

# ♥RATE YOUR PLATE♥

Think about the way you usually eat. For each food choice, put a check mark in column A, B or C.  
Bring the completed form to your next clinic visit.

	A	B	C
<b>1. MEAT CUTS*</b> <i>fresh beef, pork, lamb, veal</i>	<input type="checkbox"/> <b>Usually eat:</b> lean cuts from the round, loin or leg; ham Or, <b>seldom eat meat.</b>	<input type="checkbox"/> <b>Sometimes eat:</b> higher-fat cuts, such as chuck, ribs, brisket, T- bone steak, prime rib	<input type="checkbox"/> <b>Usually/often eat:</b> higher-fat cuts
<b>2. CHICKEN, TURKEY*</b>	<input type="checkbox"/> <b>Usually eat:</b> <b>without</b> skin	<input type="checkbox"/> <b>Sometimes eat:</b> <b>with</b> skin	<input type="checkbox"/> <b>Usually eat:</b> <b>with</b> skin
<b>3. GROUND MEAT &amp; POULTRY*</b>	<input type="checkbox"/> <b>Usually eat:</b> 5-7% fat (93-95% lean); ground turkey breast Or, <b>seldom eat.</b>	<input type="checkbox"/> <b>Usually eat:</b> 10-15% fat; ground turkey (dark & white meat)	<input type="checkbox"/> <b>Usually/often eat:</b> regular ground meat, with 20% fat or more
<b>4. PROCESSED MEAT &amp; POULTRY*</b> <i>cold cuts, hot dogs, sausage, breakfast meats</i>	<input type="checkbox"/> <b>Usually eat:</b> lower-fat choices from lean meat or poultry; veggie breakfast links Or, <b>seldom eat.</b>	<input type="checkbox"/> <b>Sometimes eat:</b> higher-fat choices, such as salami, bologna, hot dogs, bacon, sausage	<input type="checkbox"/> <b>Usually/often eat:</b> higher-fat choices
<b>5. PORTION SIZE OF MEAT &amp; POULTRY*</b> <i>cooked or processed</i>	<input type="checkbox"/> <b>Usually eat:</b> small portions ( ≤ 3 oz.) deck of cards size	<input type="checkbox"/> <b>Usually eat:</b> medium portions (4-6 oz.)	<input type="checkbox"/> <b>Usually/often eat:</b> large portions (7 oz. or more)
<b>6. FISH, SHELLFISH*</b>	<input type="checkbox"/> <b>Usually eat:</b> twice a week or more, especially oily fish like salmon, herring or sardines	<input type="checkbox"/> <b>Usually eat:</b> any type once a week	<input type="checkbox"/> <b>Usually eat:</b> any type less than once a week
<b>7. COOKING METHOD*</b> <i>for poultry, fish, meat</i>	<input type="checkbox"/> <b>Usually:</b> cook without added fat or use vegetable oil spray	<input type="checkbox"/> <b>Sometimes:</b> cook with added fat or deep fry	<input type="checkbox"/> <b>Usually/often:</b> cook with added fat or deep fry
<b>8. MEATLESS MEALS</b> <i>veggie burgers, vegetable or bean soups, meatless spaghetti sauce, tofu, rice &amp; beans</i>	<input type="checkbox"/> <b>Usually eat:</b> twice a week or more	<input type="checkbox"/> <b>Usually eat:</b> less than twice a week	<input type="checkbox"/> <b>Rarely eat:</b> meatless meals
<b>9. WHOLE EGGS*</b>	<input type="checkbox"/> <b>Usually eat:</b> 3 or less a week OR egg substitutes OR egg whites only	<input type="checkbox"/> <b>Sometimes eat:</b> 4 or more a week	<input type="checkbox"/> <b>Usually eat:</b> 4 or more a week
<b>10. MILK</b> <i>includes yogurt, cream</i>	<input type="checkbox"/> <b>Usually use:</b> 1% or skim milk, fat-free or low-fat yogurt, fat-free ½ & ½	<input type="checkbox"/> <b>Sometimes use:</b> 2% or whole milk, full- fat yogurt, regular ½ & ½	<input type="checkbox"/> <b>Usually use:</b> 2% or whole milk, full- fat yogurt, light cream
<b>11. CHEESE*</b> <i>includes cheese for pizza, sand- wiches, snacks, mixed dishes, etc.</i>	<input type="checkbox"/> <b>Usually eat:</b> reduced-fat or part-skim  Or, <b>seldom eat.</b>	<input type="checkbox"/> <b>Sometimes eat:</b> regular cheese, such as cheddar, Swiss, and American	<input type="checkbox"/> <b>Usually eat:</b> regular cheese
<b>12. DAIRY FOODS</b> <i>1 serving = 1 c. milk or yogurt, 1½ oz. cheese</i>	<input type="checkbox"/> <b>Usually eat or drink</b> 2 or more servings a day	<input type="checkbox"/> <b>Usually eat or drink:</b> 1 serving a day	<input type="checkbox"/> <b>Rarely eat or drink</b>

\*If you are a vegetarian, check column A for these (\*) topics.

<b>13. WHOLE GRAINS</b> <i>1 serving = 1 oz slice bread; ½ English muffin; 1 c. cereal; ½ c. rice, pasta; 5 crackers; tortilla; mini bagel, 3 c. light popcorn</i>	<input type="checkbox"/> <b>Usually eat:</b> <b>3 or more servings a day</b> , 100% whole wheat bread & pasta, brown rice, whole grain cereals, i.e., oatmeal, raisin bran, Wheaties®	<input type="checkbox"/> <b>Sometimes eat:</b> 1 or 2 servings a day	<input type="checkbox"/> <b>Usually eat:</b> mostly refined grains, i.e., white bread, white rice, saltine crackers, corn flakes, Rice Krispies®, Special K®
<b>14. FRUITS &amp; VEGETABLES</b> <i>includes legumes  1 c. = medium whole fruit or potato, large tomato or ear corn,  2 c. raw leafy greens</i>	<input type="checkbox"/> <b>Usually eat:</b> 4-5 cups a day	<input type="checkbox"/> <b>Usually eat:</b> 2-3 cups a day	<input type="checkbox"/> <b>Usually eat:</b> 0-1 cup a day
<b>15. COOKING METHOD</b> <i>for vegetables, pasta, rice</i>	<input type="checkbox"/> <b>Usually prepare:</b> without fat & sauces OR use vegetable oil spray	<input type="checkbox"/> <b>Sometimes prepare:</b> with sauce, butter, margarine, oil	<input type="checkbox"/> <b>Usually prepare:</b> with sauce, butter, margarine, oil
<b>16. FAT TYPE IN COOKING</b> <i>includes baking</i>	<input type="checkbox"/> <b>Usually use:</b> olive or Canola oil Or, usually cook <b>without</b> added fat.	<input type="checkbox"/> <b>Usually use:</b> other oils, tub margarine	<input type="checkbox"/> <b>Usually use:</b> butter, bacon drippings, stick margarine, lard, shortening
<b>17. SALT FROM PROCESSED FOODS</b>	<input type="checkbox"/> <b>Always/usually:</b> <i>compare and choose lower-sodium options</i>	<input type="checkbox"/> <b>Sometimes:</b> <i>consider sodium content</i>	<input type="checkbox"/> <b>Rarely/never:</b> <i>consider sodium content</i>
<b>18. SPREADS</b> <i>added at the table on bread, potatoes, vegetables, pancakes, sandwiches, etc.</i>	<input type="checkbox"/> <b>Usually use:</b> spray or light tub margarine  Or, <b>seldom use.</b>	<input type="checkbox"/> <b>Usually use:</b> regular tub margarine	<input type="checkbox"/> <b>Usually use:</b> butter or stick margarine
<b>19. SALAD DRESSINGS, MAYONNAISE</b>	<input type="checkbox"/> <b>Usually use:</b> fat-free or low-fat salad dressings & mayonnaise Or, <b>seldom use.</b>	<input type="checkbox"/> <b>Usually use:</b> light salad dressings & mayonnaise	<input type="checkbox"/> <b>Usually use:</b> regular salad dressings & mayonnaise
<b>20. SNACK FOODS</b>	<input type="checkbox"/> <b>Usually eat:</b> plain pretzels, light popcorn, baked chips Or, <b>seldom eat.</b>	<input type="checkbox"/> <b>Sometimes eat:</b> regular chips & popcorn, flavored pretzels	<input type="checkbox"/> <b>Usually/often eat:</b> regular chips & popcorn
<b>21. NUTS, SEEDS</b> <i>includes nut butters  serving size = 1/4 c. nuts,  2 T. peanut butter</i>	<input type="checkbox"/> <b>Usually eat:</b> 3 servings or more a week	<input type="checkbox"/> <b>Usually eat:</b> 1-2 servings a week	<input type="checkbox"/> <b>Usually eat:</b> 1 or less serving a week  Or, <b>seldom eat.</b>
<b>22. FROZEN DESSERTS</b>	<input type="checkbox"/> <b>Usually eat:</b> sherbet, sorbet, fruit juice bars, low-fat ice cream or frozen yogurt Or, <b>seldom eat.</b>	<input type="checkbox"/> <b>Sometimes eat:</b> regular ice cream, ice cream bars/sandwiches	<input type="checkbox"/> <b>Usually eat:</b> regular ice cream, ice cream bars/sandwiches
<b>23. SWEETS, PASTRIES, CANDY</b>	<input type="checkbox"/> <b>Usually eat:</b> angel food cake, low-fat or fat-free products Or, <b>seldom eat.</b>	<input type="checkbox"/> <b>Sometimes eat:</b> donuts, cookies, cake, pie, pastry, or chocolate candy	<input type="checkbox"/> <b>Usually/often eat:</b> donuts, cookies, cake, pie, pastry or chocolate candy
<b>24. EATING OUT</b> <i>eat in or take out, any meal</i>	<input type="checkbox"/> <b>Seldom eat out</b> Or, <b>usually choose lower-fat menu items</b>	<input type="checkbox"/> <b>Usually eat:</b> 1-2 times a week	<input type="checkbox"/> <b>Usually eat:</b> 3 times a week or more

