



Ask the Registered Dietitian

See How Your Eating Habits Rate.

Rate Your Plate

A successful nutrition plan requires that you assess your current habits to see where your nutritional strengths lie (things that you are easily doing well on a daily basis) and where your weaknesses occur (barriers or triggers to poor nutritional habits). This will help you see where you could make some improvements and where you need to do some more homework to improve your nutritional knowledge.

Read each statement carefully.

- Give yourself **2 points** if the statement describes what you do **every day**.
- Give yourself **1 point** if the statement describes what you do **sometimes**.
- Give yourself **0 points** if the statement **never** applies to you.

1. I eat a variety of foods from the four food groups at each meal.	
2. I drink at least 8 cups of fluids (water, juice, milk, soup, etc) throughout my day.	
3. I eat a variety of colourful vegetables and fruits.	
4. I eat good sources of fibre such as whole grain products, fruits, vegetables and legumes.	
5. I include low-fat sources of calcium and vitamin D such as milk or fortified soy beverages in my meals/snacks.	
6. I have vegetables or fruit with each meal/snack.	
7. I have a protein rich food at least twice a day (i.e. legumes, soy protein, nuts/seeds, lean cuts of meat, fish, poultry, or eggs).	
8. I eat a plant protein at least once a day (i.e. legumes, soy, nuts/seeds).	
9. I use highly unsaturated liquid oils (e.g. canola oil, soy oil, olive oil, sunflower oil, corn oil or flax oil).	
10. I make sure the food I eat is safe (cold foods cold and hot foods hot).	
11. Throughout the day I never go more than 4-5 hours without feeding my body.	
12. I wait until I am hungry to eat.	
13. At mealtimes I stop eating as soon as I feel full.	
14. I eat my meals and snacks in good company, away from the TV/computer.	

Total score:

Score results:

- 0 - 12 You need to make some changes...the sooner the better.
- 13 - 19 Not bad, but you could be making better choices.
- 20 or over Wow! You have pretty good eating habits — keep up the good work!

