Barnabas
CONNECTING PEOPLE, HELP AND HOPE

Nutrition Assessment

Have you ever received nutrition education?

○ Yes ○ No

I eat vegetables during:

○ Breakfast ○ Lunch ○ Dinner ○ Snack ○ None

I eat fruit during:

○ Breakfast ○ Lunch ○ Dinner ○ Snack ○ None

I eat whole grains during:

○ Breakfast ○ Lunch ○ Dinner ○ Snack ○ None

I eat protein during:

○ Breakfast ○ Lunch ○ Dinner ○ Snack ○ None

I consume dairy products during:

○ Breakfast ○ Lunch ○ Dinner ○ Snack ○ None

How would you rate the overall quality of your nutrition?

○ Excellent ○ Good ○ Average ○ Poor ○ Very Poor

Thank you for taking the time to complete our nutrition assessment form.