

My Eating Habits: A Quick Self-Assessment

How often do you.....

Healthy Habit	Always	Most of the time	Rarely	Never
Eat vegetables (excluding potatoes) with one or two meals a day				
Eat at least 2 servings of fruit per day				
Steer clear of refined carbs such as white bread, white rice, or sweet cereals				
Include one whole grain food with each meal (oatmeal, brown rice, quinoa, whole wheat products)				
Avoid caloric drinks like juice or soda				
Not sprinkle salt on your food				
Buy low-sodium or “no salt added” versions of cheese, lunch meat, crackers, sauces, and other salty foods				
Keep sweets and desserts for special occasions				
Have 2 alcohol-free days per week and stick to a max of 4 drinks (men) or 2 drinks (women) a day				
Avoid fast food				
Trim the fat off meat and the skin from chicken before cooking				
Avoid fried foods				
Eat when you’re hungry (stomach hunger) and stop when you’re just comfortably full				
Choose fat-free or low-fat milk, cheese, and yogurt.				
Check Nutrition labels and stay aware of Serving Sizes				