

HEALTHY SCORECARD

By Annette Reeder



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

Are you ready to grade your health?



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.

This test - Healthy Scorecard—is for your benefit – I think my teachers used to say that as well.

It's true. Take this test and see how you score on these 15 vital nutrients.

Pass – or fail – is your interpretation.

A high score is not good. Think golf, low score wins. The higher the score the more attention is needed to increase the foods listed on the page into your diet.

The lower the score the better the health. Each category will suggest foods to improve your score and vitamins that may help as well.

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

BONUS—because mental wellness is finally being recognized as the key to health and the spoon that stirs the pot of how you feel I have added it as a bonus—FIRST!

BONUS—Mental Wellness

Mental wellness can be impacted by a wide range of factors—from stress exposure and sleep quality, to the balance between hormones, neurotransmitters and the bacteria in your gut. It may be helpful to gauge your overall exposure to mental wellness stressors using the simple questionnaire below.

In general, how often do you..... *SCORE: 1 for often, 2 for occasionally, 3 rarely*

1. ...experience stressful situations? ____
2. ...feel tired or fatigued? ____
3. ..., get less than eight hours of sleep? ____
4. ... feel anxious or depressed? ____
5. ... feel overwhelmed or confused? ____
6. ... have low sex drive? ____
7. ... put on weight around the belly? ____
8. ...diet to lose weight? ____
9. ... get 'stressed out' by choosing the foods to eat? ____
10. ...crave carbohydrates (sugars, sweets, bread, or other comfort foods)? ____
- 11.... experience digestive problems such as gas, bloating or heartburn? ____
- 12.... experience tension headaches? ____
- 13.... experience problems concentrating? ____
- 14.... get sick or catch colds/flu? ____

SUBTOTAL: 1-14 _____

15. Add one point from the subtotal for each of the words that closely describes how you have been feeling over the past two weeks.

- | | |
|----------------|----------------|
| Lively ____ | Cheerful ____ |
| Active ____ | Alert ____ |
| Energetic ____ | Motivated ____ |

Mental Wellness Assessment Results

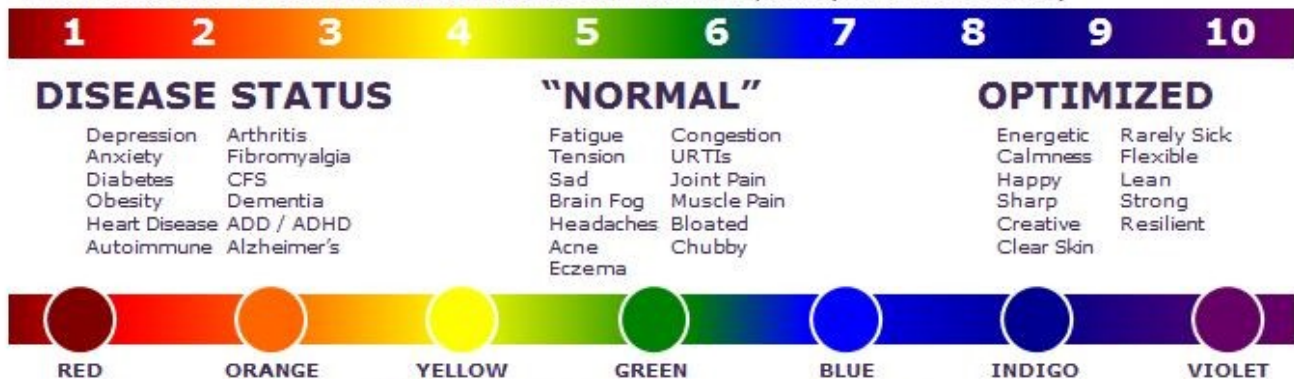
Directions: Use the scoring index below to convert your total assessment calculation and reveal your position on the Mental Wellness Continuum. Circle your continuum score and refer to the information below for an overview of your results.

Total Assessment	0-4	5-8	9-12	13-16	17-20	21-24	25-28	29-32	33-34
Calculation									
MW Continuum	1-2	3	4	5	6	7	8	9	10

THE THREE THINGS YOU SHOULD KNOW ABOUT MENTAL WELLNESS

1. How you feel is not just in your head — it's also in your gut.
2. Our "second brain" includes the microbiome and plays a major role in mental wellness.
3. You can now DO something NATURALLY to improve your mental wellness.

WHERE ARE YOU ON THE MENTAL WELLNESS CONTINUUM? (Circle your current number)



Looking to improve your results?

Your mental wellness can be greatly improved by supplementation and simple lifestyle changes.

Connect with our Gut ~ Brain ~ Heart Wellness team to set up a personalized plan. Email us at info@thebiblicalnutritionist.com.

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-Vitamins

- 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-VITAMINS SCORE: _____

Health begins in the gut. When the gut is healed energy increases, depression lessens and irritability goes away!

Start by healing the gut, then eat whole foods, then adjust B Vitamins.

15 Important Nutrients

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

ENERGY AND STRESS RELIEF

PROTEIN

- frequent fatigue
- mood swings
- irritability
- weakness in general
- poor muscle tone
- dry, lifeless hair
- slow, wound healing
- frequent colds, flu or infections
- splitting nails
- cancer prevention
- menopause symptoms
- high cholesterol
- hypoglycemic tendencies
- vegetarian diet
- low metabolism

Food Sources

Nuts, meats, eggs, yogurt,
cheese, whole grains, soy,
fish, beans, legumes
Gut healing proteins: chick
pea, hemp

* Know the Source!

PROTEIN SCORE: _____

Start each meal and snack with protein!

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
- constipation

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

Cruciferous are Crazy Good for this!

CAROTENOIDS: BETA-CAROTENE SCORE: _____

15 Important Nutrients

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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

WINTER—make oranges, lemons, limes and grapefruits a daily delight!

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 germ, cold-pressed oils

VITAMIN E & SELENIUM SCORE _____

15 Important Nutrients

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

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

Avocados, soy, spinach,
mackerel, salmon, sardines

15 Important Nutrients

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

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: _____

GUT Healing—these issues start in the gut before they reach the skin! Heal the gut first!

15 Important Nutrients

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

CLEANSING NUTRIENTS

Gut Health

- 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

Gut Health SCORE: _____

Food Sources

Fermented foods, kimchi, sauerkraut, fiber foods, vegetables, legumes, kumbutcha

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

These life building foods—truly change your health.

Pre-and Pro biotics are being discovered continually. There are families of strains.

Eat and supplement with many varieties to greatest health.

YES—you need them daily!

Score: _____

** 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: _____

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 freshly minced and added to olive oil or coconut oil is the perfect medicine for topical healing.

GARLIC SCORE: _____

15 Important Nutrients

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

HERBAL

SAW PALMETTO for MEN

- 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: _____

Food Sources

Pumpkin Seeds

15 Important Nutrients

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

HERBAL

SLEEP

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

SLEEP SCORE: _____

Food Sources

More about stress, lifestyle, eating late at night, meditation, and sugar.

Supplements for sleep vary. Some can interrupt normal hormones and others can be beneficial.

15 Important Nutrients

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

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: _____

15 Important Nutrients

NEXT STEPS

RESOURCES to CONTINUE BEING THE HEALTHIEST YOU!

If the subject of food and God's Word excites you as much as it does me then I know you will enjoy our courses to continue learning.

7 Steps to Biblical Health—this FREE course shares my key coaching steps that I use with all my clients. It is the first steps to gain control of your health and future.

40 Day Transformation: Spiritually and Physically

In a short 40 days you will learn how to identify beliefs that are holding you back in your health and all areas of your life. Add to that the basic discipline of fasting and how it can transform your mindset and health!

PLUS—even more teaching on healthy eating from a biblical perspective!

*Congratulations on
completing this
Scorecard!*

Don't miss what's happening on our YouTube channel: [The Biblical Nutritionist](#)

Weekly we share 3-4 videos that make eating fun and studying God's Word enlightening!



The Biblical Nutritionist
9.8K subscribers

15 Important Nutrients

APPENDIX—Go to the Source

FOOD Knowledge:

[Treasures of Health Nutrition Manual](#)

[Treasures of Healthy Living Bible Study](#)

Website: www.DesignedHealthyLiving.com & www.TheBiblicalNutritionist.com.

BLOOD TEST: Know your Score

[Blood test recommended to know even more](#)

[Normal Blood Test Scores Aren't Good Enough](#)

SUPPLEMENTS

Start with healing the gut with products from Amare Global. <https://myamareglobal.com/34828>

Connect with our office for personal support:
Annette@designedhealthyliving.com

DONATE to support this ministry [here](#)!

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