

Nutrition Assessment Tool (NAT)

The Nutrition Assessment Tool, or NAT, is designed to assess the health value of your current diet. The goal for using this assessment is to identify weak areas and improve intake of healthy foods. Plant foods are prioritized since they provide nutrients and compounds that prevent, arrest and potentially reverse diet related chronic diseases like heart disease and type 2 diabetes.

Circle the number that represents your typical day. Please respond to all 17 questions. Refer to the accompanying key for guidance.

	In an average day how often do you:	Usually Often	Sometimes	Rarely Never	Score
Fruits & Veggies	1. Eat less than 3 servings of whole fruit? Serving = 1/2 cup cut or 1 medium whole fruit. Do not include juice.	3	2	1	
	2. Eat less than 5 servings of fresh or frozen vegetables like broccoli, green beans, cabbage, cauliflower, asparagus, sweet potato, squash, zucchini, carrot, cucumber, raw lettuce (spinach, kale, Romaine). Serving = 1/2 cup cooked or 1 cup raw	3	2	1	
Legumes	3. Eat less than 3 servings of beans (black, pinto, lima, garbanzo, etc), lentils, split peas or soy beans? Serving = 1/2 cup cooked	3	2	1	
Grains	4. Eat more than 3 servings of bread, pasta, rice, pizza dough or other foods made from refined (white) grain products? Serving = 1 slice bread, 1/2 bagel, 1/2 cup rice or pasta, 1 3" slice pizza	3	2	1	
Meat	5. Eat more than 3 ounces of meat (beef, chicken, fish, game meat)? Serving = approximately size of a deck of cards	3	2	1	
	6. Eat more than 3 eggs per week?	3	2	1	
	7. Eat lunchmeats (ham, salami, roast beef, corned beef, turkey, liverwurst), hot dogs, sausage, pepperoni or bacon?	3	2	1	
Dairy	8. Consume milk, cream, yogurt, ice cream or cheese?	3	2	1	
Fats	9. Add butter, margarine or oil to bread, potatoes, vegetables or rice before serving?	3	2	1	
	10. Eat fried foods such as burgers, pan or deep fried chicken, fried fish, pan fried noodles, French fries or tater tots?	3	2	1	
Sweets & Snacks	11. Eat sweets like cake, cookies, pastries, donuts, muffins, chocolate or other candy?	3	2	1	
	12. Eat snack foods like chips, crackers, popcorn, or nuts?	3	2	1	
	13. Drink juice, soda, fruit drink, sweet tea, punch, Kool-Aid, energy drinks or sports drinks (regular or sugar-free)?	3	2	1	
Meal Pattern	14. Purchase food from restaurants, take out, fast foods or convenience stores?	3	2	1	
	15. Follow a special diet, eat or limit certain foods for health or other reasons?	3	2	1	
Food Insecurity	16. Have trouble shopping for, or preparing food?	3	2	1	
	17. Worry if your food will run out before you have money to buy more?	3	2	1	
Total Score					