

NUTRITION in YOUR PRACTICE

NSI Nutrition Screening Tool for Seniors

DETERMINE YOUR NUTRITIONAL HEALTH

The Warning Signs of poor nutritional health are often overlooked. Use this checklist to find out if you or someone you know is at nutritional risk.

Read the statements below. Circle the number in the yes column for those that apply to you or someone you know. For each yes answer, score the number in the box. Total your nutritional score.

		YES
I have an illness or condition that made me change the kind/amount of food I eat.	2	_____
I eat fewer than 2 meals a day.	3	_____
I eat few fruits or vegetable or milk products.	2	_____
I have 3 or more drinks of beer, Liquor or wine every day.	2	_____
I have tooth or mouth problems that make it hard for met to eat.	2	_____
I don't always have the money I need to buy the food I need.	4	_____
I eat alone most of the time.	1	_____
I take 3 or more different prescribed or over-the-counter drugs a day.	1	_____
Without wanting to, I have lost or gained 10 pounds in the last 6 months.	2	_____
I am not always physically able to shop, cook or feed myself.	2	_____
TOTAL		_____

Total your nutritional score. If it's -

- 0-2 **Good!** Recheck your nutritional score in 6 months.
- 3-5 **You are at moderate nutritional risk.** See what can be done to improve your eating habits and lifestyle. Your office on ageing, senior nutrition program, senior citizens center or health department can help. Recheck your nutritional score in 3 months.
- 6 or more **You are at high nutritional risk.** Bring this checklist the next time you see your doctor, dietitian or other qualified health or social service professional. Talk with them about any problems you may have. Ask for help to improve your nutritional health.

Remember that warning signs suggest risk, but do not represent diagnosis of any condition. Please see the Warning Signs of poor nutritional health.

[Further information: NSI 800-1010 Wisconsin Avenue NW, Washington, DC 20007, (202) 625-1662]



www.canadaegg.ca