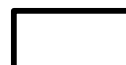


RATE YOUR PLATE FOR HEART & BLOOD PRESSURE HEALTH

For each food group, circle the phrase that best describes the way you eat in a typical week. Then write the number of points for that choice in the "points" column. Add up your total points.

Food Group:	Column 1: 1 point	Column 2: 2 points	Column 3: 3 points	Points
<u>MEAT, FISH & POULTRY, LEGUMES, SEEDS, NUTS</u>				
♦ Meats such as beef, pork, lamb, veal, lunch meats	Usually eat: high-fat meats such as hot dogs, sausage, ribs, bologna, or regular hamburger	Usually eat: Lean cuts such as pork (loin, leg); veal (most cuts); and beef (round, sirloin, extra lean hamburger), reduced fat hot dogs & lunch meat	Always eat: Lean cuts or rarely eat meat or am a vegetarian	_____
♦ Organ meats such as liver, brain, kidney	Usually eat: 1-2 times a week	Usually eat: 1-2 times a week	Rarely or never eat	_____
♦ Chicken, Turkey	Usually eat skin	Sometimes eat skin	Never eat skin	_____
♦ Seafood, fish	Rarely or never eat or eat only fried	Usually eat: 1 serving or less a week or sometimes fried	Usually eat: 2 servings or more a week boiled, broiled, or baked	_____
♦ Breakfast	Usually eat: bacon, sausage	Usually eat: Lean meats like Canadian bacon or reduced fat meats	Rarely eat breakfast meats	_____
♦ Serving Size of cooked meat, poultry, seafood; organ, breakfast & lunch meat	Usually eat: Large servings, (8 ounces or more)	Usually eat: Medium servings, (6-7 ounces)	Usually eat: Small servings, (6 ounces or less)	_____
♦ Split peas, lentils, dried beans, seeds, nuts (1 serving = 1/2 c cooked beans, 1/2 oz. or 2 T. seeds, 1/5 oz. or 1/3 c nuts)	Rarely or never eat or eat only with fat meat	Usually eat 2-4 times week	Usually eat: 4-5 servings a week without added fat seasoning	_____
♦ Egg yolks	Usually eat: 7 or more a week	Usually eat: 5-6 week	Usually eat: 4 or less a week or use cholesterol-free egg substitute	_____
<u>DAIRY PRODUCTS</u>				
♦ Milk or yogurt	Usually use: Whole milk	Usually use: 2% low-fat or 1% milk	Usually use: Skim milk	_____
♦ Cheese such as cheddar, American & Swiss (1 oz. = 1 serv)	Often eat cheese	Sometimes eat cheese or eat reduced fat cheese	Rarely eat cheese or use no-fat cheese	_____
♦ Dairy products (8 oz. milk, 1 cup yogurt, 1 1/2 oz. cheese)	Rarely have dairy	Usually have 1 serving	Usually have 2-3 servings of low fat dairy/day	_____
♦ Sour cream, cream cheese	Often eat	Sometimes eat (3 times a week or eat reduced fat)	Rarely eat or use no-fat	_____
♦ Frozen dairy desserts (1 cup = 1 serving)	Often eat ice cream (3 or more times a week)	Sometimes eat ice cream (1 time per week)	Rarely eat ice cream or eat only ice milk, frozen low-fat yogurt, or sherbert or no-fat ice cream	_____



Food Group:	Column 1: 1 point	Column 2: 2 points	Column 3: 3 points	Points
FATS, OILS, SWEETS, & SNACKS				
◆ Fats, oils (for cooking and eating)	Usually use: Butter, shortening and/or lard or fat drippings	Usually use: Margarine and/or vegetable oil or small amounts of butter	Always use: reduced-fat margarine and/or vegetable oil	_____
◆ Food Preparation	Usually eat fried foods daily	Sometimes eat fried foods (3 times a week or less)	Usually eat: Foods baked, steamed, broiled or microwaved	_____
◆ Snacks	Often eat chips, crackers	Sometimes eat: chips, crackers	Usually eat: fruit, low-fat/no fat crackers, plain popcorn or pretzles	_____
◆ Sweets such as donuts, cookies, pie, cake, or sweet rolls	Often eat sweets, (every day)	Sometimes eat sweets (3 times a week)	Rarely or never eat. Eat no-fat cookies, crackers	_____
<u>BREADS, CEREALS AND PASTA</u>				
◆ Breads, cereals, pasta, rice crackers and muffins (1 slice or 1/2 cup = 1 serving and whole grain products such as whole wheat bread, brown rice, oatmeal, and high-fiber cereals)	Rarely or never eat	Usually eat: 5-6 servings or less a day	Usually eat: 7-8 servings or more a day	_____
<u>FRUITS & VEGETABLES</u>				
◆ Fruits (1 piece or 1/2 cup, 6 oz. juice = 1 serving)	Rarely or never eat	Usually eat: 3 servings or less a day	Usually eat 4-5 servings or more a day	_____
◆ Vegetables (1 cup raw/leafy, 1/2 cup cooked, 6 oz. juice = 1 serving)	Rarely or never eat	Usually eat: 3 servings or less a day	Usually eat 4-5 servings or more a day	_____
<u>OTHER</u>				
◆ Modified foods	Never use: low-fat, no-fat, sugar-free, calorie-free foods	Sometimes use: low-fat, reduced-calorie, sugar-free foods	Usually use: low-fat, no-fat, sugar-free, reduced-calorie	_____

Total Page 2

Add the score from page 1 _____ to the score on this page _____ = _____

IF YOUR SCORE IS:

19-29 There are **MANY** ways you can make your eating pattern more healthy.

29-43 There are **SOME** ways you can make your eating pattern more healthy.

43-57 You are making **MANY** healthy choices.