

My Food Rx

What is your current score? Aim to increase your score by 2 points. Try to achieve 7-10 points each day. It's not about food deprivation but choosing the right kinds of food.

Food Intake: Note serving size and frequency

Score 1 point if you had...	Mon	Tue	Wed	Thu	Fri	Sat	Sun
<ul style="list-style-type: none"> At least 2-3 cups of vegetables (dark leafy greens, peppers, cucumbers, tomatoes, carrots, squash, etc) PER DAY 	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<ul style="list-style-type: none"> About 1/4 cup of legumes (lentils, peanuts, beans, chickpeas, peas, soybeans, etc) PER DAY 	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<ul style="list-style-type: none"> About 1 1/2 cups of fruits (apples, berries, citrus, grapes, etc) PER DAY About 1/4 cup of tree nuts (almonds, walnuts, cashews, etc) PER DAY 	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<ul style="list-style-type: none"> About 1 1/2 cups of whole grains or whole-grain cereal (oats, brown rice, corn, popcorn, quinoa, amaranth, etc) PER DAY 	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<ul style="list-style-type: none"> About 2 servings of fish (4-oz/serving, 1/4 lb or the size of a deck of cards, etc) PER WEEK 	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<ul style="list-style-type: none"> Plant-based oil and fat (omega-3 e.g. extra-virgin olive oil, oils from flaxseed, avocado, walnut, chia > omega-6 e.g. oils from safflower, corn, sunflower, soybean) PER DAY 	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<ul style="list-style-type: none"> Less than 1 cup (8 oz.) of low-fat, fermented dairy PER DAY 	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<ul style="list-style-type: none"> Less than 3-4 oz, 1/4 lb or the size of a deck of card of lean meat (loins, skinless chicken) PER DAY 	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<ul style="list-style-type: none"> Less than 1 glass of wine for women or 2 glasses for men PER DAY 	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<ul style="list-style-type: none"> About 8-10 cups (~2-2.5 L) of water PER DAY 	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Tips for Adherence:

1. Score on all the points before grabbing your unhealthy food. Better still, substitute an unhealthy snack with choices from the fruit, nuts, and legume section.
2. Practice mindful awareness. Note eating patterns. Do you eat when...
 - > you are hungry?
 - > you are thirsty?
 - > you are bored?
 - > you are sad?
 - > you are mad?
 - > you are happy?
 - > Do you know when to stop?
3. Read the label and learn how to interpret.
4. Find an accountability partner.
5. Join a community and have fun! Search Culinary Medicine on Facebook.
6. Share learnings and encourage each other.
7. Advocate for food security and sustainability and spread awareness about Culinary Medicine.