

Am I Eating Enough? Midlife Check-In™

Recognize possible signs that you may be skipping meals, undereating or falling short on protein and overall nourishment.

This is not a diagnosis or a calorie test. Check what feels familiar and consider whether your body may need more consistent nourishment.

What Have I Been Noticing?

- ☐ Low energy or an afternoon crash
- ☐ Frequent hunger or persistent thoughts about food
- ☐ Strong evening or sugar cravings
- ☐ Feeling shaky, lightheaded or irritable between meals
- ☐ Feeling unusually cold
- ☐ Difficulty concentrating
- ☐ Poor exercise recovery or declining strength
- ☐ Trouble falling asleep or waking hungry
- ☐ Constipation or changes in bowel habits
- ☐ Unintentional weight loss or reduced appetite



What Does My Eating Pattern Look Like?

- ☐ I regularly skip breakfast or another main meal.
- ☐ I go long stretches without eating.
- ☐ My meals are often very small.
- ☐ I rarely include a clear protein source.
- ☐ I avoid most carbohydrates or fats.
- ☐ I rely on coffee to get through the day.
- ☐ I become extremely hungry later in the day.
- ☐ I eat less on exercise days even when I feel hungrier.
- ☐ I am often too busy, tired or stressed to prepare food.



One Supportive Step I Can Try

- ☐ Eat a more substantial first meal.
- ☐ Add protein to one meal or snack.
- ☐ Include a fiber-rich carbohydrate with a meal.
- ☐ Add a healthy fat for satisfaction.
- ☐ Plan one easy meal or snack for busy days.
- ☐ Shorten one unusually long gap between meals.
- ☐ Ask for personalized nutrition or medical guidance.



My Next Step

One change I am willing to try this week: _____

What I will notice: _____



Martine's Midlife Wellness Tip

Eating less is not always the answer. Your body still needs enough nourishment to support muscle, bone, energy, recovery and everyday life.



When to Check In With a Professional

Seek medical guidance for persistent fatigue, fainting, unexplained weight loss, loss of appetite, swallowing difficulty, ongoing digestive symptoms or other concerning changes.



If eating, weight or food rules cause significant distress, support from a qualified eating-disorder professional can help.