

Patient Name _____ **Date:** _____

Phytonutrient Assessment Questionnaire

Mark the patient's answer to the questions below based on their first or last visit to the clinic.

1. How many **vegetable servings** do you normally consume each day?
(Note: One serving is 1 cup leafy greens, ½ cup any other vegetable, raw or cooked)

4 or more servings		4 pts
3 servings		3 pts
2 servings		2 pts
1 serving		1 pt
0		0 pt

2. How many times per week do you consume **red** vegetables such as beets, tomatoes, red bell peppers, and radishes?

At least one per day		3 pts
3 -4 times per week		2 pts
1-2 times per week		1 pts
0		0 pt

3. How many times per week do you consume **orange** vegetables such as acorn squash, orange bell pepper, pumpkin, sweet potato, and carrots?

At least one per day		3 pts
3 -4 times per week		2 pts
1-2 times per week		1 pts
0		0 pt

4. How many times per week do you consume **yellow** vegetables such as fresh corn, corn-on-the-cob, summer squash, and yellow squash?

At least one per day		3 pts
3 -4 times per week		2 pts
1-2 times per week		1 pts
0		0 pt

5. How many times per week do you consume **green** vegetables such as artichokes, asparagus, bean sprouts, green bell peppers, bok choy, broccoli, Brussels sprouts, celery, cucumbers, green beans, leafy greens, okra, soybeans, and watercress?

At least one per day		3 pts
3 -4 times per week		2 pts
1-2 times per week		1 pts
0		0 pt

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6. How many times per week do you consume **blue/purple** vegetables such as purple cabbage, purple carrots, purple cauliflower, purple potatoes, eggplant, and purple kale?

At least one per day		3 pts
3 -4 times per week		2 pts
1-2 times per week		1 pts
0		0 pt

7. How many times per week do you consume **white/tan** vegetables such as cauliflower, onions, garlic, and shallots?

At least one per day		3 pts
3 -4 times per week		2 pts
1-2 times per week		1 pts
0		0 pt

8. How many **fruits** do you normally eat each day (1/2 cup fresh fruit, 1 medium piece of fruit)?

More than 3		3 pts
2-3 servings		2 pts
1 serving		1 pts
0 servings		0 pt

9. How many times per week do you consume **red** fruits such as apples, applesauce, cranberries, cherries, red plums, pomegranate, raspberries, red grapefruit, red grapes, and strawberries?

At least one per day		3 pts
3 -4 times per week		2 pts
1-2 times per week		1 pts
0		0 pt

10. How many times per week do you consume **orange** fruits such as apricots, cantaloupe, mango, papaya, grapefruit, nectarines, oranges, and persimmons?

At least one per day		3 pts
3 -4 times per week		2 pts
1-2 times per week		1 pts
0		0 pt

11. How many times per week do you consume **yellow** fruits such as bananas, pineapple, lemons, starfruit, Golden Delicious apples, and Asian pears?

At least one per day		3 pts
3 -4 times per week		2 pts
1-2 times per week		1 pts
0		0 pt

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12. How many times per week do you consume **green** fruits such as avocado, limes, pears, kiwis, Granny Smith apples, green grapes, bitter melon, and green tomatoes?

At least one per day		3 pts
3 -4 times per week		2 pts
1-2 times per week		1 pts
0		0 pt

13. How many times per week do you consume **blue/purple** fruits such as berries, figs, purple grapes, purple plums, prunes, and raisins?

At least one per day		3 pts
3 -4 times per week		2 pts
1-2 times per week		1 pts
0		0 pt

14. How many times per week do you consume **white/tan** fruits such as lychees, apples, dates, and pears?

At least one per day		3 pts
3 -4 times per week		2 pts
1-2 times per week		1 pts
0		0 pt

15. How often do you use **spices** in your cooking?

At least once per day		3 pts
3 -4 times per week		2 pts
1-2 times per week		1 pts
0		0 pt

16. How many times do you eat **legumes** (dried beans or peas, lentils, chickpeas, kidney beans, green peas, hummus, etc.) in a normal week?

7 or more servings		4 pts
5-6 servings		3 pts
3-4 servings		2 pts
1-2 serving		1 pt
0		0 pt

17. In a typical day, what do you **drink** most often?

Wine		2 pts
Coffee		2 pts
Fruit juice		2 pts
Green or black tea		2 pts
Vegetable juice		2 pts
Beer		1 pt
None of the above		0 pt

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18. How many cups (8 ounces) of **coffee** do you drink per day?

More than 3 cups		3 pts
2-3 cups		2 pts
1-2 cups		1 pt
None		0 pt

19. How many cups (8 ounces) of **fruit juice** do you drink per day?

More than 3 cups		3 pts
2-3 cups		2 pts
1-2 cups		1 pt
None		0 pt

20. How many cups (8 ounces) of **green or black tea** do you drink per day?

More than 3 cups		3 pts
2-3 cups		2 pts
1-2 cups		1 pt
None		0 pt

21. How many cups (8 ounces) of **vegetable juice** do you drink per day?

More than 3 cups		3 pts
2-3 cups		2 pts
1-2 cups		1 pt
None		0 pt

22. How much **wine** (serving of red wine, 4 ounces) do you drink per day?

More than 3 servings		3 pts
2-3 servings		2 pts
1-2 servings		1 pt
None		0 pt

23. How many **servings (1 serving = ½ cup) of whole grains** like quinoa, brown rice, wheat, and spelt do you eat in a usual day?

More than 3 servings		3 pts
2-3 servings		2 pts
1-2 servings		1 pt
None		0 pt

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24. How many **servings (1 serving = 1 scant handful) of nuts and seeds** like sesame seeds, flaxseeds or flaxseed meal, pumpkin seeds, chia seeds, do you eat in a usual day?

More than 3 servings		3 pts
2-3 servings		2 pts
1-2 servings		1 pt
None		0 pt

SCORING – Add scores from all 24 questions

CLASSIFICATION	RANGE	YOUR PATIENT'S SCORE
High Phytonutrient Intake	60 to 70	
Moderate Phytonutrient Intake	59 to 40	
Low Phytonutrient Intake	39 to 20	
Negligible Phytonutrient Intake	19 to 0	

COLOR SCORE

COLOR	DIRECTIONS	TOTAL SCORE	Percentage
Red	Add together #2 and 9 (max. score 6)		
Orange	Add together #3 and 10 (max. score 6)		
Yellow	Add together #4 and 11 (max. score 6)		
Green	Add together #5 and 12 (max. score 6)		
Blue-Purple	Add together #6 and 13 (max. score 6)		
White-Tan	Add together #7 and 14 (max. score 6)		