

Nutritional health checklist

Determine your nutritional health

The warning signs of poor nutritional health are often overlooked. Use this checklist to find out if you or someone you know is at risk.

- Read the statements below.
- Circle the number in the YES column for those that apply to you or someone you know. For each YES answer, score the number in the box.
- Total your nutritional score.

	YES
I have an illness or condition that made me change the kind and/or amount of food I eat.	2
I eat fewer than two meals per day.	3
I eat few fruits or vegetables or milk products.	2
I have three 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 three or more different prescribed or over-the-counter drugs a day.	1
Without wanting to, I have lost or gained 10 pounds in the past 6 months.	2
I am not always physically able to shop, cook, and/or feed myself.	2
Total	

Total your nutritional score. If it's

- 0–2** **Good!** Recheck your nutritional score in 6 months.
- 3–5** **You are at moderate risk.** See what can be done to improve your eating habits and lifestyle. Your local office on aging, senior nutrition program, senior citizens' center, or health department can help. Recheck your nutritional score in 3 months.
- 6 or more** **You are at high nutritional risk.** Bring this checklist the next time you see your doctor, dietitian, or other qualified health or social service professional. Talk with them about any problems you may have. Ask for help to improve your nutritional health.

These from materials developed and distributed by the Nutrition Screening Initiative, 1010 Wisconsin Ave. NW, Suite 800, Washington, DC 20007. It is a joint project of the American Academy of Family Physicians, American Dietetic Association, and National Council on the Aging, Inc.