**NUTRITION INVENTORY**

Read each statement and decide if the statement is **ALWAYS, USUALLY,** or **NEVER** true for you. **ALWAYS=3 USUALLY=2 NEVER=1**

1. I eat three raw fruits or vegetables every day. 3 2 1
2. I drink fewer than 5 sugary drinks a week. 3 2 1
3. I avoid adding salt to my food. 3 2 1
4. I eat food high in fiber daily. 3 2 1
5. I read and understand food labels. 3 2 1
6. I eat foods low in saturated fat. 3 2 1
7. I stay within 10 pounds of my ideal weight. 3 2 1
8. I avoid eating sugared cereals. 3 2 1
9. I avoid eating snacks high in salt or sugar. 3 2 1
10. I eat a nutritious breakfast every day. 3 2 1
11. I avoid eating fried foods. 3 2 1
12. I eat foods high in nutrition and low in fat and calories. 3 2 1
13. I am aware of high calorie, low nutrient foods. 3 2 1
14. I drink plenty of water daily. 3 2 1
15. I choose to eat nutritious snacks. 3 2 1
16. I avoid “junk” foods. 3 2 1
17. I eat 3 nutritious meals a day or 5 smaller portion meals. 3 2 1
18. I am aware of the calories I eat. 3 2 1
19. I avoid foods that contain large amounts of additives. 3 2 1
20. I am aware of the dangers of dieting. 3 2 1
21. I eat to live instead of live to eat. 3 2 1
22. I know how to calculate the % fat in my foods. 3 2 1
23. I choose to eat mostly carbohydrates. 3 2 1
24. I avoid products that contain caffeine. 3 2 1
25. I understand the risks that I take if I eat unhealthy. 3 2 1

Add your total points.

75-67=**Excellent!!!** You are making super food choices. Keep it up!

66-60=**Very good!!** You are making good food choices and you can improve your level of wellness by choosing to eat healthier.

55-52=**Not Bad!** You need to look over your list and choose to make better nutritional decisions in order to improve your quality of wellness.

51-45=**OOPS.** You may be putting yourself at high risk for heart disease, cancer, and other life-threatening diseases if you continue to make these food choices. Please, consider better food choices.