

# The Nasties Challenge

Source: You are What You Eat, Gillian McKeith

Add up your tally marks. How did you do? Do you see an area with more tally marks than all the others? Would you be scoring better if, say, you stopped drinking tea? Or just stopped drinking sweet tea? Is it the red meat that's increasing your score too high? This can help you notice trouble spots in your diet!

How many times do you consume any of the following in a week?

- Cups of coffee (6oz cups)
- Cups of regular tea (hot or iced)
- Fried food
- Frozen dinner
- Fast food
- Packaged meal
- Candy/Sweets
- White pasta
- Baked goods
- Sugar in tea/coffee
- Canned food
- Red meat
- Non-organic poultry
- Glasses of cow's milk (8oz)
- Slices of white bread
- Units of alcohol

## **Below 15: Great!**

Please keep up the good work.

## **15 to 25: Getting there, but there's still much to cut out**

There's still some junk you can cut out of your diet. You may feel all right most days but you could feel even better.

## **26-50: You are playing with your health**

Ask yourself why you eat this way? Are you waiting to get seriously ill before making a change? Make a promise to do better. You are worth it.

## **51 – 100: You are a mess!**

This lifestyle and diet is going to catch up to you...soon. Long-term prospects are scary.

## **Above 101: You flunk and need to seriously look at changes to make. Now!!**

This is really bad. There's no time to waste. Choose an area and start making changes today!