

Metabolic Syndrome, Diet and Lifestyle Risk Factor Self-Assessment

YES	NO	
		Do you eat sweets – such as candy, cookies, ice cream, pastries and doughnuts – three or more times a week.
		Do you eat fat-free foods – such as fat-free muffins, fat-free fruit yogurt, fat-free cookies, or fat-free breakfast bars – more than three times a week?
		Do you eat potato chips, pretzels, breakfast bars, granola or ready-to-eat breakfast cereals more than three times a week?
		Do you eat meals that emphasize pasta, rice, corn or potatoes more than a couple of times a week?
		Do you eat burgers, hot dogs, fatty luncheon meats (e.g., bologna, ham, salami, pastrami), bacon, sausage, French fries and fried chicken more than a couple of times a week?
		Do you eat convenience foods (pizza, fast-food-style Mexican food, sandwiches or snack foods) more than a couple of times a week?
		Do you drink any regular (nondiet) soft drinks?
		Do you drink more than a small (six-ounce) glass of fruit juice per day?
		Do you drink more than three beers – or more than a pint of hard liquor – per week?
		Do you drink more than four glasses of wine per week?
		Do you avoid regular structured exercise?
		Are you physically inactive – in other words, do you avoid walking, taking stairs, doing housework, gardening, playing with your children, and so on?
		Have you had bad eating habits or been a “couch potato” for many years?
		Do you have a close relative who had or has had heart disease, high blood pressure, adult-onset diabetes or obesity?

Analyze the Results

If you answered “yes” to more than three questions, you may be at risk of developing insulin resistance and Metabolic Syndrome. The more “yes” answers, the higher your risk. If you answered “yes” to five or more questions, you may want to consult your healthcare professional to establish a plan for further assessing your risk of developing Metabolic Syndrome.