

NUTRITION & DIET HABITS

Essential Elements For Lifelong Health

	YES	NO
1 Do you understand your nutritional needs based on your age, health condition, and activity level?	<input type="checkbox"/>	<input type="checkbox"/>
2 Have you consulted a nutritionist or dietitian to create a balanced eating plan?	<input type="checkbox"/>	<input type="checkbox"/>
3 Do you regularly incorporate a variety of fruits and vegetables into your diet?	<input type="checkbox"/>	<input type="checkbox"/>
4 Are you conscious of your intake of fats, sugars, and salts, and do you try to manage them according to health guidelines?	<input type="checkbox"/>	<input type="checkbox"/>
5 Do you make an effort to stay hydrated throughout the day?	<input type="checkbox"/>	<input type="checkbox"/>
6 Do you plan your meals in advance to ensure a balanced diet throughout the week?	<input type="checkbox"/>	<input type="checkbox"/>
7 Are you comfortable reading nutrition labels and making informed food choices while shopping?	<input type="checkbox"/>	<input type="checkbox"/>
8 Do you limit your consumption of processed foods and opt for whole, unprocessed foods whenever possible?	<input type="checkbox"/>	<input type="checkbox"/>
9 Do you have strategies in place to manage portion sizes at your meals?	<input type="checkbox"/>	<input type="checkbox"/>
10 Are you aware of how your diet impacts your overall health, and do you adjust your eating habits based on your health needs?	<input type="checkbox"/>	<input type="checkbox"/>

QUESTIONS? CONTACT YOUR FINANCIAL ADVISOR



THE CENTER FOR
RETIREMENT READINESS

What Your Answers Might Mean:



7–10 Yes Answers: Strong Dietary Foundation. You have a robust understanding and practice of nutritional habits that promote and maintain good health.



4–6 Yes Answers: Moderately Prepared, More Attention Needed. You are on the right path with your nutritional habits, but further adjustments and more consistent practices could enhance your health outcomes.



0–3 Yes Answers: Critical Attention Needed. It's important to focus more on your diet and nutritional intake to ensure your health is not at risk. Seeking advice from a nutrition professional could be very beneficial.