

Name \_\_\_\_\_

Date \_\_\_\_\_

For each food group listed, please circle the response that best describes your eating patterns.

<b>RATE YOUR PLATE DIETARY ASSESSMENT TOOL</b>				
Food Group	Column 1: 1 point	Column 2: 2 points	Column 3: 3 points	POINTS
<b>MEAT, FISH, AND POULTRY, ETC</b>				
Meats such as beef, pork, lamb and veal	<i>Usually eat:</i> high-fat cuts such as regular hamburger, spareribs, sausage, hot dogs (all kinds).	<i>Usually eat:</i> lean cuts such as pork (loin, leg; veal (most cuts); and beef (round, sirloin, extra lean hamburger).	<i>Always eat:</i> lean cuts or rarely eat meat.	
Organ meats such as liver, brain, kidney	<i>Usually eat:</i> 1-2 times a week	<i>Usually eat:</i> 1-2 times a month	<i>Rarely or never eat</i>	
Chicken, turkey	<i>Usually:</i> cook with skin and eat skin	<i>Usually:</i> cook with skin but discard before eating	<i>Usually:</i> cook without skin	
Seafood	<i>Rarely or never eat</i>	<i>Usually eat:</i> 1 serving or less per week	<i>Usually eat:</i> 2 or more servings a week	
Breakfast and luncheon meats	<i>Usually eat:</i> high-fat varieties such as bologna, sausage, salami, bacon	<i>Usually eat:</i> lean varieties such as Canadian bacon, turkey breast, roast beef, ham	<i>Always eat:</i> lean varieties, or rarely eat breakfast and luncheon meats	
Serving sizes of cooked meat, poultry, seafood, organ, breakfast and luncheon meats	<i>Usually eat:</i> large servings (7oz. or more)	<i>Usually eat:</i> medium servings (4-6oz.)	<i>Usually eat:</i> small servings (3 oz. or less)	
Split peas, lentils, dried beans such as kidney, lima, garbanzo	<i>Rarely or never eat</i>	<i>Usually eat:</i> at least twice a month	<i>Usually eat:</i> once a week or more	
Eggs	<i>Usually eat:</i> 7 or more a week	<i>Usually eat:</i> 5-6 a week	<i>Usually eat:</i> 4 or less a week or use cholesterol-free egg substitute	
<b>DAIRY PRODUCTS</b>				
Milk	<i>Usually use:</i> whole milk or never use milk at all	<i>Usually use:</i> 2% low-fat milk	<i>Usually use:</i> 1% low – fat or skim milk	
Cheese such as cheddar, American and Swiss (1 serving = 1 oz.	<i>Often eat</i> cheese	<i>Sometimes eat</i> cheese	<i>Rarely eat:</i> cheese or do eat low-fat or calorie-reduced cheese	
Frozen dairy desserts (1serving= ½ cup	<i>Often eat</i> ice cream	<i>Sometimes eat</i> ice cream	<i>Rarely eat:</i> ice cream or do eat ice milk, frozen low-fat yogurt or sherbet	
			<b>Total, Page 1</b>	

Food Group	Column 1: 1 point	Column 2: 2 points	Column 3: 3 points	POINTS
<b>FATS,OILS,SWEETS AND SNACKS</b>				
Fats, oils (for cooking and eating)	<i>Usually use:</i> butter, butter blends, shortening and/or lard	<i>Usually use:</i> margarine and/or vegetable oil	<i>Always use:</i> margarine and/or vegetable oil	
Food Preparation	<i>Usually eat</i> deep-fried foods	<i>Sometimes eat</i> deep-fried foods	<i>Usually eat:</i> foods cooked by other methods such as baking, steaming, broiling, etc.	
Snacks	<i>Often eat:</i> chips, nuts, crackers	<i>Sometimes eat:</i> chips, nuts, crackers	<i>Usually eat:</i> fruit, low-fat crackers, plain popcorn, pretzels	
Sweets such as donuts, cookies, cakes, pies, sweet rolls, chocolate	<i>Often eat</i> sweets	<i>Sometimes eat</i> sweets	<i>Rarely or never eat</i> sweets	
<b>BREADS,CEREALS, AND PASTA</b>				
Breads, cereals, and pasta (1 serving = 1 slice or ½ cup)	<i>Rarely or never eat</i>	<i>Usually eat:</i> 5 servings or less a day	<i>Usually eat:</i> 6 servings or more a day	
Whole grain products such as whole wheat bread, brown rice, oatmeal, other high fiber cereal	<i>Rarely or never eat</i>	<i>Sometimes eat</i>	<i>Usually eat</i>	
<b>FRUITS AND VEGETABLES</b>				
Fruits and vegetables (1 serving = 1 piece or ½ cup)	<i>Rarely or never eat</i>	<i>Usually eat:</i> 4 servings or less a day	<i>Usually eat:</i> 5 servings or more a day	
			<b>Total, Page 2</b>	

If Your Score is:      Page 1 Total \_\_\_\_\_      Page 2 Total \_\_\_\_\_      Total \_\_\_\_\_  
18 – 28      There are *many* ways you can make your eating pattern more heart healthy.  
29 – 41      There are *some* ways you can make your eating pattern more heart healthy.  
42 – 54      You are making *many* heart healthy choices.

Goal Setting: To improve my blood cholesterol reading, the first change I will make in my eating pattern is:  
\_\_\_\_\_

By the time I get my follow-up cholesterol reading, I will make the following changes:

1. \_\_\_\_\_
2. \_\_\_\_\_

Changes in eating patterns do not happen overnight. If you find your score in column one, make changes in your eating pattern that you move you gradually to column 2 and finally to column 3.  
Changes made over time are more likely to become changes you can live with for a lifetime!

Date Reviewed: \_\_\_\_\_ Reviewer: \_\_\_\_\_

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