

# How Healthy Is Your Diet?

Please score your answer after careful thought and then add up your points (numbers in parentheses).

**How many fruits do you *normally* eat each day?**  
*(½ cup fresh or dried fruit, 1 medium piece, 1 cup unsweetened juice)*

<input type="checkbox"/> 0 (-2)	<input type="checkbox"/> 2 to 3 (+2)	Score <input style="width: 50px;" type="text"/>
<input type="checkbox"/> 1 (0)	<input type="checkbox"/> 4 or more (+3)	

**How many vegetable servings do you *normally* eat each day?**  
*(1 cup leafy greens, ½ cup any other veggie, raw or cooked)*

<input type="checkbox"/> 0 (-4)	<input type="checkbox"/> 2 (+1)	<input type="checkbox"/> 4 or more (+3)	Score <input style="width: 50px;" type="text"/>
<input type="checkbox"/> 1 (0)	<input type="checkbox"/> 3 (+2)		

**How many different varieties of vegetable do you eat in a normal month?**

<input type="checkbox"/> 2 or less (-4)	<input type="checkbox"/> 5 to 6 (+1)	<input type="checkbox"/> 9 or more (+4)	Score <input style="width: 50px;" type="text"/>
<input type="checkbox"/> 3 to 4 (0)	<input type="checkbox"/> 7 to 8 (+3)		

**How many times do you eat dried beans or peas in a normal week?**  
*(legumes, lentils, chickpeas, kidney beans, green peas, etc.)*

<input type="checkbox"/> 0 (-2)	<input type="checkbox"/> 3 to 4 (+1)	<input type="checkbox"/> 7 or more (+3)	Score <input style="width: 50px;" type="text"/>
<input type="checkbox"/> 1 to 2 (0)	<input type="checkbox"/> 5 to 6 (+2)		

**How many times do you eat red meat in a normal week?**

<input type="checkbox"/> 6 or more (-4)	<input type="checkbox"/> 1 to 3 (-1)		Score <input style="width: 50px;" type="text"/>
<input type="checkbox"/> 4 to 5 (-3)	<input type="checkbox"/> Less than once a week (+2)		
<input type="checkbox"/> 0 (+3)			

**How many times do you eat in a fast food restaurant in a normal week?**

<input type="checkbox"/> 6 or more (-5)	<input type="checkbox"/> 1 to 3 (-3)		Score <input style="width: 50px;" type="text"/>
<input type="checkbox"/> 4 to 5 (-4)	<input type="checkbox"/> Less than once a week (-2)		

**In a typical day, what do you drink *most* often?**

<input type="checkbox"/> Soda (regular or diet) (-4)	<input type="checkbox"/> Milk or fruit juice (0)		Score <input style="width: 50px;" type="text"/>
<input type="checkbox"/> Caffeinated coffee or tea (-1)	<input type="checkbox"/> Herbal tea or water (+3)		
<input type="checkbox"/> Decaffeinated coffee or tea (0)			

**How many 12 oz. Cans of soda do you drink in a normal day?**

<input type="checkbox"/> 6 or more (-5)	<input type="checkbox"/> 1 (-2)		Score <input style="width: 50px;" type="text"/>
<input type="checkbox"/> 4 to 5 (-4)	<input type="checkbox"/> Less than 1 (-1)		
<input type="checkbox"/> 2 to 3 (-3)	<input type="checkbox"/> 0 (0)		

**How often do you eat fish in a typical week?**

<input type="checkbox"/> Never (-2)			Score <input style="width: 50px;" type="text"/>
<input type="checkbox"/> Once (+1)			
<input type="checkbox"/> Twice (+2)			
<input type="checkbox"/> 3 to 5 times (+3)			

**In a typical week, how often do you eat whole grains?**  
*(100% whole grain bread, whole oats, brown rice, quinoa, whole rye crackers)*

<input type="checkbox"/> Never (-3)	<input type="checkbox"/> 5 to 6 times a week (+1)		Score <input style="width: 50px;" type="text"/>
<input type="checkbox"/> 1 to 2 times a week (-1)	<input type="checkbox"/> 1 or more times a day (+3)		
<input type="checkbox"/> 3 to 4 times a week (0)			

**How often do you eat sweets such as cookies, cakes, or ice cream?**

<input type="checkbox"/> 1 or more times a day (-3)	<input type="checkbox"/> Once a week (0)		Score <input style="width: 50px;" type="text"/>
<input type="checkbox"/> Every other day (-2)	<input type="checkbox"/> 2 to 3 times a month (+1)		
<input type="checkbox"/> Twice a week (-1)	<input type="checkbox"/> Rarely (+3)		

Scoring:                    **22-28** - Great eating habits  
                                   **17-21** - Pretty good eating habits  
                                   **10-16** - Needs some improvement  
                                   **9 or less** - Needs much improvement; try to change one habit at a time

**Your Total Score** \_\_\_\_\_