HOW HEALTHY IS YOUR DIET?

1. Do you eat breakfast?
   - Always = 2 pts; Sometimes = 1 pt; Never = 0 pts
   - Excellent = 25-30 pts

2. Do you eat at least 2 cups of fruit and 2 cups of vegetables every day?
   - Good = 20-24 pts
   - Needs improvement = < 20 pts

3. Do you eat a variety of fruit and vegetable types and include green (e.g. spinach, bok choy, broccoli), orange/yellow (e.g. carrots, cantaloupe, sweet potatoes) and red/blue (e.g. tomatoes, blueberries, beets) colors regularly?
   - O Always
   - O Sometimes
   - O Never

4. Do you include 4 oz or more of whole grain foods every day? (e.g. whole grain cereals, breads, pasta, brown rice, oats, quinoa)
   - O Always
   - O Sometimes
   - O Never

5. Do you use salad dressings and spreads that contain healthy oils (e.g. soybean, olive, corn, canola, peanut) rather than adding butter or sour cream to foods?
   - O Always
   - O Sometimes
   - O Never

6. Do you eat a handful of nuts/seeds at least 4 times per week?
   - O Always
   - O Sometimes
   - O Never

7. Do you include legumes (e.g. beans, lentils, soybeans, split peas, chickpeas) in your diet at least twice a week?
   - O Always
   - O Sometimes
   - O Never

8. Do you eat fish at least twice a week?
   - O Always
   - O Sometimes
   - O Never

9. Do you incorporate 3 calcium rich foods per day? (e.g. skim/low fat milk, low fat yogurt, calcium fortified soy milk, or other calcium-rich dairy foods)?
   - O Always
   - O Sometimes
   - O Never

10. If you eat meat, do you trim the fat, take the skin off chicken, and limit processed meats (e.g. ham, bacon, sausage, hot dogs)?
    - O Always
    - O Sometimes
    - O Never

11. When you eat meat, is your cooked portion the size of your palm or less?
    - O Always
    - O Sometimes
    - O Never

12. Do you limit desserts and processed snack foods (e.g. cookies, cakes, donuts, potato chips) to less than 4 times a week?
    - O Always
    - O Sometimes
    - O Never

13. Do you have more than 8 home cooked lunches and dinners per week?
    - O Always
    - O Sometimes
    - O Never

14. Do you limit alcoholic beverages to 1 drink per day for women and 2 drinks per day for men (1 drink = 12 oz regular beer, 5 oz wine, or 1.5 oz of 80 proof distilled spirits)?
    - O Always
    - O Sometimes
    - O Never

15. Do you drink plain water, coffee, or tea instead of sugar-sweetened beverages?
    - O Always
    - O Sometimes
    - O Never