

Assessment:

Nutrition

1. Do you have enough money to eat three well-balance meals everyday (e.g. meals that include a variety of foods such as: breads, fruits & vegetables, meats & poultry, and dairy)

No
Sometimes
Yes

2. At your home or apartment

Food is available everyday
Food is usually available
Food is sometimes available
Food is difficult to get most days

3. How many meals do you eat at fast food restaurants each week? _____

4. How many servings of fruits each day? _____
How many servings of vegetables each day? _____
How many servings of protein each day? _____

5. How often do you exercise (gym, aerobics, separate walks or runs, video tapes) to raise heart rate each week? _____

6. How much do you weigh? _____

7. How many hours of sleep each night, on average, do you get?

_____ 5 or less

_____ 6-8

_____ 9 or more