

“To Supplement Or Not to Supplement” Questionnaire



Answer the following five questions, score each of your answers according to the Answer Key, and add up your points.

ANSWER KEY	A	U	S	R	N
	Always	Usually	Sometimes	Rarely	Never
	4 points	3 points	2 points	1 point	0 points

QUESTIONS	A	U	S	R	N
<p>Do you eat a wholesome meal or a healthy snack every 2 to 3 hours every day?</p> <p>Frequent meals/snacks keep your metabolism going, which in turn helps you utilize the nutrients more efficiently.</p>					
<p>Do you eat foods from all major food groups (carbohydrates, proteins, fats) with each meal?</p> <p>Each of these three macronutrients performs important roles in your body. They need each other at all times to provide you with well-balanced nutrition.</p>					
<p>Do you eat a wide variety of colorful foods each day? Is each of your meals satisfying?</p> <p>Different foods contain different vitamins and minerals. The more diversified your diet, the more of these micronutrients your body obtains.</p>					
<p>Do you eat mostly organic foods that are either fresh or frozen? Do you avoid processed foods?</p> <p>Your food is only as good as its food was. Organic plant foods are grown in vitamin- and mineral-rich soils. Organically raised animals are fed with vitamin- and mineral-rich feed. On the other hand, non-organic soils are depleted of nutrients and full of artificial pesticides and other chemicals, while non-organic meats and dairy are full of hormones and toxins. Processed foods are even less nutritious as heat destroys many nutrients.</p>					
<p>Are you a picture of perfect health physically, mentally and emotionally?</p> <p>Are you free from chronic diseases, viral, bacterial and fungal infections, and even from occasional sniffles and headaches? Are you satisfied with every aspect of your life? Are you stress-free and happy?</p>					

YOUR SCORE: _____ points

For the interpretation of your score, visit

www.Saluterra.com > **Healthy You** > **Nutrition Tips** > “To Supplement Or Not to Supplement”