



## Basic Nutrition Assessment

Please check the items that apply to you below:

- Do you eat out more than three times per week?
- Do you eat boxed foods more than twice per week?
- Do you drink any type of soda?
- Do you eat less than 5 servings of vegetables per day?
- Do you drink less than 4 glasses of water per day?
- Do you feel “addicted” to certain foods?
- Do you typically opt for lower fat and lower calorie foods when given the choice?
- Do you eat white flour, white rice, or white bread?
- Do you use artificial sweeteners like Aspartame, Splenda, and Nutrisweet, or consume foods that contain them?
- Do you eat fried foods more than once per week?
- Do you eat processed "deli" meat, bacon, sausage, or hot dogs?
- Do you feel you get all your needed nutrients from food, and therefore pass on supplements including multivitamins and fish oil?
- Do you use canola oil or vegetable oils in cooking or in salad dressings?
- Do you use margarine?
- Are most of the fruits and vegetables you eat conventionally grown (non-organic)?
- Do you consume milk and dairy products at the grocery store?
- Are the majority of your animal products from the meat counter or freezer at the grocery store (as opposed to a health food store or local farmer)?
- Do you consider price and convenience of food to be more important than nutritional quality?
- Do you eat sweets or candy more than once per week?
- Do you drink more than 10 oz of alcohol, three times per week?
- Do you eat while rushed or under stress?
- Do you, your doctor or family feel that you should lose some body fat?
- Do you have irregular blood sugar, diabetes, or pre-diabetes?
- Do you have blood pressure over 115/75?
- Do you suffer from sinus issues, asthma, or allergies (including rashes, eczema, hives)?



## **Basic Nutrition Assessment** *(cont'd)*

- Do you have gastrointestinal issues?
- Do you frequently experience fatigue or insomnia?
- Do you have emotional/mental challenges or trouble concentrating?
- Do you suffer from joint pain or muscle aches?
- Do you have hormonal imbalances?



## Basic Nutrition Assessment - scoring

**YOUR SCORE** (how many you marked): \_\_\_\_\_

**0-5 = GREAT:** You are obviously a nutritionally-conscious person and are off to a good start! Like most of us, you may have some minor improvements that you could make to your nutrition plan. We trust the core principles of the Maximized Living Nutrition Plan will help you take your health to the next level.

**6-10 = GOOD:** You are doing pretty well but likely need stronger discipline with your eating habits. If you can target and stick to the basic principles of the Core Plan described in this book, you will likely experience speedy improvements in your health.

**11-15 = IMPROVEMENT NEEDED:** Your diet needs some work -- although you may not realize it. It's very likely that you are doing your best, following other food guides and counting calories, but considering the principles of Maximized Living you are possibly doing some harm to your health. You are probably learning some surprising things in the Maximized Living Nutrition Plan that contradict "traditional wisdom." Rather than becoming overwhelmed, take small steps. You can deal with these one at a time. Be sure to identify any conditions listed in chapter 15 that make you a candidate for the Advanced Plan, which you may need to follow in order to reach your health goals. Small successes can get you motivated to make more changes! Aim to get your score below 6 within six months.

**16-20 = PRE-DISEASE:** Whether you realize it or not, your eating habits will not be without serious health consequences. If you haven't already started to experience symptoms or have not yet been diagnosed with any disease, that day is around the corner if immediate changes are not made. Fortunately, your score is low enough that following the Advanced Plan will help you reduce your score even further -- and improve your health significantly -- within 6 months time. However, long-standing illness or other factors described in Chapter 15 may prolong your recovery. You will probably feel awful in your first few weeks of changes, but once your body adapts, you will undoubtedly feel the positive effects, like so many Maximized Living consumers across the globe.

**20+ = CRISIS:** It is time to pull out all of the stops. Whether or not your doctor has diagnosed it, you are in a very serious state of health crisis, and are moving in the wrong direction. The Advanced Plan is designed to help you reverse the track you are on. Start making changes and moving in the right direction today -- the longer you wait, the less likely you will ever start. Even if you begin slowly, just get started! You are better off moving in the right direction slowly than the wrong direction quickly.

As you may have guessed, all of the items on the list are problematic when it comes to being healthy. After all, the ideal score is "zero." It is imperative that you be able to avoid answering yes to most of them. A score of 30 (out of 30) would go to someone following the Standard North American Diet (S.A.D.) religiously! It is sad but true that North Americans hold the dubious honor of having the worst diets on the planet ... and the most lifestyle-related diseases such as heart disease, diabetes, high blood pressure, and cancer.

Every person in his or her lifetime will at some time decide to (and have to) make his or her own health the top priority. We trust you will make this decision today -- not tomorrow! Regardless of your starting point, everyone has room to improve. Nutrition, just like life, is a marathon... and not a sprint. Let's get started.