

# Support Assessment

Please answer each question to the best of your ability. Answer what is true for you most of the time. Then add up the points for that category or section. The category or section with the **most points**, is generally the area where you are in **need of the most support**.

## Section One: Nutrition & Diet

### 1. Is my blood sugar balanced?

<b>I eat breakfast:</b>	<u>Points:</u>	<u>Your Points:</u>
Every day	0	
3-4 days per week	1	
2-3 days per week	2	
never	3	_____

<b>I eat breakfast within:</b>		
60 minutes upon rising	0	
90 minutes upon rising	2	
120 minutes upon rising	3	_____

<b>I eat_____ meals (including snacks) per day:</b>		
4-5	0	
3	1	
2	2	
1	3	_____

<b>I get cranky, dizzy, irritable or have heart palpitations or an “adrenaline” feeling if I go longer than 4 hours without eating</b>		
No	0	
Yes	3	_____

<b>I drink_____ alcoholic beverages a week</b>		
4-5	4	
3	3	
2	2	
1	1	
I only drink a few times per year, or not at all	0	_____

**Category Total** \_\_\_\_\_

**2. Am I getting enough protein?**

**I consume \_\_\_\_\_ servings of unprocessed animal foods (beef, eggs, chicken, fish, dairy etc)**

Zero	4
1-2 per week	3
3-4 per week	2
5 or more a week	0

\_\_\_\_\_

**I consume \_\_\_\_\_ servings vegetarian protein sources (legumes, seitan, tehmpeh)**

Zero	4
1-2 per week	3
3-4 per week	2
5 or more a week	0

\_\_\_\_\_

**I consume \_\_\_\_\_ servings of dairy (cheese, yogurt, milk, kefir) a week**

Zero	4
1-2	3
3-4	2
5 or more	0

\_\_\_\_\_

**I consume a high carbohydrate, low protein diet vegan, raw vegan, or fruitarian**

Yes	3
No	0

\_\_\_\_\_

**Category Total** \_\_\_\_\_

**3. Am I eating enough carbohydrate?**

**I consume \_\_\_\_\_ servings of fruit daily**

Zero	3
1	2
2	1
3	0

\_\_\_\_\_

**I consume \_\_\_\_\_ servings of vegetables daily**

Zero	4
1-2	3
2-3	2

3-4	1	
5-6	0	_____

**I consume \_\_\_\_\_ servings of grains weekly**

Zero	4	
1	3	
2	2	
3	0	_____

**I consume a low carbohydrate diet like Atkins, low carb Paleo, or Keto**

Yes	3	
No	0	_____

***Category Total*** \_\_\_\_\_

#### **4. Am I eating enough fat?**

**I consume \_\_\_\_\_ servings of egg yolks, butter & other animal fats from organic pastured healthy sources weekly**

Zero	4	
1	3	
2	2	
3	1	
4	0	_____

**I consume \_\_\_\_\_ servings of coconut oil, avocado, olives, olive oil or other healthy vegetarian fats weekly**

Zero	4	
1	3	
2	2	
3	1	
4	0	_____

**I consume a low fat diet - I eat low fat yogurt, skim milk and avoid fats like egg yolks**

Yes	3	
No	0	_____

***Category Total*** \_\_\_\_\_

#### **5. Am I getting enough minerals, vitamins and bio-available nutrients?**

**I consume \_\_\_\_\_ servings of home-made, unprocessed, made-from-scratch meals a week that include a healthy balance of proteins, carbohydrates and fats:**

Zero	4	
1-2 per week	3	
3-4 per week	2	
5 or more a week	1	
80% of my meals are home-made	0	_____

**I consume \_\_\_\_\_ servings of fast-food weekly:**

Zero	0	
1-2	2	
3 per week	3	
4 or more a week	4	_____

**I consume \_\_\_\_\_ servings soda, including diet soda a day:**

Zero	0	
1	2	
2	3	_____

***Category Total*** \_\_\_\_\_

## **6. Do I have inflammation present?**

**I consume vegetable oils like canola, soybean, corn, cottonseed, safflower oil:**

Yes, it's my main cooking oil	4	
Only on occasion	2	
No, never	0	_____

**I consume foods made with refined flour, refined sugar, additives and additional synthetic unhealthy ingredients:**

Yes, those foods are my staples	4	
Rarely, 2-3x a month	2	
No, never	0	_____

**I experience joint pain and stiffness.**

Yes	2	
No	0	_____

**I experience frequent bloating after meals.**

Yes	2	
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No

0

\_\_\_\_\_

***Category Total***

\_\_\_\_\_

Take a moment to look through your assessment. Note the totals below:

### **Section One: Nutrition & Diet**

Blood sugar total:

Protein total:

Carbohydrate total:

Fats total:

Bio-available nutrition total:

Inflammation present:

**Nutrition and Diet Section Total:**

**According to my assessment, I am deficient in and need to improve the following \_\_\_\_\_ , \_\_\_\_\_, and \_\_\_\_\_.**