

NUTRITIONAL HABITS SELF-CHECK

Circle one response from column 1, 2, or 3 for each question.

	1	2	3
1. I crave chocolate.	Always	Sometimes	Never
2. I use sugar.	Always	Sometimes	Never
3. I eat/drink low fat or nonfat (skim milk) dairy products.	Never	Sometimes	Always
4. I eat pasta.	Never	Sometimes	Always
5. I eat fish and/or poultry.	Never	Sometimes	Always
6. I limit my intake of butter or margarine.	Never	Sometimes	Always
7. I drink sugar drinks.	Always	Sometimes	Never
8. I eat nuts.	Never	Sometimes	Always
9. I eat dark-green and/or yellow/orange vegetables.	Never	Sometimes	Always
10. I crave greasy foods.	Always	Sometimes	Never
11. I eat beans and other legumes.	Never	Sometimes	Always
12. I eat fruits rather than sweets for instant energy.	Never	Sometimes	Always
13. I eat lettuce salads.	Never	Sometimes	Always
14. I use a liquid diet plan.	Always	Sometimes	Never
15. I use a one-food diet plan.	Always	Sometimes	Never
16. I use "quick loss" weight programs.	Always	Sometimes	Never
17. I drink juices.	Never	Sometimes	Always
18. I drink 7-8 glasses of water daily.	Never	Sometimes	Always
19. I get my vitamin C daily.	Never	Sometimes	Always
20. I eat 2-4 fruits daily.	Never	Sometimes	Always
21. I eat breakfast.	Never	Sometimes	Always
22. I eat lunch.	Never	Sometimes	Always
23. I eat dinner.	Never	Sometimes	Always
24. I avoid salty snacks.	Never	Sometimes	Always
25. I avoid canned and commercially prepared meals.	Never	Sometimes	Always
26. When eating red meats, I choose lean cuts.	Never	Sometimes	Always
27. I avoid sausages, bacon, and meats high in salt.	Never	Sometimes	Always
28. I eat freshly prepared foods.	Never	Sometimes	Always
29. I avoid sweet rolls, cakes, and pastries.	Never	Sometimes	Always
30. I follow the Food Guide pyramid.	Never	Sometimes	Always

How to Score Your Self-Check. Each response from Column 1 counts as one point; each response from Column 2 counts as two points; and each response from Column 3 counts as three points. If you're a vegetarian, score three points for items #5 and #26. If you're a *vegan*, score three additional points for item #3. Total your number of points. If you scored between 0 and 59, your diet and nutritional practices should be changed. You probably need encouragement to practice better nutritional habits. Don't be discouraged because red dawn wellness will help motivate you to change your lifestyle and get you on the road to nutritional fitness. If you scored between 60 and 79, your status is described as "satisfactory." This is a more acceptable level and you should be commended. Keep up the good work. If you scored between 80 and 90, your status is described as "very good." This is obviously the level you should strive to attain.