



# *Healthy Scorecard*

A test of 15 important nutrients necessary for fun living.  
See which ones you are lacking and what to do about it.

*With Annette Reeder*

# *Are you ready to see your grade?*



Test – Grades – ARRGH,

Life always has test. From getting your driver's license to graduating from high school or grad school – no passing till you make the grade. It is impossible to avoid test.

But this test is for your benefit – I think my teachers used to say that as well. But it's true. Take this test and see how you score on these 15 vital nutrients.

Pass – or fail – is up to your interpretation.

A high score is not good. Think golf, low score wins. The higher the score the more you need to increase the foods listed in your diet.

The lower the score the better and healthier you are. If you need to increase this nutrient in your diet then identify the foods suggested, find them in their most natural form and then add them in daily.

Can you retest? Of course, as often as you like. Keep increasing (lowering) your score – give your self- a high five or shout hallelujah!

# 15 Important Nutrients

This form is not intended to diagnose or treat. The score is for your benefit to see what foods and/or supplements might be helpful with your health.

\*\* If any part of a question applies, score it: 1—Mild, 2—Moderate, 3—Severe

## ENERGY AND STRESS RELIEF

### B-COMPLEX

- frequent fatigue
- irritability
- depression
- craving for sweets, alcohol, coffee
- hurt all over
- fits of temper
- heart palpitations
- hair loss
- digestive problems: gas, burping, bloating
- high stress level
- mood changes and anxiety attacks
- Carpel Tunnel Syndrome
- PMS, excessive fluid retention
- headaches
- memory problems
- interested in preventing heart disease
- Hypoglycemic tendencies: emotional on an upset stomach, shakiness, headaches, weak spells, dizziness, lack of concentration, tired mid-afternoon

### Food Sources

Whole grains, wheat, nuts, seeds, oats, eggs, beans, soy, brown rice, buckwheat, legumes

**B-COMPLEX SCORE:** \_\_\_\_\_

# 15 Important Nutrients

\*\* If any part of a question applies, score it: 1—Mild, 2—Moderate, 3—Severe

## ENERGY AND STRESS RELIEF

### CALCIUM MAGNESIUM

- muscle cramps, tension
- insomnia
- foot or leg cramps
- frequent backache
- headaches
- arthritis, joint pain
- irregular heartbeat
- osteoporosis
- PMS, menopause
- susceptibility to bone fractures
- consume less than 3 servings of yogurt, organic milk, organic cheese
- tooth grinding
- anxiety, fear, nervousness

CALCIUM MAGNESIUM SCORE: \_\_\_\_\_

### Food Sources

Yogurt, organic RAW milk, carob, collards,  
green leafy greens, almonds, nuts, broccoli,  
oats, kale, kelp, cheese, apricots, apples

# 15 Important Nutrients

\*\* If any part of a question applies, score it: 1—Mild, 2—Moderate, 3—Severe

## ANTIOXIDANTS

### CAROTENOIDS— BETA-CAROTENE

- acne, blackheads, warts
- poor night vision
- macular degeneration
- prostate problems
- cervical abnormalities
- lung disease
- asthma
- emphysema
- history of bronchitis or pneumonia
- cataracts and/or glaucoma
- aging spots on skin
- history of cancer
- goose bumps on backs and arms
- dry rough skin
- frequent illness
- weak immune system
- current or past smoker
- history of heart disease

### Food Sources

Spinach, peaches, sweet potatoes, pumpkin, squash, kale, beets, broccoli, apricots, turnip greens

CAROTENOIDS— BETA-CAROTENE SCORE: \_\_\_\_\_

# 15 Important Nutrients

\*\* If any part of a question applies, score it: 1—Mild, 2—Moderate, 3—Severe

## ANTIOXIDANTS

### VITAMIN C

- bleeding gums/ mouth & gum disease
- smoke cigarettes
- varicose veins/ broken capillaries
- frequent colds or flu
- bruise easily
- hangnails, cuticles tear easily
- nosebleeds
- slow healing of wounds or fractures
- allergies, asthma, bronchitis
- arthritis
- history of cancer
- high cholesterol/ heart conditions
- high level of stress
- eat less than 2 servings of fruit daily
- eat less than 3 servings of veggies daily
- deteriorating joints, stiff joints
- anemia
- deficient lactation
- low resistance to infections
- excessive hair loss

### Food Sources

Lemons, oranges, plums, mangoes, cantaloupes, pineapple, tomatoes, radishes, peas, collards, onions, sweet peppers, grapes, strawberries, grapefruit

VITAMIN C SCORE: \_\_\_\_\_

# 15 Important Nutrients

\*\* If any part of a question applies, score it: 1—Mild, 2—Moderate, 3—Severe

## ANTIOXIDANTS

### VITAMIN E & SELENIUM

- heart conditions
- shortness of breath on exertion
- hot flashes
- diminished sex drive
- breast tenderness
- fibrocystic disorders, cystic conditions
- cold hands and feet
- poor circulation in arms and legs
- psoriasis
- leg pain
- low exercise tolerance
- hormonal imbalances
- high blood pressure
- history of tumors
- blood clots
- excessive exposure to sunlight, x-rays, & other forms of radiation
- history of miscarriages
- scar formation
- sterility
- eat fried & processed foods
- aging spots on skin/premature aging
- HIV virus

### Food Sources

Brown rice and other whole grain rice varieties, nuts, eggs, cornmeal, oatmeal, beans, green leafy veggies, wheat

VITAMIN E & SELENIUM SCORE \_\_\_\_\_



# 15 Important Nutrients

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## ANTIOXIDANTS

### CO-Q 10

- fatigue
- shortness of breath
- low exercise tolerance
- poor circulation
- chest pain or tightness
- fluid retention in legs or feet
- heart disease
- congestive heart failure
- high LDL cholesterol
- on cholesterol lowering medication
- irregular heartbeat rhythm
- Parkinson's, or Huntington's disease
- overweight
- slow metabolic rate
- middle age or older

CO-Q 10 SCORE: \_\_\_\_\_

### Food Sources

Avocadoes, soy, spinach,  
mackerel, salmon, sardines



# 15 Important Nutrients

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## ANTIOXIDANTS

### FLAVANOIDS

- weak immune system
- bruising
- varicose veins
- hemorrhoids
- asthma
- allergies
- sinus problems
- eczema
- psoriasis
- hives
- cataracts
- ulcerative colitis
- cancer
- gout
- inflammation
- osteoporosis
- toxic household

### Food Sources

Bilberries, blueberries, onions, apples, broccoli, tomatoes, soy beans, green tea, cherries, red cabbage, carrots, limes

FLAVANOIDS SCORE: \_\_\_\_\_

# 15 Important Nutrients

\*\* If any part of a question applies, score it: 1—Mild, 2—Moderate, 3—Severe

## CLEANSING NUTRIENTS

### ALFALFA

- allergies
- bad breath
- asthma
- puffy eyes
- joint pains
- swollen ankles and feet
- arthritis
- difficult or painful urination
- digestive problems, gas, bloating, burping
- body odor
- excessive fluid retention
- smelly feet
- kidney or bladder infections
- hiatal hernia
- sinus problems
- Diabetes
- colon problems
- constipation

ALFALFA SCORE: \_\_\_\_\_

### Food Sources

Alfalfa

# 15 Important Nutrients

\*\* If any part of a question applies, score it: 1—Mild, 2—Moderate, 3—Severe

## CLEANSING NUTRIENTS

### PROBIOTICS

- antibiotic usage
- birth control pills or steroids
- mood swings & irritability
- cravings for sweets, breads & alcohol
- problems in moldy areas or on muggy days
- sensitivity to perfumes, chemical odors, etc.
- being really bothered by tobacco smoke
- athlete's foot, fungus infections on nails & skin
- repeated pregnancies

#### IN INFANTS:

- diaper rash that is worse in the skin folds
- thrush or white patches on inner cheeks of mouth
- a white coated tongue
- excessive genital touching
- frequent ear infections

#### IN CHILDREN:

- thickly coated or patchy, white tongue
- red ring around the anus or rectal area
- itchy genital area leading to frequent touching
- chronic hair or foot odor
- bloated abdomen and bowel complaints
- frequent infections, particularly of the ears & tonsils
- muscle aches and/or weakness

### Food Sources

Yogurt, kefir, cultured dairy, miso, sauerkraut, tempeh; many foods can be fermented to get the probiotics for good health

\*\* If any part of a question applies, score it: 1—Mild, 2—Moderate, 3—Severe

## CLEANSING NUTRIENTS

### PROBIOTICS CONTINUED

#### IN ADOLESCENTS & ADULTS

- frequent fatigue, lethargy and drowsiness
- frequent infections
- frequent feelings of spaciness
- poor memory
- inability to make decisions
- bloating, belching, or intestinal gas
- muscle aches and/or weakness
- recurrent skin problems
- pain and/or swelling in joints
- depression
- abdominal pain
- loss of interest in sex
- Endometriosis or infertility
- Prostatitis or impotence
- anxiety attacks or frequent crying
- PMs
- mucus in stools
- rectal itching
- constipation and/or diarrhea
- pelvic pain
- burning or white coated tongue
- blurred vision
- spots in front of eyes
- rash or blisters in mouth
- excessive vaginal discharge/itching
- dizziness/loss of balance/no coordination
- pain or tightness in chest

PROBIOTICS SCORE: \_\_\_\_\_

# 15 Important Nutrients

\*\* If any part of a question applies, score it: 1—Mild, 2—Moderate, 3—Severe

## CLEANSING NUTRIENTS

### GARLIC

- throat and ear infections
- frequent diarrhea, dysentery
- fungal infections
- high cholesterol
- blood clots
- indigestion
- allergies
- sinus infections
- ulcers
- colitis
- repeated viral infections
- recurrent bacterial infections
- infected wounds
- history of bronchitis
- frequent sore throats
- history of cancer
- heavy metal toxicity
- Candida infections
- excessive fluid retention
- premature aging
- cancer prevention
- lowered immune system

### Food Sources

Fresh garlic, crushed

GARLIC SCORE: \_\_\_\_\_

# 15 Important Nutrients

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## HERBAL

### SAW PALMETTO

- enlarged prostate glands
- decreased urinary output
- frequent urination
- urinary tract infections
- lack of interest in sex
- impotence
- stress and tension
- sterility
- asthma
- bronchitis
- colds & congestion
- dysmenorrhea
- water retention

SAW PALMETTO SCORE: \_\_\_\_\_



# 15 Important Nutrients

\*\* If any part of a question applies, score it: 1—Mild, 2—Moderate, 3—Severe

## HERBAL

### VALERIAN

- insomnia
- muscle tension
- stress
- over-excitability
- hysteria
- stomach cramps
- intestinal colic
- gas pains
- migraine headaches
- rheumatic pain

VALERIAN SCORE: \_\_\_\_\_

### Food Sources

This is an herbal nutrient, supplements would be necessary. Consider the calcium magnesium score since that has a tendency to help with sleep.



# 15 Important Nutrients

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## HERBAL

### IRON

- anemia
- heavy menstrual bleeding
- excessive fatigue
- very pale skin
- dizziness
- nervousness
- slow mental reactions

IRON SCORE: \_\_\_\_\_

### Food Sources

Eggs, fish green leafy veggies,  
whole grains, almonds, avocados,  
beets, molasses, peaches, pears

# 15 Important Nutrients

\*\* If any part of a question applies, score it: 1—Mild, 2—Moderate, 3—Severe

## HERBAL

### ZINC

- poor sense of smell
- white spots on fingernails
- dandruff
- acne, especially teenage acne
- perspire heavily and often
- chronic colds and flu
- slow healing of wounds
- white-coated tongue
- taking estrogen
- thinning hair
- prostate problems
- fertility problems
- Diabetes
- anorexia
- high levels of stress

### Food Sources

Egg yolks, fish, kelp, legumes, mushrooms, pecans, pumpkin seeds, soy lecithin, sunflower seeds

ZINC SCORE: \_\_\_\_\_

### Sources:

Advanced Human Nutrition 2nd Edition

Nutrition From Science to You

Gemma Gorham, M.P.H. 2002

Prescription for Nutritional Healing, Balch 2006

Treasures of Healthy Living Bible Study

Treasures of Health Nutrition Manual