

Practitioner Only

Nutritional Assessment Form

Quick Quiz

1. How many servings of *unprocessed* whole grain foods do you consume *each day*?

0 1 3 5 7 >7

2. How many servings of *fresh* fruit and vegetables do you consume *each day*?

0 1 3 5 7 >7

3. How many servings of *fresh* fish do you consume *each week*?

0 1 3 5 7 >7

4. How many servings of the following *protein rich foods* do you consume (on average) *each week*?

Red Meat 0 3 5 7 >7

White Meat 0 3 5 7 >7

Fish 0 3 5 7 >7

Dairy 0 3 5 7 >7

Eggs 0 3 5 7 >7

Nuts 0 3 5 7 >7

Other 0 3 5 7 >7

5. How many *Take-away or Fast Food meals* do you consume *each week*?

0 1 3 5 7 >7

Listed below are a number of nutrient groups with conditions that numerous scientific studies have shown to be benefited by the intake of that particular nutrient group. Tick the Appropriate Boxes.

Phytolipids & Phytosterols

- Chronic Fatigue Lethargy
- Allergies Infections
- Hormonal Imbalance Arthritis
- Poor Assimilation

GNLD Wholefood Products containing phytolipids & phytosterols: Tre-en-en, Formula IV (Plus), Vita Squares

Carotenoids (antioxidant phytonutrients)

- Anti-Cancer Activity Immune System Disorders
- Low Immune System Macular Degeneration
- Cell Membrane Protection Cataracts
- Infections Blood Lipid Oxidation

GNLD Wholefood Products containing carotenoids: PhytoDefense, Carotenoid Complex, BetaGard, Vita Gard

Flavonoids (antioxidant phytonutrients)

- Anti-Cancer Activity Inflammation
- Heart Health Low Immune System
- Vascular Health

GNLD Wholefood Products containing flavonoids: PhytoDefense, Flavonoid Complex, Vita Gard

Cruciferous Compounds

- Anti-Cancer Activity Low Immune System
- High Cholesterol (LDL) Carcinogenic Toxicity

GNLD Wholefood Products containing cruciferous compounds: PhytoDefense, Cruciferous Plus

Complete Protein (22 Amino Acids)

- Fatigue Cravings
- Weight Management Infections
- Hormone Production Allergies
- Injuries / Healing Poor Nails and/or Hair

GNLD Wholefood Products containing all 22 Amino Acids: Nourishake, Vegetarian Protein, GR²Control Meal Replacement

Marine Omega-3's (EPA & DHA)

- Joint Stiffness/Pain High Triglycerides
- High Cholesterol (LDL) Arthritis / Rheumatism
- Inflammatory Disorders Psoriasis / Eczema
- Asthma Poor Memory
- Migraine Headache High Blood Pressure
- ADHD Inflammatory Bowel Disorders
- Prostate Problems

GNLD Wholefood Products containing all 22 Amino Acids: Salmon Oil

Quick Dietary Check
1. Australian Government Dietary Guidelines for Australians' recommend up to 12 servings per day of cereal foods. If you are consuming less than 7 unprocessed servings you may be missing out on essential nutrients, particularly essential lipids & sterols' necessary for cellular health and assimilation and general well-being.
2. Australian Government Dietary Guidelines for Australians' recommend 7-9 servings of fresh fruit & vegetables each day. Less than 7 servings per day and you are lacking the antioxidant, anti-aging phytonutrients that protect us from illness and disease.
3. Less than 5 servings per week of oily fish and you may be lacking important marine omega-3's (good fats) that are vital for brain function, cardiovascular health and inflammatory processes in your body, to name just a few. However, if you consume more than 1 serving per week you may be placing yourself at risk of toxin and heavy metal poisoning (incl. dioxin & mercury). A dietary dilemma!
4. In total, greater than 14-21 servings per week of protein rich foods may exceed that which is needed by your body. If the majority of your intake is meat and dairy, you may be consuming amounts of saturated (bad) fat in your diet that could be damaging to your health. If your intake is mainly from 1 or 2 groups your intake of amino acids (from protein) may be incomplete.
5. Greater than 1 Fast Food or Take-away meal per week is likely to increase your intake of saturated (bad) fats and simple carbohydrates dramatically. Both of these can seriously damage your health and simple carbohydrates, in particular, are very likely to compromise your weight, which can lead to many associated health problems and conditions.
If you are lacking in any of the above areas you should seriously consider supplementing with the 'Daily Essentials' to bring your diet back into balance, in line with the 'Healthy Dietary Pyramid', providing your body with all the nutrients it needs to thrive rather than just survive (or worse).

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Listed below are a number of nutrient groups with conditions that numerous scientific studies have shown to be benefited by the intake of that particular nutrient group. Tick the Appropriate Boxes.

Vitamin A (antioxidant)

- Poor Night Vision
- Acne
- Lung Congestion
- Ulcers
- Dry Skin
- Sinus/Ear Infections
- Weak Immune System
- Colitis/Crohn's Disease

GNLD Wholefood Products containing vitamin A: Vitamin A

Vitamin B-Complex

- Stress
- Fatigue
- Hypoglycemia
- Dizziness
- Nervousness/Depression
- Anemia
- Thinning Hair
- Nausea During Pregnancy

GNLD Wholefood Products containing vitamin B: Threshold Control Vitamin B-Complex

Vitamin C (antioxidant)

- Bleeding Gums
- Slow Healing
- Cardiovascular Problems
- Infections/Viruses
- High Cholesterol (LDL)
- Varicose Veins
- Weak Immune System
- Colds/Flu

GNLD Wholefood Products containing vitamin C: Threshold Control Vitamin C, Lemon-flavoured Powdered C, Neo-C Chewable

Broad Spectrum Antioxidant

- Food/Chemical Poisoning
- Toxic Conditions
- Environmental Toxins
- Hay Fever/Allergies

GNLD Wholefood Products containing Broad spectrum antioxidants: BetaGard

Vitamin E Group (antioxidants)

- Cardiovascular Health
- Varicose Veins
- Bruising/Purpura
- Infertility
- Leg Cramps
- Shortness of Breath
- Poor Circulation
- Brown 'Aging' Spots
- Scar Tissue
- Cold Hands & Feet

GNLD Wholefood Products containing the vitamin E group: Vitamin E Complex

Calcium & Magnesium

- Osteoporosis
- Brittle Bones
- Backache
- Leg Cramps/Aches
- Arthritis
- Heart Palpitations
- Menstrual Cramps
- Insomnia

GNLD Wholefood Products containing calcium & magnesium: Cal-Mag Chelate

Zinc

- Acne
- Prostate Problems
- Slow Healing
- Body Odour
- Weak Immune System
- Loss of Appetite

GNLD Wholefood Products containing zinc: Chelated Zinc

Multi-Minerals

- Water Retention
- Migraine
- Excessive Perspiration
- Fatigue
- Hormonal Imbalance
- Irregular Heartbeat

GNLD Wholefood Products containing multi-minerals: Multi-Min

Garlic & Allium Vegetables

- High Blood Pressure
- Candida/Infections
- High Cholesterol (LDL)
- Intestinal upsets/parasites

GNLD Wholefood Products containing garlic & allium vegetables: Garlic Allium Complex

Probiotics (good bacteria)

- Candida/Yeast Symptoms
- Indigestion
- Gas & Bloating
- Constipation

GNLD Wholefood Products containing probiotic bacteria: Acidophilus Plus

Digestive Aids

- Indigestion
- Constipation
- Bad Breath
- Heartburn/Gastric Reflux
- Gas/Bloating
- Food Allergies

GNLD Wholefood Products containing digestive aids: Betaine Digestive Aid, Enzyme Digestive Aid

Fibre

- High Cholesterol (LDL)
- Diarrhoea
- Haemorrhoids
- Diverticulosis
- Constipation
- Bowel Discomfort
- Colitis/Crohn's Disease
- Obesity/Gallstones

GNLD Wholefood Products containing fibre: Fibre Supplement, GR²Control Appetite Reducer

Weight Management

- Overweight
- Diabetes (Type II)
- Arthritis
- Obesity
- Cardiovascular Problems
- Sugar Cravings

GNLD Wholefood Products pertaining to weight management: GR²Control Meal Replacement Protein Shake, GR²Control Appetite Reducer, GR²Control Thermogenic Enhancer

Your Other Specific Concerns

