

My Nutrition Profile



Health studies show that evaluating eating patterns, rather than specific nutrients, is a better way to evaluate eating habits. Activity levels also play a key role in weight management and metabolism.

Answer each question. Decimals are OK.

Name _____ ID # _____

Age _____ Gender [] Male ₁ [] Female ₂

My Eating Habits

- _____ **Fruit.** How many servings do you eat daily? (1 serving = 1 medium apple, orange, banana or 1 cup fresh fruit, ½ cup cooked, 6 ounces pure fruit juice with no added sugar)
- _____ **Vegetables.** How many do you eat daily? (1 serving = 1 cup raw, ½ cup cooked, 6 ounces vegetable juice)
- _____ **Salad.** How many servings of salad or leafy greens do you eat weekly? (1 serving = 2 cups of salad greens, ½ cup cooked greens)
- Fats.** What is your primary cooking fat?
 - [] Solid/saturated fats – butter, margarine, shortening, lard, coconut or palm oil
 - [] Vegetable oils – extra virgin olive oil, Canola, soy, corn, safflower, or sunflower
 - [] Eat both about the same
- _____ **Plant fats.** How many servings of plant fats do you eat daily? (1 serving = 1T of olive or other vegetable oil, 2T of salad dressing, 1T trans-fat free soft margarine, 5-7 olives, 1/4 avocado)
- _____ **Nuts.** How many servings of nuts or seeds do you eat weekly? (1 serving = 1 ounce of nuts or seeds, 2T nut butter, 1 rounded T flax meal, etc.)



Protein Rich Foods

- _____ **Fish.** How many servings do you eat weekly? (1 serving = 2-3 ounces)
- _____ **Legumes.** How many servings of beans, lentils, peas, or garbanzos do you eat weekly? (1 serving = ½ cup cooked)
- _____ **Vegetable proteins.** How many servings do you eat weekly? (1 serving = 1 veggieburger, 3 ounces tofu, 3 ounces soy meats, or a vegetable protein entree)
- _____ **Red meat.** How many servings do you eat weekly? (1 serving = 2-3 ounces of cooked beef, lamb, pork, or the meat in 1 taco or 1 hamburger)
- _____ **Processed meats.** How many servings of processed meats do you eat weekly? (1 serving = 2-3 ounces of luncheon meat or sausage, 1 hot dog, 2 slices bacon)
- _____ **Poultry.** How many servings of poultry do you eat weekly? (1 serving = 3 ounces of chicken or turkey)



Sweets - Foods with Added Sugar

- _____ **Sugar sweetened beverages.** How many servings of sugar sweetened beverages do you have per week? (1 serving = 1 cup or 8 ounces of soft drink, sugar sweetened coffee/tea, sports drinks, or sweetened beverages)
- _____ **Other sweets.** How many servings of other sweets do you eat weekly? (1 serving = 1 ounce candy, 2T sugar, 2T jam or jelly, ½ cup ice cream, pudding, or gelatin)



15. _____ **Dairy.** How many servings do you eat daily? (1 serving = 1 cup of milk or yogurt, 1 ounce cheese, ½ cup cottage cheese)

16. _____ **Soy milk.** How many servings do you eat daily? (1 serving = 1 cup soy milk or soy yogurt)



17. _____ **High glycemic index foods.** How many serving of high glycemic foods do you eat daily? (1 serving = 1 slice white bread or roll, 1 white pancake or waffle, 3 ounces French fries or ½ cup cooked potatoes, 1 ounce pastry, cookie, chips, or snack foods, 1 cup rice milk)

18. _____ **Whole grains.** How many servings do you eat daily? (1 serving = 1 slice whole wheat bread, ½ cup cooked cereal, pasta, or brown rice, 2/3 cup ready-to-eat whole grain cereal, 1 small corn on the cob)

19. _____ **High sodium foods.** How many foods high in sodium do you eat daily? (commercial soups, salad dressing, ketchup, pickles, chips, french fries, canned vegetables, prepackaged entrees, or adding salt to meals)



20. _____ **Eggs.** How many eggs (with yolks) do you eat weekly (including those in cooking)?

21. _____ **Breakfast.** How many days each week do you eat breakfast (more than coffee and a sweet roll)?

22. _____ **Water.** How many cups do you typically drink daily? (1 serving = 8 ounces or 1 cup)

23. **Supplements.** Mark any that you take daily:

- Multivitamins and minerals
- Calcium
- Vitamin D
- Vitamin B₁₂,



My Weight

Height and Weight

24. _____ ft. _____ in. Height?

25. _____ lb. Weight?

26. _____ in. Waist circumference?



My Activity Level

27. How many hours do you spend sitting daily?

_____ Sitting eating

_____ Sitting driving

_____ Sitting at work or school

_____ Sitting at home relaxing, watching TV, reading, or on the computer

_____ **Total**



Indicate how much time you spend doing the following activities:

Moderate activities. Examples include walking briskly, biking 8-10 mph, low impact aerobics, using an elliptical trainer, swimming at a moderate pace, water aerobics, or active gardening.

28. _____ Average number of minutes per day?

29. _____ Number of days per week?

Vigorous activities such as jogging, biking (12-15+ mph), vigorous aerobics, active sports, etc.

30. _____ Average number of minutes per day?

31. _____ Number of days per week?

Strength exercises. Examples include push-ups, curl-ups, resistance exercises, weight lifting, etc.

32. _____ How many days per week do you do strength training for 15+ minutes?