

Step 3: Assess

Assess your eating and your shopping trends

Why is this step important?

You have now understood through “Step 1: Assimilate” the facts on how food impacts your body and the role of food in your life, affecting your physical state, mental emotions, intellectual abilities, your relationships and spiritual growth. You have expressed in writing your concerns and questions that could become an obstacle in eating right through “Step 2: Articulate”.

But, unless you exactly know where you are currently, you cannot create a roadmap to where you want to go.

It is like the GPS. When you type in the destination address, it will first acquire the satellite information to determine where you are, and then begin to calculate the route to reach your desired location. So assessing your eating and shopping trends is vital to your taking the next step.

1. Eating Assessment

Method 1: Go to <https://www.supertracker.usda.gov>

Create a profile and find out the daily calorie limit and food group targets. For a week enter everything you eat and note down where you stand in your eating.

I tried a sample entry of soy milk which I have highlighted in yellow below.

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You are here: [Home](#) > [Track Food & Activity](#) > [Food Tracker](#)



Today
selected date



Physical Activity Target

Week of 04/14/13 to 04/20/13

Target	AT LEAST 150 minutes per week
Actual	0 minutes

Daily Calorie Limit

Allowance	1800
Eaten	108
Remaining	1692

Daily Food Group Targets [More Info](#)>

Target	6 oz.	2½ cup(s)	1½ cup(s)	3 cup(s)	5 oz.
Eaten	0 oz.	0 cup(s)	0 cup(s)	1 cup(s)	0 oz.
Status	-	-	-	Under	-

Food Tracker

Search and add food to view how your daily choices stack up to your food group targets and daily limits. Make tracking and planning ahead simple by using the Copy Meals and Create a Combo features.

Search: for



[Search Tips](#)

[Food Details](#)[My Favorite Foods List](#)

You added Milk, soy (soy beverage) to Breakfast.



Meals



Total Eaten:

108 Calories

Breakfast

108 Calories

Milk, soy (soy beverage) 1 cup

108 Calories(0 Empty Calories*)

[Edit](#)
[Remove](#)
[My Favorite](#)

Lunch

0 Calories

EMPTY

Dinner

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0 Calories

EMPTY

Snacks

0 Calories

EMPTY

Total Percentage of Target

[Graph
Data](#)

Related Links: [Nutrient Intake Report View By Meal](#)

Daily Limits

Total Calories Eaten: **108**
Empty Calories* Eaten: 0

Empty Calories* Limit: 161 Total Limit: 1800

Oils

Eaten: 0 tsp.

Limit: 5 tsp.

Saturated Fat

Eaten: 1g

Limit: 20g

Sodium**

Eaten: 115mg

Limit: 1500mg

Method 2: You can also use the following simple Eating Assessment Worksheet I created to track what you are eating. It will tell you if you are above or below your recommended target. I have given for 10 days on this sheet, but you can track it for more than 10 days if your eating habits are really bad.

If you cannot print, create a similar format in your notebook allocated for this and start tracking.

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1. Eating Assessment Worksheet:

	How many cups or ounces?					
	Grains	Vegetables	Fruits	Protein	Dairy	
Day 1 - Breakfast						
- Lunch						
- Dinner						
- Snacks						
- Total						
Day 2 - Breakfast						
- Lunch						
- Dinner						
- Snacks						
- Total						
Day 3 - Breakfast						
- Lunch						
- Dinner						
- Snacks						
- Total						
Day 4 - Breakfast						
- Lunch						
- Dinner						
- Snacks						
- Total						
Day 5 - Breakfast						
- Lunch						
- Dinner						
- Snacks						
- Total						
-						

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	How many cups or ounces?					
	Grains	Vegetables	Fruits	Protein	Dairy	
Day 6 - Breakfast						
- Lunch						
- Dinner						
- Snacks						
- Total						
Day 7 - Breakfast						
- Lunch						
- Dinner						
- Snacks						
- Total						
Day 8 - Breakfast						
- Lunch						
- Dinner						
- Snacks						
- Total						
Day 9 - Breakfast						
- Lunch						
- Dinner						
- Snacks						
- Total						
Day 10- Breakfast						
- Lunch						
- Dinner						
- Snacks						
- Total						
Net Total over 10 day Period						

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Shopping List Assessment

Make a shopping list for the week and for each item in your list, mark it as to in what category it fits in. If your list includes chips, soda, chocolates etc., put it under the category “Others”. Watch how many items fall into each category and if they are in proportion to how much you have to consume in each category. For example, since vegetable is more than your protein requirement, your shopping list should have more vegetables than protein.

Sample:

Shopping List	Grains	Vegetables	Fruits	Protein	Dairy	Other
Apples			X			
Broccoli		X				
Rice	X					
Chocolates						X

I consider myself to be a healthy eater and I am not over weight. But when I assessed myself, I found I could improve on my vegetable and fruit intake every day. Some days, when the fruits became empty at home, I did not immediately go the grocery store and buy them. Sometimes I went to the store unprepared and did not buy for the entire week. So there were days when I did not follow my goal of eating balanced meals. So these self-assessment worksheets helped me a lot. Now I ensure that I don't run out of them OR I invest 30 minutes to go to the store and get just the fruits or vegetables I need.

No matter what stage you are in, I recommend that you sincerely assess your situation as to what you eat and what you shop.

1. Fill the day's assessment above by going to online tracking system or print and fill my Eating Assessment Worksheet above.
2. Also print and fill the Shopping Assessment Worksheet below before going to Step 4.

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2. Shopping List Assessment Worksheet:

Shopping List	Grains	Vegetables	Fruits	Protein	Dairy	Other