



## EVALUATING YOUR NUTRITION

|  | 0  | 1                                    | 2                          | 3   | 4                                  |
|--|--|--------------------------------------|----------------------------|---|------------------------------------|
| How many glasses of water do you drink a day?  | 1 to 3                                   | 3 to 4                               | 4 to 5                     | 5 to 6  | More than 6                        |
| On average, how often do you eat meat, fish or eggs?   | Never                                    | 1 to 2 times/week                    | 3 to 4 times/week          | 5 times/week                                      | Almost every day                   |
| On average, how often do you eat cold meats such as sausages, pâté, sausages, etc.?  | Every day                                | 5 to 6 times/week                    | 3 to 4 times/week          | 1 to 2 times/week                                 | Almost never                       |
| How many dairy products do you eat or drink a day on average (yoghurts, milk, cheese, fromage frais, etc.)?                      | None                                     | 1/day                                | 2/day                      | 3/day but not every day                           | 3/day and every day                |
| How often do you eat vegetables?   | Never                                    | 1 to 2 times/week                    | 3 to 5 times/week          | Almost every day at 1 meal                        | Almost every day and at every meal |
| How much fruit (raw, cooked or juice) do you eat a day?  | Never                                    | 1/day                                | 2/day                      | 3/day but not every day                           | 3 to 4/day                         |
| How often do you eat starchy foods (rice, pasta, pulses, potatoes, semolina)?  | Never                                    | Rarely                               | 1 to 3 times a week        | 1 time/day  | With each main course              |
| How many sweet products (jam, honey, chocolate, sweets, biscuits, cakes, pastries, puddings, ice creams, etc.) do you eat a day? | At every meal                            | Approximately 4/day                  | Approximately 3/day        | Approximately 2/day                               | Never or once a day                |
| How often do you drink sweetened drinks (soft drinks, sweetened flavoured drinks, sweetened iced teas)?                          | Several times a day                      | At least once a week                 | 2 to 3 times a week        | 1 time per week                                   | Never or almost never              |
| Do you drink alcoholic beverages (standard glass=glass of wine or half a beer=10g of pure alcohol)?                              | Less than 2 drinks/day, almost every day | 2 standard drinks/day, +/- every day | 1 standard glass every day | 1 standard glass/day and no more than 5 days/week | Never or almost never              |



## Score :

**More than 30 points:** Well done, you are eating healthily.

**16 to 29 points:** You eat a balanced, healthy diet on the whole, but all too often a few foods are missing from your menu. Your risk of deficiencies and excess sugar is small but not negligible. Optimize your diet more - your body will thank you.

**More than 15 points:** Your diet may expose you to health problems over time. It is potentially unbalanced, with a high risk of deficiencies. It's time to review your meals and eating habits.