



NUTRITION

Step 1: Self-Assessment Introduction and Directions

Nutrition is the study of nutrients in the food you eat and how your body processes those nutrients. Proper nutrition is critical to developing and maintaining a sense of physical wellness. Nutrition covers the spectrum of eating behaviors including dietary guidelines for good health, reading food labels and the development a personal nutritional program.

The Nutrition Self-Assessment is designed to help you explore your nutritional choices. It contains two parts: Nutritional Planning Habits and Nutritional Eating Habits.

This self-assessment contains 26 statements related to the daily nutritional choices you make. Read each statement and decide the extent to which the statement describes you.

3 = Always

2 = Sometimes

1 = Rarely

My nutritional choices . . .

I start the day with a good breakfast. 3 **2** 1

In the above statement, the circled 2 means that the person completing the self-assessment sometimes begins the day with a good breakfast.

This is not a test and there are no right or wrong answers. Do not spend too much time thinking about your answers. Your initial response will be the most true for you. Be sure to respond to every statement.

Turn the page and complete the Self-Assessment

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Step 1: Self-Assessment

3 = Always

2 = Sometimes

1 = Rarely

My nutritional choices . . .

I start the day with a good breakfast	3	2	1
I eat small portions at several intervals throughout the day	3	2	1
I make good low-fat lunch choices	3	2	1
I eat a healthy dinner	3	2	1
I avoid snacking too much after dinner	3	2	1
I bake, broil, or roast rather than fry foods	3	2	1
I keep my food safe to eat by proper handling and temperature control	3	2	1
I eat healthy snacks	3	2	1
I plan my meals and shop ahead	3	2	1
I eat healthy foods at home as often as possible	3	2	1
When shopping, I read nutrition labels before buying	3	2	1
I cook foods to the proper temperature	3	2	1
I avoid using too much salt	3	2	1
I try not to eat too many high cholesterol foods each day	3	2	1
I drink a minimum of six glasses of water daily (48 ounces)	3	2	1
I limit my daily intake of alcohol	3	2	1
I limit my intake of caffeine (soda, tea, coffee, chocolate)	3	2	1
I consume the appropriate amount of protein daily	3	2	1
I limit my intake of fatty meats	3	2	1
I consume a sufficient amount of vegetables daily	3	2	1
I consume a sufficient amount of fruits daily	3	2	1
I limit the amount of sugar I eat daily	3	2	1
I consume servings from the major food groups daily	3	2	1
I eat a variety of grains daily	3	2	1
I do not eat junk food or processed food	3	2	1
I shop for foods that are low in fat, sugar and caffeine, and moderate in calories	3	2	1

TOTAL _____

Go to the Scoring Directions on the next page



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Step 1: Self-Assessment Scoring Directions

The Nutrition Self-Assessment provides you with information about the effectiveness of your nutritional planning and eating choices. Add the numbers you have circled and put that total on the line marked TOTAL at the end of the page.

Now, transfer your total to this line below:

Nutrition Total _____

Profile Interpretation

Total Score	Result	Indications
26 – 43	Low	If you scored in this range, a few of your nutritional choices are healthy, but you will need to develop many more healthy nutrition habits.
44 – 60	Moderate	If you scored in this range, some of your nutritional choices are healthy. Continue to develop more healthy nutrition habits.
61 – 78	High	If you scored in this range, most of your nutritional choices are healthy. Continue to develop healthy nutritional habits.

By responding to this self-assessment, you have identified the types of choices you make in nutritional planning and eating. Following are descriptions of the self-assessment. Complete the exercises that follow to help you learn more about how your nutritional choices affect your physical wellness, and help you make motivated behavioral modifications in your life. No matter how you scored, low, moderate or high, you will benefit by completing these exercises.

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Step 1: Self-Assessment Descriptions

Nutritional Planning and Eating Habits – People scoring high on this self-assessment follow the dietary guidelines for good health. They are aware of healthy choices and use it as a practical guide for effectively evaluating their nutritional intake. When shopping they read the nutritional facts that contain information on food labels about nutrients of major concern to them. They are aware of the hazards of eating too much junk and processed food, and carefully plan the meals they cook at home.

People scoring high on this self-assessment are cognizant of the nutritional values of food they eat, and they make every attempt to avoid foods that are not healthy for them. They are aware of how much alcohol they consume and limit it to a reasonable amount. They understand the negative effects that too many fats and carbohydrates, and too much sugar and sodium can have on the body. They eat well-balanced meals that include foods from all of the major food groups. They eat a healthy amount of fresh fruits and vegetables and choose healthy snacks.

Step 2: Recognize and Develop a Support System

To make the behavioral changes you desire, you need to recognize your current support system and identify who might be helpful to you. Not every supportive person in your life will be helpful for each of your challenges. Complete the following table with people who might be in your healthy nutrition support system.

Supporter	How This Person Can Support Me	How I Can Contact This Person
<i>My wife</i>	<i>By eating the same types of healthy foods that I do.</i>	<i>At home or on the phone when wanting to talk about tonight's dinner.</i>

Keep this list handy. Call, email or text when you need support.



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Step 3: Keep a Journal

The following journaling questions are designed to help you think conscientiously about the nutritional planning and eating behaviors you want to change. Remember, your thinking can affect how motivated you are to make healthy changes in your behavior.

How can you improve your overall nutritional plan?

How can you better plan meals so that you can eat healthier?

What types of healthy snacks can you eat?

How can you begin eating more healthy foods? What foods are they?

What small or big changes with your eating habits are you prepared to make, starting now?

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Step 4: Set Goals

A well-conceived action plan will help you to achieve your nutritional goals by keeping you motivated. For your action plan, identify both the behavior you want to change and specific goals, or smaller goals required to reach your ultimate nutritional goals.

The behavior I want to change is _____

Goals need to be **SMART:**

Specific, Measureable, Attainable, Realistic and Time-Specific

Goals	How I Will Measure Each Goal	How is Each Goal Attainable and Realistic?	Time Deadline	How This Change Will Help Me
<i>Stop eating less junk food.</i>	<i>I eat junk food almost every day. I need to reduce it to once a week.</i>	<i>I will only go to fast food restaurants that serve healthy meals.</i>	<i>One month from now.</i>	<i>I will have less stomach problems.</i>

If you are having trouble identifying goals, consult the TIPS, page ____.



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Step 5: Monitor My Behavior – Nutritional Habits

Monitoring your progress toward your goals will help to reinforce your behavior. Keeping track of your behaviors through logs will help you determine what you have accomplished at given times. Periodic re-evaluations are vital for your success. Once you reach your goal(s), set new ones to improve or maintain what you have already achieved. Use a separate page for each change.

EXAMPLE:

My healthy behavior change Decide ahead of time what to eat rather than right before I eat.

My goal Plan my meals and buy foods a week ahead of time.

Date	My Accomplishment	How It Felt
1/1/2014	I planned a week's menus and shopped today.	It was a lot do but I felt relief because it will be easier all week.



Nutritional Habits

My healthy behavior change _____

My goal _____

Date	My Accomplishment	How It Felt

(Continued on the next page)

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Step 5: Monitor My Behavior

Nutritional Habits *(Continued)*

How do you anticipate that new nutritional habits can make a difference for you?

What obstacles do you anticipate in instituting healthy planning and eating habits in your life?

What motivates you to change your nutritional habits?

How do your present nutritional habits affect your overall wellness now?

How can your present nutritional habits affect your overall wellness in the future?

What questions about nutrition do you have?



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Step 6: Reward Myself

People who reward themselves are more likely to continue to improve their nutritional planning than people who don't! The challenge is to decide what reward would motivate you to reach a goal you have set. Your reward needs to be something that will give you the incentive to achieve your goals. It needs to be within your budget and something you'll be excited about. If you are buying yourself something, be sure your reward is something you wouldn't ordinarily buy or do.

Brainstorm possible rewards.

- Rewards that would be meaningful to me _____
- Small rewards I provide for myself _____
- Large rewards I provide for myself _____
- Things that would not cost money and would be fun _____
- Rewards that I can afford and that would be fun _____
- Rewards that I can enjoy alone _____
- Rewards I can enjoy with people who support me _____

You deserve a pat on the back for the hard work you are completing in this section. Rewards help you to pay attention to your triumphs, not your setbacks. Rewards will create good feelings and propel you to want to work harder to reach your goals. Whenever you have completed or achieved one of your goals, treat yourself to one of the items on your list.

You can also reward yourself by giving yourself positive affirmations when achieving a goal. Cut them out and post in visible spots everywhere! If these don't work for your goal, write your own on sticky notes!



I shopped today for the whole week.	I enjoy drinking more water.	I feel accomplished when I eat healthy.
No junk food today!	<i>I am doing well.</i>	I love eating more fruit.
I feel better!	I have discovered healthy snacks!	<i>It feels good to eat healthy.</i>

According to the World Health Organization,

A healthy diet can protect the human body against certain types of diseases, in particular non-communicable diseases such as obesity, diabetes, cardiovascular diseases, some types of cancer and skeletal conditions. . . . Healthy eating is a good opportunity to enrich life by experimenting with different foods from different cultures, origins and with different ways to prepare food.

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Step 7: Tips for Motivated Behavior Modification

Nutritional Planning Habits

- When shopping for food, remember to read the labels before buying. Look for the amount of fat, carbohydrates, protein, sugar, sodium, and cholesterol the item contains.
- Rely on the social support network you developed in Step 2. These are people who can motivate you when you get tired of eating healthy and want to revert to your old eating habits. Remember to return the favor when they need your support.
- Always wash hands and preparation surfaces before handling food and after handling food.
- Keep refrigerator clean.
- Store food in their wrappers.
- Wash food thoroughly.
- Use paper towels to dry foods.
- Discard towels after each use.
- Refrigerate any products you do not eat.
- Pack a lunch to avoid being tempted to eat junk and/or processed foods.
- Only go to fast food restaurants that include healthy menu choices.
- Plan the meals you will prepare at home. Take time to develop a meal plan that consists of healthy ingredients to avoid becoming frustrated when you don't have food in the house and then are tempted to eat unhealthy food or rely on junk foods.

Nutritional Eating Habits

- Avoid adding too much salt (sodium) or sugar to your foods.
- Avoid eating foods that add too much fat, saturated fat, and/or cholesterol in your diet.
- Drink plenty of water each day to maintain good health.
- Eat low-fat food as an evening snack. Try popcorn, yogurt, fresh fruits or vegetables.
- Plan to eat a balanced diet containing appropriate servings from each food group.
- If you drink alcoholic beverages, do so in moderation.
- Excellent and complete food information can be found on www.nutritiondata.com.