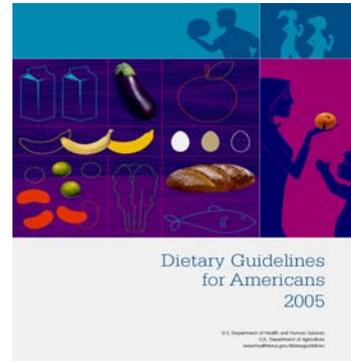


# Dietary Guidelines and My Eating Habits



Answer the following questions:

1. Overall, I try to follow the food pyramid recommendations.  
a. Yes                      b. No                      c. Sometimes
2. Do you have a healthy BMI?  
a. Yes                      b. No                      c. Sometimes
3. Do you engage in at least 30 minutes of moderate-intensity physical activity on all or most days of the week?  
a. Yes                      b. No                      c. Sometimes
4. Do you consume a variety of 2 cups of fruit and 2 ½ cups of vegetables each day?  
a. Yes                      b. No                      c. Sometimes
5. Do you choose a diet low in saturated fat, trans fat and cholesterol and less than 30% of total calories coming from fat?  
a. Yes                      b. No                      c. Sometimes
6. Are half of your grain choices whole grain foods?  
a. Yes                      b. No                      c. Sometimes
7. Do you choose beverages and foods with little added sugars or caloric sweeteners?  
a. Yes                      b. No                      c. Sometimes
8. Do you choose and prepare foods with less salt?  
a. Yes                      b. No                      c. Sometimes
9. Do you drink alcohol in moderation (1 drink/day for women and 2 drinks/day for men)?  
a. Yes                      b. No                      c. Sometimes
10. Do you practice good food safety techniques (clean, separate, cook, and chill) in your own home?  
a. Yes                      b. No                      c. Sometimes

**What one thing could you do to improve your food choices and intake?**