

My Nutrition Profile Description



My Nutrition Profile is a nutrition assessment and education program. Most people are not aware of how well or poorly they eat and the effect it has on their health. A recent study published in the *Journal of the American Medical Association* pointed out that poor nutrition is the leading cause of premature death in the U.S., responsible for 670,000 premature deaths yearly.

The nutritional assessment helps individuals see how well they are eating and what steps they can take to improve eating habits and their health.

Nutrition Questionnaire Topics

The questionnaire is only 2 pages and can be quickly filled out and entered into a laptop computer to generate a personal report. The questionnaire has three sections:

1. My Eating Habits including intake of:

- Fruits and vegetables
- Whole grains
- Fat used in the diet, the kind and how much
- Red and processed meats, poultry, fish, dairy, and eggs
- Legumes, nuts and seeds, tofu, soy meats, and other vegetarian entrees
- Sweets with added sugars
- High glycemic index foods
- Foods high in sodium
- Water
- Supplements (B-12, Vitamin D, Calcium, multi-vitamin/mineral)
- Breakfast pattern



2. My Weight

- Height and weight, BMI, and waist circumference

3. My Activity Level

- How many hours do you sit daily?
- How many minutes of moderate and vigorous activity do you do weekly?
- Days per week you do strength training.

Personal Report

A personal one page report is printed by the computer giving an overall nutrition score or a summary of how they are eating compared to what is recommended. Personal recommendations for improvement are flagged for emphasis. A second preprinted page gives additional information for developing healthy eating practices.

Power Point Presentations

Power Point slides are provided for use in follow-up nutrition education. There are over 150 slides showing research on why it is important to eat whole grains, more fruits and vegetables, less added sugar, etc. Practical tips are provided for incorporating these nutrition principles.



Software Features

Data entry is designed for batch entry. The questionnaire can be entered into the computer and printed out in 2-4 minutes per person. Reports are printed in color or black and white. Colored forms are available to give a more professional product.

A group summary shows how well the whole group is eating. A nutritional risk query page identifies specific nutritional problems in the group (such as a low intake of protein or a high intake of added sugar, etc.).

Required Equipment

A PC computer, Windows 8+ operating system (or Windows 7 if updated), and any PC compatible printer. The report is designed for color but also looks good in black and white.

Recommended Uses

- Health fairs
- Nutrition coaching or counseling
- Employee wellness programs
- Fitness/wellness centers
- Community wellness programs
- Health ministry outreach programs
- Doctor's offices