Healthy eating check-up

These 15 questions will give you a general idea of how healthy your current eating habits are.
Choose one answer for each question that fits you best.
Mark your score for each question in the "Your score" column.

1. How many meals do you usually eat each day?	Points	Your score
☐ 3 meals	3	
☐ 4 – 5 small meals	3	
☐ 2 meals	1	
☐ 1 large meal	0	
2. What kind of breakfast do you usually eat?		
☐ Bacon, fried eggs and toast with butter	1	
☐ Whole-grain cereal with milk and fruit	3	
☐ Muffin and coffee to go	0	
☐ Whole wheat toast with nut butter and fruit	3	
☐ No breakfast, or just coffee	0	
3. How many times do you eat vegetables and/or fruit each day?		
☐ 1 to 3	1	
☐ 4 to 6	2	
☐ 7 or more	3	
4. How often do you eat dark green and orange vegetables (such as asparagus, broccoli, brussels sprouts, green peas, romaine lettuce, spinach, carrots, squash, and sweet potatoes)?		
☐ Never	0	
☐ Twice a month	1	
☐ Three times a week	2	
☐ Everyday	3	
5. Do you eat whole-grain foods such as whole-grain bread, brown rice, whole-grain pasta, whole oats/oatmeal, quinoa, or bran cereals?		
☐ Never	0	
☐ Occasionally	1	
☐ Most of the time	3	

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6. What type of milk do you drink?	Points	Your score
☐ Skim or 1%	3	
☐ 2%	2	
☐ Chocolate	0	
☐ Whole or homo milk	1	
☐ Fortified unsweetened soy beverage	3	
☐ Don't drink milk or soy beverages	0	
7. Do you eat lower-fat milk alternatives like unsweetened yogurt with 2% or less fat and/or cheese with 15-20% milk fat?		
☐ Never	0	
☐ Occasionally	1	
☐ Most of the time	3	
8. How often do you eat meat alternatives such as beans, lentils, and tofu?		
☐ Never	0	
☐ Once in a while	1	
☐ Once or twice a week	2	
☐ At least three times a week	3	
9. How often do you eat grilled, baked, poached, or canned fish?		
☐ Never	0	
☐ Once in a while	1	
☐ Once a week	2	
☐ At least two times a week	3	
10. What is your usual portion of meat or poultry?		
☐ Three quarters of your plate	0	
☐ Half your plate	2	
☐ One quarter of your plate	3	
11. What type of oils and fats do you add to foods or cook with?		
☐ Butter, hard margarine, lard, hydrogenated shortening	0	
☐ Soft margarine	2	
☐ Vegetable oils	3	
12. What type of beverages do you drink most of the time?		
☐ Water	3	
☐ 100% juice	0	
☐ 2%, 1%, or unsweetened skim milk	3	
☐ Coffee or tea	1	
☐ Diet soft drinks or other diet drinks	0	
☐ Regular soft drinks or fruit-flavoured drinks	0	
☐ Sweetened hot beverages (cappuccino, latte, etc.)	0	
☐ Energy drinks	-1	

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13. What are you most likely to snack on?	Points	Your score
☐ Fruit, vegetables, unsweetened yogurt, cheese, nuts / seeds, whole-grain crackers	3	
☐ Chips, cheese snacks, or taco chips	0	
☐ Unsalted popcorn or pretzels	1	
☐ Store-bought muffins, cookies, or granola bars	0	
☐ Don't snack	1	
14. How often do you eat out or order in (restaurants, coffee shops, cafeterias, fast food, take out)?		
☐ Almost every day	0	
☐ Three or four times a week	0	
☐ Once a week	2	
☐ Two or three times a month	3	
15. How often do you prepare foods from fresh ingredients rather than rely on processed and convenience foods (do you cook meals rather than prepare purchased frozen or refrigerated meals)?		
☐ Most of the time	3	
☐ Once in a while	1	
☐ Never	0	
Bonus for women who could become pregnant: do you take a multivitamin containing folic acid / folate?		
☐ Never	0	
☐ Occasionally	1	
☐ Daily	3	
Bonus for men and women over age 50 years: do you take a vitamin D supplement?		
☐ Never	0	
☐ Occasionally	1	
☐ Most of the time	3	
	Total:	

Now add up your score:
How healthy are your habits?

35 – 45: Super! You are a healthy eater.

25 – 34: Very Good! Keep up the good work.

15 – 24: You have some changes to make!

Less than 15: You have many changes to make!