

Name: _____

Date: _____

HOW OFTEN SHOULD YOU PERFORM A DINE FOOD ANALYSIS OF YOUR DIET?

Complete the following questions for your answer.

- Yes No 1. Have you ever been told (or diagnosed) by a physician that you have heart disease, high blood pressure, or stroke?
- Yes No 2. Is your most recent cholesterol value above 200 mg/dl?
- Yes No 3. Have any members of your immediate family* ever been told (or diagnosed) by a physician that they had a nutrition-related disease or condition?
- Yes No 4. Are you more than ten pounds overweight or have you been on a diet within the last two years?
- Yes No 5. Is your most recent DINE Score 75 or less for a three-day average?
- Yes No 6. Do you skip meals or frequently consume one meal that contains more than 45% of your total calories at one meal?
- Yes No 7. Are you confused by conflicting nutrition information or food advertisements or claims?
- Yes No 8. Was your score on the National Nutrition Objectives Test less than six points?
- Yes No 9. When eating out at a restaurant or special event, are you unsure of what you are eating (ingredients) and how it was prepared?
- Yes No 10. Do you want the assurance that you and your family are eating well and avoiding the major nutritional pitfalls?

*Immediate family includes brothers, sisters, parents, aunts, uncles, and grandparents.

If you answered 'Yes' to two or more of these questions, you should analyze your food choices and physical activity a minimum of three (3) or more times per month, until your DINE Score has reached 80 or above.