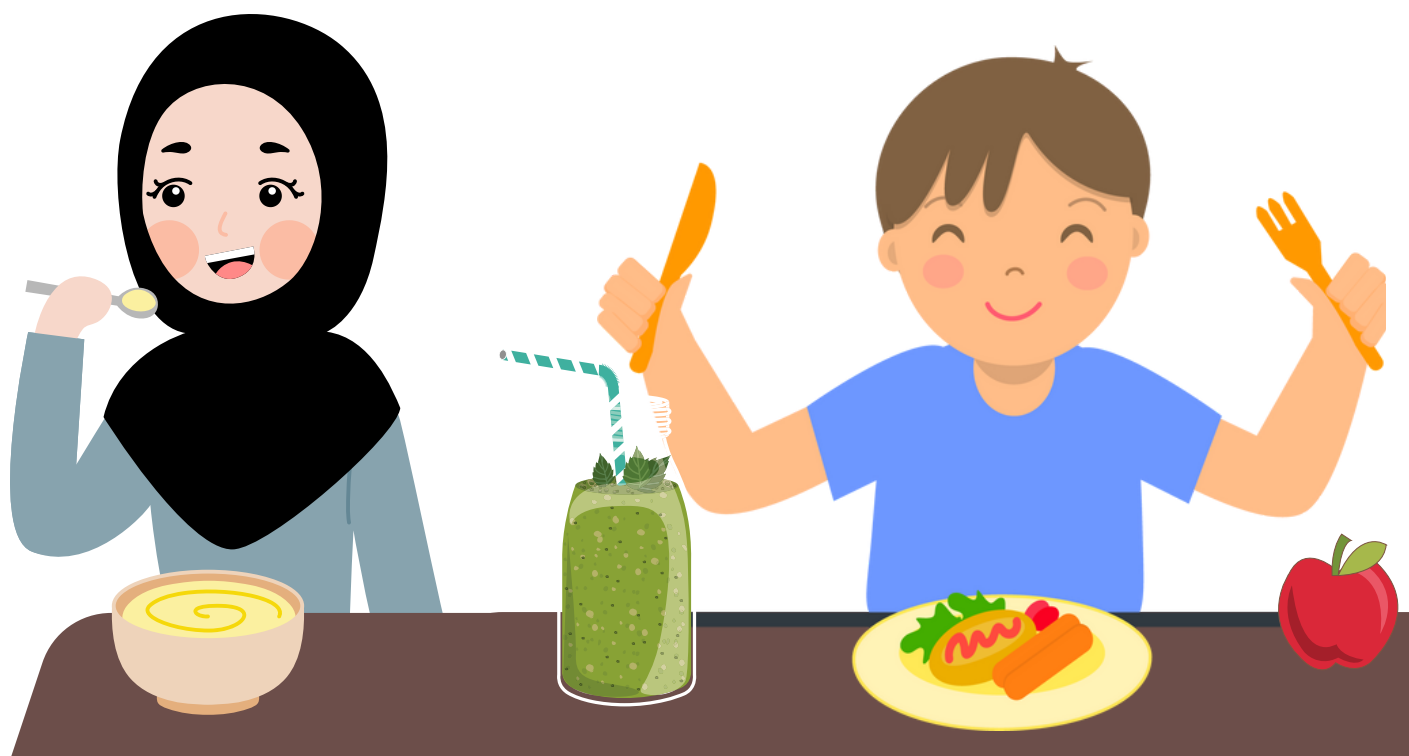


The Impact of Lifestyle Choices: How Our Decisions Affect Our Health and Happiness – The Diet Edition

Making positive lifestyle choices can have a significant impact on your physical, mental, and emotional health.

Your choices in one area can have a ripple effect on other areas of your life, almost similar to the domino effect. Just like a domino, everything stays stable until one push changes the position of one block and makes the others fall, too!

By making positive changes to your diet, exercise routine, sleep habits, stress management, and social connections, you can improve your overall well-being and quality of life.



This self-reflection worksheet is designed to help you assess your current lifestyle choices and provide tips and strategies for making positive changes to build a healthier one.

Answer the questions below to get a better understanding of your current lifestyle, how it's impacting you, and how you can take small steps towards improving it.

SELF-ASSESSMENT SCALE FOR DIET

Instructions: Please answer each question to the best of your ability based on your typical eating habits over the past month. Choose the answer that best reflects your typical behaviour.

How often do you eat fruits and vegetables?

- a. At least 5 servings per day
- b. 3-4 servings per day
- c. 1-2 servings per day
- d. Rarely or never

How often do you eat whole grains?

- a. At least 3 servings per day
- b. 1-2 servings per day
- c. Rarely or never

How often do you consume processed foods?

- a. Rarely or never
- b. Once a week
- c. 2-3 times per week
- d. Daily

How often do you consume sugary drinks and desserts?

- a. Rarely or never
- b. Once a week
- c. 2-3 times per week
- d. Daily

How often do you eat red meat?

- a. Rarely or never
- b. Once a week
- c. 2-3 times per week
- d. Daily

Scoring Scale:

For each question, assign yourself the following points:

Question 1:	Question 2:	Question 3:	Question 4:	Question 5:
a. 4 points	a. 3 points	a. 1 point	a. 1 point	a. 4 points
b. 3 points	b. 2 points	b. 2 points	b. 2 points	b. 3 points
c. 2 points	c. 1 point	c. 3 points	c. 3 points	c. 2 points
d. 1 point		d. 4 points	d. 4 points	d. 1 point

Score Interpretation:

15-18 points: Excellent. Your diet is healthy and well-balanced. Keep up the good work!

10-14 points: Good. Your diet is generally healthy, but there is room for improvement. Consider making small changes to improve your overall health.

5-9 points: Fair. Your diet is somewhat unhealthy, and changes are needed to improve your overall health.

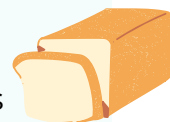
0-4 points: Poor. Your diet is unhealthy, and significant changes are needed to improve your overall health. Consider seeking the advice of a healthcare professional or registered dietitian to develop a plan for a healthier diet.



TIPS AND STRATEGIES ON IMPROVING YOUR DIET:



- **Incorporate a variety of fruits and vegetables:** Aim for at least 5 servings of fruits and vegetables per day, and choose a variety of colors to get a wide range of vitamins and minerals.
- **Choose whole grains:** Opt for whole grains such as brown rice, quinoa, and whole-wheat bread instead of refined grains like white bread and pasta.
- **Include lean protein sources:** Choose lean protein sources such as chicken, fish, beans, and tofu. Limit consumption of red and processed meats.
- **Limit saturated and trans fats:** Choose healthier fats such as olive oil, nuts, and avocados, and limit saturated and trans fats found in fried foods, baked goods, and fatty meats.



- **Reduce added sugars:** Limit sugary drinks, desserts, and snacks, and choose naturally sweet foods like fruit instead.
- **Plan ahead:** Plan your meals and snacks in advance to avoid impulse decisions and unhealthy choices.
- **Read food labels:** Check the ingredients list and nutrition information to make informed choices about what you eat.
- **Cook at home:** Cooking at home allows you to control the ingredients and portion sizes, and can help you save money.



- **Seek guidance from a registered dietitian:** A registered dietitian can help you develop a personalised nutrition plan to meet your individual needs and goals.
- **Make small changes:** Remember, making small changes to your diet can lead to big improvements in your overall health and well-being.
- **Practise mindful eating:** Focus on each step, from observing your food (for example, its colour, texture, and size) to feeling how it tastes on your tongue (for example, sweet, tangy, sour).



If you, or someone you know is looking to seek professional help, reach out to us at **The Mood Space**, <https://www.themoodspace.com/getstarted> and our Care Team will get back to you within 24 hours.

Not looking for professional help just yet? We understand, keep browsing through our Care Space tools and explore our self-help handouts and worksheets to navigate mental health-related challenges in a better manner.

