

Take the following questionnaire to assess your nutrition habits

Topic	In an average week, how often do you:	Usually/ often	Sometimes	Rarely/ Never	Does not apply to me
Meals	1. Skip breakfast?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
	2. Eat <u>4 or more</u> meals from sit-down or take out restaurants	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Grains	3. Eat <u>less than 2-3 servings</u> of whole grain products a day?? Serving = 1 slice of 100% whole grain bread; 1 cup whole grain cereal like Shredded Wheat, Wheaties, Grape Nuts, high fiber cereals, oatmeal, 3-4 whole grain crackers, ½ cup brown rice or whole wheat pasta	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Fruits & Vegetables	4. Eat <u>less than 2-3 servings</u> of fruit a day? Serving = ½ cup or 1 med. fruit or 4 oz. 100% fruit juice	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
	5. Eat <u>less than 3-4 servings</u> of vegetables/potatoes a day? Serving = ½ cup vegetables/potatoes, or 1 cup leafy raw vegetables	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Dairy	6. Eat or drink <u>less than 2-3 servings</u> of milk, yogurt or cheese a day? Serving = 1 cup milk or yogurt; 1 ½ - 2 ounces cheese	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
	7. Use <u>2% (reduced fat)</u> or <u>whole milk</u> instead of skim (non-fat) or 1% (low-fat) milk?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Rarely use milk <input type="checkbox"/>
	8. Use <u>regular cheeses</u> (like American, cheddar, Swiss, Monterey jack) instead of low fat or part skim cheeses as a snack, on sandwiches, pizza, etc?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Rarely eat cheese <input type="checkbox"/>
Meats/Chicken/Turkey	9. Eat beef, pork, or dark meat <u>more than 2 times</u> a week?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Rarely eat meat, chicken, turkey or fish <input type="checkbox"/>
	10. Eat <u>more than 6 ounces</u> (see sizes below) of meat, chicken, turkey or fish <u>per day</u> ? Note: 3 ounces of meat or chicken is the size of a deck of cards or ONE of the following: 1 regular hamburger, 1 chicken breast or leg (thigh & drumstick), or 1 pork chop.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Rarely eat meat <input type="checkbox"/>
	11. Choose <u>higher fat red meats</u> like prime rib, T-bone steak, hamburger, ribs, etc. instead of lean red meats.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Never eat meat, or poultry <input type="checkbox"/>
	12. Eat the <u>skin</u> on chicken and turkey or the <u>fat</u> on meat?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Rarely eat processed meats <input type="checkbox"/>
	13. Use <u>regular processed meats</u> (like bologna, salami, corned beef, hotdogs, sausage or bacon) instead of low processed meats (like roast-beef, turkey, lean-ham; low-fat cold cuts/hotdogs)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Rarely eat processed meats <input type="checkbox"/>
Fried Foods	14. Eat <u>fried foods</u> such as fried chicken, fried fish or French fries?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	

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Snacks	15. Eat <u>regular potato chips, nacho chips, corn chips, crackers, regular popcorn, nuts</u> instead of pretzels, low-fat chips or low-fat crackers, air-popped popcorn?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Rarely eat these snack foods <input type="checkbox"/>
Fats and Oils	16. Use <u>regular salad dressing & mayonnaise</u> instead of low-fat or fat-free salad dressing and mayonnaise?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Rarely use these <input type="checkbox"/>
	17. Add <u>butter, margarine or oil</u> to bread, potatoes, rice or vegetables at the table?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
	18. Cook with <u>oil, butter or margarine</u> instead of using non-stick sprays like Pam or cooking without fat?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Rarely cook <input type="checkbox"/>
Sweets	19. Eat <u>regular sweets</u> like cake, cookies, pastries, donuts, muffins and chocolate instead of <u>low-fat or fat-free</u> sweets?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Rarely eat sweets <input type="checkbox"/>
	20. Eat <u>regular ice cream</u> instead of sherbet, sorbet, low fat or fat-free ice cream, frozen yogurt etc?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Rarely eat frozen desserts <input type="checkbox"/>
	21. Eat <u>sweets</u> like cake, cookies, pastries, donuts, muffins, chocolate and candies more than 2 times per day.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Rarely eat sweets <input type="checkbox"/>
Soft Drinks	22. <u>Drink 16 ounces or more</u> of non-diet soda, fruit drink/punch or Kool-Aid a day? Note: 1 can of soda = 12 ounces	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Sodium	23. Eat high sodium <u>processed foods</u> like canned soup or pasta, frozen/package meals (TV dinners, etc), chips?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
	24. <u>Add salt</u> to foods during cooking or at the table?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Alcohol	25. Drink more than 1-2 alcoholic drinks a day? (One drink = 12 oz. beer, 5 oz. Wine, one shot of hard liquor or mixed drink with 1 shot)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Activity	26. Do <u>less than 30 minutes</u> total of physical activity 3 days a week or more? (Examples: walking briskly, gardening, golf, jogging, swimming, biking, dancing, etc.)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
	27. Watch <u>more than 2 hours</u> of television or video a day?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	

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“Usually/Often” 1-4 times: You may be at risk for heart disease, take our [personal cardiovascular risk assessment tool](#) or check out our [nutrition section](#) for more information on healthy eating.

“Usually/Often” 5 or more: You may benefit from a registered dietician referral in your community. [Find a registered dietician near you.](#)