

Name _____



Love to Live Well Nutrition Screening for Adults

↓ For scoring your answers use key on other side. Answer all questions first, then fold key at line.

1. Do you (or does the cook in your family) have difficulty getting meals prepared?
Y/N (Circle one) If yes, why? (Check all that apply)

<input type="checkbox"/> Time/prep issues	<input type="checkbox"/> Get frustrated with finicky eaters
<input type="checkbox"/> Don't like to cook	<input type="checkbox"/> Other (please specify)
<input type="checkbox"/> Don't know how to cook	_____

For this next section, please answer how much per **DAY** you consume, typically:

2. ____ Servings of **Vegetables**/day (1 serving = ½ c cooked or 1 c raw veggies)
3. ____ Servings of **Fruit**/day (1 serving = 1/2 c servings)
4. ____ Servings of **Fruit Juice**/day (1 serving = 4 oz or 1/2 c)
5. ____ 12 oz servings of **Regular Soda**/day (1 can)
 Check here if you drink **diet soda instead of regular soda**
6. ____ 8 oz servings of **Milk** (non-dairy milk like soy or almond milk) **or yogurt**/day
7. Type of milk/yogurt (**circle one**): non-dairy skim 1% 2% whole NA
 Check here if you eat **Greek yogurt** instead of **regular yogurt**
8. ____ Number of **Sweets**/day (Circle all that apply: candy, candy bars, chocolates, ice cream)
9. ____ Number of **Snacks**/day
10. ____ Number of times you **skip a meal**/day

For this next section, please answer how often these occur per WEEK, typically:

11. ____ Times you eat out at a **casual dining restaurant (sit-down restaurant)**/week
12. ____ Times you eat out at a **fast food** restaurant/week
13. ____ Times you eat **fried foods**/week (Circle all that apply: French fries, fried chicken, breaded meats, potato/tortilla chips)
14. ____ Servings of **Alcohol**/week you drank (1 serving = 1 can of beer/1 glass of wine)

TOTAL:

Score your Nutrition Screening

KEY If you answered

Q 1	Y = 0 pts N = 1 pt
Q 2	≤1 = 0 pts 2 = 1 pt > 2 = 3 pts
Q 3	≤1 = 0 pts 2 = 1 pt > 2 = 3 pts
Q 4	0 = 2 pts 1 = 1 pt ≥ 2 = 0 pts
Q 5	0 = 2 pts 1 = 1 pt if diet is checked = 1 pt ≥ 2 = 0 pts
Q 6	0 or 1 = 1 pt 2 or 3 = 2 pts > 3 = 0 pts
Q 7	whole = 0 pts Greek yogurt or 2% = 1 pt non-dairy, skim, or 1% = 2 pts
Q 8	0 = 2 pts 1 = 1 pt >1 = 0 pts
Q 9	1, 2, or 3 = 2 pts 0 = 1 pt >3 = 0 pts
Q 10	0 = 2 pts 1 = 1 pt 2 or 3 = 0 pts
Q 11	0, 1, or 2 = 2 pts 3 = 1 pt > 3 = 0 pts
Q 12	0 or 1 = 2 pts 2 = 1 pt ≥ 3 = 0 pts
Q 13	0 or 1 = 2 pts 2 = 1 pt ≥ 3 = 0 pts
Q 14	0-2 = 3 pts 3-6 = 2 pts 7-10 = 1 pt ≥11 = 0 pts

Add up your scores

- Fold along the arrow so you can see your answers on the other side to score each answer.
- Add up your points and that's your Healthy Eating Score!
- The answers that receive the greatest points (2 or 3) are where the evidence-based recommendations are for that food item or healthy eating behavior.

Your Healthy Eating Score is _____

- If you scored between **23-30 (>76%)**, you are doing a fantastic job! Keep up the great work!
- If you scored between **15-22 (50-73%)**, you are doing pretty well in some areas, but could really boost your nutrition in others.
- If you scored **<15 (<50%)**, you are at risk of being nutrient-deficient and may lack the energy to perform well daily. Choose one area to tackle first. Set gradual progressive goals. Then once you've mastered that move on to the next goal.

If we can help you reach your health goals or explain anything on this form, please contact us:

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Top 10 Nutrition Tips for Healthy Aging

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Health Coach
Founder of Love to Live Well

1

Metabolic Syndrome Criteria

Any 3 of the following risk factors:

- Abdominal obesity (waist circumference)
 - men >40 in; women >35 in
- Triglycerides
 - > 150 mg/dL
- High-Density Lipoproteins (HDL Chol.)
 - men <40 mg/dL; women <50 mg/dL
- Blood pressure
 - >130 mmHg systolic (top)
 - /> 85 mmHg diastolic (bottom)
- Fasting blood glucose
 - > 100 mg/dL



2

What's the big deal about Metabolic Syndrome?

- Metabolic syndrome is a cluster of conditions that occur together, increasing your risk of heart disease, stroke, and diabetes.
- People with metabolic syndrome have
 - 2x risk of **dying of** heart attack/stroke*
 - 3x risk of **having** heart attack/stroke *
 - 5x risk of developing diabetes*

*American Heart Association (<http://www.americanheart.org>)

3

What can be done about Metabolic Syndrome?

- Metabolic syndrome can be treated and prevented by
 - Maintaining a healthy weight
 - Eating a heart-healthy diet
 - Getting adequate physical activity
 - Reducing stress
 - Following your healthcare providers' instructions

*American Heart Association
(<http://www.americanheart.org>)



4

Nutrition for Healthy Aging

- Increased longevity WITH increased quality of life
- Prevention/management of chronic diseases
- Maximize muscle mass and balance to prevent falls and maintain skin integrity to prevent skin infections
- Maintain healthy weight and prevent nutrient deficiencies to increase stamina and immunity



5

1. Fill Half the Plate with Veggies & Fruit (in that order)



- Blue & Purple-memory function, ↓ risk of some cancers, urinary tract health, promote healthy aging
- Green-Vision health, ↓ risk of some cancers, maintain strong bones & teeth
- Red- Memory function, urinary tract health, heart health, ↓ risk of some cancers
- White/Tan/Brown- Healthy cholesterol levels, heart health, ↓ risk of some cancers
- Yellow/Orange- Vision health, ↓ risk of some cancers, immune system resistance, heart health

6

2. Watch for sources of hidden fat (gravies & sauces)

- Stick with marinara & vinegar/olive oil vs cream gravies & white sauces
- Baked goods can have more “trans fats” (i.e. partially-hydrogenated oils) and saturated fats
- Excess fats mean excess calories



7

3. Make more of your fats healthy fats

- **Omega-3 fatty acids**
 - Salmon
 - Walnuts
 - Flaxseeds
- **Monounsaturated fats**
 - Avocado
 - Almonds
 - Olive oil & canola oil



8

4. Eat 3 calcium-rich foods/day & spend 20-30 min/day outside

- **Calcium-rich foods**
 - 1% or skim milk
 - 0% fat yogurts (preferably Greek yogurts)
 - Dark, leafy veggies
 - Sardines
- **Vit. D**
 - 20-30 minutes in sun with arms/legs exposed
 - Without use of sunscreen
 - Also fortified in dairy/soy products



9

5. Look for Vit. B-12-rich foods

- Fortified cereals
- Fortified breads
- Lean meats
- Some fish & seafood
- Eggs
- Low fat yogurt, milk, or cheese
- Nutritional yeast



10

6. Look for zinc- & potassium-rich foods

- **Zinc (immunity, skin integrity)**
 - Nuts & Beans
 - Poultry & Seafood
 - Whole Grains
- **Potassium (reduce risk of high blood pressure)**
 - Cantaloupe or Honeydew Melon
 - Potatoes
 - Beans
 - Winter Squash



11

7. Use herbs & spices rather than butter, salt, & bacon to “season” your food

- Try some new spices or some old favorites, but remember your taste for salt, sugar, and fat are *acquired* tastes



12

8. Keep your calories in check

- Share meals when eating out
- Or take half home (2 meals for 1 price)
- Chew your calories—don't drink them
 - Limit to 4-8 oz of liquid calories/day
- Watch your portions
- Avoid 2nd helpings



13

9. Look for fiber-rich foods

- \geq 4-5 g/serving or 20-35 g/day
- Fiber is your friend for healthy cholesterol levels and regularity
- Aim for 100% whole grains, not just whole wheat
- e.g. $\frac{1}{2}$ c raspberries (8 g) + $\frac{1}{2}$ c pinto beans (7 g) + 6 oz sweet potato (7 g) = 22 g of fiber

14

10. Keep lean proteins on the scene

- Chicken (white meat)
- Fish (canned light tuna, salmon, sardines, trout)
- Lean turkey
- Leanest cuts of beef (sirloin, top round, bottom round steak)
- Dried beans & lentils

15

Notable

- **Vit. A** (skin, tissues, immune function)-sweet potatoes, carrots, kale, spinach
- **Vit. C** (stimulates antibody formation, boosts immunity)-oranges, grapefruit, strawberries
- **Vit. E** (antioxidant, immune function)-fortified cereals, sunflower seeds, almonds, hazelnuts, PB, spinach
- **Good hydration** (91(women)-125 (men) oz liquid/day (Institute of Medicine)

16

Any Questions?



17

References

- <https://academic.oup.com/biomedgerontology/article/71/10/1303/2198183>
- <https://www.hopkinsmedicine.org/health/healthy-aging/healthy-body/nutrition-what-you-need-to-know-for-healthy-aging>
- <https://www.hsph.harvard.edu/nutritionsource/what-should-you-eat/fats-and-cholesterol/types-of-fat/omega-3-fats/>
- <http://nationalacademies.org/hmd/reports/2004/dietary-reference-intakes-water-potassium-sodium-chloride-and-sulfate.aspx>
- <https://www.fruitsandveggiesmorematters.org/>

18

Action Plan

To Your Health!

What is your next step?

Knowing your numbers and assessing your health is the first step to living well. Regardless of where you may be at this given moment, there are always adjustments you can make to improve your health & decrease your risk for illness & disease. The next step on the path to wellness, is to set goals. Step three is to carry those goals into action. Remember to focus on the 3 keys areas to living well -- **Eat Better, Move More, & Stress Less!**

Set Goals

Set **SMART** goals!

- Specific
- Measurable
- Achievable
- Relevant
- Time-bound

Example Smart Goals:

- I will eat 2 vegetables & 3 fruits each day this next week.
- I will walk 5 days next week for 30 minutes/day.
- I will set aside time for leisure reading at least 1 hour/day.

Time to set some goals! Thinking back to what you have learned today, let's set some SMART goals which will help you improve your results on the next fitness assessment.

1. _____

2. _____



Flip the page to learn how to carry these goals into action.

Quick Steps to Better Health

- Step 1: Choose a health behavior you want to change** that occurs 3-4 times/wk. (e.g. ice cream, soda, fried foods, tobacco, alcohol, stress, etc.)

- Step 2: Pick a way to measure the results of this change** (e.g. weight, pant size, waist size, perceived stress level, blood pressure).

- Step 3: Cut the behavior in half** until it occurs only 1-2 times/wk for at least 1 month

- Step 4: Return to Step 2** to see how big an impact it made; if goal is reached, choose another health behavior you want to improve.

Make A Plan

Barriers to Change Everyone must overcome personal hurdles as they travel the path to wellness. Whether it is time, personal attitudes, or the environment in which you live, recognizing the barriers, and having a plan to overcome them, will allow you reach your goals. Let's list the barriers that may come your way, and make a plan to help you succeed.

Barriers

Strategies

For more tips on eating better, moving more, stressing less, overcoming barriers to change, and additional community resources, be sure to visit www.LoveToLiveWell.com

