



Rate Your Plate *(continued on page 2)*

Think about the way you usually eat. For each food choice, put a check mark next to what best describes your diet.

1. MEAT CUTS* <i>(fresh beef, pork, lamb, veal)</i>	<input type="checkbox"/> Usually eat: lean cuts; ham Or seldom/never eat	<input type="checkbox"/> Sometimes eat: higher fat cuts, such as chuck, ribs, brisket, T-bone, prime rib	<input type="checkbox"/> Usually/often eat: higher fat cuts
2. CHICKEN, TURKEY	<input type="checkbox"/> Usually eat without skin Or seldom/never eat	<input type="checkbox"/> Sometimes eat with skin	<input type="checkbox"/> Usually/often eat with skin
3. GROUND MEAT & POULTRY	<input type="checkbox"/> Usually eat: 93–95% lean; ground turkey breast Or seldom/never eat	<input type="checkbox"/> Usually eat: 85–90% lean; ground turkey (dark and white meat)	<input type="checkbox"/> Usually/often eat: regular ground meat with 80 lean or less
4. PROCESSED MEAT & POULTRY <i>(cold cuts, sausage, breakfast, meats)</i>	<input type="checkbox"/> Usually eat: lower fat choices from lean meat or poultry; veggie breakfast links Or seldom/never eat	<input type="checkbox"/> Sometimes eat: higher fat choices, such as salami, bologna, hot dogs, sausage	<input type="checkbox"/> Usually/often eat: higher fat choices
5. Portion Size of Meat & Poultry <i>(cooked or processed)</i>	<input type="checkbox"/> Usually eat: small portions (≤3 ounces), deck of cards size Or seldom/never eat	<input type="checkbox"/> Usually eat: medium portions (4–6 ounces)	<input type="checkbox"/> Usually/often eat: large portions (7 ounces or more)
6. FISH, SHELLFISH*	<input type="checkbox"/> Usually eat: 2x/week or more	<input type="checkbox"/> Usually eat: 1x/week	<input type="checkbox"/> Usually eat: less than 1x/week Or seldom/never eat
7. COOKING METHOD	<input type="checkbox"/> Usually: cook without added fat or use vegetable spray	<input type="checkbox"/> Sometimes: cook with added fat or deep fry	<input type="checkbox"/> Usually/often: cook with added fat or deep fry
8. MEATLESS MEALS <i>(veggie burgers, vegetable or bean soups, meatless spaghetti sauce, tofu, rice & beans)</i>	<input type="checkbox"/> Usually eat: 2x/week or more	<input type="checkbox"/> Usually eat: less than 2x/week	<input type="checkbox"/> Rarely or never eat: meatless meals
9. WHOLE EGGS	<input type="checkbox"/> Usually eat: 3 or less/week, or eat egg substitutes or egg whites only Or seldom/never eat	<input type="checkbox"/> Sometimes eat: 4 or more/week	<input type="checkbox"/> Usually/often eat: 4 or more/week
10. MILK <i>(includes yogurt, cream)</i>	<input type="checkbox"/> Usually eat: 1% or skim milk, fat free or low fat yogurt, fat free ½ & ½ Or seldom/never eat	<input type="checkbox"/> Sometimes eat: 2% or whole milk, full fat yogurt, regular ½ & ½	<input type="checkbox"/> Usually/often eat: 2% or whole milk, full fat yogurt, light crea
11. CHEESE <i>(includes cheese on pizza, sandwiches, snacks, mixed dishes etc.)</i>	<input type="checkbox"/> Usually eat: reduced fat or part skim Or seldom/never eat	<input type="checkbox"/> Sometimes eat: regular cheese	<input type="checkbox"/> Usually/often eat: regular cheese
12. DAIRY FOODS <i>(1 serving = 1 cup milk or yogurt, 1 ½ ounce cheese)</i>	<input type="checkbox"/> Usually eat or drink: 2 or more servings/day	<input type="checkbox"/> Sometimes eat or drink: 1 serving/day	<input type="checkbox"/> Rarely/never eat
13. WHOLE GRAINS <i>(1 serving = 1 slice bread; ½ English muffin; 1 cup cereal; ½ cup rice, pasta; 5 crackers; tortilla; mini bagel; 3 cups light popcorn)</i>	<input type="checkbox"/> Usually eat: 3 or more serving/day, 100% whole wheat bread & pasta, brown rice, whole grain cereals	<input type="checkbox"/> Sometimes eat: 1–2 servings/day	<input type="checkbox"/> Usually eat: mostly refined grains, i.e. white bread & rice, saltine crackers, corn flakes, etc.
14. FRUITS & VEGETABLES <i>(includes legumes; 1 cup = medium whole fruit or potato, large tomato, ear of corn, 2 cups raw leafy vegetables)</i>	<input type="checkbox"/> Usually eat: 4–5 cups/day	<input type="checkbox"/> Usually eat: 2–3 cups/day	<input type="checkbox"/> Usually eat: 0–1 cup/day

HELEN HAYES HOSPITAL

Helen Hayes Hospital, Route 9W, West Haverstraw, NY 10993



Rate Your Plate *(continued from page 1)*

15. COOKING METHOD <i>(for vegetables, pasta, rice)</i>	<input type="checkbox"/> Usually prepare: without fat & sauces, or use vegetable oil spray	<input type="checkbox"/> Sometimes prepare: with sauce, butter, margarine, oil	<input type="checkbox"/> Usually prepare: with sauce, butter, margarine, oil
16. FAT USED IN COOKING & BAKING	<input type="checkbox"/> Usually use: olive or canola oil Or usually cook without added fat	<input type="checkbox"/> Usually use: other oils, tub margarine	<input type="checkbox"/> Usually use: butter, bacon drippings, stick margarine, lard, shortening
17. SALT FROM PROCESSED FOODS	<input type="checkbox"/> Always/Usually: compare and choose lower salt (sodium) options	<input type="checkbox"/> Sometimes: consider sodium content	<input type="checkbox"/> Rarely/never: consider sodium content
18. SPREADS	<input type="checkbox"/> Usually use: spray or light tub margarine Or seldom/never use	<input type="checkbox"/> Sometimes use: regular tub margarine	<input type="checkbox"/> Usually/often use: butter or stick margarine
19. SALAD DRESSINGS, MAYONNAISE	<input type="checkbox"/> Usually use: fat free or low fat salad dressings & mayonnaise Or seldom/never eat	<input type="checkbox"/> Sometimes use: light salad dressings & mayonnaise	<input type="checkbox"/> Usually use: regular salad dressings & mayonnaise
20. SNACK FOODS	<input type="checkbox"/> Usually eat: plain pretzels, light popcorn, baked chips Or seldom/never eat	<input type="checkbox"/> Sometimes eat: regular chips & popcorn, flavored pretzels	<input type="checkbox"/> Usually/often eat: regular chips & popcorn
21. NUTS, SEEDS <i>(serving size= 1/4 cup nuts, 2 tablespoons peanut butter)</i>	<input type="checkbox"/> Usually eat: 3 servings or more/week	<input type="checkbox"/> Usually eat: 1-2 servings/week	<input type="checkbox"/> Usually eat: 1 or less servings/week
22. FROZEN DESSERTS	<input type="checkbox"/> Usually eat: sherbet, sorbet, fruit juice bars, low-fat ice cream or frozen yogurt Or seldom/never eat	<input type="checkbox"/> Sometimes eat: regular ice cream, ice cream bars/sandwiches	<input type="checkbox"/> Usually eat: regular ice cream, ice cream bars/sandwiches
23. SWEETS, PASTRIES, CANDY	<input type="checkbox"/> Usually eat: angel food cake, low fat or fat free products Or seldom/never eat	<input type="checkbox"/> Sometimes eat: donuts, cookies, cake, pie, pastry, chocolate	<input type="checkbox"/> Usually/often eat: donuts, cookies, cake, pie, pastry, chocolate
24. EATING OUT <i>(eat in or take out, any meal)</i>	<input type="checkbox"/> Usually choose: lower fat menu items Or seldom/never eat	<input type="checkbox"/> Usually eat out: 1-2x/week	<input type="checkbox"/> Usually eat out: 3x or more/week
For Office Use Only	Total checks x 3 =	Total checks x 2 =	Total checks x 1 =

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Name:		Date:	<input type="checkbox"/> OPCR <input type="checkbox"/> Pre <input type="checkbox"/> Post
Ht:	Wt:	BMI:	Diabetes: <input type="checkbox"/> IDDM <input type="checkbox"/> NIDDM <input type="checkbox"/> None
Phone:		Start Date:	Class Time:
<input type="checkbox"/> Please Call for Appointment		<input type="checkbox"/> Not Referred: <input type="checkbox"/> Did not meet criteria <input type="checkbox"/> Declined	

Total:	72-58 Making healthy choices	57-41 Some ways to make eating habits healthier	40-24 Many ways to make eating habits healthier
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