



GOOD NUTRITION WILL BENEFIT YOUR LIFE

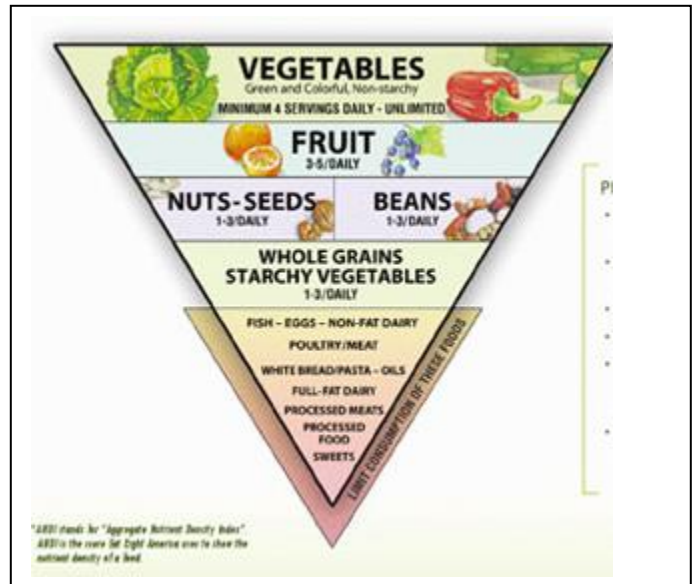
## Rate Your Plate

Take a closer look at yourself—your current food decisions and your lifestyle. Think about your typical eating pattern and food decisions.

Answer each question  
SCORING YOURSELF WITH  
THE FOLLOWING GUIDE:

**Always = (3points)**

**Usually = (2 points), Sometimes =(1 point), Never= (0 points).**



### Do you...

- \_\_\_ Eat at least 2- 4 cups of vegetables daily?
- \_\_\_ Eat at least 2 - 4 pieces of fruit daily?
- \_\_\_ Eat a maximum of 4 ounces of chicken or beef protein daily?
- \_\_\_ Eat fish at least 3x/ week or more
- \_\_\_ Choose nutritious snacks like hummus and veggies, low sugar yogurts, or fruit and nuts?
- \_\_\_ Get 64 fluid ounces or more of water each day?
- \_\_\_ Consume 1- 2 servings of skim milk, sugar free yogurt, or low fat cheese daily?
- \_\_\_ Include daily vitamin supplements, i.e. multiple vitamin/mineral, calcium, B-12, folate?
- \_\_\_ Get physical activity at least 3 times a week for 30 minutes or more?
- \_\_\_ Avoid eating fried foods and/ or chips more than 1x/week?
- \_\_\_ Avoid eating or drinking sugar added beverages and sweets more than 1x/week?

\_\_\_\_\_ **TOTAL**

**If you scored... 24 or more points...** Healthful eating seems to be your fitness habit already. Still, look for ways to stick to a healthful eating plan – and to make a "good thing" even better.

**16 to 23 points...** You are on track. A few easy changes could help you make your overall-eating plan healthier.

**9 to 15 points...** Sometimes you eat smart- but not often enough to be your "fitness best."

**0 to 8 points...** For good health, you are wise to rethink your overall eating style! Take it gradually –step by step! You will reduce inflammation in your body with a diet over-haul!

**Whatever your score, gradually turn your "nevers" into "sometimes" and your "sometimes" into "usually."**

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