

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>	O Usually eat: less than 4 servings of grain products a day	O Usually eat: 4-5 servings of grain products a day	O Usually eat: 6 or more servings of grain products a day
2. WHOLE GRAINS	O Usually eat: white breads; white rice; low fiber cereals like corn flakes, krispies, etc	O Sometimes eat: white breads; white rice; low fiber cereals like corn flakes, krispies, etc	O 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>	O Usually eat: 1 serving or less a day	O Usually eat: 2-4 servings a day	O 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>	O Rarely eat or drink: 2 or more servings of milk, yogurt, or cheese a day	O Sometimes eat or drink: 2 servings of milk, yogurt, or cheese a day	O 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>	O Usually eat: more than 6 ounces of meat, chicken, turkey or fish per day	O Sometimes eat: more than 6 ounces of meat, chicken, turkey or fish per day	O 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>	O Usually eat out or get take-out food twice a week or more	O Usually eat out or get take-out food once a week	O 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>	O Usually eat: three times a week or more	O Usually eat: twice a week	O Usually eat: once a week or less
8. RED MEAT CHOICES <i>beef, hamburger, pork, lamb, veal</i>	O Usually eat: high-fat cuts, such as ribs, brisket, T-bone steak, prime rib, sausage, regular or lean ground beef	O Sometimes eat: high-fat cuts such as: ribs, brisket, T-bone steak, prime rib, sausage, regular or lean ground beef	O 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	O Usually/often eat: salami, bologna, other cold cuts, hot dogs, bacon, sausage	O Sometimes eat: salami, bologna, other cold cuts, hot dogs, bacon, sausage	O 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

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

10. CHICKEN, TURKEY, ETC.*	O Usually eat: chicken, turkey, and other poultry with skin	O Sometimes eat: chicken, turkey, and other poultry with skin	O Usually eat: chicken, turkey, and other poultry without skin
11. CHICKEN AND FISH CHOICES*	O Usually eat: fried chicken and/or fried fish and shellfish	O Sometimes eat: fried chicken and/or fried fish and shellfish	O 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>	O Rarely eat: meatless main dishes	O Usually eat: meatless main dishes less than twice a week	O Usually eat: meatless main dishes twice a week or more
13. MILK*	O Usually drink/use: whole milk or cream	O Usually drink/use: 2% reduced-fat milk	O Usually drink/use: 1% low-fat or skim milk
14. CHEESE <i>include cheese on pizza, sandwiches, snacks & in mixed dishes</i>	O Usually eat: regular cheese, such as cheddar, Swiss, and American	O Sometimes eat: regular cheese, such as cheddar, Swiss, and American	O Usually eat: reduced-fat or part-skim cheese Or, Rarely eat cheese
15. FROZEN DESSERTS <i>ice cream, etc.</i>	O Usually eat: regular ice cream, ice cream bars/sandwiches	O Sometimes eat: regular ice cream, ice cream bars/sandwiches	O Usually eat: sherbet, sorbet, low-fat frozen yogurt or icecream Or, Rarely eat frozen desserts
16. COOKING METHOD	O Usually add: oil, butter, or margarine to the pan	O Sometimes add: oil, butter, or margarine to the pan	O 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>	O Often eat: fried foods	O Sometimes eat: fried foods	O Rarely/Never eat: fried foods
18. SPREADS <i>Added at the table</i>	O Usually put: butter or stick margarine on bread, potatoes, vegetables, etc.	O Usually put: liquid or regular tub margarine on bread, potatoes, vegetables, etc.	O Usually put: “light” tub margarine on bread, potatoes, vegetables Or, Eat them plain
19. SALAD DRESSING & MAYONNAISE*	O Usually use: regular salad dressing or mayonnaise	O Sometimes use: regular salad dressing or mayonnaise	O Usually use: light or fat-free salad dressing and mayonnaise
20. SNACKS	O Usually eat: regular chips, crackers, and nuts	O Sometimes eat: regular chips, crackers, and nuts	O Usually eat: fruit, pretzels, low-fat crackers or baked chips
21. DESSERTS & SWEETS	O Usually eat: donuts, cookies, cake, pie, pastry or chocolate	O Sometimes eat: donuts, cookies, cake, pie, pastry, or chocolate	O Usually eat: fruit, angel food cake, low-fat or fat-free sweets
22. ADDED SALT	O Always/Usually: add salt to food when cooking or at the table	O Sometimes: add salt to food when cooking or at the table	O Rarely/Never: add salt to food when cooking or at the table
23. CANNED FOODS, FROZEN, PACKAGED MEALS	O Usually: choose regular canned/frozen/packageged foods.	O Sometimes: choose regular canned, frozen, packageged foods.	O Usually: choose low sodium canned, frozen, packageged foods. Or, rarely eat these foods

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

24. SALTY SNACKS <i>chips, pretzels, crackers, salted nuts</i>	O Often eat: salty snacks	O Sometimes eat: salty snacks	O Rarely/Never eat: salty snacks
25. DESSERTS AND SWEETS	O Usually eat: high sugar desserts & sweets	O Sometimes eat: low sugar desserts & sweets	O Usually eat: low sugar desserts & sweets
26. SODA, PUNCH, ETC. <i>Soda, pop, fruit drink, punch, Kool-Aid, etc.</i>	O Usually drink 16 oz. or more of non-diet soda, punch, etc. per day	O Usually drink 8-15 oz. of non-diet soda, punch, etc. per day	O 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>	O Often drink: more than 1-2 alcoholic drinks in a day.	O Sometimes drink: more than 1-2 alcoholic drinks in a day.	O 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.

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