



# **Nutri-eSCREEN<sup>®</sup>**

## **Eating Habits Quiz for Older Adults**

**[www.nutritionscreen.ca](http://www.nutritionscreen.ca)**

- **Are you an adult aged 50 plus?**
- **Do you want to know how you are doing with your eating habits?**

Dietitians of Canada has a simple, online tool called **Nutri-eSCREEN<sup>®</sup>** just for you!

### **Your Benefits**

- Find out what you are doing well when it comes to healthy eating
- Get tips on how you can improve your eating habits
- Get web links to trusted nutrition resources, tools and recipes

This online tool has been developed by nutrition researchers and dietitians with input from older adults. The tool is meant to help older adults eat well and stay healthy.



### **How does Nutri-eSCREEN<sup>®</sup> work?**

1. Visit **[www.nutritionscreen.ca](http://www.nutritionscreen.ca)**.
2. Answer 14 short questions about your eating habits – it takes less than 10 minutes.
3. Get your personalized results!

### **After completing the Nutri-eSCREEN<sup>®</sup> quiz**

- Print off your eating habits survey results
- Check out the links to credible nutrition articles, tools and community services
- Find a dietitian in your area for one on one advice
- Try some new recipes
- Re-visit **Nutri-eSCREEN<sup>®</sup>** to track your progress



# Nutri-eSCREEN®

**Eating Habits Quiz for Older Adults**  
[www.nutritionscreen.ca](http://www.nutritionscreen.ca)

## Looking for a Dietitian?

For yourself, a family member, or your organization?

Talk with a registered dietitian at a provincial call centre:

- **In British Columbia** 8-1-1
- **In Manitoba** 1-877-830-2892 or 204-788-8248 in **Winnipeg**
- **In Newfoundland and Labrador** 8-1-1
- **In Ontario** 1-866-797-0000



## Connect with UnlockFood.ca

UnlockFood.ca is an award winning website and your go-to place for easy to understand nutrition advice, nutritious recipes, videos and interactive healthy eating tools. Brought to you by Dietitians of Canada. Stay up to date. Sign up for the monthly eNewsletter. Visit [www.unlockfood.ca/eNews](http://www.unlockfood.ca/eNews).

**Dietitians deliver reliable life changing advice without fads and gimmicks.**  
**By translating the science of nutrition into terms everyone can understand, dietitians unlock food's potential and support healthy living for all Canadians, while supporting the individual's personal needs and challenges.**



**Health centres and physician offices may be able to provide dietitian services.**  
 Find dietitians in private practice:  
[www.dietitians.ca/find](http://www.dietitians.ca/find)

Brought to you by



This online tool has been developed by nutrition researchers and dietitians with input from older adults. The tool is meant to help older adults eat well and stay healthy.

©Registered trademark of Dietitians of Canada