



## Lifestyle Assessment: Diet & Nutrition for Blood Sugar Balancing Scorecard

Diet & Nutrition Assessment				
Name				
Based upon your health profile for <b>the past 30 days</b> , please select the appropriate number, from '0 - 3' on all questions (0 as least/never/no and 3 as most/always/yes). Check the number you feel best applies, then add the number of checks in each column to create your score.				
Health Promoting Dietary Habit Questions	0	1	2	3
How much water are you drinking each day? <b>Recommended daily amount:</b> ½ of your body weight in fluid ounces  0 = 16 ounces or less 1 = 17-32 ounces 2 = 32-48 ounces 3 = 1/2 body weight in fluid ounces				
How much blended greens (“green smoothies”) are you drinking each day? <b>Recommended daily amount:</b> at least one quart  0 = None 1 = Less than 16 ounces per day 2 = 17-32 ounces per day 3 = More than 32 ounces per day				
How often do you take the 3 most important supplements for regulating blood sugar: chromium polynicotinate, DHA, and magnesium citrate or glycinate?  0 = Never, or just started 1 = 1-3 times per week 2 = 4-6 times per week 3 = Daily				
How often do you take a protein powder and/or green drink within 1 hour of awakening in the morning?  0 = Never, or just started 1 = 1-3 times per week 2 = 4-6 times per week 3 = Daily				



Health Promoting Dietary Habit Questions	0	1	2	3
<p>How often do you have the AM Gut Rejuvenator drink first thing in the morning upon arising?</p> <p>0 = Never, or just started            1 = 1-3 times per week            2 = 4-6 times per week            3 = Daily</p>				
<p>How often do you eat green leafy vegetables?</p> <p>0 = Never, or just started            1 = 1-3 times per week            2 = 4-6 times per week            3 = Daily</p>				
<p>How often do you eat sea vegetables (nori, wakame, arame, hijiki, kelp, etc.)?</p> <p>0 = Never, or just started            1 = 1-3 times per week            2 = 4-6 times per week            3 = Daily</p>				
<p>How often do you eat cruciferous vegetables (broccoli, cauliflower, kale, cabbage, etc.)?</p> <p>0 = Never, or just started            1 = 1-3 times per week            2 = 4-6 times per week            3 = Daily</p>				
<p>How often do you eat raw (preferably soaked and/or sprouted) nuts and seeds? *</p> <p>0 = Never, or just started            1 = 1-3 times per week            2 = 4-6 times per week            3 = Daily</p>				
<b>Total for Each Column (number of checkmarks x value)</b>				
Health Depleting Dietary Habit Questions	0	1	2	3
<p>How often do you drink soft drinks?</p> <p>0 = Daily            1 = 4-6 times per week            2 = 1-3 times per Month            3 = Rarely or Never</p>				



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Health Depleting Dietary Habit Questions	0	1	2	3
<p>How often do you drink caffeinated coffee or tea?</p> <p>0 = Daily            1 = 4-6 times per week            2 = 1-3 times per month            3 = Rarely or Never</p>				
<p>How often you crave carbs and sweets?  <b>Tip:</b> Use chlorella powder or tablets to curb cravings for carbs and sugar.</p> <p>0 = More than twice per day            1 = Once or twice per day            2 = A few times per week            3 = Rarely</p>				
<p>How often do you drink alcohol?</p> <p>0 = Daily            1 = 4-6 times per week            2 = 1-3 times per month            3 = Rarely or Never</p>				
<p>How often do you eat packaged snack foods (chips, crackers, cookies, etc.)?</p> <p>0 = Daily            1 = 4-6 times per week            2 = 1-3 times per month            3 = Rarely or Never</p>				
<p>How often do you eat sugary desserts or sweets?</p> <p>0 = Daily            1 = 4-6 times per week            2 = 1-3 times per month            3 = Rarely or Never</p>				
<p>How often do you eat bread or pasta?</p> <p>0 = Daily            1 = 4-6 times per week            2 = 1-3 times per month            3 = Rarely or Never</p>				
<p>How often do you eat or drink dairy products?</p> <p>0 = Daily            1 = 4-6 times per week            2 = 1-3 times per month            3 = Rarely or Never</p>				
<b>Total for Each Column (number of checkmarks x value)</b>				
<b>Grand Total /51</b>				



## Your Diet & Nutrition Assessment Results:

**Check the box beside the range where your total score falls.**

- 45-51:** Your nutrition habits are commendable. While, of course there is always room for improvement unless you scored a perfect 51, your nutrition habits are definitely mostly positive. Continue to eat well, according to Dr. Ritamarie's recommended guidelines and focus your attention on areas that score lower.
  
- 33-44:** You are well on your way to having health enhancing nutrition habits in place. Continue to increase the health enhancing foods and decrease the health depleting ones. Follow Dr. Ritamarie's nutrition and diet guidelines and you'll be better able to manage your weight and decrease insulin resistance induced health challenges.
  
- 16-33:** You have the beginnings of a supportive nutrition program, but you need to pay extra attention to this area. Stick with Dr. Ritamarie's nutrition and diet guidelines and you'll be on your way to maximizing the benefits of proper nutrition on your blood sugar and overall health, reducing your risk of disease, and maximizing fat burning.
  
- 0-15:** There's a lot of room for improvement in the way you nourish your body. When you eat to maximize hormone balance, you'll increase fat burning, decrease your appetite and keep your hormones happy. Stick with Dr. Ritamarie's nutrition and diet guidelines and you'll be on your way to maximizing the benefits of proper nutrition on your health and blood sugar balance.

Super job completing the nutrition assessment!