



## DR JEWKES/MEDICAL ADVISOR CHECK OUT YOUR DIET

Many people would like to believe that as long as they take their vitamin supplements they can keep eating all the "bad" foods that they love. But you cannot rely on diet, supplements, or exercise alone to keep you healthy. All three are essential. Rain Nutrition has provided a balanced program for that gradual and consistent weight loss and balanced health profile, if followed with diet and exercise. I have put together a diet check questionnaire to assist you with our program.

1. Do you add sugar to food or drink almost every day?
2. Do you eat foods with added sugars almost every day?
3. Do you use salt in your food?
4. Do you drink more than one cup of coffee most days?
5. Do you drink more than three cups of tea most days?
6. Do you smoke more than five cigarettes a day?
7. Do you drink more than 10 oz. of alcohol a day?
8. Do you eat fried food more than twice a week?
9. Do you eat processed fast food more than twice a week?
10. Do you eat red meat more than twice a week?
11. Do you often eat foods containing additives and preservatives?
12. Do you eat chocolate or sweets more than twice a week?
13. Does less than a third of your diet consist of raw fruit and vegetables?
14. Do you drink less than ½ pint (300 ml) of plain water each day?
15. Do you normally eat white rice, flour, or bread rather than whole-grain?
16. Do you drink more than 3 pints of milk a week?
17. Do you eat more than three slices of bread a , on average?
18. Are there some foods you feel "addicted" to?
19. Do you eat oily fish less than twice a week and/or seeds less than daily?

A score of: 0-4: you are obviously a health-conscious individual and minor indiscretions are unlikely to affect your health.

A score of: 5-9: you are on the right track, but must be a little stricter with yourself. Rather than giving up your bad habits, set yourself easy experiments. For instance, for one month go without two or three of the foods or drinks you know are not good for you. Aim to have your score below five within three months.

A score of: 10-14: your diet is not good and you will need to make some changes to be able to reach optimum health. But take it a step at a time. You should aim to have your score down 5 within six months. Remember sugar, salt, coffee, and chocolate are all addictive foods. Your cravings will dramatically decrease or go away altogether after one month without them.

A score of: 15-19: There is no way you can continue to eat like this and remain in good health. Follow the advice in the above paragraph and carefully make gradual and permanent changes to your lifestyle. For instance, take two questions to which you answered yes and make changes so that one month later you could answer no (one example would be to stop eating sugar and drinking coffee in the first month). Keep doing this until your score is five or less. You may feel worse for the first two weeks, but with a month you begin to feel the positive effects of health eating.

Remember our goal here at Rain is to provide the best products for improved health and welfare. Our weight loss program provides you with the tools to turn that bulge into muscle and leaner look. I highly recommend that using Pure, Soul, Storm, and Rush with our program and taking this diet questionnaire will get you on the way for that health you need and desire. Good luck and keep Rain Nutrition updated with your progress by joining the Rain Health Club

