

How Healthy is Your Diet?

By Amy Scholten, MPH

The following quiz has been designed to give you some insight into how healthy your diet is based on the United States Department of Agriculture (USDA) Dietary Guidelines. Please keep in mind that this is a *general* assessment of your average daily diet, not a diagnostic tool. This assessment does not address total calories, excessive food intake, or certain medical conditions requiring dietary modifications. Please see a nutrition specialist for more in-depth testing.

Directions: Please read each statement carefully and select the answer that best describes how you tend to eat on a regular basis. Circle the number that corresponds with each answer. When finished, you can interpret your score at the bottom of the page.

- 1. How many servings of fruit do you eat each day? (1 serving equals about 1 cup of chopped or sliced fruit, or one medium sized fruit such as an apple, pear, or orange)**
0
1
2
3 or more
- 2. How many servings of vegetables do you eat each day? (1 serving equals about 1 cup raw or ½ cup cooked vegetables)**
0
1
2
3 or more
- 3. How many servings of grains (bread, cereal, rice, pasta, oats or other grains) do you eat each day?**
0
1
2
3 or more
- 4. How many servings of bread, cereal, rice, pasta or other grains that you eat daily are whole grain products (whole grain products state that they are 100% whole grain or whole wheat) do you eat each day?**

- 0
- 1
- 2
- 3 or more

5. How many servings of high protein foods (beans/legumes, meat, fish, poultry, eggs, soy products, nuts) do you eat each day? (1 serving of meat is 3 ounces or about the size of a deck of cards, ½ cup cooked beans, peas, or lentils, 1 egg, 2 tablespoons of peanut butter, 1 ounce of nuts)

- 0
- 1
- 2
- 3 or more

6. How many servings of meat that you eat are fatty meats like bacon, sausage, or processed lunch meats such as bologna, salami, etc.? (1 serving equals 3 slices of bacon, 2 sausages, 1 slice of lunch meat).

- 0
- 1
- 2
- 3 or more

7. How many servings of deep-fried foods (French fries, onion rings, fried chicken, any foods covered in batter and oil) do you eat each day?

- 0
- 1
- 2
- 3 or more

8. How many servings of high calcium foods (milk, yogurt, cheese, and calcium fortified foods) do you eat each day? (1 serving equals 1 cup milk, 6 ounces of yogurt, 1 ounce of cheese).

- 0
- 1
- 2
- 3 or more

9. How many servings of high calcium foods (milk, yogurt, cheese) that you eat daily are low fat or nonfat?

- 0
- 1
- 2
- 3 or more

10. How many high sugar treats and snacks (ice cream, candy bars, soft drinks, desserts) do you eat each day? (1 serving equals 1 scoop of ice cream, 1 average sized candy bar, 1 cup of soda, 1 cookie 2-3 inches in diameter)

- 0
- 1
- 2
- 3 or more

Healthy Diet Score

SECTION A Total the numbers you circled for questions 1, 2, 3, 4, 5, 8, and 9	SECTION A Score: _____
SECTION B Total the numbers you circled for questions 6, 7, and 10	SECTION B Score: _____
To determine your total score, subtract your SECTION B Score from your SECTION A Score .	Your Total Score is: _____
What Your Total Score Means You can improve your diet by making changes that will increase your score in SECTION A questions and decrease your score in SECTION B questions.	21: Excellent 17-20: Very Good 13-16: Good 9-12: Fair 8 or less: Poor

Source:

Adapted from USDA MyPyramid by Amy Scholten, MPH, Inner Medicine Publishing.

Biography

Amy Scholten, MPH, has a Master of Public Health in health promotion and education from the University of South Carolina and a Bachelor of Science in food and nutrition from Framingham State College. She is a freelance health writer and has taught stress management at Ithaca College in Ithaca, NY, USA.