■ APPENDIX 23
Eating Smart Assessment

Complete the *Eating Smart Assessment* and get a broad view of the diversity of your diet, especially its content of fat- and fiber-rich foods. A high rating means that you're on the right track for prudent nutrition to help fight the battle against heart disease and certain cancers.

OIL AND FATS: butter, margarine, shortening, mayonnaise, sour cream, lard, oil	POINTS	
I always add these foods in cooking and/or at the table	_____	0
I occasionally add these to foods in cooking and/or at the table	_____	1
I rarely add these foods in cooking and/or at the table	_____	2

DAIRY PRODUCTS: milk, yogurt, cheese, ice cream	POINTS	
I drink whole milk	_____	0
I drink 1 or 2% fat milk	_____	1
I seldom eat frozen desserts or ice cream	_____	2
I eat ice cream almost every day	_____	0
Instead of ice cream, I eat ice milk, low-fat frozen yogurt and sherbet	_____	1
I eat only fruit ices, seldom eat frozen dairy desserts	_____	2
I eat mostly high-fat cheese (jack, cheddar, colby, Swiss, cream)	_____	0
I eat both low- and high-fat cheeses	_____	1
I eat mostly low-fat cheeses (2% cottage, skim milk, mozzarella)	_____	2

SNACKS: potato, corn chips, nuts, buttered popcorn, candy bars	POINTS	
I eat these every day	_____	0
I eat some of these occasionally	_____	1
I seldom or never eat these snacks	_____	2

BAKED GOODS: pies, cakes, cookies, sweet rolls, doughnuts	POINTS	
I eat them 5 or more times a week	_____	0
I eat them 2–4 times a week	_____	1
I seldom eat baked goods or eat only low-fat baked goods	_____	2

POULTRY AND FISH: (If you do not eat meat, fish, or poultry, give yourself 2 points)	POINTS	
I rarely eat these foods	_____	0
I eat them 1–2 times a week	_____	1
I eat them 3 or more times a week	_____	2

LOW FAT MEATS: extra lean hamburger, round steak, pork loin, roast, tenderloin, chuck roast. (If you do not eat meat, fish, or poultry, give yourself 2 points) | **POINTS**

I rarely eat these foods	———	0
I occasionally eat these foods	———	1
I eat mostly fat-trimmed red meats	———	2

HIGH FAT MEATS: luncheon meats, bacon, hot dogs, sausage, steak, regular and lean ground beef. (If you do not eat meat, fish, or poultry, give yourself 2 points) | **POINTS**

I eat these every day	———	0
I occasionally eat these foods	———	1
I rarely eat these foods	———	2

CURED AND SMOKED MEAT AND FISH: luncheon meats, hot dogs, bacon, ham and other smoked or pickled meats and fish. (If you do not eat meat, fish, or poultry, give yourself 2 points) | **POINTS**

I eat these foods 4 or more times a week	———	0
I eat some of these foods 1–3 times a week	———	1
I seldom eat these foods	———	2

LEGUMES: dried beans, peas, (kidney, navy, lima, pinto, garbanzo, split-pea, lentil) | **POINTS**

I eat legumes less than once a week	———	0
I eat legumes 1–2 times a week	———	1
I eat legumes 3 or more times a week	———	2

WHOLE GRAINS AND CEREAL: whole grain breads, brown rice, pasta, grain cereals | **POINTS**

I seldom eat these foods	———	0
I eat these foods 1–2 times a day	———	1
I eat these foods 4 or more times daily	———	2

VITAMIN-C RICH FRUITS AND VEGETABLES: citrus fruits, juices, green peppers, berries | **POINTS**

I seldom eat these foods	———	0
I eat these foods 3–5 times a week	———	1
I eat these foods 1–2 times a day	———	2

DARK GREEN AND DEEP YELLOW FRUITS AND VEGETABLES: broccoli, greens, carrots, peaches (dark green and yellow fruits and vegetables contain beta carotene that your body turns into vitamin A.) | **POINTS**

I seldom eat these foods	———	0
I eat these foods 1–2 times a week	———	1
I eat these foods 3–4 times a week	———	2

VEGETABLES OF THE CABBAGE FAMILY: broccoli, cabbage, brussels sprouts, cauliflower | **POINTS**

I seldom eat these foods	———	0
I eat these foods 1–2 times a week	———	1
I eat these foods 3–4 times a week	———	2

ALCOHOL: | POINTS

I drink more than 2 oz daily	_____ 0
I drink every week, but not daily	_____ 1
I occasionally or never drink alcohol	_____ 2

YOUR BODY WEIGHT: | POINTS

I am more than 20 lb over my ideal weight	_____ 0
I am 10–20 lb over my ideal weight	_____ 1
I am within 10 lb of my ideal weight	_____ 2

ADD UP YOUR TOTAL POINTS HERE   total points

YOUR EATING SMART RATING

0–12 Points: A Warning Signal

Your diet is too high in lipid and too low in fiber-rich foods. Assess your eating habits to see where you could make improvements.

13–17 Points: Not Bad

You still have a way to go. Review your quiz to identify those areas in which you rate poorly, then make the necessary adjustments.

18–36 Points: Good For You, You're Eating Smart

You should feel very good about yourself. You have been careful to limit your lipid intake and eat a varied diet. Keep up the good habits and continue to look for ways to improve.

Source: American Cancer Society. Revised. 1989.