

# HOW ARE

## NUTRITION

- 1. How many servings of vegetables do you eat in a typical day?**
  - 1 One or none
  - 2 Two or three
  - 3 Four or more
- 2. How many servings of fruit do you eat in a typical day?**
  - 1 One or none
  - 2 Two or three
  - 3 Four or more
- 3. How often do you eat fish each week?**
  - 1 Rarely or never
  - 2 Once
  - 3 Two or more times
- 4. When you shop for bread, pasta, and rice, how often do you buy whole grain varieties?**
  - 1 Never
  - 2 Sometimes
  - 3 Always
- 5. Which of the following are you most likely to use in cooking?**
  - 1 Butter or margarine
  - 2 Corn oil
  - 3 Canola or olive oil
- 6. How often during a typical week do you eat out and order hamburgers, cheese rich pizzas, or sandwiches made with meat and cheese?**
  - 1 Four or more times
  - 2 Two or three times
  - 3 Once a week or less
- 7. How many times during a typical week do you eat a lunch or dinner meal that doesn't contain meat?**
  - 1 Once or never
  - 2 Two or three times
  - 3 Four or more times
- 8. What kind of milk do you usually drink?**
  - 1 Whole milk or none
  - 2 1% or 2%
  - 3 Fat free milk or soymilk
- 9. What are you likely to reach for when you're thirsty?**
  - 1 Regular sweetened soda
  - 2 Fruit juice
  - 3 Water or another calorie free drink
- 10. What's your usual snack?**
  - 1 Chips, cookies, or candy
  - 2 Energy bars or other "healthy" sweets
  - 3 Nuts, fruit, or raw vegetables

### How Did You Score?

To the left of the answer you chose is a point value - 1, 2, or 3 points. Add up the point value next to each of your answers to determine your total score.

- A. If your score was 26 to 30 points, congratulations! You're making good choices and eating healthy.**
- B. If your score was 20 to 25 points, you're on the right track, but your nutrition could use some improvement. Your Wellness Coach can help!**
- C. If your score was 10 to 19 points, you could benefit from a new approach to nutrition. Your Wellness Coach can help you get started!**



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# YOU DOING?