



UNITED TRIBES
TECHNICAL COLLEGE
LAND GRANT EXTENSION

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Personal Eating Smarter Assessment

Eating Smarter recommendations follow MyPlate. The goal is to use variety, balance, moderation and proportion. Healthy foods are high in flavor, color, and fiber AND low in fat, sugar, and calories. Circle the category for each food groups that most closely describes your eating habits on an average week. Record your points in the right hand column for each row (food group). Add the points for a total at the bottom of the page. This is your personal "Eating Smarter" score. On the back of the page, use your score to learn some tips and recommendations for on-going "Eating Smarter" plan. **IT'S YOUR CHOICE!**

	0 Points	1 Points	2 Points	3 points	score
Fresh or Frozen Fruit/vegetables	Eat less than 1 serving/day	Eat 1-3 serving/day	Eat 3-5 servings/day	Eat 5 or more servings/day	
CANNED Soup or Vegetables	Eat these foods 7 times/week	Eat these foods 4-6 times/week	Eat these foods 1-3 times/week	Rarely or Never eat these foods	
Bread, Grains and Cereal (rice, pasta, bread)	Eat 1 or less serving/day	Eat 1-4 serving/day	Eat 4-6 servings/day	Eat 6 or more servings/day	
Bread, Grains, and Cereal	Eat only white bread	Eat white bread, but whole grain pastas and rice	Eat whole grain bread but white rice and pasta	Eat only whole grain bread, rice, pasta and cereal	
Dried Beans and Peas	Rarely or never eat these foods	Eat these but less than 1 time/week	Eat these once a week , on average	Eat these foods twice a week or more	
Poultry (chicken, turkey, etc.)	Rarely or never eat these foods	Eat these foods once a week, generally fried never remove skin	Eat these foods 1-2 times a week and remove the skin	Eat these foods 3 or more times/week and always remove the skin	
Fish	Rarely or never eat these foods	Eat these foods occasionally but always fried	Eat these foods 1/week and never fried	Eat these foods 3 or more times/week	
Red Meat	Eat only high fat red meat (regular ground beef, sausage, lunch meats, hotdogs)	Usually eat high fat meats	Usually eat lean meat (85% lean burger, chuck, flank, round or chops)	Eat only lean or trimmed before cooked red meats	
Milk	Usually drink whole milk OR	Usually drink 2% milk	Usually drink 1% milk	Usually drink low-fat skim milk	
Milk	Do not drink milk	Drink some milk	Drink 1 cup daily	Drink 2-3 cups/day	
Dairy Foods	Eat ice cream 2 times/week or more	Eat ice cream less than 2 times a week	Eat ice milk, sherbet or low-fat frozen yogurt	Rarely eat frozen desserts	
Cheese	Eat only high fat cheese	Eat high fat cheese but eats cheese less than 2 times/week	Eat low-fat cheese (string, mozzarella, farmers)	Eat only low fat cheese instead of milk daily	
Eggs	Eat 6 more eggs/week	Eat 4-5 eggs/week	Eat 3 egg yolks or less/week	Eat less than 3 egg yolk/week or use egg substitutes or whites	
Fats and Oils	Always use butter, lard or shortening	Usually use butter, lard, shortening	Usually use margarine or liquid corn oil	Usually use pan spray or canola or olive oil	

	0 Points	1 Points	2 Points	3 points	score
Commercial Baked goods (cookies, donuts, cakes)	Eat these 7 times/ week or more	Eat these 5 or more times/week	Eat these 2-4 times/ week	Eat these foods only 1 time/week or less	
Salt Foods	Use salt at the table and in cooking	Cook without salt but use it at the table	Cook with salt but do not use at the table	Cook with other seasoning and do not use at the table	
Beverages	Drink Regular Pop 3 time or more/day	Drink Regular less than 3 times/day	Drink diet or unsweetened teas, etc.	Drink water to quench my thirst	
Dining Location	Eat away from home 7 or more times/week	Eat away from home 5-7 times/week	Eat away from home 1-5 times/week	Eat away from home 1 time or less each week	
TOTAL	TOTAL	TOTAL	TOTAL	TOTAL	
YOUR –“EATING SMARTER” SCORE” (Total from all columns)					

0-17 STOP AND THINK

You probably are eating many foods that are high in fat or low in nutrients for good health. UTTC Extension Educators recommend that you eat more fresh fruits and vegetables, more whole grains, more lean meats, and get back to the “kitchen table”. When you cook, try grilling, baking, or microwaving– and ENJOY!

18-35 Getting Better

You probably are making many healthy choices as you fuel your body. However, you could do ever better by adding meals using dry beans or peas and poultry or fish. Remember good nutrition starts in the grocery store. Try cooking methods that are low in fat. ENJOY seasoning foods with vegetables, spices, seasoned vinegars, and herbs instead of fats, sauces or gravy.

36-54 Good Job

You probably are buying and eating most of the healthful foods recommended. Keep up the good work. Be creative. Make a grocery list. Cook for fun. ENJOY eating at the dining table, as often as possible.

Interested in more nutrition information or assessing your nutritional status in detail contact one of UTTC Extension Nutrition Educators or a dietitian in your community OR go to www.MyPlate.org for healthy ideas and recipes.

MY EATING SMARTER GOAL

GUIDE FOR EATING SMARTER

- 1. Get to a healthy weight**— BMI under 27 is recommended. But, even losing 7% of body weight is proven to improve health. Go slow. Think positive! Eat 3 meals a day & include: 3-4 servings fruit, 3-4 servings vegetables, 6 serving whole grain foods, 2 cups fat free milk, 6 ounces meat, 6 cups water, less than five teaspoons of fat and/or sugar a DAY.
- 2. Avoid trans-fats**— this will be hard. If the food label says “partially hydrogenated vegetables oils” the food contains trans-fats. These raise the LDL and reduce the HDL.
- 3. Eat monounsaturated fats**— If you use fat - use these in small portions. They increase HDL, but not the total cholesterol.
- 4. Fiber-up** — soluble fiber is found in oats, fruit, vegetables, and dried beans and peas. Plan your meals at the grocery store. Buy and eat fiber foods as often as possible.
- 5. Cook and eat at home** – Cooking can be fun and eating out less often saves money and is proven to be more healthful.
- 6. Exercise aerobically**— Regular exercise 20-30 minutes for at least 5 days a week helps us use the cholesterol we make and eat. Exercise fast enough to sweat and slow enough to talk. Walk, ride bike and most of all ENJOY it!
- 7. Stop smoking** — this increases your risk for heart disease.

