

## How Healthy Is Your Diet?

Circle your answers after careful thought; then add up your points (numbers in parentheses).

1. How many **cups** of dark leafy greens do you consume **each day**? (i.e., spinach, kale, Swiss chard, spring mix, etc.)
  - a. 0 (-1)
  - b. 1-2 (1)
  - c. 2-3 (2)
  - d. 3-4 (3)Score: \_\_\_\_\_
  
2. How many **cups** of cruciferous vegetables do you consume **each week**? (i.e., broccoli, cauliflower, kale, brussels sprouts, cabbage, etc.)
  - a. 0 (-1)
  - b. 1-2 (1)
  - c. 3-4 (2)
  - d. 4 or more (3)Score: \_\_\_\_\_
  
3. How many **servings** of vegetables do you typically consume **each day**? (1 serving=1 cup leafy greens, ½ cup cooked vegetables, 1 cup raw vegetables).
  - a. 0 (-3)
  - b. 1 (0)
  - c. 2 (1)
  - d. 3 (2)
  - e. 4 or more (3)Score: \_\_\_\_\_
  
4. How many **servings** of fruit do you typically consume each day? (1 serving = 1 medium-sized piece of fruit, ½ cup fresh or frozen fruit, 2 Tbsp. raisins or a few pieces of larger dried fruit. *Do not count juice*).
  - a. 0 (-1)
  - b. 1 (1)
  - c. 2-3 (2)
  - d. 4 or more (2)Score: \_\_\_\_\_
  
5. How many **servings** of berries (i.e. blueberries, strawberries, raspberries, blackberries, etc.) do you consume **each week**? (1 serving = 1 cup)
  - a. 0 (-1)
  - b. 1-2 (1)
  - c. 3-4 (2)
  - d. >4 (3)Score: \_\_\_\_\_
  
6. How many **servings** of dairy do you typically consume **each day**? (1 serving= 1 cup yogurt, 1 cup milk, 1 oz. cheese, 2 Tbsp. ½ and ½).
  - a. 4+ (-1)
  - b. 3 (0)
  - c. 2 (0)
  - d. 1 (0)
  - e. 0 (0)Score: \_\_\_\_\_

7. Skip to next question **if you are a vegetarian**: How many times do you eat dried beans or peas (legumes, lentils, chickpeas, kidney beans, green peas, etc.) in a normal week?
- a. 0 (0)
  - b. 1-2 (1)
  - c. 3-4 (2)
  - d. 5-6 (3)
  - e. 7 or more (3)
- Score: \_\_\_\_\_
8. Skip to next question **if not a vegetarian**: How many times do you eat dried beans or peas (legumes, lentils, chickpeas, kidney beans, green peas, etc.) in a normal week?
- a. 0 (-1)
  - b. 1-2 (1)
  - c. 3-4 (2)
  - d. 5-6 (3)
  - e. 7 or more (3)
- Score: \_\_\_\_\_
9. What **types** of grains do you consume? *Circle all that apply.*
- a. White bread, white rice, pretzels, crackers (-2)
  - b. 100% whole wheat flour products (0)
  - c. Sprouted products (i.e. Ezekiel bread, Mary's Gone Crackers brand) (1)
  - d. Brown rice, quinoa, oats (2)
  - e. I do not consume any grains. (0)
- Score: \_\_\_\_\_
10. How many times do you eat red meat in a typical **week**?
- a. 6 or more (-3)
  - b. 4-5 (-2)
  - c. 1-3 (-1)
  - d. Less than once per week (1)
  - e. 0 (2)
- Score: \_\_\_\_\_
11. How often do you consume nut and seed products **each week**? (i.e. nuts, nut butters, nut flours, pumpkin seeds, chia seeds flaxseeds, etc.)
- a. Never (-1)
  - b. 1-2 times per week (1)
  - c. Once a day (2)
  - d. 2+ times per day (3)
- Score: \_\_\_\_\_
12. How many times do you eat in fast-food restaurants **per week**?
- a. 6 or more (-3)
  - b. 4-5 (-2)
  - c. 1-3 (-1)
  - d. Less than once per week (-1)
  - e. 0 (2)
- Score: \_\_\_\_\_
13. How often do you eat fish in a typical **week**?
- a. Never (-3)
  - b. Once (-1)
  - c. Twice (1)
  - d. >3 times (2)
- Score: \_\_\_\_\_

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

- a. Soda (regular or diet) (-3)
- b. Caffeinated coffee or tea (-2)
- c. Decaffeinated coffee or tea (-1)
- d. Fruit juice (-3)
- e. Milk (-2)
- f. Water or herbal tea (2)

Score: \_\_\_\_\_

15. What is your soda consumption like (diet and regular)?

- a. I drink soda a few times per day (-3)
- b. I drink soda once per day (-2)
- c. I drink soda 2-3 times per week (-1)
- d. I drink soda once per week (-1)
- e. I don't drink soda (2)

Score: \_\_\_\_\_

16. How often do you eat sweets like cookies, cakes, or ice cream?

- a. 1 or more times per day (-3)
- b. Every other day (-2)
- c. Twice a week (-1)
- d. Once a week (0)
- e. 2-3 times a month (1)
- f. Rarely (2)

Score: \_\_\_\_\_

17. What type of fats do you consume on a **daily** basis? *Circle all that apply.*

- a. Creamy dressings (Ranch, Bleu Cheese, Caesar, 1000 Island, etc.) (-1)
- b. Bottled vinaigrette kinds (like Newman's Own, Kraft, etc.) (-1)
- c. I make my own dressing with olive oil and vinegar. (1)
- d. Mayo made with soybean oil (-1)
- e. Avocados and olives (1)
- f. Mayo made with avocado oil (soy-free) (1)
- g. Extra virgin olive oil, Avocado oil (1)
- h. Butter, ghee, extra virgin coconut oil (1)
- i. Margarine (-1)
- j. Vegetable oils (like soybean oil, canola oil, sunflower seed oil, safflower oil) found most often in packaged foods and snack foods (-1)

Score: \_\_\_\_\_

**Total Score:** \_\_\_\_\_

**Scoring:**

25-30 – Great eating habits

19-24- Pretty good eating habits

11-18 Needs some improvement

10 or less- Needs much improvement; try to change one habit at a time