



# Highlights: Nutritional Risk Checklist



Healthy meals help people in many ways. Good food habits help people to get the nutrients they need. This may:

- ❶ stop the loss of vitamins and minerals
- ❷ improve the immune system
- ❸ help medicines to work better in the body
- ❹ help the body keep a healthy weight
- ❺ help to improve the quality of life

Read the questions below. Mark the box for each question you answer yes to.

- I am on a special diet.
- I eat many of my meals alone.
- I eat less than three meals a day.
- I take two or more different medications a day.
- Sometimes I can not afford to buy the food I need.
- I have food allergies or do not eat certain foods.
- Sometimes I can not shop for food, cook or feed myself.
- I eat less or more food than I have in the past six months.
- I eat less than five fruits or vegetables a day.
- I often have nausea, vomiting, taste changes or loose stools.
- It is hard for me to eat because of tooth or mouth problems.
- I do not know what my body's calorie and protein needs are.
- I have lost or gained weight in the last six months, without trying to.
- I take supplements or get treatments that my doctor does not know about.
- I smoke or use drugs that my doctor does not know about.
- I do not eat protein (eggs, dairy foods, poultry, meat, beans) at each meal.
- I usually have more than two drinks with alcohol (beer, liquor, wine) daily.

Add your yes answers. More yes answers mean a higher risk of illness due to poor food plans.

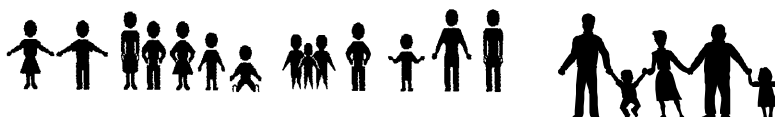
Know your nutrient needs to help you plan meals. Food plans need calories, protein, fat, vitamins and minerals in the right amounts. Turn the page to learn more about good nutrition.

Write down your weight and height. Give this form to your health care provider.

**Date:**

**Weight:**

**Height:**





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Here is a list of things that can cause problems due to poor food plans. It may be wise to change eating habits if some of these things are true for you. A health care provider can give you the name of a nutritionist. They help people learn about good meal plans and food.

Poor food plans include: ❶ eating too little or too much ❷ the same foods every day ❸ too few fruit, vegetables, or milk products ❹ drinking too much alcohol

**Medications:** Many people take medicine every day. Eating habits change how the body responds to drugs. Side effects from drugs can affect nutritional health. Side effects can include a loss of red blood cells (anemia) and changes in appetite. People can have hard or loose stools, nausea, taste changes, or vomiting too. Vitamins or minerals can act like drugs when taken in large amounts.

**Money:** A yearly income of \$8,000 or less may not be enough to buy healthy foods.

**People Contact:** Sad or depressed people may not want to see others. This can change how much and what people eat, weight, and energy level. It affects how people think and sleep too. Seeing other people when you are sad or depressed may help you to feel better. It can help to increase food intake and energy.

**Self Care:** Some people may find it hard to shop for food. It can be hard to fix food to eat. People may not want to eat any food at all.

**Illness:** People who are sick may eat more or less than usual. They may not remember to eat if they have memory loss or are confused.

**Body Weight:** Weight gain, weight loss, or loss of muscle can change health. People who are not at a healthy weight may get sick more often.

**Dental Problems:** People can have dental problems that make it hard for them to eat. Mouth sores, gum changes, thrush, missing, loose, or rotten teeth affect the way people eat.

