

Needham Wellesley Family Medicine Nutrition Checklist

Name: _____ Date: _____

How many portions PER DAY do you eat of the following?

Vegetables [1 portion = 1 cup (size of fist)]	0	1	2	3	4	5	6+
Fruit [1 portion = 1 cup (size of fist)]	0	1	2	3	4	5	6+
Quinoa, lentils, beans, peas, whole grains, chickpeas [1 portion = 1/2 cup (half a fist)]	0	1	2	3	4	5	6+
Lean protein (chicken, turkey, fish, tofu, egg whites) [1 portion = 4 oz (half a fist)]	0	1	2	3	4	5	6+
Olive oil [1 tbsp (size of thumb tip)]	0	1	2	3	4	5	6+
Glasses of water [1 cup (size of fist)]	0	1	2	3	4	5	6+
Glasses of milk [1 cup], Cheese [1 slice], Plain Yogurt [1 cup]	0	1	2	3	4	5	6+
Nuts [10 per portion] (raw or roasted)	0	1	2	3	4	5	6+
Caffeinated drinks (coffee, tea) [1 cup]	0	1	2	3	4	5	6+
Energy drinks, soda with caffeine [1 cup]	0	1	2	3	4	5	6+
White bread, white pasta, white potatoes, white rice, white flour	0	1	2	3	4	5	6+
Sugar or artificial sweetener	0	1	2	3	4	5	6+

How many times PER WEEK do you eat the following?

Salads	0	1	2	3	4	5	6	7	8-14x	15-21x	22+
Fish [1 portion = 4 oz (half a fist)]	0	1	2	3	4	5	6	7	8-14x	15-21x	22+
Snacks (ex: raw nuts, fresh fruits, or veggies)	0	1	2	3	4	5	6	7	8-14x	15-21x	22+
White bread, white pasta, white potatoes, white rice, white flour	0	1	2	3	4	5	6	7	8-14x	15-21x	22+
Fast food meals	0	1	2	3	4	5	6	7	8-14x	15-21x	22+
Fried foods, pastries, chips	0	1	2	3	4	5	6	7	8-14x	15-21x	22+
Candy or dried fruit	0	1	2	3	4	5	6	7	8-14x	15-21x	22+
Energy bars or granola bars	0	1	2	3	4	5	6	7	8-14x	15-21x	22+
Sugar cereals, granola	0	1	2	3	4	5	6	7	8-14x	15-21x	22+
Desserts, sweets, ice cream	0	1	2	3	4	5	6	7	8-14x	15-21x	22+
Smoothies and shakes	0	1	2	3	4	5	6	7	8-14x	15-21x	22+
Soda (regular or diet) or Frappuccinos, etc.	0	1	2	3	4	5	6	7	8-14x	15-21x	22+
Fruit juice or fruit blends	0	1	2	3	4	5	6	7	8-14x	15-21x	22+
Sports drinks (Gatorade, etc)	0	1	2	3	4	5	6	7	8-14x	15-21x	22+
Meal replacement drinks (eg. Slim Fast), protein drinks or powders	0	1	2	3	4	5	6	7	8-14x	15-21x	22+
Alcohol servings [12 oz beer, 5 oz wine, 1.5 oz spirits]	0	1	2	3	4	5	6	7	8-14x	15-21x	22+

What time do you begin eating each morning? _____

White time do you finish eating dinner each evening? _____