



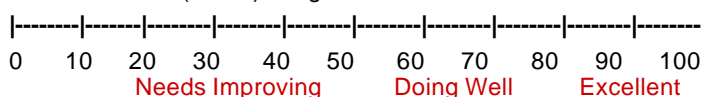
Healthy Eating Self-Test

Instructions: How healthy are your eating habits? Take this quick nutrition self-test to see. Mark the box in each row that best describes your usual eating pattern. Write the score beside that box in the far right column.

Eating Practices	Column A	Column B	Column C	Score
1. Breakfast <i>How often do you eat breakfast?</i>	[] 0 Occasionally or never	[] 3 Most days (5 or more times/week)	[] 5 Every day	
2. Whole-grain bread/cereal <i>Number of servings you eat daily? (serv = 1 sl bread, ¼ C dry cereal, ½ C cooked cereal or brown rice)</i>	[] 0 0 to 2 per day	[] 5 At least 3 per day	[] 10 4 or more per day	
3. Fruits and vegetables <i>Number of servings you eat daily? (serving = 1 fruit, 1 cup fresh, ½ cup cooked, 2/3 cup juice)</i>	[] 0 0 to 4 servings per day	[] 5 5 to 6 servings per day	[] 10 7 or more servings/day	
4. Spreads and other fats <i>What kinds do you usually eat?</i>	[] 0 Primarily use butter or stick margarine, and shortening	[] 5 Primarily use soft tub margarine and vegetable oils	[] 10 Only use vegetable oils and trans fat free margarine	
5. Meats/Protein foods <i>What kinds of protein foods do you typically eat?</i>	[] 0 Regularly eat red meat including steak, hot dogs, hamburger, and/or sausage	[] 5 Seldom eat meat or limit it to only lean meat, skinless poultry, or fish	[] 10 Eat primarily peas, beans, lentils, nuts, soy proteins, tofu, and other plant based protein foods	
6. Dairy products <i>What kind of dairy products do you typically use?</i>	[] 0 Use regular milk, cheese, cottage cheese, and yogurt	[] 3 Use only lowfat milk, cheese, cottage cheese, or yogurt	[] 5 Use only nonfat milk, cheese, or yogurt or use soy milk	
7. Legumes, dry beans/peas <i>How often do you eat them?</i>	[] 0 0 to 2 times/week	[] 3 3-6 times per week	[] 5 Daily	
8. Nuts, seeds, nut butters <i>How often do you eat them?</i>	[] 0 0 to 3 times per week	[] 5 4 to 5 times per week	[] 10 Daily	
9. Salt and salty foods <i>How much do you eat?</i>	[] 0 Always salt food at meal time and often eat salty foods	[] 3 Occasionally add additional salt to food or eat salty foods	[] 5 Use salt sparingly and limit intake of salty foods	
10. High glycemic foods <i>How often do you eat white bread, white rice, sugary dry cereals, pastry, and snack foods?</i>	[] 0 Eat some of these foods most every day	[] 3 Limit these foods, only eat them a few times in a week	[] 5 Seldom eat high glycemic foods or eat in small amounts	
11. Sodas/Sweets <i>How often do you eat/drink soda pop, punch, ice cream, candy, sugar, jam, and other sweets?</i>	[] 0 Love sweets, eat them every day	[] 3 Limit sweets, only eat sweets occasionally or in small amounts	[] 5 Seldom eat sugar rich foods, and eat primarily fresh fruit and pure fruit juices	
12. Body mass index (BMI) <i>Mark your BMI value or waist girth (see BMI chart on back).</i>	[] 0 BMI 30 or higher Waist 35"+ in women., 40"+ men	[] 5 BMI 25 to 29.9 Waist 32"+ women, 37"+ men	[] 10 BMI 18.5 to 24.9 Waist <32" women, <37" men	
13. Physical activity level <i>How often do you get 30+ min of physical activity in a day? Ex.: jog, walk, bike, dance, garden, hike.</i>	[] 0 Never or seldom exercise	[] 3 3-4 days per week	[] 5 5-7 days per week	
14. Water <i>Number of glasses of water you normally drink each day?</i>	[] 0 Less than 5 glasses per day	[] 3 5 to 7 glasses daily	[] 5 8 to 10 glasses daily	

Scoring: Sum all of the scores in the right hand column to arrive at your total score or *Nutrition Index*. Compare your results with the norms on the right. Put an 'X' on the Nutrition Scale that corresponds with your score.

Nutrition Scale (0-100) a high score is desirable.



Your Nutrition Index (0-100)

Interpreting Your Nutrition Index Score

	Nutrition Index	% of population
Excellent	80 - 100	18%
Doing well	54 - 79	22%
Needs Improving	less than 55	43%
Poor eating habits	less than 35	17%

Healthy Eating Guidelines

Eating should be enjoyable and keep you healthy. Here are 10 key guidelines to help you eat well and live a long, healthy life.

1. Eat predominantly from whole, plant based foods

The U.S. Dietary Guidelines state¹, "Eating a variety of whole grains, fruits, and vegetables is the basis of healthy eating." These foods are packed with nutrients and phytochemicals that protect the body from disease. They are cholesterol free and low in calories. Emphasize plant-based foods in your diet.

2. Maintain a healthy weight

Try these eating tips to assist you in this lifetime goal:

- Learn to eat lower calorie foods (fruits, vegetables, salads)
- Limit high calorie desserts (ice cream, cheese cake, etc.)
- Drink water in place of soda pop, lemon aide, or fruit punch
- Limit fast food and high calorie restaurant food
- Keep portion sizes moderate and limit second helpings
- Eliminate junk foods and typical snack foods
- Eat slowly and enjoy your meals
- If needed, join a weight loss support group or see a dietitian

A healthy weight is defined as a body mass index (BMI) less than 25 or a waist girth < 32" for women and < 37" for men. Check your BMI on the following chart.

Body Mass Index (BMI) Chart

Height	Healthy BMI 23	OverWt BMI 25	Obese 1 BMI 30+	Obese 2 BMI 35+
4' 10"	110	119+	143+	167+
5' 0"	118	128+	153+	179+
5' 2"	126	136+	164+	191+
5' 4"	134	145+	174+	204+
5' 6"	142	155+	186	216+
5' 8"	151	164+	197+	230+
5' 10"	160	174+	209+	243+
6' 0"	169	184+	221+	258+
6' 2"	179	194+	233+	272+
6' 4"	189	205+	246+	287+

Source: NIH, NHLBI, National Obesity Initiative, 2003

3. Aim for 30-60 minutes of physical activity daily²

Physical activity balances calorie intake to help you maintain a healthy weight. Choose moderate activities you enjoy such as brisk walking, biking, active gardening, aerobics to music, and sports. If you have health problems, get your doctor's specific guidance before initiating an exercise program.

4. Eat fresh fruits and vegetables in abundance

They help maintain your weight and promote good health. The new NIH DASH Diet³ recommends eating 8 to 10 servings of fruits and vegetables daily. Include a wide variety of vegetables, greens, and salads. Eat citrus, melons, berries, grapes, apples, and other fresh fruits in abundance.

5. Choose healthy fats⁴

Not all fats are bad. Some are essential for health. Eat some healthy fats each meal. Examples include:

- Unhydrogenated vegetable oils (Canola, olive, soy, corn)
- Trans fat free margarine (read the food label)
- n-3 fatty acids (found in flax meal, walnuts, and soy)
- Olives, avocado, nuts, and nut butters

Limit saturated fat (animal fats) to less than 7% of calories

Avoid trans fats found in partially hydrogenated fats (e.g. margarine, shortening, pastry, cookies, cake, baked goods)

6. Eat whole grains

Whole wheat bread, brown rice, oatmeal and other whole grains lower the risk of heart attacks, strokes, diabetes, and certain cancers. Eat at least 3 servings of whole grains daily.

7. Eat nuts/legumes daily⁵

Legumes and nuts are good sources of protein, fiber, and healthy fats. Eat them daily for best health.

8. Choose healthy protein foods

Limit red meats. Healthier protein foods include legumes, tofu, soy, nuts, and other vegetable protein foods that are cholesterol free and low in saturated fat. Skinless poultry and fish are also healthier alternatives to red meat.

9. Limit high fat dairy products

Limit butter, cream, and high fat cheese. Use low fat dairy or soymilk (be sure soy has at least 7-8 g of protein/serving).

10. Choose healthy carbohydrates⁶

Limit high glycemic foods such as snack foods, sugar, soda pop, white bread, white rice, and potatoes. They raise blood sugar and insulin levels, and increase the risk for obesity, diabetes, and heart disease. Choose unrefined carbohydrates high in fiber.

Other Nutrition Guidelines

- Drink plenty of water (it's good for body and brain)
- Use salt moderately, no more than 2400 mg of sodium/day
- Eat plenty of dietary fiber, women 25 g and men 38 g per day
- Eat a good breakfast daily (avoid skipping meals)
- Use www.MyPyramid.gov to help you plan healthy meals⁷



Based on about 2000 cal/day

Whole gains. Eat 6 ounces daily. 1 slice bread, 2/3 cup dry cereal, ½ C cooked cereal, rice, or pasta

Vegetables. Eat 2.5 cups daily. Include dark green/yellow veggies.

Fruit. Eat 2 cups daily. Choose primarily fresh, frozen, or dried fruits. Go easy on fruit juice.

Oils. From plants, nuts, and fish.

Dairy. 2-3 cups daily. Use non or low fat milk, yogurt, cheese. Fortified soy milk is OK too.

Healthy Proteins. ½ C beans or tofu, 1 soy or garden burger, 2 oz of lean meat, skinless poultry, or fish. Choose more beans, nuts, fish, soy, and seeds.

Be active 30-60 minutes daily.

References

1. HHS, Dietary Guidelines, 2000
2. NAS, Inst. of Medicine, DRIs, 2002
3. JAMA 289:2083-93, Apr 23/30, 2003
4. NIH, ATP3 Heart Report, 2000
5. British Medical Journal, Nov 14, '98
6. JAMA 287:2415, 2002
7. USDA, MyPyramid, 2005, adapted. Form © 2003-5 Wellsource, Inc.