

Name: **Sample Man**

Male, 51.5 years

☒ 03/21/1993 ☐ 03/21/1997

The Heart Place

## Nutrition

Wellness Variable	Your Rating	Poor	Fair	Good	Great
Water	5 5	<div><div></div></div>			
Vegetables	10 15	<div><div></div></div>			
Fruits	10 10	<div><div></div></div>			
Breads and Other Grains	15 20	<div><div></div></div>			
Milk, Yogurt and Cheese	40 5	<div><div></div></div>			
Meats and Protein	25 10	<div><div></div></div>			
High Fat Foods	20 50	<div><div></div></div>			
Alcohol	20 95	<div><div></div></div>			

The typical American diet contains too many calories and with excessive fat (especially saturated fat), cholesterol and sodium. Most diets lack in healthy complex carbohydrates and fiber. Such diets contribute to our high rate of obesity and diseases like heart disease, high blood pressure, stroke, diabetes and some forms of cancer.

### Dietary Guidelines:

- Eat a variety of foods
- Balance the food you eat with physical activity -- maintain or improve your weight
- Choose a diet with plenty of grain products, vegetables, and fruits
- Choose a diet low in fat, saturated fat, and cholesterol
- Choose a diet moderate in sugars
- Choose a diet moderate in salt and sodium
- If you drink alcoholic beverages, do so in moderation

## Action Plan

Eat a variety of foods daily, choosing different foods from each major group. Based on your age and activity level, the following daily servings are recommended: bread, cereals, rice and pasta (9); vegetables (4); fruit (3); milk, yogurt and cheese (2-3); and meat, poultry, fish, dry beans, eggs (about 6 oz total) (2).

You reported a LOW number of servings for meats (0), fruits (0), vegetables (0), dairy products (0) and breads, grains, etc. (0).

Add fiber to your diet with foods such as whole grain cereals, vegetables or fruits to reduce your risk of colon cancer! A wide variety of vegetables and fruits also help to reduce your risks for stomach, esophagus, larynx and lung cancers. Drink more water! Eight to ten glasses (8 fluid oz) are recommended throughout the day for an average person.

Remember your serving sizes: A one-half cup portion of cooked rice or pasta counts as one serving. For main meals, one cup, or two servings is the norm.