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**NUTRITION ASSESSMENT**

*Adapted from the Institute for Aerobics Research Nutritional Assessment*  
The Institute for Aerobics Research is Founded by Dr. Kenneth Cooper. [www.CooperInst.org](http://www.CooperInst.org)

The Nutrition Assessment is divided into 4 categories: Basic Diet, Calorie Control, Fat, Sodium (Salt). Answer each question according to your usual eating habits. Circle the number corresponding to your answer. *Total these numbers at the end of each category.*



**Basic Diet**

How much milk, yogurt, and cheese do you consume in a week?

1. Consume at least 16 oz. milk or yogurt, or 3 ounces cheese per week
2. 8 ounces milk/yogurt or 1 ounce cheese
3. Only use it in cereal or consume it occasionally
4. Do not consume milk/yogurt/cheese at all

How often do you choose to eat potato chips, corn chips, taco chips, olives, nuts or similar foods as snacks or with a meal?

1. very rarely
2. occasionally
3. frequently
4. usually

How many times do you eat fruit per day?

1. 4 or more
2. 2-3 times
3. 1-2 servings
4. none

How many whole grain breads and cereals, raw fruits and vegetables, and bran products do you eat each day?

1. 4 or more
2. 3-4 servings
3. 1-2 servings
4. none

Which describes your consumption of vegetables?

1. Snack on raw vegetables and eat vegetables/salads with most meals.
2. Eat salads and vegetables at one meal a day
3. Only eat vegetables 2-3 times per week
4. Rarely eat vegetables

How many glasses of water do you drink in a day?

1. 8 or more glasses
2. 5-8 glasses
3. 2-4 glasses
4. one glass or more

**Total Basic Diet** \_\_\_\_\_



## Calorie Control

What most closely describes the amount you eat at a time?

1. Stop eating when full, even if there is still food on the plate
2. Select a small amount and clean plate
3. Eat what is served and clean plate
4. Take second helpings, especially when it tastes good

If you wanted to decrease calorie intake, which would you do?

1. Cut down on meat, sauces, gravy, desserts, salad dressings
2. Limit portion sizes
3. Leave off bread and potatoes
4. Follow a crash diet for a few days

How many alcoholic beverages do you consume?

1. 0-3 drinks per week
2. 1-2 drinks per day
3. 6-10 drinks at a time
4. 3-10 drinks several times a week

Do you ever eat until you are so full that you are uncomfortable?

1. Rarely or on special occasions
2. Periodically, 1-2 times a month
3. Regularly, once a week
4. Often, every couple days, or more

How many sweets (candy, pastry, cookies, desserts, ice cream, sugar-based beverages) do you eat?

1. Only on special occasions or don't eat sweets
2. 1-3 servings per day
3. 4-5 servings per day
4. 6 or more servings per day

Which pattern of eating typifies your style?

1. Regular meals at frequent intervals
2. Occasionally skipping a meal and/or binging
3. Eating regular for a few days, then binging when there is time to relax
4. Skipping meals during the day and eating all evening

**Total-Calorie Control** \_\_\_\_\_



## Fat/Cholesterol Control

How often do you eat eggs for breakfast or another meal?

1. Less than once per week
2. 2-3 times per week
3. 4-6 times per week
4. 7 or more times per week

How many times per week do you consume red meat (beef steak, Canadian bacon, lamb, ribs)?

1. Less than 2 times
2. 2-4 times
3. 5-6 times
4. More than 7

When you prepare or eat poultry (chicken, turkey, Cornish hen) which of the following plans do you most closely follow?

1. Choose white meat, remove skin and prepare by baking or broiling
2. Choose dark meat, skin removed and bake or broil
3. Bake or broil, skin on and serve with gravy
4. Leave the skin on and fry

When selecting a salad or sandwich, which, which of the following “fillings” would you choose most often?

1. Lentils, kidney beans, peas, pinto or garbonza beans
2. turkey, chicken, tuna, lean cuts of meats, peanut butter, low-fat cheese
3. same as below w/o cheese
4. ham, pastrami, hamburger, salami, frankfurter, bacon, w/ cream or hard cheese

When you eat dairy products (milk, yogurt, ice cream, cheese) do you select?

1. Only skim or low-fat products
2. Only look for low-fat products except when selecting ice cream
3. Are not aware of the differences
4. Only enjoy whole fat content dairy products

If you were having potatoes would you choose?

1. Boiled or baked with no added fat
2. Boiled or baked with polyunsaturated margarine/yogurt
3. Boiled or baked with margarine, butter and sour cream
4. French fried, hash browns

**Total-Fat Control** \_\_\_\_\_



## Sodium (Salt) Control

How frequently do you add salt to your food after it is served at the table?

1. Never
2. Seldom
3. Sometimes
4. Always

How many times do you eat at a “fast food” restaurant?

1. Rarely or always selecting a “salad bar” meal
2. Several times per month
3. Once a week
4. Several times per week

How often do you eat any of the following foods: Hot dogs, bologna, luncheon meat, bacon, ham, sausage?

1. Less than twice per month
2. Several times per month
3. Once or twice a week
4. Three or more times per week

In what form do you most frequently purchase food for meal preparation?

1. Fresh
2. Canned or frozen without salt
3. Canned, without sauces
4. Canned, frozen or dry with sauces and/or seasonings

While preparing meals or when eating out, how frequently do you add any or all of the following items to your food: mustard, pickles, relish, soy sauce, ketchup, meat tenderizer, MSG?

1. Less than three times per month
2. Several times per week
3. At least once each day
4. More than three times per day

How often do you use canned soups or dry soup/broth mixes?

1. Less than twice per month
2. Once a week
3. Several times per week
4. Daily

**Total-Sodium (Salt) Control** \_\_\_\_\_

# Your Personal Nutrition Assessment

	<b>Basic Diet Score</b>	<b>Calorie Score</b>	<b>Fat Score</b>	<b>Sodium Score</b>
<b>Gold</b>				
<b>Silver</b>				
<b>Bronze</b>				
<b>Nickel</b>				
<b>Copper</b>				

*Score results for each section and place a circle in the correct box then connect the circles*

**Gold..... 6 - 8**

You're a winner and you look great in gold. Maintain discipline and focus to stay #1. Great job!

**Silver..... 9 - 12**

You go girl! You can do it. Build on your strengths. Take one more step and the gold is yours.

**Bronze..... 13 - 16**

You have special strengths and with a few simple changes, you'll be a silver star.

**Nickel..... 17 - 20**

You can do it. It's easy. Make a few simple changes today. Don't give up.

**Copper..... 21 - 24**

Hello!? Remember, you're a very busy woman. You need all the energy you can get. No excuses--you can do it!

We highly recommend Dr. Kenneth Cooper's book, **"Regaining the Power of Youth"**

You can visit Dr. Kenneth Coopers website at: [www.CooperInst.org](http://www.CooperInst.org)



# Nutrition Plan

Improve your score in each nutrition category by choosing to make simple changes. ✓ Check off at least 1-2 strategies to improve your diet in each section. Simple changes can earn you the gold.

## How to Improve Your Basic Diet

- Drink 6-8 glasses of water each day
- Drink less regular and diet soda, coffee, and tea
- Consume at least 2 servings of a low-fat dairy product each day
- Eat more dark green and deep yellow-orange fruits and vegetables (e.g. spinach, greens, broccoli, carrots, cantaloupe, peaches, yams)
- Include a good source of vitamin C daily (e.g. oranges, grapefruits, tomatoes, or juices from these fruits)
- Select whole grain breads and cereals, including bran products
- Eat raw fruits and vegetables whenever possible

## How to Control Calories

- Limit intake of sweets (e.g. candy, cookies, syrup, jelly, desserts, pastries, donuts, and sweet rolls)
- Cut down on alcohol consumption
- Refuse second helpings
- Take smaller portions
- Stop eating when you are full
- Cut down on toppings and condiments (sweet and high fat additions)
- Avoid high fat and “junk” foods (see section on Strategies For Reducing Fat)

## How to Lower the Fat

- Limit intake of beef and pork to three times per week
- Eat more fish, skinless poultry and non-meat protein sources
- Select low-fat dairy products (e.g. skim milk, low fat yogurt, sherbet, frozen yogurt, low fat cottage cheese)
- Reduce intake of eggs
- Avoid toppings and condiments (e.g. butter, margarine, cream, sour cream, non-dairy creamers, salad dressings, guacamole, gravy, sauces)
- Avoid fried foods
- Choose baked, broiled, boiled, steamed, poached, and marinated foods
- Remove visible fat from meat and skin from poultry

## How to Cut Back on Sodium

- Eliminate salt at the table and avoid salt in cooking
- Cut down on use of condiments (e.g. mustard, ketchup, pickles, relish, soy sauce, steak sauce, monosodium glutamate, and meat tenderizers)
- Avoid “fast food” restaurants
- Rarely eat convenience foods (e.g. canned soups, dried soup mixes, TV dinners, boxed and prepared foods)
- Avoid processed meats (e.g. hot dogs, sausage, bacon, luncheon meats)
- Substitute raw fruits and vegetables for processed snacks and spreads (e.g. chips, nuts, dips, cheese spreads, pretzels, and crackers)

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