



Nutrition—Activity Quiz

Are you living smart?

Eating right can help you stay healthy and may reduce risk of falling.

Write Yes or No next to each question, and see how you can keep living smart!

- _____ I drink fluids at least 6 times a day.
- _____ I eat at least 5 servings of fruits and vegetables every day.
- _____ I eat at least 6 servings of bread, rice, pasta, and cereal every day.
- _____ I drink milk, fortified soy or rice “milk” or eat yogurt at least 3 times a day.
- _____ I rarely eat processed and red meat.
- _____ I rarely eat high-fat (low in protein) meat like bacon, hot dogs, sausage.
- _____ I take it easy on high-fat baked goods, such as pies, cakes, cookies, sweet rolls, and doughnuts.
- _____ I am outside for at least 15 – 20 minutes most days.
- _____ I keep my blood pressure and/or blood sugars under control.
- _____ I am physically active for at least 30 minutes on most days of the week instead of watching television or sitting.
- _____ I never, or rarely, drink alcohol.
- _____ I have talked with my doctor about taking a multivitamin & mineral pill.

(modified from the American Cancer Society self assessment quiz)



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2260 Park Towne Circle, Suite 100 • Sacramento, CA 95825
Phone: (916) 486-1876 • Fax: (916) 486-9454 • www.a4aa.com



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