

Wellness Institute ... Keeping you healthier

Nutrition Assessment



	never	sometimes	often	always
I eat most of my food daily after 5 PM	_____	_____	_____	_____
I eat meals alone	_____	_____	_____	_____
I eat fewer than 2 meals every day	_____	_____	_____	_____
I take 3 or more drugs daily	_____	_____	_____	_____
I have tooth/mouth problems	_____	_____	_____	_____
I eat less than 5 fruits/veggies per day	_____	_____	_____	_____
I eat mostly meat and protein	_____	_____	_____	_____
I eat less than one dairy product daily	_____	_____	_____	_____
I snack on high fat or sweet foods	_____	_____	_____	_____
I eat less than six starches daily	_____	_____	_____	_____
I usually eat processed foods	_____	_____	_____	_____

Check the answer that most matches your eating habits and intake. Once you are done, circle those that are in the “often” or “always” categories. If you have more than three circles you are at increased nutrition risk. You can control your food intake, and work on healthier eating habits. This assessment was adapted from the American Dietetic Association risk assessment tool for nutrition issues that affect health and longevity.

More Nutrition Help:



- For another quiz on your eating habits click [here](#)
- For tips on avoiding a second helping click [here](#)
- Consider working with a registered dietitian to help you make healthy changes
- Plan your meals for the week before you go food shopping
- Keep track of what you eat for a few days or when trying to make changes