**RATE YOUR PLATE**

Think about the way you usually eat. For each food choice, put a check mark in column A, B or C. 
Bring the completed form to your next clinic visit.

<table>
<thead>
<tr>
<th></th>
<th>A</th>
<th>B</th>
<th>C</th>
</tr>
</thead>
</table>
| 1 | MEAT CUTS*  
   fresh beef, pork, lamb, veal  
   lean cuts from the round, loin or leg; ham  
   Or, seldom eat meat.  
   higher-fat cuts, such as chuck, ribs, brisket, T-bone steak, prime rib  
   Usually/often eat: higher-fat cuts | Sometimes eat:  
   Or, seldom eat.  
   higher-fat cuts | Usually/often eat: higher-fat cuts |
| 2 | CHICKEN, TURKEY*  
   without skin  
   Or, seldom eat meat  
   with skin | Sometimes eat:  
   Or, seldom eat.  
   with skin | Usually eat:  
   with skin |
| 3 | GROUND MEAT & POULTRY*  
   5-7% fat (93-95% lean); ground turkey breast  
   Or, seldom eat.  
   10-15% fat; ground turkey (dark & white meat)  
   Usually/often eat: higher-fat choices  
   higher-fat choices | Usually eat:  
   Or, seldom eat.  
   regular ground meat, with 20% fat or more | Usually/often eat: higher-fat choices |
| 4 | PROCESSED MEAT & POULTRY*  
   lower-fat choices from lean meat or poultry; veggie breakfast links  
   Or, seldom eat.  
   higher-fat choices, such as salami, bologna, hot dogs, bacon, sausage  
   Usually/often eat: higher-fat choices | Sometimes eat:  
   Or, seldom eat.  
   higher-fat choices | Usually/often eat: higher-fat choices |
| 5 | PORTION SIZE OF MEAT & POULTRY*  
   small portions (≤ 3 oz.)  
   deck of cards size  
   medium portions (4-6 oz.)  
   large portions (7 oz. or more)  
   Usually eat:  
   any type less than once a week | Usually eat:  
   any type once a week  
   Usually eat:  
   any type once a week  
   Usually eat:  
   any type once a week | Usually/often eat:  
   any type less than once a week  
   Usually eat:  
   any type less than once a week |
| 6 | FISH, SHELLFISH*  
   twice a week or more, especially oily fish like salmon, herring or sardines  
   Or, seldom eat.  
   any type once a week  
   any type less than once a week | Usually eat:  
   any type once a week  
   Usually eat:  
   any type once a week  
   Usually eat:  
   any type once a week | Usually/often eat:  
   any type less than once a week  
   Usually eat:  
   any type less than once a week |
| 7 | COOKING METHOD*  
   for poultry, fish, meat  
   cook without added fat or use vegetable oil spray  
   cook with added fat or deep fry  
   cook with added fat or deep fry | Sometimes:  
   cook with added fat or deep fry  
   Usually/often:  
   cook with added fat or deep fry | Usually/often:  
   cook with added fat or deep fry |
| 8 | MEATLESS MEALS  
   veggie burgers, vegetable or bean soups, meatless spaghetti sauce, tofu, rice & beans  
   twice a week or more  
   less than twice a week  
   meatless meals | Usually eat:  
   twice a week or more  
   Usually eat:  
   less than twice a week  
   Rarely eat:  
   meatless meals | Usually eat:  
   twice a week or more  
   Usually eat:  
   less than twice a week  
   Rarely eat:  
   meatless meals |
| 9 | WHOLE EGGS*  
   3 or less a week OR egg substitutes OR egg whites only  
   4 or more a week  
   4 or more a week | Sometimes eat:  
   4 or more a week  
   Usually eat:  
   4 or more a week  
   Usually eat:  
   4 or more a week | Usually eat:  
   4 or more a week  
   Usually eat:  
   4 or more a week  
   Usually eat:  
   4 or more a week |
| 10 | MILK  
   includes yogurt, cream  
   1% or skim milk, fat-free or low-fat yogurt, fat-free ½ & ½  
   2% or whole milk, full-fat yogurt, regular ½ & ½  
   Usually use:  
   2% or whole milk, full-fat yogurt, light cream | Sometimes use:  
   2% or whole milk, full-fat yogurt, regular ½ & ½  
   Usually use:  
   2% or whole milk, full-fat yogurt, light cream | Usually use:  
   2% or whole milk, full-fat yogurt, light cream |
| 11 | CHEESE*  
   includes cheese for pizza, sandwiches, snacks, mixed dishes, etc.  
   reduced-fat or part-skim  
   regular cheese, such as cheddar, Swiss, and American  
   regular cheese  
   Or, seldom eat.  
   regular cheese | Sometimes eat:  
   regular cheese, such as cheddar, Swiss, and American  
   Usually eat:  
   regular cheese  
   Rarely eat or drink:  
   regular cheese | Usually eat:  
   regular cheese  
   Rarely eat or drink:  
   regular cheese |
| 12 | DAIRY FOODS  
   1 serving = 1 c. milk or yogurt, 1½ oz. cheese  
   2 or more servings a day  
   1 serving a day  
   Rarely eat or drink:  
   1 serving a day | Usually eat or drink:  
   2 or more servings a day  
   Usually eat or drink:  
   1 serving a day  
   Rarely eat or drink:  
   1 serving a day | Rarely eat or drink:  
   1 serving a day |

*If you are a vegetarian, check column A for these (*) topics.
<table>
<thead>
<tr>
<th>No.</th>
<th>Category</th>
<th>Description</th>
<th>Usually</th>
<th>Sometimes</th>
<th>Usually</th>
<th>Remarks</th>
</tr>
</thead>
<tbody>
<tr>
<td>13.</td>
<td>WHOLE GRAINS</td>
<td>1 serving = 1 oz slice bread; ½ English muffin; 1 c. cereal; ½ c. rice, pasta; 5 crackers; tortilla; mini bagel, 3 c. light popcorn</td>
<td>Usually eat: 3 or more servings a day, 100% whole wheat bread &amp; pasta, brown rice, whole grain cereals, i.e., oatmeal, raisin bran, Wheaties®</td>
<td>Sometimes eat: 1 or 2 servings a day</td>
<td>Usually eat: mostly refined grains, i.e., white bread, white rice, saltine crackers, corn flakes, Rice Krispies®, Special K®</td>
<td></td>
</tr>
<tr>
<td>14.</td>
<td>FRUITS &amp; VEGETABLES</td>
<td>includes legumes 1 c. = medium whole fruit or potato, large tomato or ear corn, 2 c. raw leafy greens</td>
<td>Usually eat: 3 or more servings a day, 100% whole wheat bread &amp; pasta, brown rice, whole grain cereals, i.e., oatmeal, raisin bran, Wheaties®</td>
<td>Sometimes eat: 1 or 2 servings a day</td>
<td>Usually eat: mostly refined grains, i.e., white bread, white rice, saltine crackers, corn flakes, Rice Krispies®, Special K®</td>
<td></td>
</tr>
<tr>
<td>15.</td>
<td>COOKING METHOD</td>
<td>for vegetables, pasta, rice</td>
<td>Usually prepare: without fat &amp; sauces OR use vegetable oil spray</td>
<td>Sometimes prepare: with sauce, butter, margarine, oil</td>
<td>Usually prepare: with sauce, butter, margarine, oil</td>
<td></td>
</tr>
<tr>
<td>16.</td>
<td>FAT TYPE IN COOKING</td>
<td>includes baking</td>
<td>Usually use: olive or Canola oil Or, usually cook without added fat.</td>
<td>Usually use: other oils, tub margarine</td>
<td>Usually use: butter, bacon drippings, stick margarine, lard, shortening</td>
<td></td>
</tr>
<tr>
<td>17.</td>
<td>SALT FROM PROCESSED FOODS</td>
<td></td>
<td>Always/usually: compare and choose lower-sodium options</td>
<td>Sometimes: consider sodium content</td>
<td>Rarely/never: consider sodium content</td>
<td></td>
</tr>
<tr>
<td>18.</td>
<td>SPREADS</td>
<td>added at the table on bread, potatoes, vegetables, pancakes, sandwiches, etc.</td>
<td>Usually use: spray or light tub margarine</td>
<td>Usually use: regular tub margarine</td>
<td>Usually use: butter or stick margarine</td>
<td></td>
</tr>
<tr>
<td>19.</td>
<td>SALAD DRESSINGS, MAYONNAISE</td>
<td></td>
<td>Usually use: fat-free or low-fat salad dressings &amp; mayonnaise Or, seldom use.</td>
<td>Usually use: light salad dressings &amp; mayonnaise</td>
<td>Usually use: regular salad dressings &amp; mayonnaise</td>
<td></td>
</tr>
<tr>
<td>20.</td>
<td>SNACK FOODS</td>
<td></td>
<td>Usually eat: plain pretzels, light popcorn, baked chips Or, seldom eat.</td>
<td>Sometimes eat: regular chips &amp; popcorn, flavored pretzels</td>
<td>Usually/often eat: regular chips &amp; popcorn</td>
<td></td>
</tr>
<tr>
<td>21.</td>
<td>NUTS, SEEDS</td>
<td>includes nut butters serving size = 1/4 c. nuts, 2 T. peanut butter</td>
<td>Usually eat: 3 servings or more a week</td>
<td>Usually eat: 1-2 servings a week</td>
<td>Usually eat: 1 or less serving a week Or, seldom eat.</td>
<td></td>
</tr>
<tr>
<td>22.</td>
<td>FROZEN DESSERTS</td>
<td></td>
<td>Usually eat: sherbet, sorbet, fruit juice bars, low-fat ice cream or frozen yogurt Or, seldom eat.</td>
<td>Sometimes eat: regular ice cream, ice cream bars/sandwiches</td>
<td>Usually/often eat: regular ice cream, ice cream bars/sandwiches</td>
<td></td>
</tr>
<tr>
<td>23.</td>
<td>SWEETS, PASTRIES, CANDY</td>
<td></td>
<td>Usually eat: angel food cake, low-fat or fat-free products Or, seldom eat.</td>
<td>Sometimes eat: donuts, cookies, cake, pie, pastry, or chocolate candy</td>
<td>Usually/often eat: donuts, cookies, cake, pie, pastry or chocolate candy</td>
<td></td>
</tr>
<tr>
<td>24.</td>
<td>EATING OUT</td>
<td>eat in or take out, any meal</td>
<td>Seldom eat out Or, usually choose lower-fat menu items</td>
<td>Usually eat: 1-2 times a week</td>
<td>Usually eat: 3 times a week or more</td>
<td></td>
</tr>
</tbody>
</table>
Find your Rate Your Plate score:

Total checks in column A = ____________________ x 3 = _____________
Total checks in column B = ____________________ x 2 = _____________
Total checks in column C = ____________________ x 1 = _____________

TOTAL _____________

If your score is:

58 - 72: You are making many healthy choices.
41 - 57: There are some ways you can make your eating habits healthier.
24 - 40: There are many ways you can make your eating habits healthier.

Look at your Rate Your Plate responses.

Do you have any responses in Column A? If you do, great! You are already making some heart healthy choices. Look at your responses in Columns B and C. Where you checked Column C, can you start eating more like Column B? Over time, move toward Column A.

Think about changes. Write down eating changes you are ready to consider.

Change #1: ____________________________________________________________________
Change #2: ____________________________________________________________________
Change #3: ____________________________________________________________________

Begin today. Make changes a little at a time. Let your new way of eating become a healthy habit.

Set goals. After discussion with your doctor, write down eating changes you are ready to work on.

Goal 1: _______________________________________________________________________
Goal 2: _______________________________________________________________________
Goal 3: _______________________________________________________________________