____ Substitute raw fruits and vegetables for processed snacks and spreads

Daily Caloric Intake

Date: _____

Time	Food Item	Calories	Protein (g)	Carbs (g)	Fat (g)
	Meal #1 Totals:				
	Meal #2 Totals:				
	Meal #3 Totals:				
	Meal #4 Totals:				
	Meal #5 Totals:				

	Calories	Protein (g)	Carbohydrates (g)	Fat (g)
Grand Totals:				
		Protein (cal)	Carbs(cal)	Fat (cal)
		Protein (% cal)	Carbs (% cal)	Fat (% cal)
Targets:	2,300	30%	50%	20%