

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) _____

How Healthy Is Your Diet? Continue

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