

HOW DOES YOUR EATING RATE?

This quiz is not about what you know; it is about what you eat. The questions are designed to give us a rough sketch of you current eating habits. It will help identify where you have a problem so we can customize your dietary, lifestyle, supplement and testing recommendations.

Put an X in either the YES or NO box for each question below:

1. Do you eat 3 meals a day with about 4 hours in between meals?
 Yes No
2. Are meals heavy in vegetables and protein instead of fruits and starches?
 Yes No
3. Do you eat breakfast every day?
 Yes No
4. Do you always take your time to eat properly, even if you feel tired or busy?
 Yes No
5. Do you always eat sitting at a table and not standing, driving, at your desk or in front of the TV?
 Yes No
6. Do you avoid foods that contain excessive amounts of sugar?
 Yes No
7. Do you eat at least one piece of raw fruit each day?
 Yes No
8. Do you eat non-starchy, leafy green vegetables at least TWICE daily?
 Yes No
9. Do you eat organic produce, dairy, meat and poultry?
 Yes No
10. Do you eat many different colors of vegetables and fruits at least TWICE daily?
 Yes No
11. Are there about 15 - 20 grams of fiber in total in each of the meals or snacks you eat each day?
 Yes No
12. Do you have a protein at every meal?
 Yes No
13. When you eat grains, are they in their WHOLE form such as Quinoa, Brown/Wild Rice, Barley, Millet or Amaranth?
 Yes No
14. Do you eat more than 2 servings of pasta, bread, cereal per WEEK (not per day)?
 Yes No
15. Do you avoid Canola, Vegetable, Peanut, Soybean and Corn Oils, Margarine and shortening?
 Yes No
16. Do you completely abstain from fast food?
 Yes No
17. Do you eat 3 - 4 servings (2 tablespoons) of raw nuts and seeds each week?
 Yes No
18. Do you eat 2 - 4 servings (1/3 of a cup) of beans or lentils per week?
 Yes No
19. Do you consume 1 - 2 servings (6 oz) of WILD CAUGHT (instead of farm raised) FISH in a week?
 Yes No

20. Do you consume 1 cup of coffee or less per day?

Yes No

21. Do you drink bottled/filtered water every day?

Yes No

22. Do you drink JUICED green drinks of fresh vegetables?

Yes No

23. Do you take a high quality multivitamin/mineral complex daily?

Yes No

24. Do you take a high quality Omega 3 supplement daily?

Yes No

25. Do you take refrigerated Probiotics daily?

Yes No

26. Do you regularly use over the counter (OTC) medications LESS THAN once per month?

Yes No

27. Can you abstain from daily use of prescription medications?

Yes No

28. Do you consume 1 or less alcoholic beverage per week?

Yes No

29. Are you completely free of GI distress?

Yes No

Add up your YES responses and refer to the scoring below

_____ **TOTAL "EATING" Score**

The goal of the questionnaire is not to act as a substitute for a professionally conducted nutritional assessment, but rather identify areas in which you can take an aggressive action against to improve your health.

26 - 29 - Keep up the good habits

You strive to make the best choices whenever possible, Kudos to you! I can help you fine-tune your understanding that what, how, when, where and why you eat has a direct impact on how you feel and on your health. We can help you address the areas that do not yet have a YES response.

20 - 25 - You're on your way

You are trying, which is good. However there are many areas of your diet that need to be worked on. You may benefit from my **private or group** services which would help guide you towards a more healthful nutritional lifestyle and reduce your risk for many health issues such as weight gain, metabolic syndrome, high blood pressure, high total cholesterol, LDL and triglycerides.

Less than 20 - Your diet needs cleaning up

You may be aware that you could improve your health by making better food choices, but you just haven't made the commitment yet. The great news is that we have identified the areas that need your attention. My individual or group services are ESSENTIAL to help decrease your risk of diseases, to fight your genetics, reduce GI issues, deficits in energy, sleep, memory, immune system function, get and stay at a healthy weight and understand how to maintain a healthy and happy life.