

Assessing Your Nutritional Health

The warning signs of poor nutritional health are often overlooked. Use this checklist to find out if you or someone you know is at nutritional risk.

READ THE STATEMENTS BELOW.

Circle the number in the “yes” column for those that apply to you or someone you know. For each “yes” answer, score the number in the box to determine your total nutritional score.

	YES
I have an illness or condition that made me change the kind and/or amount of food I eat.	2
I eat fewer than 2 meals per day.	3
I eat few fruits or vegetables or milk products.	2
I have 3 or more drinks of beer, liquor or wine almost every day.	2
I have tooth or mouth problems that make it hard for me to eat.	2
I don't always have enough money to buy the food I need.	4
I eat alone most of the time.	1
I take 3 or more different prescribed or over-the-counter drugs a day.	1
Without wanting to, I have lost or gained 10lbs in the last 6 months.	2
I am not always physically able to shop, cook, and/or feed myself.	2
TOTAL	

Bring this checklist the next time you see your doctor, dietitian or other qualified health or social service professional. Talk with them about any problems you may have. Ask for help in improving your nutritional health.



TOTAL YOUR NUTRITIONAL SCORE

0-2

Good!

Recheck your nutritional score in 6 months.

3-5

You are at moderate nutritional risk.

See what can be done to improve your eating habits and lifestyle. Your office on aging, senior nutrition program, senior citizens center or health department can help. Recheck your nutritional score in 3 months.

6+

You are at high nutritional risk.

Talk to your doctor soon to see what can be done to improve your nutrition habits.



Remember that warning signs suggest risk, but do not represent a diagnosis of any condition.