

Nutrition Exercise Assessment Tool

Food group (servings)	How often in a week do you?	Regularly	Occasionally	Rarely/Never
Vegetables & Fruit (5 & 2)	Eat less than 5 servings of vegetables per day?			
	Eat less than 5 different types of vegetables in a day?			
	Eat less than 2 servings of fruit per day?			

- 1 Serving = 1 cup raw salad, ½ cup cooked vegetables, ½ medium potato ; 1 medium fruit, 2 small pieces fruit

Grains, Cereals & Legumes (6)	Eat more than 6 servings of white pasta, bread or rice per day?			
	Eat less than 3 serves of wholegrains per day?			
	Eat processed breakfast cereals every day?			
	Eat legumes such as beans or lentils less than 2 times per week?			

- 1 serving = 1 slice bread, ½ medium roll or flat bread, 1 crumpet, English muffin or scone, 3 crispbreads ; ½ cup cooked rice, pasta, noodles, other grains, beans or lentils ; 2/3 cup cereal flakes, ¼ cup muesli

Dairy & Alternatives (2½)	Eat less than 2 servings of dairy per day?			
	Eat less than 2 servings of dairy alternatives if not consuming dairy?			
	Eat full fat instead of reduced or low fat dairy?			

- 1 Serve = 1 cup milk or calcium fortified milk alternative, 2/3 cup yoghurt, ½ cup ricotta or cottage cheese, 2 slices or 4 x 3 x 2cm cube hard cheeses ; 1 cup green leafy vegetables, ½ cup cooked green vegetables or seaweed ; ½ cup almonds, ¼ cup sesame seeds, 2 tablespoons tahini ; ½ cup sardines or salmon with bones

Meat & Alternatives (3 males & 2½ females)	Eat more than 3 serves of meat or chicken per day?			
	Eat fish or seafood less than 3 times per week?			
	Eat less than 3 serves per day of eggs, tofu, legumes, nuts or seeds to replace meat or seafood <u>if vegetarian?</u>			
	Eat the skin on the chicken or fat on meat?			
	Eat higher fat meats rather than lean choice cuts?			
	Eat processed meat products such as bacon or ham, nuggets or sausages, salami or other deli meats?			

- 1 Serve = 100g raw lean red/white meat, 2 eggs, 1 cup legumes, 170g tofu, ¼ cup nuts, seeds or 2tbs nut butters

Food group	How often in a week do you?	Regularly	Occasionally	Rarely/Never
Fats	Eat fried foods such as chicken, fish, chips or dim sims?			
	Eat standard potato/ corn chips, crackers or popcorn as opposed to low fat varieties or plain popcorn?			
& Oils	Eat pastries, croissants, biscuits, pies, sausage rolls or other bakery products?			
	Add butter or margarine to bread, potatoes, rice or vegetables at the table?			
	Eat bottled salad dressings or mayonnaise as opposed to alternatives such as lemon, herbs and olive oil?			
	Eat buttery, gravy or cream sauces as opposed to tomato, coconut milk or plain yoghurt based sauces?			

Sugars	Eat standard cake, cookies, donuts, muffins, lollies or chocolate as opposed to low sugar and fat varieties?			
	Eat regular ice cream instead frozen fruit or low sugar frozen yoghurt?			

Salt	Add extra salt in cooking or at dinner table?			
	Eat canned, pickled or preserved foods?			
	Eat processed foods such as canned soups or vegetables, bottled/ packet sauces or dressings, frozen or pre-packaged meals, salted nuts or chips?			

Beverages	Drink 500mL or more of energy or soft drinks per day?			
	Drink more than 2 cups of coffee or alcoholic drinks per day?			
	Drink less than 1L of plain water per day?			

Activities	Do less than 30 minutes of physical activity most days?			
	Watch more than 2 hours of TV or DVD's per day?			
	Eat out or take-away foods more than 4 times per week?			
	Skip meals?			

How ready are you to make any changes? Please indicate with X | _____ |
 Not willing Am considering Already changing