How's Your Diet?

- For each question, circle the plus (+) or minus (−) score(s) that best reflects your diet. If you circle more than one score, average them by adding the scores and dividing by the number of scores you circled.
- For your final score, add your plus scores separately from your minus scores, then subtract your total minus scores from your total plus scores.
- Keep the quiz as incentive. Take it again in a few months to see if your habits have improved.

1. How many times a week do you eat red meat? (Include beef, lamb, pork, veal.)
   (a) 0 +4 (d) 5 or 6 −4
   (b) 1 or 2 +2 (e) More than 6 −5
   (c) 3 or 4 −2

2. How many ounces of red meat constitute your normal portion? (Hint: 3 ounces, cooked, is approximately the size of a deck of cards.)
   (a) 3 ounces +2 (c) 5 ounces −2
   (b) 4 ounces +1 (d) 6 or more ounces −3

3. What kind of red meat do you usually choose?
   (a) Loin or round cuts only +2
   (b) 80% lean +1
   (c) Ribs, T-bone −4
   (d) Hot dogs, bacon, bologna −5

4. How many times a week do you eat seafood? (Omit fried dishes; include shellfish like shrimp and lobster.)
   (a) 2 or more +4 (c) Less than 1 0
   (b) 1 +2 (d) Never −3

5. How many ounces of poultry or seafood do you eat for a serving? (Do not count fried items.)
   (a) 3 ounces +2 (c) 5 ounces −2
   (b) 4 ounces +1 (d) 6 or more ounces −3

6. Do you remove the skin from poultry?
   (a) Yes +2 (c) No −3
   (b) Don’t eat poultry 0

7. How many times a week do you eat at least one half-cup serving of legumes? (Include beans like soybeans, navy, kidney, garbanzo, baked beans, lentils.)
   (a) 3 or more +4 (c) Less than 1 0
   (b) 1 or 2 +2 (d) Never eat legumes −1

8. What kind of milk do you drink?
   (a) Skim or 1% +3 (c) 2% −3
   (b) Don’t drink milk 0 (d) Whole −4

9. What kind of cheese do you usually eat?
   (a) Fat-free +2
   (b) Low-fat (5 grams fat or less per ounce) +1
   (c) Don’t eat cheese 0
   (d) Whole-milk cheese −4

10. How many servings of low-fat, high-calcium foods do you eat daily? (One cup of yogurt or milk, 2 ounces of cheese, or one cup chopped broccoli, kale, or greens count as a serving.)
    (a) 3 or more +4
    (b) 1 or 2 +2
    (c) 0 −3

11. What kind of bread do you eat most often?
    (a) 100% whole wheat +4
    (b) Whole grain +2
    (c) White, “wheat,” Italian or French 0
    (d) Croissant or biscuit −4

12. Which is part of your most typical breakfast?
    (a) High-fiber cereal and fruit +4
    (b) Bagel or toast +1
    (c) Don’t eat breakfast −2
    (d) Danish, pastry, or doughnut −3

13. What kind of sauce or topping is usually on the pasta you eat?
    (a) Vegetables tossed lightly with olive oil +3
    (b) Tomato or marinara sauce +2
    (c) Meat sauce −3
    (d) Alfredo or cream sauce −4

14. Which would you be most likely to order at a Chinese restaurant?
    (a) Chicken with steamed vegetables over white rice +3
    (b) Cold sesame noodles −1
    (c) Twice-fried pork −4

15. Which would you be most likely to choose as toppings for pizza?
    (a) Vegetables (e.g., broccoli, peppers) +3
    (b) Plain cheese 0
    (c) Extra cheese −3
    (d) Sausage and pepperoni −4
16. What is the most typical snack for you?  
(a) Fresh fruit +4  
(b) Low-fat yogurt +3  
(c) Pretzels +1  
(d) Potato chips −3  
(e) Candy bar −3  

17. How many half-cup servings of a high vitamin C fruit or vegetable do you eat daily? (Include citrus fruit and juices, kiwi, papaya, strawberries, broccoli, peppers, potatoes, tomatoes.)  
(a) 2 or more +3  
(b) 1 +1  
(c) None −3  

18. How many half-cup servings of a high vitamin A fruit or vegetable do you eat daily? (Include apricots, cantaloupe, mango, broccoli, carrots, greens, spinach, sweet potato, winter squash.)  
(a) 2 or more +3  
(b) 1 +1  
(c) None −3  

19. What kind of salad dressing do you most often choose?  
(a) Fat-free or low-fat +3  
(b) Lemon juice or herb vinegar +3  
(c) Olive or canola oil-based +1  
(d) Creamy or cheese-based −3  

20. What do you usually spread on bread, rolls, or bagels?  
(a) Nothing +1  
(b) Jam, jelly, or honey −1  
(c) Light butter or light margarine −2  
(d) Margarine −3  
(e) Butter −4  

21. What spread do you usually choose for sandwiches?  
(a) Nothing +3  
(b) Mustard +2  
(c) Light mayonnaise −1  
(d) Mayonnaise, margarine, or butter −3  

22. Which frozen dessert do you usually choose?  
(a) Don’t eat frozen desserts +3  
(b) Fat-free frozen yogurt +1  
(c) Sorbet or sherbet +1  
(d) Light ice cream −2  
(e) Ice cream −4  

23. How many cups of caffeinated beverages (e.g., coffee, tea, or soda) do you usually drink in a typical day?  
(a) None +2  
(b) 1 to 2 0  
(c) 3 or 4 −1  
(d) 5 or more −4  

24. How many total cups of fluid do you drink in a typical day? (Include water, juice, milk.)  
(a) 8 or more +3  
(b) 6 to 7 +2  
(c) 4 or 5 +1  
(d) Less than 4 −1  

25. What kind of cereal do you eat?  
(a) High-fiber cereals such as bran flakes +3  
(b) Low-fiber, low-sugar cereals, such as puffed rice, corn flakes, Corn Chex, or Cheerios 0  
(c) Sugary, low-fiber cereals, like Frosted Flakes, or fruit-flavored cereals −2  
(d) Regular (high-fat) granola −3  

26. How many times a week do you eat fried foods?  
(a) never +4  
(b) 2 or less 0  
(c) 3 or more −3  

27. How many times a week do you eat cancer-fighting cruciferous vegetables? (Include broccoli, cauliflower, brussels sprouts, cabbage, kale, bok choy, cooking greens, turnips, rutabaga.)  
(a) 3 or more +4  
(b) 1 to 2 +2  
(c) Rarely −4  

Score: __________ – __________ = __________  
(total of + answers) (total of – answers)  

Scoring  
65–82: Excellent  
42–64: Very good  
28–41: Good  
16–27: Fair  
Below −16: Get help!