

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