



HEALTHY EATING QUESTIONNAIRE - DISCOVER YOUR

INCREASING FRUITS & VEGETABLES

* EAT AT LEAST ONE SERVING OF CITRUS FRUIT (EG: ORANGE, LEMON, LIME OR G
CITRUS FRUIT JUICE PER DAY?

0 POINTS	1 POINT	3 POINTS	5 POINTS	
RARELY/NEVER	1-3TIMES	4-5TIMES	6-7TIMES	SCORE

*EAT AT LEAST ONE SERVING OF DARK GREEN, DEEP ORANGE, YELLOW, OR RED FI
VEGETABLES PER DAY?

0 POINTS	1 POINT	3 POINTS	5 POINTS	
RARELY/NEVER	1-3TIMES	4-5TIMES	6-7TIMES	SCORE

*CHOOSE FRUITS OR VEGETABLES AS A SNACK INSTEAD OF CHOOSING A TYPIC
FOOD PER WEEK?

0 POINTS	1 POINT	3 POINTS	5 POINTS	
RARELY/NEVER	1-3TIMES	4-5TIMES	6 OR MORE	SCORE

*TRY NEW WAYS TO PREPARE, EAT, OR ORDER FRUITS AND VEGETABLES PER M

0 POINTS	1 POINT	3 POINTS	5 POINTS	
RARELY/NEVER	1 TIME	2 TIMES	3OR MORE TIMES	SCORE

*SELECT FRUITS OR VEGETABLES AS SIDE DISHES WHEN EATING OUT PER MON

0 POINTS	1 POINT	3 POINTS	5 POINTS	
RARELY/NEVER	1-2 TIMES	3-4 TIMES	5 OR MORE	SCORE

TOTAL SCORE

DECREASING FATS: DO YOU..

*USE BUTTER, MARGARINE OR OILS WHEN COOKING OR AS SPREADS?

0 POINTS: USUALLY CHOOSE BUTTER, STICK (HARD) MARGARINE, SHORTENING, A
FAT, OR LARD

3 POINTS: USUALLY CHOOSE WHIPPED OR LIGHT (REDUCED FAT) BUTTER OR RE
(SOFT) MARGARINE

5 POINTS: USUALLY CHOOSE LIQUID MARGARINE, VEGETABLE OILS, OR REDUCE
(SOFT) MARGARINE

SCORE

*USE SALAD DRESSING OR MAYONNAISE?

0 POINTS: USUALLY CHOOSE REGULAR OPTION

3POINTS: USUALLY CHOOSE LOW FAT OPTION

5POINTS: USUALLY CHOOSE NON FAT OPTION

SCORE

DECREASING FATS: DO YOU..CONT.

*EAT BEEF, PORK, LAMB, OR VEAL? (GIVE YOURSELF 5 POINTS IF YOU RARELY EAT BEEF, PORK, LAMB, OR VEAL)

0POINTS: RARELY CHOOSE LEAN CUTS OR LEAN GROUND BEEF, AND RARELY REMOVE EXCESS FAT BEFORE COOKING OR EATING

3POINTS: SOMETIMES CHOOSE LEAN OR EXTRA-LEAN CUTS OR LEAN GROUND BEEF, SOMETIMES REMOVE EXCESS FAT BEFORE COOKING OR EATING

5POINTS: USUALLY CHOOSE LEAN OR EXTRA-LEAN CUTS OR LEAN GROUND BEEF, USUALLY REMOVE EXCESS FAT BEFORE COOKING OR EATING

SCORE

*EAT TURKEY, CHICKEN OR OTHER POULTRY? (GIVE YOURSELF 5 POINTS IF YOU USUALLY EAT OR NEVER EAT ANY TYPE OF POULTRY)

0POINTS: USUALLY CHOOSE FRIED POULTRY COOKED WITH SKIN (AND YOU EAT SKIN) OR REGULAR GROUND POULTRY

3POINTS: SOMETIMES CHOOSE BAKED, BROILED, OR GRILLED POULTRY WITH SKIN (IF YOU DON'T EAT THE SKIN) OR LEAN GROUND POULTRY

5POINTS: USUALLY CHOOSE BAKED, BROILED, OR GRILLED POULTRY, POULTRY AND EATEN WITHOUT SKIN OR LEAN GROUND POULTRY

SCORE

*EAT FISH, SHELLFISH, OR SEAFOOD?

0POINTS: USUALLY CHOOSE FRIED FISH

3POINTS: SOMETIMES CHOOSE FRIED FISH

5POINTS: USUALLY CHOOSE BAKED, BROILED, OR GRILLED FISH

SCORE

*EAT CHEESE?

0POINTS: USUALLY CHOOSE REGULAR OPTION

3POINTS: SOMETIMES CHOOSE LOW-FAT OPTION

5POINTS: USUALLY CHOOSE NON-FAT OR LOW-FAT OPTION

SCORE

*CHOOSE THE LIGHT OR LOW-FAT VERSION OF FOODS AND SAUCES WHEN AVAILABLE

0POINTS: RARELY/NEVER

1 POINT: 1-3 TIMES PER WEEK

3POINTS: 4-5 TIMES PER WEEK

5POINTS: 6 OR MORE TIMES PER WEEK

SCORE

*USE THE FOLLOWING PREPARATION METHODS?

0POINTS: USUALLY FRY OR SAUTE

3POINTS: SOMETIMES BAKE, BROIL, STEAM OR GRILL

5POINTS: USUALLY BAKE, BROIL, STEAM OR GRILL

SCORE

TOTAL SCORE

INCREASING DAIRY AND DAIRY ALTERNATIVES: HOW OFTEN DO YOU...

*DRINK MILK OR SOY MILK?

0POINTS: RARELY OR NEVER

1 POINT: 1-6 TIMES PER WEEK

3POINTS: 1 TIME PER DAY (7 TIMES PER WEEK)

5POINTS: 2 OR MORE TIMES PER DAY

SCORE

*EAT YOGURT OR SOY YOGURT?

0POINTS: RARELY OR NEVER

1 POINT: 1-6 TIMES PER WEEK

3POINTS: 1 TIME PER DAY (7 TIMES PER WEEK)

5POINTS: 2 OR MORE TIMES PER DAY

SCORE

*EAT NATURAL OR PROCESSED CHEESE OR SOY CHEESE (CUBED/SLICED/SHRED

0POINTS: RARELY/NEVER

1 POINT: 1-3 TIMES PER WEEK

3POINTS: 4-5 TIMES PER WEEK

5POINTS: 6 OR MORE TIMES PER WEEK

SCORE

*EAT SOFT CHEESES SUCH AS COTTAGE CHEESE OR RICOTTA CHEESE?

0POINTS: RARELY/NEVER

1 POINT: 1-3 TIMES PER WEEK

3POINTS: 4-5 TIMES PER WEEK

5POINTS: 6 OR MORE TIMES PER WEEK

SCORE

*EAT CALCIUM-FORTIFIED FOODS OR DRINKS SUCH AS ORANGE JUICE,CEREAL,TC
BREAD, OR PASTA ?

0POINTS: RARELY/NEVER

1 POINT: 1-3TIMES PER WEEK

3POINTS: 4-5TIMES PER WEEK

5POINTS: 6OR MORE TIMES PER WEEK

SCORE

TOTAL SCORE

INCREASING WHOLEGRAINS: HOW OFTEN DO YOU

*EAT AT LEAST 3 SERVINGS OF WHOLE GRAIN FOODS PER DAY?

0POINTS: RARELY/NEVER

1 POINT: 1-3 TIMES PER WEEK

3POINTS: 4-5 TIMES PER WEEK

5POINTS: 6-7 TIMES PER WEEK

SCORE

*EAT WHOLE GRAIN READY TO EAT OR HOT CEREAL?

0POINTS: RARELY/NEVER

1 POINT: 1-3 TIMES PER WEEK
3 POINTS: 4-5 TIMES PER WEEK
5 POINTS: 6 OR MORE TIMES PER WEEK

SCORE

INCREASING WHOLEGRAINS: HOW OFTEN DO YOU.. CONT.

***EAT POPCORN OR WHOLEGRAIN SNACKS?**

0 POINTS: RARELY/NEVER
1 POINT: 1-3 TIMES PER WEEK
3 POINTS: 4-5 TIMES PER WEEK
5 POINTS: 6 OR MORE TIMES PER WEEK

SCORE

***EAT WHOLE GRAIN FOODS THAT YOU HAVEN'T TRIED BEFORE?**

0 POINTS: RARELY/NEVER
1 POINT: 1 TIME PER MONTH
3 POINTS: 2 TIMES PER MONTH
5 POINTS: 3 OR MORE TIMES PER MONTH

SCORE

TOTAL SCORE

BALANCING CALORIES: HOW OFTEN DO YOU...

***READ FOOD LABELS TO SEE HOW MANY CALORIES ARE IN FOODS?**

0 POINTS: RARELY/NEVER
1 POINT: 1-3 TIMES PER WEEK
3 POINTS: 4-5 TIMES PER WEEK
5 POINTS: 6 OR MORE TIMES PER WEEK

SCORE

***TRACK YOUR DAILY CALORIC INTAKE BY WRITING DOWN WHAT YOU EAT OR BY TRACK IN YOUR HEAD?**

0 POINTS: RARELY/NEVER
1 POINT: 1-3 DAY PER WEEK
3 POINTS: 4-5 DAYS PER WEEK
5 POINTS: 6-7 DAYS PER WEEK

SCORE

***ADJUST HOW MUCH YOU EAT BASED ON THE AMOUNT OF PHYSICAL ACTIVITY EXERCISE YOU GET EACH DAY?**

0 POINTS: RARELY/NEVER
1 POINT: 1-3 TIMES PER WEEK
3 POINTS: 4-5 TIMES PER WEEK
5 POINTS: 6 OR MORE TIMES PER WEEK

SCORE

***MAKE AN EFFORT TO LIMIT YOUR PORTION SIZES?**

0 POINTS: RARELY/NEVER
1 POINT: 1-3 TIMES PER WEEK
3 POINTS: 4-5 TIMES PER WEEK
5 POINTS: 6 OR MORE TIMES PER WEEK

SCORE

*CHOOSE LOW-CALORIE FOODS AND BEVERAGES WHEN AVAILABLE?

0POINTS: RARELY/NEVER

1 POINT: 1-3 TIMES PER WEEK

3POINTS: 4-5 TIMES PER WEEK

5POINTS: 6 OR MORE TIMES PER WEEK

SCORE

BALANCING CALORIES: HOW OFTEN DO YOU...CONT.

*EAT WHEN YOU ARE NOT HUNGRY?

0POINTS: 6 OR MORE TIMES PER WEEK

1 POINT: 4-5 TIMES PER WEEK

3POINTS: 1-3 TIMES PER WEEK

5POINTS: RARELY OR NEVER

SCORE

TOTAL SCORE

TOTAL SCORES: WRITE DOWN YOUR TOTAL SCORES FOR EACH SECTION:

INCREASING FRUITS AND VEGETABLES	_____	OUT OF 25
DECREASING FATS	_____	OUT OF 40
INCREASING DAIRY AND DAIRY ALTERNATIVES	_____	OUT OF 25
INCREASING WHOLE GRAINS	_____	OUT OF 30
BALANCING CALORIES	_____	OUT OF 30
GRAND TOTAL	_____	OUT OF 150

WHAT YOUR SCORE MEANS

- 115-150 Excellent! You are making many healthy food choices. Still, you may improve a little in some areas. Did you score a 0,1 or 3 on any of the questions? If so, those are the specific areas you need to improve on.
- 85-114 You're on the right track, but you could do better. Revisit the questions and see which areas you scored low on and look at making changes.
- 55-84 Congratulate yourself for making some healthy food choices. But to get the full benefits of healthy eating, you'll need to improve your eating habits.
- Less than 55 Your diet needs a lot of work and may be putting you at risk of health problems.

This questionnaire gives you an indication of your current eating habits. It allows you to determine what areas of your diet you need to focus on, change or keep the same. If you would like further advice regarding your diet, consultation is arranged with a local dietician.

DIET

GRAPEFRUIT) OR

FRUITS OR

DAILY SNACK

MONTH?

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/25

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