

Food Assessment Survey

Date: _____

Indicate how many times per day or per week that you consume the following foods:

Dairy Products

How Often?	Milk (1% or nonfat)	Milk (whole or 2%)	Yogurt	Cheese
Per Day				
Per Week				

Protein¹

How Often?	Red Meat*	Chicken or Turkey	Fish	Other seafood (shrimp, scallops, clams)	Eggs	Legumes (beans, chick peas)	Tofu
Per Day							
Per Week							

*red meat includes beef, pork (bacon, sausage, salami, etc.) and lamb

¹Indicate below (circle one) how often your protein sources are fried. For example, when you choose chicken how often it is fried

chicken? Indicate in the comment section if there are other fried protein sources such as shrimp, tofu, etc. and how often those foods are consumed.

Never _____ Occasionally _____ Almost Always _____

Vegetables²

How Often?	Green (spinach, chard, lettuces)	Yellow (squash, corn)	Orange (carrots, pumpkin)	Cruciferous (broccoli, cauliflower brussel sprouts, cabbage)	Starchy (potatoes corn, peas)
Per Day					
Per Week					

²Indicate below (circle one) how often your vegetables are fried. For example, when you choose potatoes how often are they fried? Indicate in the comment section if there are other fried vegetables that you eat daily or weekly.

Never _____ Occasionally _____ Almost Always _____

Fruits

How Often?	Berries (blueberries, raspberries, blackberries, strawberries)	Citrus (orange, grapefruit, lemon, lime)	Bananas	Other (melons, mango, papaya, apples)	Juice
Per Day					

Per Week					
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Grains

How Often?	Whole Grains (bread, pasta, brown rice, quinoa, oats, cereal)	Regular white products (bread, rice, sweetened cereals, pasta)
Per Day		
Per Week		

Snacks

How Often?	Nuts or Nut Butter	Chips	Pretzels,	Cookies, Cakes, Pies	Pudding
Per Day					
Per Week					

Liquids

How Often?	Water	Wine	Other Alcohol (beer, liquor, mixed drinks)	Sweetened beverages (soda, tea, hot chocolate)	Coffee, tea
Per Day					
Per Week					

Food preparation

How often do you barbeque/grill your food?

Occasionally _____ Often _____

Recommendations:

- 1) If your total servings of dairy are fewer than three per day or 21 per week, you may wish to consider a calcium supplement. A supplement containing 1000 mg of calcium will substitute for 3 servings of dairy.
- 2) Protein: If your total servings of protein are fewer than 3 per day or 21 per week, you may wish to take L-citrulline, 2 gm daily. If your main protein source is red meat, you should switch to poultry, fish, beans or tofu. Eating red meat daily increases heart disease and cancer by about 25%. In addition, the effect on the environment of producing a pound of beef is many times worse than for these other protein sources.
Unless you have fatty fish almost daily, you should take an omega 3 supplement containing 500-1200 mg of DHA and EPA daily.
- 3) Vegetables and fruit: Unless you take 5-9 servings per day you should take 200 IU of vitamin E and 500 mg of Vitamin C daily. Even with a high intake, these supplements may be helpful. If you need to lose weight, fruits and vegetables will help to fill you up, and they also help to prevent cancer.
- 4) If you eat fried foods more than occasionally, you need to change this very health-damaging habit. Frying can add major calories to a meal and excess circulating fat will decrease nitric oxide production by your blood vessels.
- 5) Fruits: If you have only one serving of berries daily, you should take 50 mg of pycnogenol daily. If you have none, we recommend 100 mg daily.

- 6) Grains: If you take fewer than two servings of whole grains, you should increase your intake. If you need to lose weight, whole grains will help to fill you up. Remember that white flour products are just sugar in disguise. Whole grains also have flour, but the resulting sugar is absorbed more slowly so your blood sugar doesn't go as high.
- 7) Snacks: Nuts, fruit or yogurt make for a healthy snack. An ounce of non sugar dark chocolate and a cup of green tea is about as erection friendly a snack as you could find.
- 8) Liquids: You should cut out sugary drinks and fruit juices entirely. Green tea, three cups per day, would be ideal. Wine, preferably red, is high in antioxidants. The alcohol increases the good kind of cholesterol. However, more than one alcoholic drink per day will decrease erectile function, and you may find that extra pycnogenol is a way to entirely avoid any erection-depressing effects of alcohol while assuring you have plenty of antioxidants.

Charring and cooking foods at high heat causes production of advanced glycation end products (AGE's) which accumulate in the body and counteract your own cells' natural antioxidant capacity. These toxic AGE's increase with age and have very bad effects on blood vessel health. Cooking with water (i.e., boiling, stewing or poaching) helps to decrease the production of AGEs. Microwaving, which cooks by heating water molecules in the food, is also a good way to decrease AGEs. Roasted, broiled, grilled and fried meats have the most AGEs (for example, fried or broiled chicken has 4 to 5 times more AGEs than boiled or microwaved chicken. Minimizing these cooking methods and increasing your intake of antioxidants in your diet and through supplements will help to prevent nitric oxide from being broken down. Some research suggests that fresh foods cooked in water and with short heating times can reduce the amount of AGEs in what you eat and lower the levels circulating in your blood by about 30 percent.