

Nutritional Solutions

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DIET SELF-EVALUATION WORKSHEET

This worksheet can help you assess the anticancer power of your diet so you can see your strengths and identify areas that need improvement. For each item, circle the response that most closely matches your typical intake. You may wish to write down everything you eat for one week, then refer to your food journal to help you complete this form most accurately. Study your written report for detailed guidelines on improving your diet. We can help you set specific goals and suggest simple strategies to help you reach them. Complete this worksheet again in the future (*use a different color ink*) to monitor your progress!

Name: _____ Date(s): _____

Areas to Improve		Keep up the good work!	
Yipes!	A good start	Better	Awesome

HEALTH BUILDERS (*emphasize these*)

Fruits & Vegetables, ½ cup servings	0-3 servings/day	4-5 servings/day	6-7 serving/day	≥ 8 servings/day
How many rainbow colors?	≤ 1 color/day	2 colors/day	3-4 colors/day	≥ 5 colors/day
Crucifers: broccoli, broccoli sprouts, cabbage, kale, Brussels sprouts, cauliflower, arugula, collards, turnips, bok choy, watercress, radish, wasabi	< 1x/week	1-2x/week	3-6x/week	≥ 1-2x/day
Berries, fresh or frozen, ½ cup serving	< 1x/week	1-3x/week	4-6x/week	≥ 1x/day
Carotene family (red/yellow/orange)	< 1x/day	1x/day	2x/day	≥ 3x/day
Lycopene (tomato paste, sauce, soup, juice, salsa)	< 1x/week	1-2x/week	3-6x/week	≥ 1x/day
Dark leafy greens: spinach, chard, kale, collards, romaine lettuce, mesclun baby salad greens	< 1x/week	1-3x/week	4-6x/week	≥ 1x/day
Legumes (beans) and traditional soy foods: miso, tempeh, tofu, edamame	< 1x/week	1-2x/week	3-6x/week	1-2x/day
Organic Foods	none	sometimes	mostly	nearly all
Garlic, onions, leeks, chives, shallots	none or rarely	occasionally	1x/day	≥ 2x/day
Spices: ginger, curry, basil, mint, parsley, rosemary...	none or rarely	1x/day	2x/day	≥ 3x/day
Green Tea	none	1 cup most days	1-2 cups/day	≥ 2-3 cups/day
Omega-3 Fats: cold-water fish, grass-fed meat & poultry, free-range eggs, flaxseeds	< 1x/week	1-2x/week	≥ 3-6x/week	≥ 1 serving/day
Other healthy fats: olive oil, avocados, coconut, nuts/seeds	none or rarely	occasionally	1x/day	≥ 2x/day

HEALTH DETRACTORS (*limit or avoid these*)

Starches: bread, cereal, pasta, potatoes, grains	≥ 7 servings/day	5-6 servings/day	3-4 servings/day	0-2 servings/day
Sugar, candy, sweets, fruit juices, sodas	≥ 1x/day	3-6x/week	≤ 1-2x/week	rarely or none
Fast food, junk food, processed snacks	≥ 1x/week	1-3x/month	rarely	none
Partially hydrogenated fats, fried foods, margarine	daily	weekly or monthly	rarely	none
Unhealthy fats: soy, corn or vegetable oils; grain-fed meat or poultry, conventional eggs/butter, mayonnaise	≥ 2 serving/day	1 serving/day	infrequently	rarely or none
Alcoholic beverages	≥ 6 servings/week	4-5 servings/wk	1-3 servings/wk	rarely or none
Food additives, preservatives, artificial sweeteners	daily	weekly or monthly	rarely	none