



## WELLNESS WORKSHEET 64

### How's Your Diet?

- For each question, circle the plus (+) or minus (–) score(s) that best reflects your diet. If you circle more than one score, average them by adding the scores and dividing by the number of scores you circled.
  - For your final score, add your plus scores separately from your minus scores, then subtract your total minus scores from your total plus scores.
  - Keep the quiz as incentive. Take it again in a few months to see if your habits have improved.
1. How many times a week do you eat red meat? (Include beef, lamb, pork, veal.)
 

(a) 0	+4	(d) 5 or 6	–4
(b) 1 or 2	+2	(e) More than 6	–5
(c) 3 or 4	–2		
  2. How many ounces of red meat constitute your normal portion? (Hint: 3 ounces, cooked, is approximately the size of a deck of cards.)
 

(a) 3 ounces	+2	(c) 5 ounces	–2
(b) 4 ounces	+1	(d) 6 or more ounces	–3
  3. What kind of red meat do you usually choose?
 

(a) Loin or round cuts only	+2
(b) 80% lean	+1
(c) Ribs, T-bone	–4
(d) Hot dogs, bacon, bologna	–5
  4. How many times a week do you eat seafood? (Omit fried dishes; include shellfish like shrimp and lobster.)
 

(a) 2 or more	+4	(c) Less than 1	0
(b) 1	+2	(d) Never	–3
  5. How many ounces of poultry or seafood do you eat for a serving? (Do not count fried items.)
 

(a) 3 ounces	+2	(c) 5 ounces	–2
(b) 4 ounces	+1	(d) 6 or more ounces	–3
  6. Do you remove the skin from poultry?
 

(a) Yes	+2	(c) No	–3
(b) Don't eat poultry	0		
  7. How many times a week do you eat at least one half-cup serving of legumes? (Include beans like soybeans, navy, kidney, garbanzo, baked beans, lentils.)
 

(a) 3 or more	+4	(c) Less than 1	0
(b) 1 or 2	+2	(d) Never eat legumes	–1
  8. What kind of milk do you drink?
 

(a) Skim or 1%	+3	(c) 2%	–3
(b) Don't drink milk	0	(d) Whole	–4
  9. What kind of cheese do you usually eat?
 

(a) Fat-free	+2
(b) Low-fat (5 grams fat or less per ounce)	+1
(c) Don't eat cheese	0
(d) Whole-milk cheese	–4
  10. How many servings of low-fat, high-calcium foods do you eat daily? (One cup of yogurt or milk, 2 ounces of cheese, or one cup chopped broccoli, kale, or greens count as a serving.)
 

(a) 3 or more	+4
(b) 1 or 2	+2
(c) 0	–3
  11. What kind of bread do you eat most often?
 

(a) 100% whole wheat	+4
(b) Whole grain	+2
(c) White, "wheat," Italian or French	0
(d) Croissant or biscuit	–4
  12. Which is part of your most typical breakfast?
 

(a) High-fiber cereal and fruit	+4
(b) Bagel or toast	+1
(c) Don't eat breakfast	–2
(d) Danish, pastry, or doughnut	–3
  13. What kind of sauce or topping is usually on the pasta you eat?
 

(a) Vegetables tossed lightly with olive oil	+3
(b) Tomato or marinara sauce	+2
(c) Meat sauce	–3
(d) Alfredo or cream sauce	–4
  14. Which would you be most likely to order at a Chinese restaurant?
 

(a) Chicken with steamed vegetables over white rice	+3
(b) Cold sesame noodles	–1
(c) Twice-fried pork	–4
  15. Which would you be most likely to choose as toppings for pizza?
 

(a) Vegetables (e.g., broccoli, peppers)	+3
(b) Plain cheese	0
(c) Extra cheese	–3
(d) Sausage and pepperoni	–4

(over)

WELLNESS WORKSHEET 64 — continued

16. What is the most typical snack for you?  
 (a) Fresh fruit +4  
 (b) Low-fat yogurt +3  
 (c) Pretzels +1  
 (d) Potato chips -3  
 (e) Candy bar -3
17. How many half-cup servings of a high vitamin C fruit or vegetable do you eat daily? (Include citrus fruit and juices, kiwi, papaya, strawberries, broccoli, peppers, potatoes, tomatoes.)  
 (a) 2 or more +3  
 (b) 1 +1  
 (c) None -3
18. How many half-cup servings of a high vitamin A fruit or vegetable do you eat daily? (Include apricots, cantaloupe, mango, broccoli, carrots, greens, spinach, sweet potato, winter squash.)  
 (a) 2 or more +3  
 (b) 1 +1  
 (c) None -3
19. What kind of salad dressing do you most often choose?  
 (a) Fat-free or low-fat +3  
 (b) Lemon juice or herb vinegar +3  
 (c) Olive or canola oil-based +1  
 (d) Creamy or cheese-based -3
20. What do you usually spread on bread, rolls, or bagels?  
 (a) Nothing +1  
 (b) Jam, jelly, or honey -1  
 (c) Light butter or light margarine -2  
 (d) Margarine -3  
 (e) Butter -4
21. What spread do you usually choose for sandwiches?  
 (a) Nothing +3  
 (b) Mustard +2  
 (c) Light mayonnaise -1  
 (d) Mayonnaise, margarine, or butter -3
22. Which frozen dessert do you usually choose?  
 (a) Don't eat frozen desserts +3  
 (b) Fat-free frozen yogurt +1  
 (c) Sorbet or sherbet +1  
 (d) Light ice cream -2  
 (e) Ice cream -4
23. How many cups of caffeinated beverages (e.g., coffee, tea, or soda) do you usually drink in a typical day?  
 (a) None +2  
 (b) 1 to 2 0  
 (c) 3 or 4 -1  
 (d) 5 or more -4
24. How many total cups of fluid do you drink in a typical day? (Include water, juice, milk.)  
 (a) 8 or more +3  
 (b) 6 to 7 +2  
 (c) 4 or 5 +1  
 (d) Less than 4 -1
25. What kind of cereal do you eat?  
 (a) High-fiber cereals such as bran flakes +3  
 (b) Low-fiber, low-sugar cereals, such as puffed rice, corn flakes, Corn Chex, or Cheerios 0  
 (c) Sugary, low-fiber cereals, like Frosted Flakes, or fruit-flavored cereals -2  
 (d) Regular (high-fat) granola -3
26. How many times a week do you eat fried foods?  
 (a) never +4  
 (b) 2 or less 0  
 (c) 3 or more -3
27. How many times a week do you eat cancer-fighting cruciferous vegetables? (Include broccoli, cauliflower, brussels sprouts, cabbage, kale, bok choy, cooking greens, turnips, rutabaga.)  
 (a) 3 or more +4  
 (b) 1 to 2 +2  
 (c) Rarely -4

**Score:** \_\_\_\_\_ - \_\_\_\_\_ = \_\_\_\_\_  
 (total of + answers) (total of - answers)

**Scoring**

65–82:	Excellent
42–64:	Very good
28–41:	Good
-16–27:	Fair
Below -16:	Get help!