

How Healthy Are You Eating?

To find out, take this True/ False quiz: (if it's more than 50% true, say "True")

- ___ 1. I eat red meats (hamburger/steak/ham/pork) 3 times a week or less.
- ___ 2. I limit my fast food meals to one per week or less.
- ___ 3. I drink less than 24 ounces of pop per day.
- ___ 4. I eat 7 or less eggs per week.
- ___ 5. I sometimes have days where I don't eat meat.
- ___ 6. I bake or broil or BBQ my meats rather than fry them (if you don't eat meat, say True)
- ___ 7. I usually have at least one serving (1/2 cup) of fruit or fruit juice per day.
- ___ 8. I have at least one serving (1/2 cup) of vegetables per day.
- ___ 9. I limit my sweets to 75 calories per day or less (including sugar in pop!)
- ___ 10. I steam my vegetables rather than frying them in fat or butter and I don't add butter!
- ___ 11. I usually have between four and eight servings of carbohydrates (1 serving is 1 slice of bread, a handful of crackers, 3/4 cup of cereal)
- ___ 12. I eat whole wheat breads, rather than white bread.
- ___ 13. I read food labels to see what's in the foods I'm eating.
- ___ 14. I exercise for at least 30 minutes at least 3 times a week.
- ___ 15. I usually have brown rice rather than white rice.
- ___ 16. I usually have from three to seven servings of protein and dairy per day.
- ___ 17. I sometimes substitute fresh fruit for a sweet dessert.
- ___ 18. I drink 2% milk or lower.
- ___ 19. I drink at least 32 ounces of water per day.
- ___ 20. I usually have 3 teaspoons or less of butter or margarine per day.
- ___ 21. I am within my weight range on the Nutrition packet cover.
- ___ 22. I usually don't shake salt on my food.
- ___ 23. I try to avoid foods high in sugar and use sugar sparingly.
- ___ 24. I drink less than 24 ounces of drinks with caffeine in them per day.
- ___ 25. I almost always eat breakfast.

_____ TOTAL UP ALL YOUR "True" answers

Here is what your score means: Circle what you got:

24 – 25 **Excellent** nutrition

19 – 23 **Good** nutrition

14 – 18 **Fair** nutrition

9 – 13 **Poor** nutrition

Look back on any “False” answers you have and set 1 nutrition goal for yourself: (use the tips below for ideas)

Best Tips for Losing Weight and Eating Healthy:

1. Remember, it's a lifestyle, not a diet (however you choose to lose weight, do need to be able to do that for life to keep the weight off!)
2. To lose weight eat smaller portions!!!
3. Eat breakfast
4. Limit white products like sugar + white flour (eat whole wheat)
5. Limit saturated and Trans FAT and fast foods
6. Get plenty of exercise
7. Get plenty of water
8. Take a daily vitamin and mineral pill (including calcium)

To lose weight: EAT LESS + EXERCISE MORE!!!

To eat healthy: follow the Mayo Clinic Food Pyramid:

-limit sweets to 75 calories per day

-eat unsaturated fats like olive oil and canola oil

-eat protein and dairy: 3-7

-eat mostly whole wheat carbohydrates: 4-8

-eat fruits: at least 3 to unlimited

-eat vegetables: at least 4 to unlimited