



## Non-Diet Diet Scoresheet

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Name: \_\_\_\_\_

<b>DATE</b>									
<b>CARDIOVASCULAR EXERCISE:</b>	<b>POINTS</b>								
1 POINT PER MINUTE EXERCISE AT TARGET HEART RATE. NO POINTS FOR LESS THAN 20 MINUTES. 50 POINTS MAXIMAL									
<b>SUBTOTAL</b>	<b>50</b>								
<b>FAT CONSUMPTION:</b>									
I HAD NO FOODS COOKED IN OIL OR FRIED IN GREASE.	3								
I DID NOT ADD BUTTER OR OIL BASE PRODUCTS TO MY FOOD.	3								
ALL MY DAIRY PRODCUTS WERE LOW-FAT.	2								
MY MEAT PRODUCTS WERE VERY LEAN RED MEATS OR FISH AND POULTRY WITHOUT THE SKIN.	2								
<b>SUBTOTAL</b>	<b>10</b>								
<b>REFINED CARBOHYDRATE CONSUMPTION:</b>									
I HAD NO REFINED SUGAR. (JELLY, JAM, HONEY, SYRUP, CANDY, ETC.)	4								
I HAD NO BAKERY GOODS. (COOKIES, DONUTS, TWINKIES, CAKE, ETC.)	4								
AT LEAST I REDUCED THE PORTIONS OF MY SUGAR AND BAKERY PRODUCTS.	2								
<b>SUBTOTAL</b>	<b>10</b>								
<b>NATURAL CARBOHYDRATE CONSUMPTION:</b>									
¾ USE OF WHOLE GRAIN PRODUCTS	5								
MY SNACKS WERE FRUITS, VEGETABLES, OR GRAIN PRODUCTS. (NO SNACKS = 5 POINTS)	5								
<b>SUBTOTAL</b>	<b>10</b>								



<b>WATER CONSUMPTION:</b>								
6 OR MORE GLASSES OF WATER	10							
4 TO 5 GLASSES OF WATER	7							
2 TO 3 GLASSES OF WATER	3							
2 OR LESS GLASSES OF OTHER DRINKS	0							
3 TO 4 GLASSES OF OTHER DRINKS	-5							
5 OR MORE GLASSES OR OTHER DRINKS	-8							
<b>SUBTOTAL</b>	10							
<b>LEARNING/BEHAVIOR:</b>								
I WAS SATISFIED BUT NOT STUFFED AFTER AT LEAST ONE MEAL TODAY.	4							
I HAD AT LEAST 3 MEALS TODAY.	3							
I DID NOT SNACK WITHOUT HUNGER.	3							
<b>SUBTOTAL</b>	10							
<b>TOTAL</b>	100							
MY BODY WEIGHT								

FIG 1. The Non-Diet Diet Scoring System