

♥RATE YOUR PLATE♥

Think about the way you usually eat. For each food choice, put a check mark in column A, B or C.
Bring the completed form to your next clinic visit.

	A	B	C
1. MEAT CUTS* <i>fresh beef, pork, lamb, veal</i>	• Usually eat: lean cuts from the round, loin or leg; ham Or, seldom eat meat.	• Sometimes eat: higher-fat cuts, such as chuck, ribs, brisket, T-bone steak, prime rib	• Usually/often eat: higher-fat cuts
2. CHICKEN, TURKEY*	• Usually eat: without skin	• Sometimes eat: with skin	• Usually eat: with skin
3. GROUND MEAT & POULTRY*	• Usually eat: 5-7% fat (93-95% lean); ground turkey breast Or, seldom eat.	• Usually eat: 10-15% fat; ground turkey (dark & white meat)	• Usually/often eat: regular ground meat, with 20% fat or more
4. PROCESSED MEAT & POULTRY* <i>cold cuts, hot dogs, sausage, breakfast meats</i>	• Usually eat: lower-fat choices from lean meat or poultry; veggie breakfast links Or, seldom eat.	• Sometimes eat: higher-fat choices, such as salami, bologna, hot dogs, bacon, sausage	• Usually/often eat: higher-fat choices
5. PORTION SIZE OF MEAT & POULTRY <i>cooked or processed</i>	• Usually eat: small portions (≤ 3 oz.)* * deck of cards size	• Usually eat: medium portions (4-6 oz.)	• Usually/often eat: large portions (7 oz. or more)
6. FISH, SHELLFISH*	• Usually eat: twice a week or more, especially oily fish like salmon, herring or sardines	• Usually eat: any type once a week	• Usually eat: any type less than once a week
7. COOKING METHOD <i>for poultry, fish, meat</i>	• Usually: cook without added fat or use vegetable oil spray	• Sometimes: cook with added fat or deep fry	• Usually/often: cook with added fat or deep fry
8. MEATLESS MEALS <i>veggie burgers, vegetable or bean soups, meatless spaghetti sauce, tofu, rice & beans</i>	• Usually eat: twice a week or more	• Usually eat: less than twice a week	• Rarely eat: meatless meals
9. WHOLE EGGS*	• Usually eat: 3 or less a week OR egg substitutes OR egg whites only	• Sometimes eat: 4 or more a week	• Usually eat: 4 or more a week
10. MILK <i>includes yogurt, cream</i>	• Usually use: 1% or skim milk, fat-free or low-fat yogurt, fat-free ½ & ½	• Sometimes use: 2% or whole milk, full-fat yogurt, regular ½ & ½	• Usually use: 2% or whole milk, full-fat yogurt, light cream
11. CHEESE* <i>includes cheese for pizza, sandwiches, snacks, mixed dishes, etc.</i>	• Usually eat: reduced-fat or part-skim Or, seldom eat.	• Sometimes eat: regular cheese, such as cheddar, Swiss, and American	• Usually eat: regular cheese
12. DAIRY FOODS <i>1 serving = 1 c. milk or yogurt, 1½ oz. cheese</i>	• Usually eat or drink 2 or more servings a day	• Usually eat or drink: 1 serving a day	• Rarely eat or drink

<p>13. WHOLE GRAINS <i>1 serving = 1 oz slice bread; ½ English muffin; 1 c. cereal; ½ c. rice, pasta; 5 crackers; tortilla; mini bagel, 3 c. light popcorn</i></p>	<p>• Usually eat: 3 or more servings a day, 100% whole wheat bread & pasta, brown rice, whole grain cereals, i.e., oatmeal, raisin bran, Wheaties®</p>	<p>• Sometimes eat: 1 or 2 servings a day</p>	<p>• Usually eat: mostly refined grains, i.e., white bread, white rice, saltine crackers, corn flakes, Rice Krispies®, Special K®</p>
<p>14. FRUITS & VEGETABLES <i>includes legumes 1 c. = medium whole fruit or potato, large tomato or ear corn, 2 c. raw leafy greens</i></p>	<p>• Usually eat: 4-5 cups a day</p>	<p>• Usually eat: 2-3 cups a day</p>	<p>• Usually eat: 0-1 cup a day</p>
<p>15. COOKING METHOD <i>for vegetables, pasta, rice</i></p>	<p>• Usually prepare: without fat & sauces OR use vegetable oil spray</p>	<p>• Sometimes prepare: with sauce, butter, margarine, oil</p>	<p>• Usually prepare: with sauce, butter, margarine, oil</p>
<p>16. FAT TYPE IN COOKING <i>includes baking</i></p>	<p>• Usually use: olive or Canola oil Or, usually cook without added fat.</p>	<p>• Usually use: other oils, tub margarine</p>	<p>• Usually use: butter, bacon drippings, stick margarine, lard, shortening</p>
<p>17. SALT FROM PROCESSED FOODS</p>	<p>• Always/usually: <i>compare and choose lower-sodium options</i></p>	<p>• Sometimes: <i>consider sodium content</i></p>	<p>• Rarely/never: <i>consider sodium content</i></p>
<p>18. SPREADS <i>added at the table on bread, potatoes, vegetables, pancakes, sandwiches, etc</i></p>	<p>• Usually use: spray or light tub margarine Or, seldom use.</p>	<p>• Usually use: regular tub margarine</p>	<p>• Usually use: butter or stick margarine</p>
<p>19. SALAD DRESSINGS, MAYONNAISE</p>	<p>• Usually use: fat-free or low-fat salad dressings & mayonnaise Or, seldom use.</p>	<p>• Usually use: light salad dressings & mayonnaise</p>	<p>• Usually use: regular salad dressings & mayonnaise</p>
<p>20. SNACK FOODS</p>	<p>• Usually eat: plain pretzels, light popcorn, baked chips Or, seldom eat.</p>	<p>• Sometimes eat: regular chips & popcorn, flavored pretzels</p>	<p>• Usually/often eat: regular chips & popcorn</p>
<p>21. NUTS, SEEDS <i>includes nut butters serving size = 1/4 c. nuts, 2 T. peanut butter</i></p>	<p>• Usually eat: 3 servings or more a week</p>	<p>• Usually eat: 1-2 servings a week</p>	<p>• Usually eat: 1 or less serving a week Or, seldom eat.</p>
<p>22. FROZEN DESSERTS</p>	<p>• Usually eat: sherbet, sorbet, fruit juice bars, low-fat ice cream or frozen yogurt Or, seldom eat.</p>	<p>• Sometimes eat: regular ice cream, ice cream bars/sandwiches</p>	<p>• Usually eat: regular ice cream, ice cream bars/sandwiches</p>
<p>23. SWEETS, PASTRIES, CANDY</p>	<p>• Usually eat: angel food cake, low-fat or fat-free products Or, seldom eat.</p>	<p>• Sometimes eat: donuts, cookies, cake, pie, pastry, or chocolate candy</p>	<p>• Usually/often eat: donuts, cookies, cake, pie, pastry or chocolate candy</p>
<p>24. EATING OUT <i>eat in or take out, any meal</i></p>	<p>• Seldom eat out Or, usually choose lower-fat menu items</p>	<p>• Usually eat: 1-2 times a week</p>	<p>• Usually eat: 3 times a week or more</p>