

CSPI Quiz
(Center for Science in the Public Interest)

How Healthy Is Your Eating?

The 42 questions below will help you focus on the key features of your diet. The positive or negative numbers under each set of answers instantly pat you on the back for good habits or alert you to problems you may not even realize you have. (Sorry.)

The Grand Total rates your overall diet, on a scale from "Super" to "Arghh!"

The quiz focuses on fat, sodium, sugar, fiber, and vitamins A and C. It doesn't attempt to cover everything in your diet. Also, it doesn't attempt to measure precisely how much of these key nutrients you eat.

What the quiz will do is give you a rough sketch of your current eating habits and, implicitly, suggest what you can do to improve them.

Finally, please don't despair over a less-than-perfect score. A healthy diet isn't built overnight. Most of all, know that you are LOVED and that the 5 most important words in the scriptures are "...And it came to pass..."

INSTRUCTIONS

Under each answer is a plain number (which means positive) or a number with a negative sign (-) in front of it. Circle the number of the answer you choose.

That's your score for the question. (If you use a pencil, you can erase your answers and give the quiz to a friend or relative.) * Circle only one number for each question, unless the instructions tell you to "average two or more scores if necessary." * How to average. In answering question 19, for example, if you drink fruit juice (1) and soda (-1) on a typical day, add the two scores (which gives you 0) and then divide by 2. That gives you a score of 0 for the question.

If averaging gives you a fraction, round it off to the nearest whole number. * Make sure you pay attention to serving sizes. For example, a serving of vegetables is 1/2 cup. If you usually eat one cup of vegetables at a time, count it as two servings. * Add up all your scores, and write the total in the Total of positive numbers in a column at the end of the quiz. * Add up all your negative scores, and write the total in the Total (-) column at the end of the quiz. * Subtract the Total (-) column from the Total () column.

That will give you your GRAND TOTAL.

REMEMBER: No sign means POSITIVE, a Minus sign (-) means NEGATIVE QUIZ

1. How many times per week do you eat unprocessed red meat (steak, roast beef, lamb or pork chops, burgers, etc.)?

(a) 1 or less 3 (b) 2-3 2 (c) 4-5 -1 (d) 6 or more -3

2. After cooking, how large is the serving of red meat you usually eat? (To convert from raw to cooked, reduce by 25 percent. For example, 4 oz. of raw meat shrinks to 3 oz. after cooking. There are 16 oz. in a pound.)

(a) 8 oz. or more -3 (b) 6-7 oz. -1 (c) 4-5 oz. 1 (d) 3 oz. or less 3 (e) don't eat 3

3. Do you trim the visible fat when you cook or eat red meat?

(a) yes 3 (b) no -3 (c) don't eat red meat 3

4. How many times per week do you eat processed meats (hot dogs, bacon, sausage, bologna, luncheon meats, etc.)?

(a) none 3 (b) less than 1 2 (c) 1-2 0 (d) 3-4 -1 (e) 5 or more -3

5. What kind of ground meat or poultry do you usually eat?

(a) regular ground beef -3 (b) lean ground beef -2 (c) extra-lean ground beef -1 (d) ground round 0 (e) ground turkey 1 (f) don't eat 3

6. What type of bread do you usually eat?

(a) whole wheat or other whole grain 3 (b) rye 2 (c) pumpernickel 2 (d) white, "wheat," French, or Italian -2

7. How many times per week do you eat deep-fried foods (fish, chicken, vegetables, potatoes, etc.)? (a) none 3 (b) 1-2 0 (c) 3-4 -1 (d) 5 or more -3

8. How many servings of vegetables do you eat per day? (One serving = 1/2 cup. Include non-fried potatoes.) (a) none -3 (b) 1 0 (c) 2 1 (d) 3 2 (e) 4 or more 3

9. How many servings of cruciferous vegetables do you usually eat per week? (ONLY count kale, broccoli, cauliflower, cabbage, Brussels sprouts, greens, bok choy, kohlrabi, turnip, and rutabaga. One serving = 1/2 cup.)

(a) none -3 (b) 1-3 1 (c) 4-6 2 (d) 7 or more 3

10. How many servings of vitamin-A-rich fruits or vegetables do you usually eat per week? (ONLY count carrots, pumpkin, sweet potatoes, cantaloupe, spinach, winter squash, greens, apricots, and broccoli. One serving = 1/2 cup.)

(a) none -3 (b) 1-3 1 (c) 4-6 2 (d) 7 or more 3

11. How many times per week do you eat at a fast-food restaurant? (Include burgers, fried fish or chicken, croissant or biscuit sandwiches, topped potatoes, and other main dishes. Omit meals of just plain baked potato, broiled chicken, or salad.)

(a) none 3 (b) less than 1 1 (c) 1 0 (d) 2 -1 (e) 3 -2 (f) 4 or more -3

12. How many servings of grains rich in complex carbohydrates do you eat per day? (One serving = 1 slice of bread, 1 large pancake, or 1/2 cup cooked cereal, rice, pasta, bulgur, wheat berries, kasha, or millet. Omit heavily-sweetened cold cereals.)

(a) none -3 (b) 1-2 0 (c) 3-4 1 (d) 5-6 2 (e) 7 or more 3

13. How many times per week do you eat fish or shellfish? (Omit deep-fried items, tuna packed in oil, shrimp, squid, and mayonnaise-laden tuna salad--a little mayo is okay.)

(a) none -2 (b) 1-2 1 (c) 3-4 2 (d) 5 or more 3

15. How many times per week do you eat cheese? (Include pizza, cheeseburgers, veal or eggplant parmigiana, cream cheese, etc. Omit lowfat or "lite" cheeses.)

(a) 1 or less 3 (b) 2-3 2 (c) 4-5 -1 (d) 6 or more -3

16. How many servings of fresh fruit do you consume per day?

(a) none -3 (b) 1 0 (c) 2 1 (d) 3 2 (e) 4 or more 3

17. Do you remove the skin before eating poultry?

(a) yes 3 (b) no -3 (c) don't eat poultry 3

18. What do you usually put on your bread or toast? (Average two or more scores if necessary.)

(a) butter -3 (b) cream cheese -3 (c) margarine -2 (d) diet margarine -1 (e) jam 0 (f) fruit butter 3 (g) nothing 3

19. Which of these beverages do you drink on a typical day? (Average two or more scores if necessary.)

(a) fruit juice 1 (b) water or club soda 3 (c) diet soda -1 (d) soda or fruit drink or ade -3

20. How many servings of caffeine-containing beverages do you drink per day? (One serving = 1 cup of 12 oz. of cola.)

(a) none 3 (b) 1 1 (c) 2 -1 (d) 3 -2 (e) 4 or more -3

21. Which flavorings do you most frequently add to your foods? (Average two or more scores if necessary.)

(a) garlic or lemon juice 3 (b) herbs or spices 3 (c) soy sauce -2 (d) margarine -2 (e) salt -3 (f) butter -3 (g) nothing 3

22. What do you eat most frequently as a snack? (Average two or more scores if necessary.)

(a) fruits or vegetables 3 (b) sweetened yogurt 2 (c) nuts -1 (d) chips -2 (e) cookies -2 (f) granola bar -2 (g) candy bar -3 (h) pastry -3 (i) nothing 0

23. What is your most typical breakfast? (Subtract an extra 3 points if you also eat bacon or sausage.)

(a) croissant, danish, or doughnut -3 (b) eggs -3 (c) pancakes or waffles -2 (d) nothing 0
(e) cereal or bread 3 (f) yogurt or cottage cheese 3

24. What do you usually eat for dessert?

(a) pie, pastry, or cake -3 (b) ice cream -3 (c) yogurt, ice milk, or sorbet 1 (d) fruit 3 (e) nothing 3

25. How many times per week do you eat beans, split peas, or lentils?

(a) none -2 (b) 1 1 (c) 2 2 (d) 3 or more 3

26. What kind of milk do you drink?

(a) whole -3 (b) 2% lowfat -1 (c) 1% lowfat 2 (d) 1/2% or skim 3 (e) none 0

27. What dressings or toppings do you usually add to your salads? (ADD two or more scores if necessary.)

(a) nothing, lemon, or vinegar 3 (b) reduced-calorie dressing 1 (c) regular dressing -1 (d) croutons or bacon bits -1 (e) cole slaw, pasta salad, or potato salad -1

28. What sandwich fillings do you eat most frequently?

(Average two or more scores if necessary.)

(a) luncheon meat -3 (b) cheese or roast beef -1 (c) peanut butter 0 (d) tuna, salmon, chicken, or turkey 3

29. What do you usually spread on your sandwiches? (Average two or more scores if necessary.)

(a) mayonnaise -2 (b) light mayonnaise -1 (c) mustard 0 (d) ketchup 0 (e) nothing 3

30. How many egg yolks do you eat per week? (Add 1 yolk for every slice of quiche you eat.)

(a) 2 or less 3 (b) 3-4 2 (c) 5-6 1 (d) 7 or more -3

31. How many times per week do you eat canned or dried soups? (Omit low-sodium, lowfat soups.)

(a) none 3 (b) 1-2 0 (c) 3-4 -2 (d) 5 or more -3

32. How many servings of a rich source of calcium do you eat per day? (One serving = 2/3 cup milk or yogurt, 1 oz.

cheese, 1 1/2 oz. sardines, 3 1/2 oz. salmon, 5 oz. tofu, 1 cup greens or broccoli, or 200 mg of a calcium supplement.) (a) none -3 (b) 1 1 (c) 2 2 (d) 3 or more 3

33. What do you usually order on your pizza? (Non-meat toppings include green pepper, mushrooms, onions, and other vegetables. Subtract 1 extra point if you order extra cheese.)

- (a) no cheese w/non-meat toppings 3
- (b) cheese w/non-meat toppings 1 (c) cheese 0
- (d) cheese w/meat toppings -3 (e) don't eat pizza 2

34. What kind of cookies do you usually eat?

- (a) graham crackers 1 (b) ginger snaps 1 (c) oatmeal -1
- (d) chocolate coated, chocolate chip, or peanut butter -3
- (e) sandwich cookies (like Oreos) -3 (f) don't eat cookies 3

35. What kind of frozen dessert do you usually eat? (Subtract 1 extra point for each topping-- whipped cream, hot fudge, nuts, etc.)

- (a) gourmet ice cream -3 (b) regular ice cream -1
- (c) sorbet, sherbet, or ices 1 (d) frozen yogurt or ice milk 1
- (e) don't eat frozen desserts 3

36. What kind of cake or pastry do you usually eat?

- (a) cheesecake, pie, or any microwave cake -3
- (b) cake with frosting or filling -2
- (c) cake without frosting -1 (d) angelfood cake 1
- (e) unfrosted muffin, banana bread, or carrot cake 0
- (f) don't eat cakes or pastries 3

37. How many times per week does your dinner contain grains, vegetables, or beans, but little or no animal

protein (meat, poultry, fish, eggs, milk, or cheese)?

- (a) none -1 (b) 1 1 (c) 2 2 (d) 3 3

38. Which of the following salty snacks do you typically eat?

- (a) potato chips or packaged popcorn -3 (b) tortilla chips -1

(c) light potato chips -2 (d) salted pretzels -1 (e) unsalted pretzels 1

(f) homemade air-popped popcorn 3 (g) don't eat 3

39. What do you usually use to saute vegetables or other foods? (Vegetable oil includes safflower, corn, canola, olive, sunflower, and soybean.)

(a) butter or lard -3

(b) more than one tablespoon of margarine or vegetable oil -1

(c) no more than one tablespoon of margarine or vegetable oil 1

(d) water or broth 3

40. What kind of cereal do you usually eat?

(a) hot whole-grain (like oatmeal or Wheatena) 3

(b) cold whole-grain (like Shredded Wheat) 3

(c) cold low-fiber (like Corn Flakes) 0

(d) sugary cold low-fiber (like Frosted Flakes) -1 (e) granola -2

41. With what do you make tuna salad, pasta salad, chicken salad, etc?

(a) mayonnaise -2 (b) light mayonnaise 0

(c) lowfat yogurt 2 (d) nonfat yogurt 3

42. What do you typically put on your pasta? (Add one point if you also add sauteed vegetables. Average two or more scores if necessary.)

(a) tomato-based sauce 3 (b) tomato sauce with a little parmesan 3

(c) white clam sauce 1 (d) meat sauce -1

(e) tomato sauce with meatballs -2 (f) Alfredo, or other creamy sauce -3

SCORE YOURSELF! OK! Time to Score:

73-127 YOU'R DOING GREAT! A nutrition superstar.
Give yourself a big (non-butter) pat on the back.

30 to 72 GOOD Pin your Quiz to a wall or bulletin board and know that while there's room for improvement, you're doing OK.

14 to 29 FAIR Hang in there. Time to Make some Changes!

-123 to -15 ARGHH! Read Dian Thomas's article! Read Dr. Gardner's Columns! Order My Book and CD for motivation at www.MyWeightLossFriend.com!