

HEALTH ASSESSMENT: EATING & WEIGHT LOSS

Am I eating correctly to lose weight? Answer the following questions to find out if you are eating a balanced, low animal fat, high fibre, adequate protein diet to help shake off those extra kilos.

Y	N	Do you eat fried foods 3 or more times/week?
Y	N	Do you remove visible fat and skin from meat and chicken before cooking or eating it?
Y	N	Do you eat protein at every meal (eg eggs, legumes, fish, meat, nuts/seeds, tofu/tempeh, fat-reduced cheese)?
Y	N	Do you eat 1-3 pieces of fresh fruit/day, and 5-7 serves of salad and or veggies?
Y	N	What are you likely to have in a sandwich...ham, deli meat, burger? or avocado, salmon, salad?
Y	N	Do you drink alcohol 4 or more times/week?
Y	N	Do you know how to read food labels to ensure a low-fat, low-sugar intake?
Y	N	Are you eating white bread, crackers, white rice, pasta, potatoes every day?
Y	N	Do you eat out or get take away more than 1/week?
Y	N	Do you avoid healthy fats such as nuts/seeds, avocado, olive oil in your diet every day?
Y	N	Do you graze all day to the point of not feeling hungry at meal times?

*** Y = Yes N = No

HOW DID YOU GO? If you answered yes to questions 1, 6, 8, 9, 10, 11, you may need an individual diet plan for best weight loss results.

The Naturopaths at Health in our Hands are trained and experienced in safe, effective weight loss strategies. Let us help you establish the right eating and lifestyle plan that is simple and easy to incorporate into everyday life. Ask us how... 02 9501 0326 or christine@healthinourhands.com.au.