

You Think You Have a Healthy Diet?

Answer the following questions:

Do you eat at least once piece of raw fruit each day?

Do you eat at least five servings of vegetables each day?

Do you eat rice, quinoa, millet, oats or other whole grains at least three times a week?

Do you eat a serving of raw vegetables each day?

Do you eat raw seeds at least three times a week?

Do you use seaweed in your cooking?

Do you include fish in your diet at least twice a week?

Do you chew your food thoroughly? Until it's liquefied?

Do you go out of your way to avoid foods containing preservatives, additives, colorings, hydrogenated oils?

Do you avoid foods that contain sugar or added sugar?

If you are stressed do you wait until the feeling has passed before eating?

Were you breastfed as a child?

Do you always make sure that you take time to eat properly, even if you feel tired or busy?

Do you eat a healthy breakfast every day? (Coffee and/or donut doesn't count.)

Do you drink at least 6 large glasses of spring or filtered water every day?

Do you avoid beer/alcohol/soda/iced tea when eating?

Do you drink your water between meals, up to approximately 25 minutes before eating your main meals, instead of drinking with your meals?

Do you eat a varied diet instead of eating the same thing every day?

Do you make raw vegetable juices at least once a week?

You Score: Add up your "Yes" answers.

17- 20: ***Excellent.*** Keep it up!!

12 - 16: ***Not bad - but you could do better.*** Explore the rest of the site for more information or make an appointment for a complete health assessment where we can work together to target the weak areas in your diet as well as weaknesses in your body. You can have more energy, think more clearly, and live with vitality and joy!

11 or less: ***You're doing yourself a serious disservice.*** Please make an appointment now for a complete health assessment, where we will work together to target weaknesses in your system and get you on the road to being the healthiest you can be.