

Rate Your Plate

Think about the way you usually eat.

For each food topic, put a check mark in column A, B or C.

If you are a vegetarian, check Column C for these (*) topics

Topic	A	B	C
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
Red Meat Choices* <i>Beef, Prok, 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
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
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
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
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
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
Serving Sizes Of Meats (Cooked)*	<input type="checkbox"/> Usually eat: large portions (7 pz. or more)	<input type="checkbox"/> Usually eat: medium portions (4-6 oz.)	<input type="checkbox"/> Usually eat: small portions (3 oz. or less)
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

Topic	A	B	C
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
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 substitute
Milk*	<input type="checkbox"/> Usually drink: whole milk or cream	<input type="checkbox"/> Usually drink: 2% reduced-fat milk	<input type="checkbox"/> Usually drink: 1% low-fat or skim milk
Cheese* <i>Include Cheese On Pizza, Sandwiches, Snacks And 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
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 ice cream Or, I rarely eat frozen desserts
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™)
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
Fried Foods <i>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
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
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
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

Topic	A	B	C
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
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.
Fruits & Vegetables <i>(1 Serving = ½ 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 SCORE _____

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.