

Nutrition-Related Health Risk Assessment

This 5-minute nutrition assessment will estimate the **percent of calories** that you get from **whole plant foods**. Your answers to these 12 questions will enable you to estimate your overall pattern of eating and will also make it clear what you can do to improve your nutrition-related health by eating more whole plant foods.

Read carefully, be honest, circle your answers, and add your scores. (1 serving = about 1/4 of a plate)

1. Fruit. Apples, bananas, berries, oranges, melon... On average how many daily servings of fruit do you eat?	None 0	1 +6	2-3 +10	4+ +12
2. Vegetables. Broccoli, spinach, squash, tomatoes, peppers... On average, how many daily servings of veggies do you eat?	None 0	1 +6	2-3 +10	4+ +12
3. Whole Grains. Wheat bread, brown rice, oats, granola, potatoes On average, how many daily servings of grains do you eat?	None 0	1 +6	2-3 +8	4+ +10
4. Beans & Legumes. black beans, green beans, kidney beans, lentils, lima beans, peas, pinto beans, soybeans... On average, how many daily servings of beans and legumes do you eat?	None 0	1 +6	2-3 +8	4+ +10
5. Dairy Foods. How many days per week do you eat dairy foods like cheese, yogurt and ice cream?	Zero 0	1-2 -3	3-5 -5	6-7 -7
6. Liquid Dairy (milk, cream) How many days per week do you drink it or add to cereal or coffee? (<i>Soy does not count.</i>)	Zero 0	1-2 -1	3-5 -3	6-7 -5
7. Eggs. How many days per week do you eat eggs or foods like French toast, where eggs are the primary ingredient?	Zero 0	1-2 -2	3-5 -3	6-7 -4
8. "Added Sugars" Are you serious about minimizing the "added" sugars that are so prevalent in most processed foods?	VERY 0	Fairly -2	Not very -3	No -4
9. White Flour Foods. Bread, pasta, cakes, cookies. How would you describe your consumption level of these foods?	Minimal 0	Light -1	Medium -3	Heavy -5
10. Salty Snacks, and Sweets. Chips, popcorn, soda, candy, etc. How would you describe your consumption level of these foods?	Minimal 0	Light -1	Medium -3	Heavy -5
11. Meat, Poultry Fish. How many days per week do you eat any kind of meat? (<i>pork, beef, lamb, chicken, turkey, fish, shrimp</i>)	0-1 0	2 -3	3-5 -6	6-7 -10
12 Vegetable Oil. How many days per week do you consume oil (olive, canola, corn, lard), butter, mayonnaise, and dressings?	0-1 0	2 -2	3-5 -3	6-7 -4

Subtract **Minus** Points from **Plus** Points to get **Net Points**. Use the chart below to determine your **WPF Score**.

Net Points	Risk Level	WPF Score (%)	Population %	
30 - 44	Extremely Low	80-100	1	10
20 - 29	Very Low	60-79	2	
10 - 19	Low	40-59	3	
0 - 9	Moderate	20-39	4	
-1 - -20	High	10-19	25	90
-21 - -44	Very High	0-10	65	

The **Standard American Diet (SAD)** has meat, dairy, oil, and highly processed carbs at almost every meal.

A **WPF Diet** is not necessarily vegetarian or vegan, but if you choose to include meat, dairy, oil, sugar, and processed foods in your diet regularly, you will not be able to **prevent/reverse** chronic disease.