

## How Healthy Is Your Diet?

Circle your answers after careful thought, then add up your points (numbers in parentheses).

- 1. How many fruits do you *normally* eat each day (1/2 cup fresh or dried fruit, 1 medium piece, 1 cup *unsweetened* juice)?**
  - A. 0 (-2)
  - B. 1 (0)
  - C. 2 to 3 (+2)
  - D. 4 or more (+3)(score) \_\_\_\_\_
- 2. How many vegetable servings do you *normally* eat each day (1 cup leafy greens, 1/2 cup any other veggie, raw or cooked)?**
  - A. 0 (-4)
  - B. 1 (0)
  - C. 2 (+1)
  - D. 3 (+2)
  - E. 4 or more (+3)(score) \_\_\_\_\_
- 3. How many different varieties of vegetables do you eat in a normal month?**
  - A. 2 or less (-4)
  - B. 3 to 4 (0)
  - C. 5 to 6 (+1)
  - D. 7 to 8 (+3)
  - E. 9 or more (+4)(score) \_\_\_\_\_
- 4. How many times do you eat dried beans or peas (legumes, lentils, chickpeas, kidney beans, green peas, etc.) in a normal week?**
  - A. 0 (-2)
  - B. 1 to 2 (0)
  - C. 3 to 4 (+1)
  - D. 5 to 6 (+2)
  - E. 7 or more (+3)(score) \_\_\_\_\_
- 5. How many times do you eat red meat in a normal week?**
  - A. 6 or more (-4)
  - B. 4 to 5 (-3)
  - C. 1 to 3 (-1)
  - D. Less than once a week (+2)
  - E. 0 (+3)(score) \_\_\_\_\_
- 6. How many times do you eat in a fast food restaurant in a normal week?**
  - A. 6 or more (-5)
  - B. 4 to 5 (-4)
  - C. 1 to 3 (-3)
  - D. Less than once a week (-2)
  - E. 0 (0)(score) \_\_\_\_\_

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

- A. Soda (regular or diet) (-4)
- B. Caffeinated coffee or tea (-1)
- C. Decaffeinated coffee or tea (0)
- D. Milk or fruit juice (0)
- E. Herbal tea or water (+3)

(score) \_\_\_\_\_

**8. How many 12 oz. cans of soda do you drink in a normal day?**

- A. 6 or more (-5)
- B. 4 to 5 (-4)
- C. 2 to 3 (-3)
- D. 1 (-2)
- E. Less than 1 (-1)
- F. 0 (0)

(score) \_\_\_\_\_

**9. How often do you eat fish in a typical week?**

- A. Never (-2)
- B. Once (+1)
- C. Twice (+2)
- D. 3 to 5 times (+3)

(score) \_\_\_\_\_

**10. In a typical week, how often do you eat whole grains (100% whole grain bread, whole oats, brown rice, quinoa, whole rye crackers)?**

- A. Never (-3)
- B. 1 to 2 times a week (-1)
- C. 3 to 4 times a week (0)
- D. 5 to 6 times a week (+1)
- E. 1 or more times a day (+3)

(score) \_\_\_\_\_

**11. How often do you eat sweets such as cookies, cakes, or ice cream?**

- A. 1 or more times a day (-3)
- B. Every other day (-2)
- C. Twice a week (-1)
- D. Once a week (0)
- E. 2 to 3 times a month (+1)
- F. Rarely (+3)

(score) \_\_\_\_\_

**Your Total Score** \_\_\_\_\_

Scoring:      **22–28** – Great eating habits  
                  **17–21** – Pretty good eating habits  
                  **10–16** – Needs some improvement  
                  **9 or less** – Needs much improvement; try to change one habit at a time

*The information provided is not meant as a replacement for a physician's care.  
Some or all of the above may help you feel more balanced and give you an overall increased sense of wellbeing.*