

DIET CHANGE ASSESSMENT

Changes to what you eat and drink can have a positive impact on your overall health. Altering familiar routines and habits can be difficult, and you might wish to have support as you adjust to new food choices.

	I feel confident	I have some concerns and I may need support	I need support	Has this changed recently?
Learning new recipes	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	YES / NO
Finding these foods in my area	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	YES / NO
Cooking/preparing these foods	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	YES / NO
Eating out at restaurants	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	YES / NO
Getting others' support	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	YES / NO
Affording these foods	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	YES / NO
Finding substitutions	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	YES / NO
Packing lunches for work or school	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	YES / NO
Attending family events	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	YES / NO
Birthdays and community celebrations	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	YES / NO
Holiday celebrations	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	YES / NO
Buying groceries	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	YES / NO
Other _____	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	YES / NO