

RATE YOUR PLATE

Think about the way you usually eat. For each food topic, put a check mark ✓ in column A, B or C.

TOPIC	A	B	C
1. GRAINS <i>Serving = 1 slice bread or tortilla; 1/2 bagel, roll, English muffin or pita; 1/2 cup cooked rice or pasta; 1 cup cereal</i>	<input type="checkbox"/> Usually eat: less than 4 servings of grain products a day	<input type="checkbox"/> Usually eat: 4-5 servings of grain products a day	<input type="checkbox"/> Usually eat: 6 or more servings of grain products a day
2. WHOLE GRAINS	<input type="checkbox"/> Usually eat: white breads; white rice; low fiber cereals like corn flakes, krispies, etc	<input type="checkbox"/> Sometimes eat: white breads; white rice; low fiber cereals like corn flakes, krispies, etc	<input type="checkbox"/> Usually eat: whole grain breads; brown rice; whole grain cereals like oatmeal, bran cereals, Wheaties™, etc.
3. FRUITS & VEGETABLES <i>(1 serving = 1/2 cup or 1 med. fruit or 1 cup leafy raw vegetables or 4 oz. 100% fruit/veg. juice</i>	<input type="checkbox"/> Usually eat: 1 serving or less a day	<input type="checkbox"/> Usually eat: 2-4 servings a day	<input type="checkbox"/> Usually eat: 5 or more servings a day
4. DAIRY FOODS <i>Serving = 1 cup milk or yogurt; 1 1/2 - 2 ounces cheese</i>	<input type="checkbox"/> Rarely eat or drink: 2 or more servings of milk, yogurt, or cheese a day	<input type="checkbox"/> Sometimes eat or drink: 2 servings of milk, yogurt, or cheese a day	<input type="checkbox"/> Usually eat or drink: 2 or more servings of milk, yogurt, or cheese a day
5. MEAT, CHICKEN, TURKEY OR FISH* <i>3 ounces is the size of a deck of cards or 1 regular hamburger, 1 chicken breast or leg or 1 pork chop</i>	<input type="checkbox"/> Usually eat: more than 6 ounces of meat, chicken, turkey or fish per day	<input type="checkbox"/> Sometimes eat: more than 6 ounces of meat, chicken, turkey or fish per day	<input type="checkbox"/> Rarely/never eat: more than 6 ounces of meat, chicken, turkey or fish per day
6. EATING OUT <i>in restaurants or getting take out food</i>	<input type="checkbox"/> Usually eat out or get take-out food twice a week or more	<input type="checkbox"/> Usually eat out or get take-out food once a week	<input type="checkbox"/> Usually eat out or get take-out food less than once a week OR Usually eat low-fat restaurant meals
7. RED MEAT <i>beef, hamburger, pork, lamb, veal</i>	<input type="checkbox"/> Usually eat: three times a week or more	<input type="checkbox"/> Usually eat: twice a week	<input type="checkbox"/> Usually eat: once a week or less
8. RED MEAT CHOICES <i>beef, hamburger, pork, lamb, veal</i>	<input type="checkbox"/> Usually eat: high-fat cuts, such as ribs, brisket, T-bone steak, prime rib, sausage, regular or lean ground beef	<input type="checkbox"/> Sometimes eat: high-fat cuts such as: ribs, brisket, T-bone steak, prime rib, sausage, regular or lean ground beef	<input type="checkbox"/> Usually eat: lean beef such as round, loin, flank; lean pork and lamb such as loin and leg; veal; ground turkey breast Or, I rarely eat meat
9. COLD CUTS, HOT DOGS, BREAKFAST MEATS	<input type="checkbox"/> Usually/often eat: salami, bologna, other cold cuts, hot dogs, bacon, sausage	<input type="checkbox"/> Sometimes eat: salami, bologna, other cold cuts, hot dogs, bacon, sausage	<input type="checkbox"/> Usually eat: roast beef, turkey breast, ham, or low-fat cold cuts, low-fat hot dogs, low fat bacon/sausage Or, I rarely eat processed meats
10. CHICKEN, TURKEY,	<input type="checkbox"/> Usually eat:	<input type="checkbox"/> Sometimes eat:	<input type="checkbox"/> Usually eat:

* If you never eat these foods, check column C.

ETC.*	chicken, turkey, and other poultry with skin	chicken, turkey, and other poultry with skin	chicken, turkey, and other poultry without skin
11. CHICKEN AND FISH CHOICES*	<input type="checkbox"/> Usually eat: fried chicken and/or fried fish and shellfish	<input type="checkbox"/> Sometimes eat: fried chicken and/or fried fish and shellfish	<input type="checkbox"/> Usually eat: chicken and fish that is baked, broiled, grilled, poached, roasted, etc.
12. MEATLESS MAIN DISHES <i>like all-bean chili, bean burrito, lentil soup, meatless spaghetti sauce</i>	<input type="checkbox"/> Rarely eat: meatless main dishes	<input type="checkbox"/> Usually eat: meatless main dishes less than twice a week	<input type="checkbox"/> Usually eat: meatless main dishes twice a week or more
13. MILK*	<input type="checkbox"/> Usually drink/use: whole milk or cream	<input type="checkbox"/> Usually drink/use: 2% reduced-fat milk	<input type="checkbox"/> Usually drink/use: 1% low-fat or skim milk
14. CHEESE <i>include cheese on pizza, sandwiches, snacks & in mixed dishes</i>	<input type="checkbox"/> Usually eat: regular cheese, such as cheddar, Swiss, and American	<input type="checkbox"/> Sometimes eat: regular cheese, such as cheddar, Swiss, and American	<input type="checkbox"/> Usually eat: reduced-fat or part-skim cheese Or, Rarely eat cheese
15. FROZEN DESSERTS <i>ice cream, etc.</i>	<input type="checkbox"/> Usually eat: regular ice cream, ice cream bars/sandwiches	<input type="checkbox"/> Sometimes eat: regular ice cream, ice cream bars/sandwiches	<input type="checkbox"/> Usually eat: sherbet, sorbet, low-fat frozen yogurt or ice cream Or, Rarely eat frozen desserts
16. COOKING METHOD	<input type="checkbox"/> Usually add: oil, butter, or margarine to the pan	<input type="checkbox"/> Sometimes add: oil, butter, or margarine to the pan	<input type="checkbox"/> Usually: broil, bake, or steam without fats or oils or use cooking sprays (Pam™)
17. FRIED FOODS <i>like French fries, egg rolls, onion rings, etc.</i>	<input type="checkbox"/> Often eat: fried foods	<input type="checkbox"/> Sometimes eat: fried foods	<input type="checkbox"/> Rarely/Never eat: fried foods
18. SPREADS <i>Added at the table</i>	<input type="checkbox"/> Usually put: butter or stick margarine on bread, potatoes, vegetables, etc.	<input type="checkbox"/> Usually put: liquid or regular tub margarine on bread, potatoes, vegetables, etc.	<input type="checkbox"/> Usually put: “light” tub margarine on bread, potatoes, vegetables Or, Eat them plain
19. SALAD DRESSING & MAYONNAISE*	<input type="checkbox"/> Usually use: regular salad dressing or mayonnaise	<input type="checkbox"/> Sometimes use: regular salad dressing or mayonnaise	<input type="checkbox"/> Usually use: light or fat-free salad dressing and mayonnaise
20. SNACKS	<input type="checkbox"/> Usually eat: regular chips, crackers, and nuts	<input type="checkbox"/> Sometimes eat: regular chips, crackers, and nuts	<input type="checkbox"/> Usually eat: fruit, pretzels, low-fat crackers or baked chips
21. DESSERTS & SWEETS	<input type="checkbox"/> Usually eat: donuts, cookies, cake, pie, pastry or chocolate	<input type="checkbox"/> Sometimes eat: donuts, cookies, cake, pie, pastry, or chocolate	<input type="checkbox"/> Usually eat: fruit, angel food cake, low-fat or fat-free sweets
22. ADDED SALT	<input type="checkbox"/> Always/Usually: add salt to food when cooking or at the table	<input type="checkbox"/> Sometimes: add salt to food when cooking or at the table	<input type="checkbox"/> Rarely/Never: add salt to food when cooking or at the table
23. CANNED FOODS, FROZEN, PACKAGED MEALS	<input type="checkbox"/> Usually: choose regular canned/frozen/packaged foods.	<input type="checkbox"/> Sometimes: choose regular canned, frozen, packaged foods.	<input type="checkbox"/> Usually: choose low sodium canned, frozen, packaged foods. Or, rarely eat these foods
24. SALTY SNACKS <i>chips, pretzels, crackers, salted nuts</i>	<input type="checkbox"/> Often eat: salty snacks	<input type="checkbox"/> Sometimes eat: salty snacks	<input type="checkbox"/> Rarely/Never eat: salty snacks
25. DESSERTS AND	<input type="checkbox"/> Usually eat: high sugar desserts & sweets	<input type="checkbox"/> Sometimes eat: low sugar desserts & sweets	<input type="checkbox"/> Usually eat: low sugar desserts & sweets

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SWEETS			
26. SODA, PUNCH, ETC. <i>Soda, pop, fruit drink, punch, Kool-Aid, etc.</i>	<input type="checkbox"/> Usually drink 16 oz. or more of non-diet soda, punch, etc. per day	<input type="checkbox"/> Usually drink 8-15 oz. of non-diet soda, punch, etc. per day	<input type="checkbox"/> Usually drink less than 8 oz. of non-diet soda, punch, etc. per day
27. BEER, WINE, LIQUOR <i>One drink = 12 oz. beer, 5 oz. wine, one shot of hard liquor or mixed drink with 1 shot</i>	<input type="checkbox"/> Often drink: more than 1-2 alcoholic drinks in a day.	<input type="checkbox"/> Sometimes drink: more than 1-2 alcoholic drinks in a day.	<input type="checkbox"/> Rarely/never drink: more than 1-2 alcoholic drinks in a day.

Find your Rate Your Plate score:

Total checks in column A = _____ x 1 = _____

Total checks in column B = _____ x 2 = _____

Total checks in column C = _____ x 3 = _____

TOTAL _____

If your score is:

27-45: There are many ways you can make your eating habits healthier.

46-63: There are some ways you can make your eating habits healthier.

64-81: You are making many healthy choices.

Look back at your Rate Your Plate.

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

Set goals. Write down eating changes you are ready to make now.

Goal 1: _____

Goal 2: _____

Goal 3: _____

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

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