How Well Do You Eat?

How well do you eat? On another piece of paper, answer these questions to find out. Your answers to the Life Choice Inventory are personal and private. Share them with others only if you are comfortable doing so.

**PART 1** Do you eat nutritious foods from all of these categories? Answer yes or no. For each yes answer, give yourself 2 points. Total possible points = 10. For serving sizes, see Figure 7–1, presented earlier.

1. I have 2 or more cups of milk or 2 servings of milk products every day.  
   **Score** 

2. I have 2 or more servings of meat or meat alternates every day.  
   **Score** 

3. On some days I eat dried peas or beans instead of meat.  
   **Score** 

4. I generally have at least 6 servings of grain products (breads, cereals, rice, and the like) each day.  
   **Score** 

5. I have at least 2 servings of fruits and 3 servings of vegetables every day (total of at least 5).  
   **Score**

Total for Part 1

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**PART 2** Do you maintain appropriate weight? If yes, give yourself 20 points, skip Part 3, and go on to Part 4. If no, take no points, and complete Part 3 below.

6. I eat just enough food to stay within 5 to 10 pounds of the weight considered appropriate for my height (see Chapter 8).  

**PART 3** Do you choose a diet low in fat, saturated fat, and cholesterol? For each yes answer, give yourself 1 point. Total possible points = 10.

7. My milk and milk-product choices are mostly nonfat or low in fat (nonfat or low-fat milk rather than whole milk); and I eat ice cream or ice milk two or three times a week or less.  
   **Score**

8. I seldom have more than about 3 teaspoons of margarine or butter per day.  
   **Score**

9. My meat, fish, poultry, or egg choices usually amount to 2 servings a day or fewer.  
   **Score**

10. In choosing meats, I eat chicken and fish more often than beef, ham, lamb, or pork.  
    **Score**

11. I remove fat or ask that fat be trimmed from meat before eating. I avoid meats with fat ground in, such as sausages.  
    **Score**

12. In choosing meat, I usually choose broiled, boiled, baked, or roasted; I usually don’t choose fried.  
    **Score**

13. On some days I eat dried peas or beans instead of meat. (This is the same as Question 3—it counts under both Part 1 and Part 3.)  
    **Score**

14. In choosing or preparing vegetables, I use little or no fat.  
    **Score**

15. The grain products I use have little or no fat added.  
    **Score**

16. In buying foods, I read labels for fat content and choose mostly foods with less than 3 grams fat per 100 calories.  
    **Score**

Total for Part 3
PART 4 Do you get plenty of starch and fiber daily? For each yes answer, give yourself 2 points. Total possible points = 10.

17. When I am hungry, I choose starchy foods such as popcorn, cereals, pasta, potatoes, and breads rather than fatty foods such as fried snacks or chips.
18. The grain products I use are mostly whole grains (whole-wheat bread, whole-grain cereals, brown rice, and the like).
19. I eat abundant fruits and vegetables (this resembles Question 5 above; you get added points for these as high-fiber foods).
20. I eat salads or raw vegetables (such as carrots and celery) at least every other day.
21. I eat dried beans or peas at least once a week (again, you receive credit for these as high-fiber foods).

Total for Part 4

PART 5 Do you eat reasonable quantities of sugar, honey, and other concentrated sweets? For each yes answer, give yourself 2 points. Total possible points = 6.

22. If I eat sweets (candy bars and the like), it is in addition to, not in place of, the nutritious foods I need, and only within the limits my weight allows.
23. If I drink cola beverages, it is in addition to, not in place of, the milk and fruit products I need, and only within the limits my weight and caffeine tolerance allow.
24. I don’t let sweets and sugary drinks harm my dental health; I rinse or brush my teeth after eating and drinking them.

Total for Part 5

PART 6 Do you use salt wisely? For each yes answer, give yourself 2 points. Total possible points = 4.

25. I generally choose foods salted lightly or not salted at all.
26. I add little or no salt to food after preparation.

Total for Part 6

SCORING

<table>
<thead>
<tr>
<th>Points</th>
<th>Description</th>
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<tbody>
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<td>Incredible</td>
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<tr>
<td>40–49</td>
<td>Excellent</td>
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<tr>
<td>30–39</td>
<td>Your diet has room for improvement</td>
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<tr>
<td>20–29</td>
<td>Not so good. Work on your weakest areas.</td>
</tr>
<tr>
<td>Below 20</td>
<td>Poor. Make major efforts to improve.</td>
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