

Nutrition Check-Up

Take this Nutrition Check-Up to help identify areas where your family could make healthier choices.

Do you and your family...

	Yes	No	Sometimes
Eat breakfast every day?			
Use the MyPlate Food Guide to plan meals and snacks?			
Adjust portion sizes to meet each person's individual needs?			
Enjoy physical activities together on a weekly basis?			
Monitor TV, video game, and computer time?			
Eat three meals every day?			
Eat at least one meal together on most days?			
Eat until you're bodies are satisfied, rather than stuffed?			
Know what amount of food is considered one serving?			
Drink water more often than sweetened beverages like soda?			
Consume 2 -3 servings of low fat milk, yogurt, cheese every day?			
Eat nutritious snacks between meals on a regular basis?			
Use the information on food labels to make nutritious choices?			
Avoid "dieting" because you know it is unhealthy?			

Healthy eating and good nutrition can become a way of life for you and your family. I can help you make this happen. **Give me a call and get started today!**

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