

## Questionnaire How healthy is your lifestyle?

Circle the letter corresponding to the answer that best describes your habits. Then find your score by adding the points associated with the circled letters.

### 1 How many meals do you usually eat each day ?

- a 3 meals and 1 snack
- b 3 meals with no snacks
- c 2 meals, skipping breakfast or lunch
- d I usually eat only 1 meal each day

### 2 What types of snacks do you eat?

- a Fruits, vegetables, nuts, and/or yogurt
- b Pretzels, nuts, popcorn, fruit, and/or yogurt
- c Chips, pretzels, popcorn, and/or other "junk" food
- d Sweets, such as candy, pastries, and/or cookies

### 3 How many servings of fruits and vegetables do you eat each day?

- a I always eat 5 or more servings of fruits and vegetables a day
- b I usually eat 3–4 servings
- c I usually eat about 1 serving
- d I usually eat fruits and vegetables only a few times per week

### 4 Which dairy products, if any, do you usually eat or drink?

- a Fat-free dairy products, such as yogurt and milk
- b 1 percent milk, 1 percent yogurt, and part-skim cheeses
- c 2 percent milk, low-fat cream cheese, and low-fat ice cream
- d Regular fat dairy products, such as whole milk and ice cream

### 5 How often do you usually eat fish or shellfish?

- a I eat fish or shellfish at least twice a week
- b I usually eat fish or shellfish once a week
- c I usually eat fish or shellfish a few times a month
- d I rarely or never eat fish or shellfish

### 6 Which types of poultry do you eat?

- a Chicken or turkey breast with the skin removed
- b Chicken or turkey breast with the skin on
- c I occasionally eat breaded, fried chicken or turkey breast
- d I frequently choose dark-meat chicken, duck, goose, etc.

### 7 How often do you eat red meat?

- a I never eat red meat
- b I eat red meat 1–2 times a month
- c Several times a week
- d I eat red meat every day

### 8 Which fats and oils do you use?

- a I try to limit my use of any fat or oil when cooking
- b I usually use olive or canola oil
- c I usually use butter when cooking
- d I frequently use bacon fat, fat back, lard, or chicken fat when cooking

### 9 Apart from coffee, what do you usually drink during the day?

- a I usually drink water exclusively
- b 100 percent fruit juice, water, and diet beverages
- c Soda, sports drinks, fruit drinks, and sugar-sweetened iced teas
- d Soda and sugar-sweetened beverages

### 10 When eating out, which of the following would you usually choose?

- a Grilled, broiled, baked, or steamed entrées
- b Pasta with seafood in marinara or red sauce
- c Prime rib, steak, veal, lamb, or pasta in a cream sauce
- d Pizza, sausage, hoagies, fried foods, or hot dogs

### 11 How much exercise do you get?

- a I usually exercise for at least 30–60 minutes on most days
- b I usually exercise for 30 minutes a few days a week
- c I exercise for 30 minutes a few times a month
- d I rarely participate in any physical activity

### 12 How much TV do you watch?

- a I rarely watch television
- b I watch a few hours of television every week
- c I watch less than 2 hours daily
- d I usually watch 3 or more hours of television daily

### 13 How often do you drink alcohol and how much?

- a I usually have 1–2 drinks of alcohol a week
- b I usually have 1–2 drinks of alcohol daily
- c I rarely drink alcohol
- d I usually have at least 3 alcoholic drinks daily

### 14 Do you smoke? If so how many cigarettes do you smoke per day?

- a I have never smoked, or I quit more than 8 years ago
- b I smoke fewer than 5 cigarettes a day
- c I smoke 5–10 cigarettes a day or up to 5 cigars
- d I smoke more than 10 cigarettes a day

Score a 1 b 2 c 3 d 4

**11–20 points** Congratulations! Your diet is healthy and you should be proud of yourself. Keep up the good work. Read on to learn more.

**21–29 points** You are making good choices, but are you ready for the next step? This book will give you the information you need to improve your health now and for the future. Set realistic goals that you can achieve and maintain.

**30–52 points** Your diet may be too high in fat and too low in fruits and vegetables. You are risking your future health by selecting high-fat foods and not getting enough exercise. Use the information in this book to help you understand your barriers to making changes and how you can really improve your health and the health of your family.