

# HOW CLEAN ARE YOU?

- What prompted your interest in taking this class?
- What are your greatest health concerns at this point in your life?
- How do you think nutrition can help your life?
- Where do you go today to get information about your health and nutrition? Check all that apply.
  - \_\_\_\_\_ Television
  - \_\_\_\_\_ Doctor
  - \_\_\_\_\_ Internet
  - \_\_\_\_\_ Friends
  - \_\_\_\_\_ Publications
  - \_\_\_\_\_ Family
  - \_\_\_\_\_ Community Centers
  - \_\_\_\_\_ Other \_\_\_\_\_
- How often do you read food labels? (On a scale of 1-10, with 10 being 100 percent of the time)  
1    2    3    4    5    6    7    8    9    10
- How often do you say, "I could feel better"? (On a scale of 1-10, with 10 being 100 percent of the time)  
1    2    3    4    5    6    7    8    9    10
- What are your personal roadblocks when it comes to improving your health through nutrition?
- Are you or have you been through any personal trauma in the last few years – changes in health, family issues, loss?

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# HOW TOXIC ARE YOU?

- How often might you eat these foods (in one week):

_____ Cheese	_____ Legumes
_____ Tap water	(peas/beans)
_____ Coffee/black tea	_____ Sprouts
_____ Soda	_____ Herbal tea
_____ Alcohol	_____ Filtered water
_____ Fried foods	_____ Fresh
_____ Cookies/Chips	fruit/vegetables
_____ Ice cream	_____ Steamed greens
_____ Antibiotics	_____ Nuts/seeds
_____ NSAIDs (i.e.	_____ Fish
Ibuprofen - not aspirin)	_____ Salad greens

- How often do you eat processed, refined foods? (On a scale of 1-10, with 10 being 100 percent of the time)

1    2    3    4    5    6    7    8    9    10

- How often do you consume sugar, caffeine, dairy, alcohol, medical and/or recreational drugs?

1    2    3    4    5    6    7    8    9    10

- How many meals per week are eaten out at restaurants or are institutionally provided?

1    2    3    4    5    6    7    8    9    10

- How often do you buy organic foods?

1    2    3    4    5    6    7    8    9    10

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- Where do you buy groceries: (check all that apply)
  - \_\_\_\_\_ Supermarket (Ralphs, Pavillions, Vons, Gelsons)
  - \_\_\_\_\_ Whole food specialty – (Whole Foods, Wild Oats)
  - \_\_\_\_\_ Natural foods, local ownership
  - \_\_\_\_\_ Trader Joes
  - \_\_\_\_\_ Costco
  - \_\_\_\_\_ Farmer’s Market
  - \_\_\_\_\_ CSA (Consumer Supported Agriculture)
  - \_\_\_\_\_ Wherever I am
  - \_\_\_\_\_ Other \_\_\_\_\_
- Are your grocery expenses part of your health budget?

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