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Self Assessment: Nutrition Foundation

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|---------------------------------------------------------------------------|------|-------|
| 1. I eat breakfast every day. | True | False |
| 2. I listen to my hunger and fullness cues and respond accordingly. | True | False |
| 3. I eat every few hours during the day (maybe 4-6x total). | True | False |
| 4. I rarely skip meals. | True | False |
| 5. I always eat within 1 hour before practice. | True | False |
| 6. I always eat within 1 hour after practice. | True | False |
| 7. I rarely find myself throwing my meals together last minute. | True | False |
| 8. Most of my meals are cooked at home. | True | False |
| 9. I eat fruits and vegetables every day. | True | False |
| 10. I drink milk (or soy milk or an equivalent) daily. | True | False |
| 11. I rarely study or practice during my lunch break. | True | False |
| 12. I am consistent with my diet. | True | False |
| 13. If I eat a salad, I will often have bread on the side. | True | False |
| 14. I often have several different foods present at one meal. | True | False |
| 15. I drink fluids with each meal. | True | False |
| 16. I usually have some type of fat source at most of my meals. | True | False |
| 17. If female, my periods are regular. | True | False |
| 18. I have a lot of energy during sports practice. | True | False |
| 19. There are at least 4 different breakfast/lunch choices I like to eat. | True | False |
| 20. I am comfortable being spontaneous with foods. | True | False |