

■ APPENDIX 23

Eating Smart Assessment

Complete the *Eating Smart Assessment* and get a broad view of the diversity of your diet, especially its content of fat- and fiber-rich foods. A high rating means that you're on

the right track for prudent nutrition to help fight the battle against heart disease and certain cancers.

OIL AND FATS: butter, margarine, shortening, mayonnaise, sour cream, lard, oil POINTS

I always add these foods in cooking and/or at the table	_____ 0
I occasionally add these to foods in cooking and/or at the table	_____ 1
I rarely add these foods in cooking and/or at the table	_____ 2

DAIRY PRODUCTS: milk, yogurt, cheese, ice cream POINTS

I drink whole milk	_____ 0
I drink 1 or 2% fat milk	_____ 1
I seldom eat frozen desserts or ice cream	_____ 2
I eat ice cream almost every day	_____ 0
Instead of ice cream, I eat ice milk, low-fat frozen yogurt and sherbet	_____ 1
I eat only fruit ices, seldom eat frozen dairy desserts	_____ 2
I eat mostly high-fat cheese (jack, cheddar, colby, Swiss, cream)	_____ 0
I eat both low- and high-fat cheeses	_____ 1
I eat mostly low-fat cheeses (2% cottage, skim milk, mozzarella)	_____ 2

SNACKS: potato, corn chips, nuts, buttered popcorn, candy bars POINTS

I eat these every day	_____ 0
I eat some of these occasionally	_____ 1
I seldom or never eat these snacks	_____ 2

BAKED GOODS: pies, cakes, cookies, sweet rolls, doughnuts POINTS

I eat them 5 or more times a week	_____ 0
I eat them 2–4 times a week	_____ 1
I seldom eat baked goods or eat only low-fat baked goods	_____ 2

POULTRY AND FISH: (If you do not eat meat, fish, or poultry, give yourself 2 points) POINTS

I rarely eat these foods	_____ 0
I eat them 1–2 times a week	_____ 1
I eat them 3 or more times a week	_____ 2

LOW FAT MEATS: extra lean hamburger, round steak, pork loin, roast, tenderloin, chuck roast.
(If you do not eat meat, fish, or poultry, give yourself 2 points)

	POINTS
I rarely eat these foods	_____ 0
I occasionally eat these foods	_____ 1
I eat mostly fat-trimmed red meats	_____ 2

HIGH FAT MEATS: luncheon meats, bacon, hot dogs, sausage, steak, regular and lean ground beef.
(If you do not eat meat, fish, or poultry, give yourself 2 points)

	POINTS
I eat these every day	_____ 0
I occasionally eat these foods	_____ 1
I rarely eat these foods	_____ 2

CURED AND SMOKED MEAT AND FISH: luncheon meats, hot dogs, bacon, ham and other smoked or pickled meats and fish. (If you do not eat meat, fish, or poultry, give yourself 2 points)

	POINTS
I eat these foods 4 or more times a week	_____ 0
I eat some of these foods 1-3 times a week	_____ 1
I seldom eat these foods	_____ 2

LEGUMES: dried beans, peas, (kidney, navy, lima, pinto, garbanzo, split-pea, lentil)

	POINTS
I eat legumes less than once a week	_____ 0
I eat legumes 1-2 times a week	_____ 1
I eat legumes 3 or more times a week	_____ 2

WHOLE GRAINS AND CEREAL: whole grain breads, brown rice, pasta, grain cereals

	POINTS
I seldom eat these foods	_____ 0
I eat these foods 1-2 times a day	_____ 1
I eat these foods 4 or more times daily	_____ 2

VITAMIN-C RICH FRUITS AND VEGETABLES: citrus fruits, juices, green peppers, berries

	POINTS
I seldom eat these foods	_____ 0
I eat these foods 3-5 times a week	_____ 1
I eat these foods 1-2 times a day	_____ 2

DARK GREEN AND DEEP YELLOW FRUITS AND VEGETABLES: broccoli, greens, carrots, peaches
(dark green and yellow fruits and vegetables contain beta carotene that your body turns into vitamin A.)

	POINTS
I seldom eat these foods	_____ 0
I eat these foods 1-2 times a week	_____ 1
I eat these foods 3-4 times a week	_____ 2

VEGETABLES OF THE CABBAGE FAMILY: broccoli, cabbage, brussels sprouts, cauliflower

	POINTS
I seldom eat these foods	_____ 0
I eat these foods 1-2 times a week	_____ 1
I eat these foods 3-4 times a week	_____ 2

ALCOHOL:	POINTS
I drink more than 2 oz daily	_____ 0
I drink every week, but not daily	_____ 1
I occasionally or never drink alcohol	_____ 2

YOUR BODY WEIGHT:	POINTS
I am more than 20 lb over my ideal weight	_____ 0
I am 10–20 lb over my ideal weight	_____ 1
I am within 10 lb of my ideal weight	_____ 2

ADD UP YOUR TOTAL POINTS HERE total points

YOUR EATING SMART RATING

0–12 Points: A Warning Signal

Your diet is too high in lipid and too low in fiber-rich foods. Assess your eating habits to see where you could make improvements.

13–17 Points: Not Bad

You still have a way to go. Review your quiz to identify those areas in which you rate poorly, then make the necessary adjustments.

18–36 Points: Good For You, You're Eating Smart

You should feel very good about yourself. You have been careful to limit your lipid intake and eat a varied diet. Keep up the good habits and continue to look for ways to improve.

