

RATE YOUR PLATE – HOW IS YOUR EATING?

Please answer the following questions to rate your plate:

1. Do you consider nutrition when making food choices?
___ Most Days ___ Sometimes ___ Never
2. Do you avoid skipping meals?
___ Most Days ___ Sometimes ___ Never
3. Do you include 3 or more whole grains foods daily?
___ Most Days ___ Sometimes ___ Never
4. Do you eat at least 2 cups of veggies daily?
___ Most Days ___ Sometimes ___ Never
5. Do you vary veggies with dark green 7 orange varieties?
___ Most Days ___ Sometimes ___ Never
6. Do you eat at least 2 cups of fruits daily?
___ Most Days ___ Sometimes ___ Never
7. Do you get 3 cups of low fat or fat-free milk, yogurt or cheese daily?
___ Most Days ___ Sometimes ___ Never
8. Do you choose lean meat and poultry?
___ Most Days ___ Sometimes ___ Never
9. Do you vary proteins with more fish, beans and nuts?
___ Most Days ___ Sometimes ___ Never
10. Do you try to limit saturated and Trans fat?
___ Most Days ___ Sometimes ___ Never

Add up your score for each selection: Most day = 2 points Sometimes = 1 points Never = 0 point

If you score:

16-20 points, healthy eating seems to be your habit already!

10-15 points, you are on track. A few easy changes will make your total eating plan healthier

0-9 points – Sometimes, you may eat smart. For your good health, add more smart choices to your eating plan.

Source:

Academy of Nutrition and Dietetics. (2014). *Rate your plate*. Retrieved from

<http://www.eatright.org/nnm/games/quiz/index.html>