RATE YOUR PLATE

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

<table>
<thead>
<tr>
<th>TOPIC</th>
<th>A</th>
<th>B</th>
<th>C</th>
</tr>
</thead>
</table>
| 1. GRAINS  
* Serving = 1 slice bread or tortilla; 1/2 bagel, roll, English muffin or pita; ½ cup cooked rice or pasta; 1 cup cereal | ☐ Usually eat: less than 4 servings of grain products a day | ☐ Usually eat: 4-5 servings of grain products a day | ☐ Usually eat: 6 or more servings of grain products a day |
| 2. WHOLE GRAINS | ☐ Usually eat: white breads; white rice; low fiber cereals like corn flakes, krispies, etc | ☐ Sometimes eat: white breads; white rice; low fiber cereals like corn flakes, krispies, etc | ☐ Usually eat: whole grain breads; brown rice; whole grain cereals like oatmeal, bran cereals, Wheaties™, etc. |
| 3. FRUITS & VEGETABLES  
* (1 serving = ½ cup or 1 med. fruit or 1 cup leafy raw vegetables or 4 oz. 100% fruit/veg. juice) | ☐ Usually eat: 1 serving or less a day | ☐ Usually eat: 2-4 servings a day | ☐ Usually eat: 5 or more servings a day |
| 4. DAIRY FOODS  
* Serving = 1 cup milk or yogurt; ½ - 2 ounces cheese | ☐ Rarely eat or drink: 2 or more servings of milk, yogurt, or cheese a day | ☐ Sometimes eat or drink: 2 servings of milk, yogurt, or cheese a day | ☐ Usually eat or drink: 2 or more servings of milk, yogurt, or cheese a day |
| 5. MEAT, CHICKEN, TURKEY OR FISH*  
* 3 ounces is the size of a deck of cards or 1 regular hamburger, 1 chicken breast or leg or 1 pork chop | ☐ Usually eat: more than 6 ounces of meat, chicken, turkey or fish per day | ☐ Sometimes eat: more than 6 ounces of meat, chicken, turkey or fish per day | ☐ Rarely/never eat: more than 6 ounces of meat, chicken, turkey or fish per day |
| 6. EATING OUT  
* in restaurants or getting take out food | ☐ Usually eat out or get take-out food twice a week or more | ☐ Usually eat out or get take-out food once a week less than once a week | ☐ Usually eat out or get take-out food less than once a week  
OR Usually eat low-fat restaurant meals |
| 7. RED MEAT  
* beef, hamburger, pork, lamb, veal | ☐ Usually eat: three times a week or more | ☐ Usually eat: twice a week | ☐ Usually eat: once a week or less |
| 8. RED MEAT CHOICES  
* beef, hamburger, pork, lamb, veal | ☐ Usually eat: high-fat cuts, such as ribs, brisket, T-bone steak, prime rib, sausage, regular or lean ground beef | ☐ Sometimes eat: high-fat cuts such as: ribs, brisket, T-bone steak, prime rib, sausage, regular or lean ground beef | ☐ 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 | ☐ Usually/often eat: salami, bologna, other cold cuts, hot dogs, bacon, sausage | ☐ Sometimes eat: salami, bologna, other cold cuts, hot dogs, bacon, sausage | ☐ 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, | ☐ Usually eat: | ☐ Sometimes eat: | ☐ Usually eat: |

* If you never eat these foods, check column C.
**11. CHICKEN AND FISH CHOICES***

<table>
<thead>
<tr>
<th></th>
<th>Usually eat: fried chicken and/or fried fish and shellfish</th>
<th>Sometimes eat: fried chicken and/or fried fish and shellfish</th>
<th>Usually eat: chicken and fish that is baked, broiled, grilled, poached, roasted, etc.</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>CHICKEN AND FISH</strong></td>
<td><strong>LIKE ALL-BEAN CHILI, BURRITO, LENTIL SOUP, MEATLESS SPAGHETTI SAUCE</strong></td>
<td><strong>MEATLESS MAIN DISHES</strong></td>
<td><strong>REGULAR SKIN</strong></td>
</tr>
<tr>
<td><strong>USUALLY EAT:</strong></td>
<td>fried chicken and/or fried fish and shellfish</td>
<td>meatless main dishes</td>
<td>meatless main dishes less than twice a week</td>
</tr>
<tr>
<td><strong>USUALLY EAT:</strong></td>
<td>chicken and fish that is baked, broiled, grilled, poached, roasted, etc.</td>
<td>meatless main dishes twice a week or more</td>
<td></td>
</tr>
</tbody>
</table>

**12. MEATLESS MAIN DISHES**

- **Rarely eat:** meatless main dishes
- **Usually eat:** meatless main dishes less than twice a week
- **Usually eat:** meatless main dishes twice a week or more

**13. MILK***

- **Usually drink/use:** whole milk or cream
- **Usually drink/use:** 2% reduced-fat milk
- **Usually drink/use:** 1% low-fat or skim milk

**14. CHEESE**

- **Usually eat:** regular cheese, such as cheddar, Swiss, and American
- **Sometimes eat:** regular cheese, such as cheddar, Swiss, and American
- **Usually eat:** reduced-fat or part-skim cheese

**15. FROZEN DESSERTS**

- **Sometimes eat:** regular ice cream, ice cream bars/sandwiches
- **Usually eat:** sherbet, sorbet, low-fat frozen yogurt or ice cream
- **Rarely/Never eat:** frozen desserts

**16. COOKING METHOD**

- **Usually add:** oil, butter, or margarine to the pan
- **Sometimes add:** oil, butter, or margarine to the pan
- **Usually add:** broil, bake, or steam without fats or oils or use cooking sprays (Pam®)

**17. FRIED FOODS**

- **Often eat:** fried foods
- **Sometimes eat:** fried foods
- **Rarely/Never eat:** fried foods

**18. SPREADS**

- **Usually put:** butter or stick margarine on bread, potatoes, vegetables, etc.
- **Often put:** liquid or regular tub margarine on bread, potatoes, vegetables, etc.
- **Usually put:** “light” tub margarine on bread, potatoes, vegetables, etc.

**19. SALAD DRESSING & MAYONNAISE***

- **Usually use:** regular salad dressing or mayonnaise
- **Sometimes use:** regular salad dressing or mayonnaise
- **Usually use:** light or fat-free salad dressing and mayonnaise

**20. SNACKS**

- **Usually eat:** regular chips, crackers, and nuts
- **Sometimes eat:** regular chips, crackers, and nuts
- **Usually eat:** fruit, pretzels, low-fat crackers or baked chips

**21. DESSERTS & SWEETS**

- **Usually eat:** donuts, cookies, cake, pie, pastry or chocolate
- **Sometimes eat:** donuts, cookies, cake, pie, pastry, or chocolate
- **Usually eat:** fruit, angel food cake, low-fat or fat-free sweets

**22. ADDED SALT**

- **Always/Usually:** add salt to food when cooking or at the table
- **Sometimes:** add salt to food when cooking or at the table
- **Rarely/Never:** add salt to food when cooking or at the table

**23. CANNED FOODS, FROZEN, PACKAGED MEALS**

- **Usually:** choose regular canned/frozen/packaged foods.
- **Sometimes:** choose regular canned, frozen, packaged foods.
- **Usually:** choose low sodium canned, frozen, packaged foods. Or, rarely eat these foods

**24. SALTY SNACKS**

- **Often eat:** salty snacks
- **Sometimes eat:** salty snacks
- **Rarely/Never eat:** salty snacks

**25. DESSERTS AND SWEETS**

- **Usually eat:** high sugar desserts & sweets
- **Sometimes eat:** low sugar desserts & sweets
- **Usually eat:** low sugar desserts & sweets

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### SWEETS

26. **SODA, PUNCH, ETC.**

<table>
<thead>
<tr>
<th>Drinking Habit</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>☐ Usually drink 16 oz. or more of non-diet soda, punch, etc. per day</td>
<td>☐ Usually drink 8-15 oz. of non-diet soda, punch, etc. per day</td>
</tr>
</tbody>
</table>

**Kool-Aid**

27. **BEER, WINE, LIQUOR**

*One drink = 12 oz. beer, 5 oz. wine, one shot of hard liquor or mixed drink with 1 shot*

<table>
<thead>
<tr>
<th>Drinking Habit</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>☐ Often drink: more than 1-2 alcoholic drinks in a day.</td>
<td>☐ Sometimes drink: more than 1-2 alcoholic drinks in a day.</td>
</tr>
</tbody>
</table>

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**Find your Rate Your Plate score:**

Total checks in column A = \[ \text{x 1} \] =

Total checks in column B = \[ \text{x 2} \] =

Total checks in column C = \[ \text{x 3} \] =

**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.

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

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