

NAME \_\_\_\_\_

DATE \_\_\_\_\_

## DETERMINE YOUR NUTRITIONAL HEALTH

	Comments	Score – If Yes, Circle
Do you eat less than 2 meals daily?		3
Do you eat less than 2 servings of fruits and vegetables daily?		1
Do you eat less than 2 servings of dairy products (milk, cheese, yogurt, etc.) daily?	# of glasses:	1
Do you usually drink less than 6 glasses of water, milk or juice daily?		0
Do you drink 3 or more alcoholic beverages daily?		2
Do you take 3 or more difference prescriptions and/or over-the-counter drugs daily?		1
Do you have problems with dentures, teeth, or mouth, which make it hard to eat?	Which:	2
Have you made changes in the kind and/or amount of food you eat because of an illness and/or condition?	What changes:	2
Are you physically not always able to grocery shop, cook, and/or feed yourself?	Which:	2
Do you eat alone most of the time?		1
Do you feel that you usually do not have enough money to buy the food you need?		4
Have you gained or lost more than 10 pounds in the last 6 months?	Pounds gained___ lost___	2

Total Nutrition Risk Score:

\_\_\_\_\_ 0-2 **Good!** Re-check your nutritional score in 6 months.

\_\_\_\_\_ 3-5 **You are at moderate nutritional risk.** See what can be done to improve your eating habits and lifestyle. Refer to the back of this page for helpful tips. 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 professional. Talk with them about any problems you may have. Ask for help to improve your nutritional health.



These materials were adapted from *The Nutrition Screening Initiative* DETERMINE Your Nutritional Health Checklist and from *The University of Nevada* Nutritional Health Tips.

## **NUTRITIONAL HEALTH TIPS – If you answered “Yes” to any of the following**

### **I eat fewer than two meals per day.**

You are probably not getting the variety of foods and nutrients that you need. Avoid snacking all day and eat at “usual times.” Eat with loved ones or friends, in a pleasant environment. Cook meals ahead of time. Keep easily prepared foods on hand like fruit, milk or yogurt, cereals, soups, cheese and crackers, peanut butter, and whole wheat bread.

### **I eat little fruits, vegetables, or dairy.**

These foods are important sources of vitamins, minerals and fiber. Choose fruits or vegetables for snacks. Add fruit to yogurt or cottage cheese. Blend fruit with milk for a smoothie. Bake or broil apples, pears or bananas with cinnamon and nutmeg. Add vegetables to soups, stews or casseroles. Mix multiple vegetables for a tasty medley.

### **I have 3 or more drinks of beer, liquor or wine almost every day.**

Seek help from a State or local social services agency if you think alcohol may be a problem. Drinking can worsen health problems, which can potentially lead to malnutrition, increased risk of falls and accidents, damage to the brain, central nervous system, liver, heart, kidneys and stomach. Alcohol can mask pain and other symptoms, making it difficult for your doctor to diagnose certain medical problems. Alcohol can cause problems like dementia and confusion. When mixed with your medications, undesirable side effects can occur.

### **I take 3 or more different prescribed or over-the-counter drugs a day.**

Medications can cause dangerous drug and food interactions. Always tell your doctor about past problems with drugs. When starting a new drug, ask your doctor or pharmacist about side effects. Take medications exactly as prescribed. Ask if certain foods and beverages should be avoided. Never take drugs prescribed for someone else. If you use more than one pharmacy, take all drugs to one pharmacist for evaluation. Discard expired medications.

### **I have tooth or mouth problems that make it hard for me to eat.**

Have regular dental checkups whether you have natural teeth or dentures. Brush at least twice daily, and floss daily. Brush dentures with a denture care product daily. For dry mouth, drink plenty of water and avoid sugar, caffeine, tobacco and alcohol. For difficulty chewing, cook meat slowly in broth to tenderize. Cut or chop meat into small pieces before cooking. Try soft protein foods like beans, eggs and cheese. Chop, blend or mash vegetables to ease chewing.

### **I don't always have enough money to buy the food I need.**

Decide what you need before shopping and make a list. Check the newspaper for specials, compare ads and clip coupons. Compare prices between brands. Loose-pack frozen fruits and vegetables allow you to remove a serving and return the unused portion to the freezer. Buy whole chickens or roasts, which are usually cheaper, and cut them up yourself. Take advantage of “economy” packs of meat, poultry and fish. Wrap these individual-size servings and freeze. Shop with a friend. Share a head of lettuce or bunch of broccoli instead of letting it spoil in your refrigerator.

### **I have difficulty grocery shopping, cooking, or feeding myself.**

If shopping is a problem, order foods from the local market by phone and have them delivered. Call your local senior center or State Agency on Aging for information about local nutrition services.

### **I eat alone most of the time.**

Take turns eating with other single friends. Prepare full recipes for casseroles or other dishes; freeze individual portions for later use. Eat a meal or two at the community center for good food and companionship. Eat near a window or with television, radio or reading material to enhance your meal. Attend church or benefit dinners. Find out if there are other people in your community who would enjoy company at meals. Offer to help at a hospital or nursing home. Volunteers often receive meals for their service. Treat yourself well, as if you were cooking for a family.

### **I have an illness or condition that made me change the kind and/or amount of food I eat.**

Avoid using dietary supplements without medical advice. Drink 6 to 8 glasses of water every day, even if you're not thirsty. Maintain your body weight. Stay physically active.

### **Without wanting to, I have lost or gained 10 pounds in the last 6 months.**

Being under- or overweight increases your chance for health complications. A sudden weight change may signal a health problem. You should seek immediate medical attention.