

Nutrient Shortfall Risk Questionnaire

Many Americans don't get enough potassium, calcium, and vitamin D from the foods they eat. Additionally, certain groups of people may not be getting as much iron, folate, or vitamin B-12 as they need. To help determine whether you are getting enough of these nutrients from your diet, answer the questions below. Then discuss your answers with your family doctor.

Your name: _____

Your doctor's name: _____



Age and Lifestyle

1. Are you a woman 14 to 50 years of age? Yes No
2. Are you 50 years of age or older? Yes No
3. Are you pregnant or trying to get pregnant? Yes No
4. Are you vegetarian or vegan? Yes No
5. Do you take nutritional supplements? Yes No

If yes, what kind? _____

6. When the weather is nice, how often do you spend at least 10 minutes a day in full sun without sunscreen?
 Daily 3-5 times a week 1-3 times a week Not on a regular basis Never

*All the time = 7 days each week

Often = 3 to 4 days each week

Sometimes = 1 to 2 days each week

Not at all = Never

General Nutrition

1. How often do you buy food from the outer aisles of the grocery store? (i.e., fresh or frozen fruits and vegetables, fresh meat or seafood, dairy, grains, and nuts from the bulk bins)
 All the time Often Sometimes Not at all*
2. How often do you buy food from the center aisles of the grocery store? (i.e., foods that come in cans, bags, or boxes, such as crackers, canned soups, cereals, and frozen dinners)
 Not at all Sometimes Often All the time
3. How often do you eat out at restaurants or fast-food restaurants?
 Not at all Sometimes Often All the time
4. What do you eat when you snack? _____

Fruits and Vegetables

1. How often do you eat fresh or frozen green vegetables, such as kale, collard greens, chard, or spinach?
 All the time Often Sometimes Not at all
2. How often do you eat fresh or frozen fruits and vegetables from at least 3 different color groups (e.g., red berries, purple eggplant, orange sweet potatoes, and green broccoli) all in one day?
 All the time Often Sometimes Not at all
3. What are your favorite fruits and vegetables? _____

Dairy, Seafood, and Meat

1. How often do you eat low-fat dairy products such as yogurt or cheese, soy, or rice-milk products?
 All the time Often Sometimes Not at all
2. How often do you eat fish, such as sardines, salmon, trout, and tilapia?
 All the time Often Sometimes Not at all
3. How often do you eat red meat, such as beef, mutton, lamb, goat, and game meats (e.g., rabbit, venison, buffalo)?
 Not at all Sometimes Often All the time
4. How often do you eat other meats, such as chicken, turkey, pork, and game birds (e.g., pheasant, quail)?
 All the time Often Sometimes Not at all
5. How often do you eat processed meats, such as bacon, sausage, hot dogs, and bologna?
 Not at all Sometimes Often All the time
6. How often do you eat fried, canned, or smoked meats?
 Not at all Sometimes Often All the time

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