

# Personal Training Nutrition Questionnaire

*The assessment of nutrition involves looking at four key dietary factors:*

- 1). Prudent diet habits referring to general nutrition balance
- 2) Calorie controlling habits pertaining to weight loss and gain
- 3) Dietary fat referring to habits that affect cholesterol in the diet
- 4) sodium or salt control which affects blood pressure

**All four of these dietary factors have an influence as to whether or not your diet contributes to an unusual risk of heart disease.**

*Complete the questionnaire below to get an idea of where you stand:*

**Answer each question according to your usual eating habits.**

Place the number corresponding to your answer in the space provided to the left of each question.

Total these numbers at the end of each category.

## **PRUDENT DIET**

\_\_\_\_\_ **How much low fat or skim milk, yogurt, and low fat cheese do you consume in a typical day?**

1. 16 ounces low fat milk or yogurt, or 2 ounces of low fat cheese per week.
2. 8 ounces of low fat milk or yogurt or 1 ounce of low fat cheese per day.
3. Only use milk on cereal, seldom eat low fat cheese or yogurt.
4. Do not consume low fat milk, yogurt or cheese at all.

\_\_\_\_\_ **How often do you choose to eat potato chips, corn chips, taco chips, olives, nut or similar foods as snacks or with a meal?**

- |                    |                             |
|--------------------|-----------------------------|
| 1. Never or rarely | 3. 3-4 times per week       |
| 2. Occasionally    | 4. 5 or more times per week |

\_\_\_\_\_ **How many servings of fruit do you eat per day?**

- |              |         |
|--------------|---------|
| 1. 4 or more | 3. 1-2  |
| 2. 2-3       | 4. None |

\_\_\_\_\_ **How many servings of whole grain breads and cereals, rice, and pasta do you eat each day?**

- |              |                 |
|--------------|-----------------|
| 1. 6 or more | 3. 3-4 servings |
| 2. 5         | 4. Less than 3  |

\_\_\_\_\_ **Which describes your consumption of vegetables?**

1. Smack on raw vegetables and eat vegetables/salads with most meals
2. Eat salads and vegetables when served with a meal
3. Only eat vegetables when served with a meal
4. Rarely eat vegetables

\_\_\_\_\_ **How many 8 ounces glasses of water do you drink in a day? (You may count other beverages of water, provided they do not contain caffeine or alcohol).**

- |                      |                      |
|----------------------|----------------------|
| 1. 8 or more glasses | 3. 2-4 glasses       |
| 2. 5-7 glasses       | 4. One glass or none |

***TOTAL - PRUDENT DIET***

## **CALORIE CONTROL**

\_\_\_\_\_ **What most closely describes the amount you eat at a time?**

1. Stop eating when full, even if there is still food on the plate.
2. Select a small amount and clean the plate
3. Eat what is served and clean the plate
4. Take second helpings, especially when it tastes good.

\_\_\_\_\_ **If you wanted to decrease the calories intake, which would you do?**

1. Cut down on meat, sauces, gravy, desserts, salad dressings
2. Limit portion sizes
3. Leave off bread and potatoes
4. Follow a crash diet for a few days

\_\_\_\_\_ **How many alcoholic beverages do you consume?**

- |                        |                                 |
|------------------------|---------------------------------|
| 1. 0-2 drinks per week | 3. 6-12 drinks per week         |
| 2. 3-5 drinks per week | 4. More than 12 drinks per week |

\_\_\_\_\_ **Do you ever eat until you are so full that you are uncomfortable?**

1. Rarely or never
2. Periodically, 1-2 times a month
3. Regularly, once a week
4. Often, every couple of days

\_\_\_\_\_ **How many sweets (candy, pastry, cookies, desserts, ice cream, sugar-based beverages) do you eat?**

1. Once a week or less
2. A few servings per week
3. 1-2 servings per day

\_\_\_\_\_ **Which pattern of eating typifies your style?**

1. Regular meals at frequent intervals
2. Occasionally skipping a meal/or binging
3. Eating regularly for a few days then binging when there is time to relax.
4. Skipping meals during the day and eating all evening

**TOTAL - CALORIE CONTROL**

## **EAT CONTROL**

\_\_\_\_\_ **How many eggs (including yolks) do you eat per week?**

- |              |                       |
|--------------|-----------------------|
| 1. 0-2 times | 3. 6-8 times per week |
| 2. 3-5       | 4. more than 8        |

\_\_\_\_\_ **How many times per week do you consume red meat (beef steak, Canadian bacon, lamb, ribs)?**

- |              |              |
|--------------|--------------|
| 1. 0-2 times | 3. 5-6 times |
| 2. 3-4 times | 4. 7 or more |

\_\_\_\_\_ **When you prepare or eat poultry (chicken, turkey, Cornish hen) which of the following plans so you must closely follow?**

1. Choose white meat, remove skin and prepare by baking or broiling
2. Choose dark meat, skin removed and bake or broil
3. Bake or broil, skin on and serve with gravy
4. Leave the skin on and fry

\_\_\_\_\_ **When selecting a salad or sandwich, which of the following "fillings" would you choose most often?**

1. Lentils, kidney beans, peas, pinto or garbanzo beans
2. Turkey, chicken, tuna, other lean meats, low fat cheese
3. Same as below, but without cheese
4. Ham, pastrami, hamburger, salami, frankfurter, bacon

\_\_\_\_\_ **When eating dairy products do you select?**

1. Only skim or low-fat products
2. Only look for low-fat products except when selecting ice cream
3. Are not aware of the difference
4. Only enjoy whole fat content dairy products

\_\_\_\_\_ **If you were having potatoes would you choose?**

1. Boiled or baked with no added fat
2. Boiled or baked with liquid margarine or yogurt
3. Boiled or baked with hard margarine/butter and sour cream
4. French fried, hash browns

**TOTAL- FAT CONTROL**

**SODIUM CONTROL**

\_\_\_\_\_ **How frequently do you add salt to your food after it is served at the table?**

- |                       |                           |
|-----------------------|---------------------------|
| 1. Never              | 3. Once a day             |
| 2. 1-2 times per week | 4. With almost every meal |

\_\_\_\_\_ **How frequently do you add salt to your food: hot dogs, bologna, bacon, ham, sausage?**

- |                       |   |
|-----------------------|---|
| 1. Rarely or never    | 3. Canned without sauces                                |
| 2. 1-2 times per week | 4. Canned, frozen or dry with sauces and /or seasonings |

\_\_\_\_\_ **In what form do you most frequently purchase food for meal preparation?**

- |                                  |  |
|----------------------------------|--|
| 1. Fresh                         | 3. Canned without sauces                               |
| 2. Canned or frozen without salt | 4. Canned, frozen or dry with sauces and or Seasonings |

\_\_\_\_\_ **While preparing meals or when eating out, how frequently do you add any or all of the following items to your food? Mustard, pickles, relish, soy sauce, ketchup, meat tenderizer, MSG?**

- |                       |                       |
|-----------------------|-----------------------|
| 1. Rarely or never    | 3. 3-4 times per week |
| 2. 1-2 times per week | 4. Daily              |

\_\_\_\_\_ **How often do you use canned soups or dry soup/broth mixes?**

**Rarely or never**

- |                       |                       |
|-----------------------|-----------------------|
| 1. Rarely or never    | 3. 3-4 times per week |
| 2. 1-2 times per week | 4. Daily              |

**TOTAL - SODIUM (SALT) CONTROL**

## **NUTRITION ASSESSMENT PROFILE**

RATING:

**PRUDENT DIET**

\_\_\_\_\_ (SCORE)

**CALORIE CONTROL**

\_\_\_\_\_ (SCORE)

**FAT**

\_\_\_\_\_ (SCORE)

**SODIUM**

\_\_\_\_\_ (SCORE)

### **Score Results for Each Section**

Excellent	6-8
Good	9-12
Fair	13-16
Poor	17-20
Very Poor	21-24

DIET GUIDELINES:

**Your daily diet should be broken down as follows:**

30% Carbohydrate, 20% Fat, 35% Protein, 15% Fiber

Carbohydrate has 4 kcal/gram

15% simple - fruits, vegetables, sweets

15% complex - grains, pasta, potatoes

Fat has 9 kcal/gram

10% saturated - solid, from animal sources

10% unsaturated - liquid, from plant sources

Exceptions - palm & coconut oil & cocoa butter

Protein has 4 kcal/gram

# Nutrition Plan

Improve your score in each nutrition category by incorporating these strategies into your lifestyle. Select three strategies from each of the lists below and improve your nutrition rating to excellent. Check (X) those you would like to adopt. If you scored in the good or excellent category, only one or two strategies need to be checked.

## **Prudent Diet Strategies**

- \_\_\_\_\_ Drink 6-8 glasses of water each day
- \_\_\_\_\_ Drink less regular and diet soda, coffee and tea
- \_\_\_\_\_ Consume at least 2 servings of low-fat dairy products each day
- \_\_\_\_\_ Eat more dark green and deep yellow-orange fruits and vegetables (e.g. spinach, greens, broccoli, carrots, cantaloupe, peaches, or yams)
- \_\_\_\_\_ Include a good source of vitamin C daily (e.g. oranges, grapefruit, tomatoes, or juices from these fruits)
- \_\_\_\_\_ Select whole grain breads and cereals, including bran products
- \_\_\_\_\_ Eat raw fruits and vegetables whenever possible

## **Calorie Control Strategies**

- \_\_\_\_\_ Limit intake of sweets (e.g. candy, cookies, syrup, jelly, desserts, pastries, donuts, and sweet rolls)
- \_\_\_\_\_ Cut down on alcohol consumption
- \_\_\_\_\_ Refuse second helpings
- \_\_\_\_\_ Take smaller portions
- \_\_\_\_\_ Stop eating when you are full
- \_\_\_\_\_ Cut down on toppings and condiments (sweet and high fat additions)
- \_\_\_\_\_ Avoid high fat and “junk” foods (see section on STRATEGIES FOR REDUCING FAT)

## **Strategies for Reducing Fat**

- \_\_\_\_\_ Limit intake of beef and pork to three servings per week
- \_\_\_\_\_ Eat more fish, skinless poultry and non-meat protein sources
- \_\_\_\_\_ Select low-fat dairy products (e.g. skim milk, low fat yogurt, sherbert, frozen yogurt, low fat cottage cheese)
- \_\_\_\_\_ Reduce intake of eggs, especially yolks
- \_\_\_\_\_ Avoid toppings and condiments (e.g. butter, margarine, cream, sour cream, non-dairy creamers, salad dressings, guacamole, gravy, sauces)
- \_\_\_\_\_ Avoid fried foods
- \_\_\_\_\_ Choose baked, broiled, boiled, steamed, poached, and marinated foods
- \_\_\_\_\_ Remove visible fat from meat and skin from poultry
- \_\_\_\_\_ Limit intake of butter and margarine

## **Strategies for Reducing Sodium (Salt)**

- \_\_\_\_\_ Eliminate salt at the table and avoid salt in cooking
- \_\_\_\_\_ Cut down on use of condiments (e.g. mustard, ketchup, pickles, relish, soy sauce, steak sauce, **MSG**, and meat tenderizers)
- \_\_\_\_\_ Avoid “fast food” restaurants
- \_\_\_\_\_ Rarely eat convenience foods (e.g. canned soups, dried soup mixes, TV dinners, boxed prepared foods)
- \_\_\_\_\_ Substitute raw fruits and vegetables for processed snacks and spreads (e.g. chips, nuts, dips, cheese spreads, pretzels, and crackers.)