

# COASTLINE ELDERLY NUTRITION NEWS

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## How Healthy is your Eating?

If you would like to know how healthy and nutritious your eating habits are, please do the following tests. Add your points and check your score!

When deciding what to eat, or when you eat, how often do you.....	Most of time (2 pts)	Sometimes (1 pt)	Rare/Never (0 pts)
Think about your health condition?			
Have 3 regular meals per day?			
Eat healthy snacks between meals?			
Eat a variety of foods?			
Try new foods or new preparations?			
Eat at least 6 servings of bread/cereal?			
Eat at least 3 servings of vegetables?			
Eat at least 2 servings of fruits?			
Eat at least 2 servings of milk or dairy?			
Avoid foods high in fat?			
Avoid foods high in sugar?			
Drink at least 6 glasses of water daily?			
Drink alcohol in moderation?			
Balance eating and your exercise?			
<b>TOTAL</b> (add the columns to get your total)			

### Results

- 24 + points:** Very good! You are eating healthy, nutritious foods
- 23 – 16 points:** Good! You are eating well. You may want to try to improve in the areas where you responded “sometimes” or “rarely/never”.
- 15 – 9 points:** You are eating well sometimes but not as frequently as it should be to have good nutrition and prevent some health problems.
- 9 – 0 points:** You should review your eating habits and try to incorporate some healthy, nutritious changes to your eating practices.

Sources: Jean Mayer USDA Human Nutrition Research Center on Aging at Tufts University

### Meals on Wheels and Sodium

Our meals provide up to 1300 mg of sodium. The current recommendation for sodium is 1500-2300 mg of sodium each day. Let's see how our meals fit into the recommendations:

Breakfast	aim to consume	350 – 400 mg of sodium
Lunch: Meals on Wheels	provides	600 – 1300 mg of sodium
Dinner	aim to consume	550 – 650 mg of sodium
<b>TOTAL:</b>		<b>1500 – 2350 mg of sodium</b>