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Is Your Body Trying to Tell You Something?

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The nutrients in food help keep your body healthy. For example:

- Protein is for solid muscles, clear skin, shiny hair, and helping wounds heal.
- Carbohydrates are for energy.
- Fat helps keep skin smooth and soft.
- Vitamins help keep eyes bright and sharp. They also help to heal wounds and keep gums and skin healthy.
- Minerals build strong bones and teeth. They also help us keep a healthy blood pressure and a normal heartbeat.
- Fiber keeps you regular and helps control blood sugar and cholesterol.
- Water is also for regularity and helps prevent us from being tired and irritable.

Your body cannot work as it should without all nutrients present at the same time. Nutrients must work hand in hand. Any one of the following trouble signs may signal a poor diet.

**Check if you have:**

- Tooth decay
- Bleeding gums
- Wounds slow to heal
- Chronic fatigue (tiredness)
- Irritability (grouchiness)
- Constipation
- Dull hair (no shine)
- Brittle bones
- Tiring while performing light tasks

**Help Your Child Be Active Every Day**

- Turn on the radio and move to the music.
- Take family walks or enjoy other family activities.
- Give your children a ball, jump rope, or roller skates.
- Limit television time and video games.
- Give them household chores.
- Involve them in school or public sports teams.
- Plan activities with other parents.
## What’s Your Nutrition Condition?

<table>
<thead>
<tr>
<th>Do you:</th>
<th>Rarely</th>
<th>Sometimes</th>
<th>Often</th>
</tr>
</thead>
<tbody>
<tr>
<td>Participate in regular physical activity</td>
<td>1</td>
<td>3</td>
<td>5</td>
</tr>
<tr>
<td>Choose foods from the dairy group daily</td>
<td>1</td>
<td>3</td>
<td>5</td>
</tr>
<tr>
<td>Drink carbonated beverages</td>
<td>5</td>
<td>3</td>
<td>1</td>
</tr>
<tr>
<td>Eat raw vegetables and fruits</td>
<td>1</td>
<td>3</td>
<td>5</td>
</tr>
<tr>
<td>Choose low-fat foods</td>
<td>1</td>
<td>3</td>
<td>5</td>
</tr>
<tr>
<td>Eat breakfast</td>
<td>1</td>
<td>3</td>
<td>5</td>
</tr>
<tr>
<td>Eat candy</td>
<td>5</td>
<td>3</td>
<td>1</td>
</tr>
<tr>
<td>Add salt to food</td>
<td>5</td>
<td>3</td>
<td>1</td>
</tr>
<tr>
<td>Choose whole grain breads or cereals</td>
<td>1</td>
<td>3</td>
<td>5</td>
</tr>
<tr>
<td>Maintain desirable weight</td>
<td>1</td>
<td>3</td>
<td>5</td>
</tr>
<tr>
<td>Eat fried foods</td>
<td>5</td>
<td>3</td>
<td>1</td>
</tr>
<tr>
<td>Skip meals</td>
<td>5</td>
<td>3</td>
<td>1</td>
</tr>
<tr>
<td>Try new sports</td>
<td>1</td>
<td>3</td>
<td>5</td>
</tr>
<tr>
<td>Binge/overeat</td>
<td>5</td>
<td>3</td>
<td>1</td>
</tr>
<tr>
<td>Avoid unfamiliar foods</td>
<td>5</td>
<td>3</td>
<td>1</td>
</tr>
<tr>
<td>Drink water</td>
<td>1</td>
<td>3</td>
<td>5</td>
</tr>
<tr>
<td>Eat processed snack foods</td>
<td>5</td>
<td>3</td>
<td>1</td>
</tr>
<tr>
<td>Try fad diets</td>
<td>5</td>
<td>3</td>
<td>3</td>
</tr>
<tr>
<td>Eat a variety of protein foods</td>
<td>1</td>
<td>3</td>
<td>5</td>
</tr>
<tr>
<td>Get adequate sleep</td>
<td>1</td>
<td>3</td>
<td>5</td>
</tr>
</tbody>
</table>

**What’s your nutrition condition score?**

- ☐ 80 or above  You’re a winner.
- ☐ 70 to 80  You’re in the running.
- ☐ Below 70  Try harder!

Poor nutrition can be part of the cause of chronic diseases such as diabetes, heart disease and stroke, arthritis, and asthma. A blood cholesterol count can help to find out the risk for heart disease. A fasting blood glucose test can help to find diabetes.

### Do you know your cholesterol count?

**Fill in number here:** _____________

**How are you doing?**

- ☐ Excellent  under 200 mg/dl
- ☐ Fair  200-240 mg/dl
- ☐ Poor  above 240 mg/dl

### Do you know your fasting blood glucose number?

**Fill in number here:** _____________

**How are you doing?**

- ☐ Excellent  under 100 mg/dl
- ☐ Pre-diabetes  100-125 mg/dl
- ☐ Diabetes  126 mg/dl or higher

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**Revised by Jackie Walters, MBA, RD, LD, Extension Specialist for Nutrition Education Programs**

“What’s Your Nutrition Condition?” adapted from University of Arizona EFNEP Calendar for use in Kentucky by Kathy Daly-Koziel, former EFNEP Coordinator

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