

## Nutrition & Lifestyle Evaluation

- Do you eat breakfast seven days a week?
- Do you eat foods from three different food groups at breakfast?
- Do you eat two or three balanced meals at approximately the same time each day?
- Do you eat a nutritious mid-morning and mid-afternoon snack that includes at least one serving of protein?
- Do you eat at least two pieces of fresh fruit each day?
- Do you eat at least three servings of fresh vegetables each day?
- Do you choose only high-fiber breads and cereals?
- Do you eat lean or low-fat protein sources at each meal?
- Do you limit your intake of saturated fats from meats, cheeses, dairy products, butter, and egg yolks?
- Do you eat at least two servings of "good fat" each day from nuts, seeds, olive oil, olives, avocados, and fish?
- Do you limit your intake of processed and refined foods, foods made from white flour, foods high in sugar and sodium, and packaged foods?
- Do you eat and drink adequately to maintain your body weight?
- Do you eat a post-workout/post-practice snack/shake within 15 minutes after activity?
- Do you eat a post-workout/post-practice meal within 2 hours?
- Do you drink half your body weight (in pounds) in fluid ounces of water each day?
- Do you sleep at least 7-8 hours per night?
- Do you go to bed at approximately the same time each night and get up at approximately the same time each morning (within 30 minutes)?
- Do you take a multivitamin rich in antioxidants each day?
- Do you take at least 1000 milligrams of fish oil (omega 3 fatty acids) each day?
- Do you limit or avoid alcohol consumption?

16-20 "yes" answers = optimal

11-15 "yes answers" = fair but needs improvement

10 or less "yes" answers requires a major overhaul