

How Healthy Is Your Diet?

Circle your answers after careful thought, then add up your points (numbers in parentheses).

1. How many fruits do you normally eat each day (1/2 cup fresh or dried fruit, 1 medium piece, 1 cup unsweetened juice)?
 - A. 0 (-2)
 - B. 1 (0)
 - C. 2 to 3 (+2)
 - D. 4 or more (+3)(score) _____
2. How many vegetable servings do you normally eat each day (1 cup leafy greens, 1/2 cup any other veggie, raw or cooked)?
 - A. 0 (-4)
 - B. 1 (0)
 - C. 2 (+1)
 - D. 3 (+2)
 - E. 4 or more (+3)(score) _____
3. How many different varieties of vegetables do you eat in a normal month?
 - A. 2 or less (-4)
 - B. 3 to 4 (0)
 - C. 5 to 6 (+1)
 - D. 7 to 8 (+3)
 - E. 9 or more (+4)(score) _____
4. How many times do you eat dried beans or peas (legumes, lentils, chickpeas, kidney beans, green peas, etc.) in a normal week?
 - A. 0 (-2)
 - B. 1 to 2 (0)
 - C. 3 to 4 (+1)
 - D. 5 to 6 (+2)
 - E. 7 or more (+3)(score) _____
5. How many times do you eat red meat in a normal week?
 - A. 6 or more (-4)
 - B. 4 to 5 (-3)
 - C. 1 to 3 (-1)
 - D. Less than once a week (+2)
 - E. 0 (+3)(score) _____
6. How many times do you eat in a fast food restaurant in a normal week?
 - A. 6 or more (-5)
 - B. 4 to 5 (-4)
 - C. 1 to 3 (-3)
 - D. Less than once a week (+2)
 - E. 0 (0)(score) _____

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7. In a typical day, what do you drink most often?
- A. Soda - regular or diet (-4)
 - B. Caffeinated coffee or tea (-1)
 - C. Decaffeinated coffee or tea (0)
 - D. Milk or fruit juice (0)
 - E. Herbal tea or water (+3)
- (score) _____

8. How many 12 oz. cans of soda do you drink in a normal day?
- A. 6 or more (-5)
 - B. 4 to 5 (-4)
 - C. 2 to 3 (-3)
 - D. 1 (-2)
 - E. Less than 1 (-1)
 - F. 0 (0)
- (score) _____

9. How often do you eat fish in a typical week?
- A. Never (-2)
 - B. Once (+1)
 - C. Twice (+2)
 - D. 3 to 5 times (+3)
- (score) _____

10. In a typical week, how often do you eat whole grains (100% whole grain bread, whole oats, brown rice, quinoa, whole rye crackers)?
- A. Never (-3)
 - B. 1 to 2 times a week (-1)
 - C. 3 to 4 times a week (0)
 - D. 5 to 6 times a week (+1)
 - E. 1 or more times a day (+3)
- (score) _____

11. How often do you eat sweets such as cookies, cakes, or ice cream?
- A. 1 or more times a day (-3)
 - B. Every other day (-2)
 - C. Twice a week (-1)
 - D. Once a week (0)
 - E. 2 to 3 times a month (+1)
 - F. Rarely (+3)
- (score) _____

Scoring:

- 22-28 Great eating habits!
- 17-21 Pretty good eating habits
- 10-16 Needs some improvement
- 9 or less Needs much improvement; try to change one habit at a time

Your Total Score _____

A big thank you goes to The Institute of Functional Medicine for their research and use of this information.