

PATIENT: \_\_\_\_\_

## RATE YOUR PLATE

Think about the way you usually eat. For each food topic, put a check mark ✓ in column A, B or C.

TOPIC	A	B	C
<b>1. GRAINS</b> <i>Serving = 1 slice bread or tortilla; 1/2 bagel, roll, English muffin or pita; 1/2 cup cooked rice or pasta; 1 cup cereal</i>	<b>O Usually eat:</b> less than 4 servings of grain products a day	<b>O Usually eat:</b> 4-5 servings of grain products a day	<b>O Usually eat:</b> 6 or more servings of grain products a day
<b>2. WHOLE GRAINS</b>	<b>O Usually eat:</b> white breads; white rice; low fiber cereals like corn flakes, krispies, etc	<b>O Sometimes eat:</b> white breads; white rice; low fiber cereals like corn flakes, krispies, etc	<b>O Usually eat:</b> whole grain breads; brown rice; whole grain cereals like oatmeal, bran cereals, Wheaties™, etc.
<b>3. FRUITS &amp; VEGETABLES</b> <i>(1 serving = 1/2 cup or 1 med. fruit or 1 cup leafy raw vegetables or 4 oz. 100% fruit/veg. juice</i>	<b>O Usually eat:</b> 1 serving or less a day	<b>O Usually eat:</b> 2-4 servings a day	<b>O Usually eat:</b> 5 or more servings a day
<b>4. DAIRY FOODS</b> <i>Serving = 1 cup milk or yogurt; 1 1/2 - 2 ounces cheese</i>	<b>O Rarely eat or drink:</b> 2 or more servings of milk, yogurt, or cheese a day	<b>O Sometimes eat or drink:</b> 2 servings of milk, yogurt, or cheese a day	<b>O Usually eat or drink:</b> 2 or more servings of milk, yogurt, or cheese a day
<b>5. MEAT, CHICKEN, TURKEY OR FISH*</b> <i>3 ounces is the size of a deck of cards or 1 regular hamburger, 1 chicken breast or leg or 1 pork chop</i>	<b>O Usually eat:</b> more than 6 ounces of meat, chicken, turkey or fish per day	<b>O Sometimes eat:</b> more than 6 ounces of meat, chicken, turkey or fish per day	<b>O Rarely/never eat:</b> more than 6 ounces of meat, chicken, turkey or fish per day
<b>6. EATING OUT</b> <i>in restaurants or getting take out food</i>	<b>O Usually eat out or get take-out food</b> <b>twice a week or more</b>	<b>O Usually eat out or get take-out food</b> <b>once a week</b>	<b>O Usually eat out or get take-out food</b> <b>less than once a week</b> <b>OR Usually eat low-fat restaurant meals</b>
<b>7. RED MEAT</b> <i>beef, hamburger, pork, lamb, veal</i>	<b>O Usually eat:</b> three times a week or more	<b>O Usually eat:</b> twice a week	<b>O Usually eat:</b> once a week or less
<b>8. RED MEAT CHOICES</b> <i>beef, hamburger, pork, lamb, veal</i>	<b>O Usually eat:</b> high-fat cuts, such as ribs, brisket, T-bone steak, prime rib, sausage, regular or lean ground beef	<b>O Sometimes eat:</b> high-fat cuts such as: ribs, brisket, T-bone steak, prime rib, sausage, regular or lean ground beef	<b>O Usually eat:</b> lean beef such as round, loin, flank; lean pork and lamb such as loin and leg; veal; ground turkey breast <b>Or, I rarely eat meat</b>
<b>9. COLD CUTS, HOT DOGS, BREAKFAST MEATS</b>	<b>O Usually/often eat:</b> salami, bologna, other cold cuts, hot dogs, bacon, sausage	<b>O Sometimes eat:</b> salami, bologna, other cold cuts, hot dogs, bacon, sausage	<b>O Usually eat:</b> roast beef, turkey breast, ham, or low-fat cold cuts, low-fat hot dogs, low fat bacon/sausage <b>Or, I rarely eat processed meats</b>

\* If you never eat these foods, check column C.

<b>10. CHICKEN, TURKEY, ETC.*</b>	O Usually eat: chicken, turkey, and other poultry with skin	O Sometimes eat: chicken, turkey, and other poultry with skin	O Usually eat: chicken, turkey, and other poultry without skin
<b>11. CHICKEN AND FISH CHOICES*</b>	O <b>Usually eat:</b> fried chicken and/or fried fish and shellfish	O <b>Sometimes eat:</b> fried chicken and/or fried fish and shellfish	O <b>Usually eat:</b> chicken and fish that is baked, broiled, grilled, poached, roasted, etc.
<b>12. MEATLESS MAIN DISHES</b> <i>like all-bean chili, bean burrito, lentil soup, meatless spaghetti sauce</i>	O <b>Rarely eat:</b> meatless main dishes	O <b>Usually eat:</b> meatless main dishes less than twice a week	O <b>Usually eat:</b> meatless main dishes twice a week or more
<b>13. MILK*</b>	O <b>Usually drink/use:</b> whole milk or cream	O <b>Usually drink/use:</b> 2% reduced-fat milk	O <b>Usually drink/use:</b> 1% low-fat or skim milk
<b>14. CHEESE</b> <i>include cheese on pizza, sandwiches, snacks &amp; in mixed dishes</i>	O <b>Usually eat:</b> regular cheese, such as cheddar, Swiss, and American	O <b>Sometimes eat:</b> regular cheese, such as cheddar, Swiss, and American	O <b>Usually eat:</b> reduced-fat or part-skim cheese Or, <b>Rarely eat</b> cheese
<b>15. FROZEN DESSERTS</b> <i>ice cream, etc.</i>	O <b>Usually eat:</b> regular ice cream, ice cream bars/sandwiches	O <b>Sometimes eat:</b> regular ice cream, ice cream bars/sandwiches	O <b>Usually eat:</b> sherbet, sorbet, low-fat frozen yogurt or icecream Or, <b>Rarely eat</b> frozen desserts
<b>16. COOKING METHOD</b>	O <b>Usually add:</b> oil, butter, or margarine to the pan	O <b>Sometimes add:</b> oil, butter, or margarine to the pan	O <b>Usually:</b> broil, bake, or steam without fats or oils or use cooking sprays (Pam™)
<b>17. FRIED FOODS</b> <i>like French fries, egg rolls, onion rings, etc.</i>	O <b>Often eat:</b> fried foods	O <b>Sometimes eat:</b> fried foods	O <b>Rarely/Never eat:</b> fried foods
<b>18. SPREADS</b> <i>Added at the table</i>	O <b>Usually put:</b> butter or stick margarine on bread, potatoes, vegetables, etc.	O <b>Usually put:</b> liquid or regular tub margarine on bread, potatoes, vegetables, etc.	O <b>Usually put:</b> “light” tub margarine on bread, potatoes, vegetables Or, <b>Eat them plain</b>
<b>19. SALAD DRESSING &amp; MAYONNAISE*</b>	O <b>Usually use:</b> regular salad dressing or mayonnaise	O <b>Sometimes use:</b> regular salad dressing or mayonnaise	O <b>Usually use:</b> light or fat-free salad dressing and mayonnaise
<b>20. SNACKS</b>	O <b>Usually eat:</b> regular chips, crackers, and nuts	O <b>Sometimes eat:</b> regular chips, crackers, and nuts	O <b>Usually eat:</b> fruit, pretzels, low-fat crackers or baked chips
<b>21. DESSERTS &amp; SWEETS</b>	O <b>Usually eat:</b> donuts, cookies, cake, pie, pastry or chocolate	O <b>Sometimes eat:</b> donuts, cookies, cake, pie, pastry, or chocolate	O <b>Usually eat:</b> fruit, angel food cake, low-fat or fat-free sweets
<b>22. ADDED SALT</b>	O <b>Always/Usually:</b> add salt to food when cooking or at the table	O <b>Sometimes:</b> add salt to food when cooking or at the table	O <b>Rarely/Never:</b> add salt to food when cooking or at the table
<b>23. CANNED FOODS, FROZEN, PACKAGED MEALS</b>	O <b>Usually:</b> choose regular canned/frozen/packaged foods.	O <b>Sometimes:</b> choose regular canned, frozen, packaged foods.	O <b>Usually:</b> choose low sodium canned, frozen, packaged foods. Or, rarely eat these foods

\* If you never eat these foods, check column C.

