



www.mercedesfitness.ca

KITCHEN MAKEOVER QUESTIONNAIRE

There's a fundamental law of human nutrition that goes like this: if a food is in your possession or located in your residence, you will eventually eat it. (Whether you plan to or not, whether you want to or not, you'll eventually eat it!) Therefore, according to this important law of human nutrition, if you wish to be healthy and lean, you must remove all foods that aren't part of your healthy eating program and replace them with a variety of better, healthier choices.

So how do you know which foods have got to go and which foods can stay? Simply answer the questions to follow by selecting the response most appropriate to your situation. Once you've completed all the questions, your score will be calculated. And remember, be honest. You're doing this exercise to find out whether or not your kitchen is in good shape.

QUESTIONS	RESPONSES AND SCORING
1. Do you have the following items in your kitchen? * Good set of pots and pans * Good set of knives * Spatula * Blender * Tea kettle * Scale for weighing foods * Sealable containers for carrying meals * Small cooler for taking meals to work * Shaker bottle for drinks and shakes * Food processor	a) I have all of them. (-5) b) I have more than half of them. (-2) c) I have less than half of them. (+2) d) I don't have any of them. (+5)
2. Do you have the following items in your pantry? * Whole oats * Quinoa * Whole grain pasta * Natural peanut butter * Mixed nuts * Canned or bagged beans * Extra virgin olive oil * Vinegar * Green tea * Protein supplements * Fish oil supplements * Green foods supplements	a) I have all of them. (-5) b) I have more than half of them. (-2) c) I have less than half of them. (+2) d) I don't have any of them. (+5)
3. Do you have the following items in your fridge or freezer? * Extra-lean beef * Chicken breasts * Salmon * Omega 3 eggs * Packaged egg whites * Real cheese * At least four varieties of fruit * At least five varieties of vegetables * Flax seed oil * Water filter * Sweet potatoes	a) I have all of them. (-5) b) I have more than half of them. (-2) c) I have less than half of them. (+2) d) I don't have any of them. (+5)



www.mercedesfitness.ca

QUESTIONS	RESPONSES AND SCORING
4. Do you have the following items in your pantry? * Potato or corn chips * Fruit or granola bars * Regular or low-fat cookies * Regular peanut butter * Instant foods like cake mixes and mashed potatoes * Bread crumbs, croutons, and other dried bread products * Chocolates or candy * Soft drinks * Crackers * At least 4 types of alcohol	a) I have all of them. (+5) b) I have more than half of them. (+2) c) I have less than half of them. (-2) d) I don't have any of them. (-5)
5. Do you have the following items in your fridge or freezer? * At least 4 types of sauces * Juicy steaks or sausage * At least 2 types of breads or bagels * Take-out or restaurant leftovers * Big bowl of mashed potatoes or pasta * Margarine * Fruit Juice * Soft drinks * Baked goods * Frozen dinners	a) I have all of them. (+5) b) I have half or more than half of them. (+2) c) I have less than half of them. (-2) d) I don't have any of them. (-5)
6. Do you have bowls of candy, chips, crackers, or other snacks sitting around at home?	a) Yes (+5) b) No (-5)
7. When you have parties or dinner guests, do you serve them what you think they'll want or what you think is healthy?	a) What I think is healthy (-3) b) What I think they want (+3)
8. When food shopping, do you buy economy-sized bags, or do you buy smaller portions?	a) More than half of the time I buy economy-sized bags. (+3) b) More than half of the time I buy smaller portions. (-3)
9. How often do you shop for groceries?	a) Fewer than 3 times a month (+5) b) About once a week (-1) c) More than once a week (-5)
10. Do you keep food in plain view around the house?	a) Yes (+3) b) No (-3)
11. Do you think healthy eating means low-fat eating?	a) Yes (+2) b) No (-2)
12. If someone were to point to a food in your kitchen, would you know whether it was composed of mostly carbohydrate, protein, or fat?	a) Yes (-2) b) No (+2)



www.mercedesfitness.ca

QUESTIONS	RESPONSES AND SCORING
13. When you prepare meals from recipe books, do you use those that contain healthy recipes?	a) Most of the time (-5) b) About half of the time (0) c) Almost never (+5)
14. Do you prepare meals in advance to take with you to work, on day trips, or on vacations?	a) Yes, always (-5) b) More than half the time (-2) c) Less than half the time (+2) d) Almost never (+5)
15. Are you hesitant to throw out unhealthy leftovers or gift foods that don't fit into your nutritional plan?	a) Yes, I hate throwing food out (+5) b) No, more than half the time I throw this stuff out (0) c) No, I always throw this stuff out (-5)

YOUR SCORE AND WHAT IT MEANS:

32 TO 63 POINTS

You've scored high on the Kitchen Makeover Questionnaire. But this high score means you're not doing so well in the kitchen department. In fact, if your kitchen stays in this condition you'll have better luck winning the lottery than getting great body composition, health, and performance results. Since you're in need of an Extreme Makeover: The Kitchen Edition, here's what to do:

Step 1: Go grab an extra-large shopping bag.

Step 2: Without thinking about it, open that bag up and with your forearm, sweep every offensive food item from your fridge, freezer, and cupboards right in. These include all items from questions 4 and 5.

Step 3: Wave goodbye as this food rolls away on the back of a garbage truck.

Step 4: Get to the grocery store immediately, and pick up the foods listed in questions 2 and 3.

0 TO 31 POINTS

Your kitchen's not the worst, but could certainly use some improvement. Make sure you've got all the items listed in questions 1 through 3 and fewer of the items from questions 4 and 5. Also, be sure to begin shopping more frequently, eating fresher items, and being more aware of the foods that you're eating and when. Only then will you be equipped for success.

-31 TO -1 POINTS

Nice job; you're doing pretty well in the kitchen department. In fact, with a few minor tweaks, your kitchen will be 100% ready to go. Review this questionnaire to figure out exactly what it'll take to get closer to a perfect score of -63.

-32 TO -63 POINTS

Don't let the negative scores fool you, negative scores on the Kitchen Makeover Questionnaire mean that you don't need much of a makeover. And that's great! So congratulations on your great kitchen set-up. With your kitchen full of these great foods (like those listed in questions 2 and 3) and the right appliances, you'll be the envy of all your fitness and nutrition conscious friends.