

Date \_\_\_\_\_

Name \_\_\_\_\_

Phone \_\_\_\_\_

Total \_\_\_\_\_

## Rudolf Fitness Center Nutrition Assessment

Circle the letter of the most appropriate response for each of the following questions.

1. How many servings of breads/starches do you eat daily? (1 serving = 1 slice bread, 1 muffin, ½ c. cooked cereal, ½ c. pasta) Do not include cookies, cakes, croissants, etc.  
A. 6 or more                      C. 2-3  
B. 4-5                                D. 1
2. What type of bread (rolls, muffins) do you usually eat?  
A. Whole wheat, rye, oat, multigrain  
B. White
3. How many times per week do you eat legumes? (i.e. Kidney, navy, or garbanzo beans, split peas, tofu)  
A. 6 or more                      C. 1-2  
B. 3-5                                D. None
4. How many servings of green vegetables do you eat daily? (1 serving = 1 c. raw or ½ c. cooked: spinach broccoli, dark green leaf lettuce)  
A. 2 or more                      C. 1/2  
B. 1                                    D. None
5. How many servings of orange-yellow vegetables do you eat per week? (1 serving = 1c. raw or ½ c. cooked)  
A. 7 or more                      C. 1-3  
B. 4-6                                D. None
6. How many servings of citrus fruits, or strawberries do you eat per week? (1 serving = 1c.)  
A. 7 or more                      C. 1-3  
B. 4-6                                D. None
7. How many servings of cruciferous vegetables do you eat per week? (1 serving = 1c. raw or ½ cooked: broccoli, cauliflower, cabbage, brussel sprouts, bok choy, turnip)  
A. 7 or more                      C. 1-3  
B. 4-6                                D. None
8. How many servings of dairy products do you have daily (1 serving = 1c. milk, or yogurt, 1 ox. Cheese)  
A. 3 or more                      C. 1  
B. 2                                    D. None
9. How many servings of meat, poultry, or fish do you eat daily? (1 serving = 3oz cooked)  
A. 2 or more                      C. None  
B. 1-2
10. What do you usually spread on your bread, toast, muffins, etc.?  
A. butter, cream cheese, mayo      C. Jam  
B. margarine                        D. fruit spread or none
11. What type of dairy products do you usually eat?  
A. half & half, non dairy creamer      D. 1% milk  
B. whole milk                        F. skim milk  
C. 2% milk

12. How many times per week do you usually eat processed meats? (i.e. bacon, lunch meat, hot dogs)
- A. 7 or more
  - B. 4-6
  - C. 2-3
  - D. 1
  - F. None
13. Do you remove skin from poultry and trim fat from meats before eating?
- A. Yes
  - B. No
14. How many egg yolks do you eat per week (including those used in baked goods)?
- A. 3 or more
  - B. 2
  - C. 1
  - D. None
15. How many times per week do you eat fried foods?
- A. 5 or more
  - B. 3-4
  - C. 1-2
  - D. None
16. How many times per week do you eat chips or other snack items containing lard, hydrogenated fat, or coconut oil?
- A. 5 or more
  - B. 3-4
  - C. 1-2
  - D. None
17. What type of salad dressing do you usually put on your salad?
- A. Regular, vinegar and oil
  - B. Reduced calorie
  - C. lemon juice, vinegar, none
18. How many times per week do you eat high sugar, high fat foods such as cake, cookies, or candy?
- A. 4 or more
  - B. 2-3
  - C. 1
  - D. None
19. What seasonings do you usually add to foods?
- A. Garlic, herbs, lemon juice, vinegar, spices
  - B. Salt sub, mustard
  - C. Soy sauce, garlic, or onion salt
  - D. salt
  - E. None
20. How many servings of caffeinated beverages do you drink daily?  
(1 serving = 6oz. coffee, 10 oz tea, 16 oz soda)
- A. 3 or more
  - B. 2
  - C. 1
  - D. None
21. How many times per week do you skip meals?
- A. Never
  - B. 1-2
  - C. 3-5
  - D. 6 or more
22. How many times per week do you choose an unhealthy food to boost your energy level?
- A. Never
  - B. 1-2
  - C. 3-5
  - D. 6 or more
23. Do you think you are 20 pounds or more over weight?
- A. Yes
  - C. No
24. Have you lost and then regained 10 or more pounds in the past 1-2 years?
- A. Yes
  - B. No
25. Do you cope with feelings, such as, rewarding yourself for a job well done with something edible?
- A. Frequently
  - B. Rarely
  - C. Never

## Rudolf Fitness Center Nutrition Assessment Nutrition Assessment Score Sheet

<b>1</b> A 5 B 4 C 2 D 1	<b>10</b> A -2 B 0 C 1 D 4	<b>18</b> A -3 B 0 C 2 D 4
<b>2</b> A 5 B 2	<b>11</b> A -3 B -1 C 2 D 3 E 5	<b>19</b> A 5 B 3 C 0 D -1
<b>3</b> A 5 B 4 C 2 D -1	<b>12</b> A -5 B -3 C -2 D 0 E 3	<b>20</b> A -2 B 0 C 1 D 4
<b>4</b> A 5 B 4 C 2 D 0	<b>13</b> A 5 B -2	<b>21</b> A 5 B 2 C -2 D -5
<b>5</b> A 5 B 4 C 2 D 0	<b>14</b> A -1 B 0 C 1 D 3	<b>22</b> A 5 B 2 C -2 D -5
<b>6</b> A 5 B 4 C 2 D 0	<b>15</b> A -4 B -2 C -1 D 3	<b>23</b> A 0 B 5
<b>7</b> A 5 B 4 C 2 D 0	<b>16</b> A -3 B -1 C -1 D 3	<b>24</b> A -2 B 5
<b>8</b> A 5 B 4 C 2 D 0	<b>17</b> A -1 B 2 C 4	<b>25</b> A -3 B 0 C 5
<b>9</b> A -1 B 1 C 0		

Score

70 and up	Excellent! Keep up the good work!
50-69	Good job! You may have a few trouble spots to work on with your diet.
30-49	You have potential for improvement. You may want to see the nutritionist to help with your diet.
29 and down	You need some work. Please make an appointment with the nutritionist for further assessment and education.

## Identify Your Nutrition Trouble Spots

The areas in which you need improvement are checked. Read all statements to gain a better understanding of healthful eating and your trouble spots.

### Carbohydrates (Questions 1-7)

To meet the U.S. Dietary Guidelines at least 48% of your total calories should come from complex carbohydrates.

- Question 1:** Six or more servings per day of grain products like bread, potatoes, rice, pasta and cereals are important to give you energy. These foods are also rich sources of many vitamins, minerals and fiber.
- Question 2:** Whole grain products are the best choice to supply fiber, zinc, vitamin E, B vitamins and iron.
- Question 3:** Green vegetables are important to include in your diet on a regular basis to supply vitamin C along with many other vitamins, minerals and fiber.
- Question 4:** Legumes are loaded with energizing carbohydrates, are low in fat and supply an excellent source of protein, especially if eaten with rice, pasta, or grains.
- Question 5-7:** Pay particular attention to your intake of carbohydrates and certain vitamins and minerals. Try to eat at least one-serving of a vitamin C rich fruit or vegetable per day. Choosing a cruciferous and green vegetable each day provides antioxidants (vitamins A, E, and C) which help prevent the development of certain cancers.

### Proteins (Questions 8-9)

To get the protein your body requires each day, you need 2-3 servings of low-fat daily, along with 1-2 3oz. servings of lean meat, fish, chicken and turkey. If you are a vegetarian you can get high quality protein from beans and grains (refried beans and rice) and grains and legumes (peanut butter on white bread). Lean meats are excellent sources of iron and zinc. To get these minerals if you are a vegetarian, eat green leafy vegetables along with beans and rice. Dairy products supply calcium, riboflavin, and vitamin D. If you avoid dairy products because of intolerance or allergies, try lactaid or fortified soy milk as a replacement.

### Fats (Questions 10-18)

You need only a small amount of fat in your diet for optimal health, but too much or the wrong type can increase your risk of developing heart disease, some cancers, and obesity. Review each question to find your trouble spots.

- Question 12-17:** Processed meats also pack extra saturated fat and sodium. You're better off avoiding these meats or selecting lower-fat versions (lean turkey, chicken, ham). Removing skin from poultry, trimming fat and avoiding eggs in cooking are good ways to keep your fat and cholesterol intake down. Preparing foods in non-stick pans without the use of oils, butter and lard also helps reduce fat calories. Instead of frying foods, try baking, roasting or broiling.

Many snack foods prepared with hydrogenated vegetable oils contain at least 30-50% fat calories. Instead of chips and snack crackers, choose air-popped pop Corn, pretzels, and rice cakes for less fat. For salad dressings, choose low-fat Varieties or use vinegar or lemon juice for a no fat dressing.

### **Diet “Extras” (Questions 18-20)**

- Question 18:** Sugary foods are packed with calories, but offer few nutrients. Sweets also detract from daily intake of more healthy complex carbohydrates.
- Question 19:** A high sodium intake is linked to high blood pressure, a risk factor for heart disease. It’s better to choose herbs, spices, vinegars, and mustards instead of salt-containing seasonings. Processed meats and snack foods are packed with more sodium than you need.
- Question 20:** Caffeine containing beverages should be consumed in moderation. Excessive intake can cause nervousness, dehydration, increased blood pressure and insomnia.

### **Eating Habits (Questions 21-22)**

Your eating habits may be robbing your body of needed nutrients! When you skip a meal, you lose out on needed energy and vitamins. Missing breakfast, for example, can mean less efficiency at work or school. It can also lead to overeating throughout the rest of the day. If skipping a meal cannot be avoided, snack lightly on a high complex carbohydrate food to give you energy to make it to the next meal. Avoid the sugar packed snacks. If you are feeling sluggish mid-morning or mid-afternoon, you may need to change your breakfast or lunch habits. If they are high in fat and protein, cut back to a moderate level and again replace them with complex carbohydrates. Remember, snacking is O.K.-just choose a healthy one!

### **Weight Control (Questions 23-25)**

Extra body fat (20 pounds or more) detracts from your health. It may increase your risk for heart disease, diabetes, and some types of cancer. Yo-yo dieting (losing and regaining weight) may be more harmful than remaining overweight. It slows your metabolism and can lead to greater fat gain. It makes each successive attempt at weight loss more difficult. One weight gain behavior is rewarding yourself with a not-so-good for you treat. If this is your habit, you need to replace it with a non-food reward you value just as much. For more insight on what cues may lead to inappropriate eating, take the “What Triggers Your Eating” self test. This can be a helpful tool in zeroing in on which behavior you need to work on first. If you need additional guidance with weight management, you may need to make an appointment with a registered dietitian.

### **Keep It Up**

After you have identified your trouble spots and have put effort into resolving them, take the quiz again. Make changes slowly, one at a time. Wait about eight weeks or more to give the changes you made a chance to become part of your daily routine.

For general information or if you have questions, please contact the Rudolf Fitness Center at 323-4200.