

How are you doing?

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 soy milk

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!