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How's Your Nutritional Health?

by Darlene Martin, Extension Nutrition Specialist

The warning signs of poor nutritional health are often overlooked. Use this list to find out if you are selecting the minimum number of servings from each food group.

In a typical week do you try to eat the minimum number of servings each day from all of the food groups? Read the statements below. Circle the number in the YES column for each one that applies to you. For each yes answer, score the number in the box. Total your score.

Questions	YES
I eat at least 2 servings of milk, yogurt, or cheese each day.	2
I eat 2 or more servings of fruit each day.	2
I eat 3 or more servings of vegetables each day.	2
I eat 6 or more servings of bread, cereal, rice or pasta each day.	2
I eat 2 or more servings from the meat, poultry, fish, dry beans, eggs and nuts group.	2
If I choose to eat a higher fat food, I balance it with lower fat foods.	1
	TOTAL _____

Total Your Score. If it's:

- 11 Good! Recheck your variety of food selection in six months.
- 10 You may need to review your fat intake. Perhaps you do not choose high fat foods in the first place, in that case, your score would be 11.
- 8-9 You are omitting an entire food group from your diet. You may be missing some important

nutrients for overall health. Look at the food group you are missing and add those choices of food to your daily intake.

- 6-7 You are omitting two food groups from your diet. You are missing some important nutrients. Take time to investigate what you need to improve your food selections.
- 4-5 You may be at nutritional risk. Take this list the next time you see your doctor, dietitian or qualified health or social-service professional. Talk with him/her about any problems you may have. Ask for help in improving your nutritional health.

Remember that low scores suggest risk, but do not represent diagnosis of any condition. Check list results are based on self-report and self-understanding of which foods belong in each group and adequate serving sizes.

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