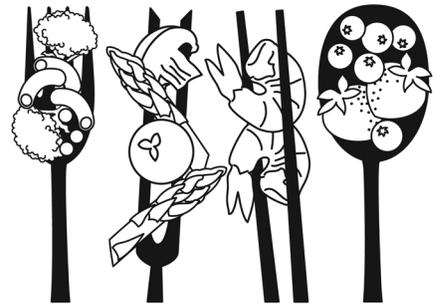


National Nutrition Month® 2014

Rate Your Plate

Enjoy
the Taste of
**EATING
RIGHT**



National Nutrition Month® **eat right.** Academy of Nutrition and Dietetics

Are you “eating right?” Rate your eating habits with this quick quiz. Answer the questions below and add up your score.

| Do you ----- | Most days | Sometimes | Never |
|---|-----------|-----------|-------|
| Consider nutrition when making food choices? | 2 | 1 | 0 |
| Avoid skipping meals? | 2 | 1 | 0 |
| Include 3 or more whole grain foods daily? | 2 | 1 | 0 |
| Eat at least 2 ½ cups of veggies daily? | 2 | 1 | 0 |
| Vary veggies with dark green & orange varieties? | 2 | 1 | 0 |
| Eat at least 2 cups of fruit daily? | 2 | 1 | 0 |
| Get 3 cups of low-fat or fat-free milk or yogurt daily? | 2 | 1 | 0 |
| Choose lean meats and poultry? | 2 | 1 | 0 |
| Vary protein with more fish, beans and nuts? | 2 | 1 | 0 |
| Limit saturated fat and trans fat? | 2 | 1 | 0 |

Based on *Dietary Guidelines 2010*. <http://www.health.gov/dietaryguidelines/2010.asp>

16 to 20 points: Healthy eating seems to be your habit already!

10 to 15 points: You're on track. A few easy changes will make your total eating plan healthier.

0 to 9 points: Sometimes you may eat smart. For good health, add more smart choices to your eating plan.

For a personalized eating plan, go to www.choosemyplate.gov