

♥RATE YOUR PLATE♥

Think about the way you usually eat. For each food topic, put a check mark in column A, B or C.

TOPIC	A	B	C
1. RED MEAT* <i>beef, hamburger, pork, lamb, veal</i>	<input type="checkbox"/> Usually eat: three times a week or more	<input type="checkbox"/> Usually eat: twice a week	<input type="checkbox"/> Usually eat: once a week or less
2. RED MEAT CHOICES* <i>beef, pork, lamb, veal</i>	<input type="checkbox"/> Usually eat: high-fat cuts, such as ribs, brisket, T-bone steak, prime rib, sausage	<input type="checkbox"/> Sometimes eat: high-fat cuts, such as ribs, brisket, T-bone steak, prime rib, sausage	<input type="checkbox"/> Usually eat: lean beef cuts such as round, loin, flank; lean pork and lamb cuts such as loin and leg; and veal Or, I rarely eat meat
3. GROUND MEAT, BURGERS*	<input type="checkbox"/> Usually eat: regular, chuck or lean ground beef with more than 15% fat	<input type="checkbox"/> Usually eat: ground sirloin or round, ground turkey, or ground beef with 10-15% fat.	<input type="checkbox"/> Usually eat: ground turkey breast or vegetable patties like Boca™ or Garden burgers™ Or, I rarely eat ground meat or burgers
4. CHICKEN, TURKEY, ETC.*	<input type="checkbox"/> Usually eat: chicken, turkey, and other poultry with skin	<input type="checkbox"/> Sometimes eat: chicken, turkey, and other poultry with skin	<input type="checkbox"/> Usually eat: chicken, turkey, and other poultry without skin
5. FISH*	<input type="checkbox"/> Usually eat: fish less than once a week	<input type="checkbox"/> Usually eat: fish once a week	<input type="checkbox"/> Usually eat: fish twice a week or more
6. CHICKEN AND FISH CHOICES*	<input type="checkbox"/> Usually eat: fried chicken and/or fried fish and shellfish	<input type="checkbox"/> Sometimes eat: fried chicken and/or fried fish and shellfish	<input type="checkbox"/> Usually eat: chicken and fish that is baked, broiled, grilled, poached, roasted, etc.
7. COLD CUTS, HOT DOGS, BREAKFAST MEATS*	<input type="checkbox"/> Usually/often eat: salami, bologna, other cold cuts, hot dogs, bacon, sausage	<input type="checkbox"/> Sometimes eat: salami, bologna, other cold cuts, hot dogs, bacon, sausage	<input type="checkbox"/> Usually eat: roast beef, turkey breast, ham, or low-fat cold cuts, low-fat hot dogs, low fat bacon/sausage Or, I rarely eat processed meats
8. SERVING SIZES OF MEATS (COOKED)*	<input type="checkbox"/> Usually eat: large portions (7 oz. or more)	<input type="checkbox"/> Usually eat: medium portions (4-6 oz.)	<input type="checkbox"/> Usually eat: small portions (3 oz. or less)
9. MEATLESS MAIN DISHES <i>like all-bean chili, bean burrito, lentil soup, meatless spaghetti sauce</i>	<input type="checkbox"/> Rarely eat: meatless main dishes	<input type="checkbox"/> Usually eat: meatless main dishes less than twice a week	<input type="checkbox"/> Usually eat: meatless main dishes twice a week or more
10. EATING OUT <i>in restaurants or getting take out food</i>	<input type="checkbox"/> Usually eat out or get take-out food twice a week or more	<input type="checkbox"/> Usually eat out or get take-out food once a week	<input type="checkbox"/> Usually eat out or get take-out food less than once a week OR Usually eat low-fat restaurant meals
11. EGG YOLKS*	<input type="checkbox"/> Usually eat: 6 or more egg yolks a week	<input type="checkbox"/> Usually eat: 4-5 egg yolks a week	<input type="checkbox"/> Usually eat: 3 egg yolks or less a week Or, I usually eat cholesterol-free egg substitutes
12. MILK*	<input type="checkbox"/> Usually eat: whole milk or cream	<input type="checkbox"/> Usually eat: 2% reduced-fat milk	<input type="checkbox"/> Usually eat: 1% low-fat or skim milk
13. CHEESE* <i>include cheese on pizza, sandwiches, snacks & in mixed dishes</i>	<input type="checkbox"/> Usually eat: regular cheese, such as cheddar, Swiss, and American	<input type="checkbox"/> Sometimes eat: regular cheese, such as cheddar, Swiss, and American	<input type="checkbox"/> Usually eat: reduced-fat or part-skim cheese Or, I rarely eat cheese
14. FROZEN DESSERTS <i>ice cream, etc.</i>	<input type="checkbox"/> Usually eat: regular ice cream, ice cream bars/sandwiches	<input type="checkbox"/> Sometimes eat: regular ice cream, ice cream bars/sandwiches	<input type="checkbox"/> Usually eat: sherbet, sorbet, low-fat frozen yogurt or icecream Or, I rarely eat frozen desserts
15. COOKING METHOD	<input type="checkbox"/> Usually add: oil, butter, or margarine to the pan	<input type="checkbox"/> Sometimes add: oil, butter, or margarine to the pan	<input type="checkbox"/> Usually: broil, bake, or steam without fats or oils or use cooking sprays (Pam™)

If you are a vegetarian, check column C for these () topics.

16. COOKING FATS & OILS <i>Choices for cooking and baking</i>	<input type="checkbox"/> Usually use: butter, stick margarine, shortening (i.e. Crisco™), bacon drippings, and/or lard.	<input type="checkbox"/> Usually use: liquid or tub margarine for cooking or baking.	<input type="checkbox"/> Usually use: oils such as olive, corn, and Canola for cooking Or, cook without fat/oils
17. FRIED FOODS <i>like French fries, egg rolls, etc.</i>	<input type="checkbox"/> Often eat: fried foods	<input type="checkbox"/> Sometimes eat: fried foods	<input type="checkbox"/> Rarely eat: fried foods
18. SPREADS <i>Added at the table</i>	<input type="checkbox"/> Usually put: butter or stick margarine on bread, potatoes, vegetables, etc.	<input type="checkbox"/> Usually put: liquid or regular tub margarine on bread, potatoes, vegetables, etc.	<input type="checkbox"/> Usually put: “light” tub margarine on bread, potatoes, vegetables Or, I eat them plain
19. SALAD DRESSING & MAYONNAISE	<input type="checkbox"/> Usually use: regular salad dressing or mayonnaise	<input type="checkbox"/> Sometimes use: regular salad dressing or mayonnaise	<input type="checkbox"/> Usually use: light or fat-free salad dressing and mayonnaise
20. SNACKS	<input type="checkbox"/> Usually/often eat: regular chips, crackers, and nuts	<input type="checkbox"/> Sometimes eat: regular chips, crackers, and nuts	<input type="checkbox"/> Usually eat: fruit, pretzels, low-fat crackers and baked chips
21. DESSERTS & SWEETS	<input type="checkbox"/> Usually/often eat: donuts, cookies, cake, pie, pastry or chocolate	<input type="checkbox"/> Sometimes eat: donuts, cookies, cake, pie, pastry, or chocolate	<input type="checkbox"/> Usually eat: fruit, angel food cake, low-fat or fat-free desserts and sweets
22. GRAINS <i>breads, cereal, rice, pasta</i>	<input type="checkbox"/> Usually eat: white breads; white rice; low fiber cereals like corn flakes, Rice Krispies™, etc	<input type="checkbox"/> Sometimes eat: white breads; white rice; low fiber cereals like corn flakes, Rice Krispies™, etc	<input type="checkbox"/> Usually eat: whole grain breads; brown rice; whole grain cereals like oatmeal, bran cereals, Wheaties™, etc.
23. FRUITS & VEGETABLES <i>(1 serving = 1/2 cup or 1 piece of fruit)</i>	<input type="checkbox"/> Usually eat: 1 serving or less a day	<input type="checkbox"/> Usually eat: 2-4 servings a day	<input type="checkbox"/> Usually eat: 5 or more servings a day

Find your Rate Your Plate score:

Total checks in column A = _____ x 1 = _____

Total checks in column B = _____ x 2 = _____

Total checks in column C = _____ x 3 = _____

TOTAL _____

What does your score mean?

If your score is:

23-38 There are many ways you can make your eating habits healthier.

39-54 There are some ways you can make your eating habits healthier.

55-69 You are making many healthy choices.

What's Next?

Look back at your Rate Your Plate. Do you have any answers in Column C? If you do, great! You are already making some heart healthy choices.

Can you improve? Look at your answers in Columns A and B. Where you checked Column A, can you start eating more like Column B? Over time, move toward Column C.

Set goals. Write down eating changes you are ready to make now.

Goal 1: _____

Goal 2: _____

Goal 3: _____

Begin today. Make changes a little at a time. Let your new way of eating become a healthy habit.

If you are a vegetarian, check column C for these () topics.