

# My Personal Nutrition Survey

## Sugar and Carbohydrates

I eat foods lower on the glycemic index

Rarely-----Always  
0 1 2 3 4 5 6 7 8 9 10

I eat fresh snacks such as fruits, nuts, yogurt  
over processed foods- cakes, cookies, candy

Rarely-----Always  
0 1 2 3 4 5 6 7 8 9 10

Average Sugar Score (add scores and divide by 2)= \_\_\_\_\_

## Protein

I eat animal protein (meat) to 2-3 times a week

Rarely-----Always  
0 1 2 3 4 5 6 7 8 9 10

I chose nuts, beans, grains, dairy, soy over meat

Rarely-----Always  
0 1 2 3 4 5 6 7 8 9 10

Average Protein Score (add scores and divide by 2)= \_\_\_\_\_

## Fats

I use Olive Oil instead of vegetable oils, margarine or butter

Rarely-----Always  
0 1 2 3 4 5 6 7 8 9 10

I add Omega 3 fats - 12 oz cold water fish a week  
flax seed, walnuts or take fish oil pills

Rarely-----Always  
0 1 2 3 4 5 6 7 8 9 10

I chose low fat over higher fat milk and dairy

Rarely-----Always  
0 1 2 3 4 5 6 7 8 9 10

I chose vegetable protein over animal protein

Rarely-----Always  
0 1 2 3 4 5 6 7 8 9 10

Average Fats Score (add scores and divide by 4) = \_\_\_\_\_

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## Fiber

I get 20 to 30 grams fiber a day

Rarely-----Always  
0 1 2 3 4 5 6 7 8 9 10

Chose high fiber bread and cereal

Rarely-----Always  
0 1 2 3 4 5 6 7 8 9 10

Eat beans and/or nuts daily

Rarely-----Always  
0 1 2 3 4 5 6 7 8 9 10

Eat fruits and vegetables daily

Rarely-----Always  
0 1 2 3 4 5 6 7 8 9 10

Average Fiber Score (add scores and divide by 4)= \_\_\_\_\_

## Antioxidants

Get 4-5 servings of fruits daily

Rarely-----Always  
0 1 2 3 4 5 6 7 8 9 10

Get 3-4 servings of vegetables daily

Rarely-----Always  
0 1 2 3 4 5 6 7 8 9 10

Average Antiox Score (add scores and divide by 2)= \_\_\_\_\_

## Fluids

Drink 6-8 glasses a day.

Rarely-----Always  
0 1 2 3 4 5 6 7 8 9 10

## Calcium

I eat dairy, dairy substitute and /or supplement with calcium

Rarely-----Always  
0 1 2 3 4 5 6 7 8 9 10