

How Healthy Is Your Diet?

Please score your answer after careful thought and then add up your points (numbers in parentheses).

| | | | |
|---|---|---|--|
| How many fruits do you <i>normally</i> eat each day? <i>(½ cup fresh or dried fruit, 1 medium piece, 1 cup unsweetened juice)</i> | | Score | |
| <input type="checkbox"/> 0 (-2) | <input type="checkbox"/> 2 to 3 (+2) | | |
| <input type="checkbox"/> 1 (0) | <input type="checkbox"/> 4 or more (+3) | | |
| How many vegetable servings do you <i>normally</i> eat each day? <i>(1 cup leafy greens, ½ cup any other veggie, raw or cooked)</i> | | Score | |
| <input type="checkbox"/> 0 (-4) | <input type="checkbox"/> 2 (+1) | <input type="checkbox"/> 4 or more (+3) | |
| <input type="checkbox"/> 1 (0) | <input type="checkbox"/> 3 (+2) | | |
| How many different varieties of vegetable do you eat in a normal month? | | Score | |
| <input type="checkbox"/> 2 or less (-4) | <input type="checkbox"/> 5 to 6 (+1) | <input type="checkbox"/> 9 or more (+4) | |
| <input type="checkbox"/> 3 to 4 (0) | <input type="checkbox"/> 7 to 8 (+3) | | |
| How many times do you eat dried beans or peas in a normal week? <i>(legumes, lentils, chickpeas, kidney beans, green peas, etc.)</i> | | Score | |
| <input type="checkbox"/> 0 (-2) | <input type="checkbox"/> 3 to 4 (+1) | <input type="checkbox"/> 7 or more (+3) | |
| <input type="checkbox"/> 1 to 2 (0) | <input type="checkbox"/> 5 to 6 (+2) | | |
| How many times do you eat red meat in a normal week? | | Score | |
| <input type="checkbox"/> 6 or more (-4) | <input type="checkbox"/> 1 to 3 (-1) | | |
| <input type="checkbox"/> 4 to 5 (-3) | <input type="checkbox"/> Less than once a week (+2) | | |
| <input type="checkbox"/> 0 (+3) | | | |
| How many times do you eat in a fast food restaurant in a normal week? | | Score | |
| <input type="checkbox"/> 6 or more (-5) | <input type="checkbox"/> 1 to 3 (-3) | | |
| <input type="checkbox"/> 4 to 5 (-4) | <input type="checkbox"/> Less than once a week (-2) | | |
| In a typical day, what do you drink <i>most</i> often? | | Score | |
| <input type="checkbox"/> Soda (regular or diet) (-4) | <input type="checkbox"/> Milk or fruit juice (0) | | |
| <input type="checkbox"/> Caffeinated coffee or tea (-1) | <input type="checkbox"/> Herbal tea or water (+3) | | |
| <input type="checkbox"/> Decaffeinated coffee or tea (0) | | | |
| How many 12 oz. Cans of soda do you drink in a normal day? | | Score | |
| <input type="checkbox"/> 6 or more (-5) | <input type="checkbox"/> 1 (-2) | | |
| <input type="checkbox"/> 4 to 5 (-4) | <input type="checkbox"/> Less than 1 (-1) | | |
| <input type="checkbox"/> 2 to 3 (-3) | <input type="checkbox"/> 0 (0) | | |
| How often do you eat fish in a typical week? | | Score | |
| <input type="checkbox"/> Never (-2) | | | |
| <input type="checkbox"/> Once (+1) | | | |
| <input type="checkbox"/> Twice (+2) | | | |
| <input type="checkbox"/> 3 to 5 times (+3) | | | |
| In a typical week, how often do you eat whole grains? <i>(100% whole grain bread, whole oats, brown rice, quinoa, whole rye crackers)</i> | | Score | |
| <input type="checkbox"/> Never (-3) | <input type="checkbox"/> 5 to 6 times a week (+1) | | |
| <input type="checkbox"/> 1 to 2 times a week (-1) | <input type="checkbox"/> 1 or more times a day (+3) | | |
| <input type="checkbox"/> 3 to 4 times a week (0) | | | |
| How often do you eat sweets such as cookies, cakes, or ice cream? | | Score | |
| <input type="checkbox"/> 1 or more times a day (-3) | <input type="checkbox"/> Once a week (0) | | |
| <input type="checkbox"/> Every other day (-2) | <input type="checkbox"/> 2 to 3 times a month (+1) | | |
| <input type="checkbox"/> Twice a week (-1) | <input type="checkbox"/> Rarely (+3) | | |

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

Your Total Score _____