

## Rate Your Plate At the ECU Family Practice Center

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 your total points.

<b>Food Group:</b>	<b>Column 1: 1 point</b>	<b>Column 2: 2 points</b>	<b>Column 3: 3 points</b>	<b>Points</b>
<b><i>Meat, Fish &amp; Poultry</i></b>				
Meats such as beef, pork, lamb, veal, lunch meats	Usually eat: High-fat meats such as regular hamburger, spareribs, sausage, hot dogs, bologna	Usually eat: lean cut such as pork loin, leg; veal (most cuts); beef 9round, sirloin, extra lean hamburger); reduced fat hot dogs & lunch meats	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 month	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: sausage or bacon	Usually eat: lean varieties such as Canadian bacon, reduced fat meats	Rarely eat breakfast meats	
Serving size of cooked meat, poultry, seafood; organ, breakfast & lunch meat	Usually eat: large servings (7 oz or more)	Usually eat: medium servings (4-6 oz)	Usually eat: small servings (3 oz or less)	
Split peas, lentils, dried beans such as kidney, lima, garbanzo	Rarely or never eat or eat only with fat meat	Usually eat: at least twice a month.	Usually eat: once a week or more without fat seasoning	
Egg yolks	Usually eat: 7 or more a week.	Usually eat: 5-6 a week.	Usually eat: 4 or less a week or use cholesterol-free egg substitute	
<b><i>Dairy products</i></b>				
Milk	Usually use: whole milk or never use milk at all	Usually use: 2% low-fat milk or 1% milk	Usually use: skim milk	
Cheese such as cheddar, American, Swiss (1 ounce = 1 serving)	Often eat cheese	Sometimes eat cheese or eat reduce fat cheese	Rarely eat cheese or use not-fat cheese	
Sour cream, cream cheese	Often eat	Sometimes eat (3 / 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 / week	Sometimes eat ice cream (1 / week)	Rarely eat: ice cream or eat only ice milk, frozen low-fat yogurt, sherbet or no-fat ice cream	
			<b>Total Page 1</b>	

<b>Food Group:</b>	<b>Group 1: 1 Point</b>	<b>Group 2: 2 Points</b>	<b>Group 3: 3 Points</b>	<b>Points</b>
<b><i>Fats, oils, sweets, &amp; snacks</i></b>				
Fats, oils (for cooking and eating)	Usually use: butter, butter blends, shortening &/or lard or fat meat grease	Usually use: margarine &/or vegetable oil or small amounts of butter	Always use; reduce fat margarine &/or vegetable oil	
Food preparation	Usually eat: fried foods daily	Sometimes eat deep-fried foods (3 / week or less)	Usually eat: foods cooked by baking, steaming, broiling, microwaving	
Snacks	Often eat: chips, nuts, crackers	Sometimes eat: chips, nuts, crackers	Usually eat: fruit, low-fat/no fat crackers, plain popcorn, pretzels	
Sweets (donuts, pies, cookies, sweet rolls)	Often eat sweets (every day)	Sometimes eat sweets (3 / week)	Rarely or never eat. Eat no-fat cookies, crackers	
<b><i>Breads, cereals &amp; pasta</i></b>				
Breads, cereals, pasta, rice crackers, & muffins (1 serving = 1 slice or ½ cup)	Rarely or never eat	Usually eat: 5 servings or less a day	Usually eat: 6 servings or more a day	
Whole grain products such as whole wheat bread, brown rice, oatmeal, other high fiber cereal	Rarely or never eat	Sometimes eat (3-5 / week)	Usually eat (everyday)	
<b><i>Fruits and Vegetables</i></b>			Usually eat: 5 or more servings a day	
Fruits & vegetables (1 serving = 1 piece or ½ cup)	Rarely or never eat	Usually eat: 3 servings or less / day		
<b><i>Other</i></b>	Never uses: low fat, not fat, sugar free, calorie free foods	Sometimes uses: low fat, reduced calorie, sugar free foods	Usually use: low-fat, no-fat, sugar-free, reduced-calorie	
			<b>Total Page 2</b>	

**Add :**

Score from page 1 \_\_\_\_\_

+

Score on page 2 \_\_\_\_\_

**Total Score** \_\_\_\_\_

**If your total score is:**

**18 – 28** There are MANY ways you can make your eating pattern more healthy

**28 – 41** There are SOME ways you can make your eating pattern more healthy

**42 – 54** You are making MANY health choices.

Talk with your doctor or ask for an appointment with the nutritionist.