



Name: _____

Date: _____

Select the answer which best describes the way you have been eating recently.

1. How much meat/protein do you usually eat each day?
 1. I mainly eat beans, grains and vegetables to meet my protein needs.
 2. I eat four to six ounces of seafood, poultry, or lean red meats per day.
 3. I eat six to 10 ounces of meat, poultry, or seafood per day.
 4. I eat 10 or more ounces of meat, poultry or seafood per day.
2. In general, what type of cheese do you eat?
 1. I eat only non-fat, low-fat and part skim milk cheeses
 2. I eat a mixture of cheeses including non-fat, low-fat and whole -milk cheeses
 3. I eat mainly whole-milk cheeses (such as cheddar, swiss, monterey jack, muenster and cream cheese)
3. In general, how much cheese do you eat?
 1. I eat cheese three times per week or less
 2. I eat cheese four to seven times per week
 3. I eat more than one serving of cheese per day
4. What type of milk/yogurt do you use?
 1. I use only non-fat dairy products
 2. I use only low-fat dairy products
 3. I use primarily whole milk dairy products
5. How many egg yolks do you use per week?
 1. I eat two egg yolks or less per week
 2. I eat three to five egg yolks per week
 3. I eat five or more egg yolks per week
6. How often do you usually eat regular bologna, hot dogs, corned beef, spare ribs, sausage, bacon, deli tuna or chicken salad?
 1. I do not eat any of these meats or eat salads or I select non-fat/very low fat versions of them
 2. I eat them about once or twice per week
 3. I eat them about three to five times per week
 4. I eat more than five servings per week
7. How many regular (not non-fat) baked goods and how much regular (not non-fat) ice cream do you usually eat? Examples: cake, cookies, coffee cakes, sweet rolls, doughnuts, etc.
 1. I avoid regular commercial baked goods and ice cream
 2. I eat commercial baked goods and ice cream once per week
 3. I eat commercial baked goods and ice cream two to four times per week

4. I eat commercial baked goods and ice cream more than four times per week
 8. How often do you eat fat-free or very low fat cookies, cakes, brownies, ice cream or frozen yogurt, etc.?
 1. I avoid these products or have them less than twice a week
 2. I eat the products several times a week
 3. I eat more than one serving of these products a day
 9. What is the main type of fat that you use in cooking?
 1. I use a cooking spray or I do not use added fat
 2. I use olive oil, canola oil, sesame oil, peanut oil, or avocado oil I use safflower, sunflower, or soybean oil or soft margarine
 3. I use shortening, fatback, butter, stick margarine, or bacon drippings
 10. What spread do you usually use on bread, vegetables, etc.?
 1. I don't use spread or I use a non-fat/fat-free spread
 2. I use diet margarine or other reduced-fat and calorie products/spread
 3. I use soft, tub or squeezable liquid margarine
 4. I use stick margarine or butter or regular mayonnaise
 11. How often do you eat fresh or frozen fruits and vegetables?
 1. Daily I eat five or more servings of both fruits and vegetables
 2. Daily I eat two to four servings of both fruits and vegetables
 3. Weekly I eat about five servings of both fruits and vegetables
 4. Weekly I eat less than four servings of both fruits and vegetables
 12. How many servings of complex carbohydrates (starches) do you eat each day? Examples: Pasta, rice, beans, corn, bread, cereal, potatoes, etc.?
 1. I eat at least six to 11 servings a day
 2. I eat three to five servings a day
 3. I eat two or less servings a day
 13. How often do you eat foods like regular chips, fries, or party crackers?
 1. I avoid these foods or choose the non-fat or low-fat ones
 2. I eat one or less servings of these products per week
 3. I eat these foods two to four times per week
 4. I eat these foods more than five times per week
 14. How often do you take a calcium supplement?
 1. Daily I consume an adequate amount of calcium through foods in my diet and take no supplements
 2. Daily I take a calcium supplement providing the RDI amounts
 3. Occasionally I take a calcium supplement because I am not sure if I am getting enough calcium
 4. Daily I take a calcium supplement providing more than 2000mg per day
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Scoring:

Less than 20: You probably have a balanced, low fat diet that has many healthful attributes. Keep up the good work!

21 – 29: You are making some good food choices, but still have some room for improvement. Your meal pattern may not be quite balanced by being too high in fat or inadequate in fruits, vegetables, grains, and/or calcium.

Above 30: Your diet is fairly high in fat and/or nutritionally inadequate. This may be increasing your diet related health risk. With a few changes, you can dramatically improve your diet and reduce your risk of diet related chronic disease.