

DO YOU EAT A VARIETY OF FOODS?

Check the boxes that best describes your eating habits:

| How often do you eat: | Seldom or never | 1 or 2 days per week | 3 to 5 days per week | Almost Daily |
|--|--------------------|----------------------------|----------------------------|-----------------|
| At least 6 servings of bread, cereals, crackers, pasta or food made from grains? (A serving is one slice of bread or a half cup of cereal or rice) | | | | |
| Foods made from whole grains? | | | | |
| 1 1/2 cups of vegetables? | | | | |
| Cooked dry beans or peas? | | | | |
| A dark green leafy vegetable such as spinach or broccoli? | | | | |
| 1 cup or serving of fruit? | | | | |
| Two servings of milk, cheese or yogurt? | | | | |
| Three servings of protein rich foods such as lean meat, poultry, fish or eggs? | | | | |
| Donuts, cookies or some type of dessert? | | | | |
| Eat at a fast food restaurant? | | | | |
| Exercise for at least 30 minutes? | | | | |