

Determine Your Nutritional Health

Provided by your Neighborly Care Network Dietitian

The warning signs of poor nutritional health are often overlooked. Use this checklist to see if you could be at nutritional risk. Circle the number next to each item that applies to you.

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 lost or gained 10 or more pounds in the last 6 months.	2
I am not always physically able to shop, cook, and/or feed myself.	2
TOTAL NUTRITIONAL SCORE	

WHAT DOES YOUR NUTRITIONAL SCORE MEAN?

If your score is 0 to 2: *Good!*

Recheck your nutritional score in 6 months.

If your score is 3 to 5: *You are at moderate nutritional risk.*

See what can be done to improve your eating habits and lifestyle. A licensed dietitian, the County Extension Service, or health department can help.

Recheck your nutritional score in 3 months.

If your score is 6 or higher: *You are at high nutritional risk.*

Bring this checklist the next time you see your doctor or other qualified health professional. Talk with them about any problems you may have. Ask for help to improve your nutritional health.

REMEMBER: Warning signs suggest risk, but DO NOT represent diagnosis of any condition.

If you have questions or concerns about your nutritional score, check with your health care provider.