

Diet and Physical Activity Self Assessment

Last week, how many times did you:

	Seldom or never	2-3 times a week	4-5 times a week	Almost daily
1. Eat fried, deep-fat-fried or breaded foods?				
2. Eat fatty meats such as bacon, sausage, luncheon meats or heavily marbled steaks and roasts?				
3. Have whole milk, high-fat cheese or ice cream?				
4. Eat rich sauces and gravies?				
5. Eat oily salad dressings or mayonnaise?				
6. Eat whipped cream, half and half cream, sour cream or cream cheese?				
7. Eat butter or margarine on vegetables, dinner rolls and toast?				
8. Have sodas or other sweetened beverages?				
9. Eat sweet/high-fat desserts and snacks, such as cakes, pies, cookies, candy, etc?				
10. Use canned or frozen fruits packed in heavy syrup or add sugar to fresh fruit?				
11. Use jam, jelly or honey on bread or rolls?				
12. Add table sugar to your cereal or eat sweetened cereals?				
13. Eat at least 1½ cups of fruits?				
14. Eat at least 2½ cups of vegetables?				
15. Eat fruits and vegetables from each color group (red, yellow/orange, blue/purple, green, white)?				
16. Eat 3 servings of 100% whole grains?				
17. Eat a healthy breakfast?				
18. Drink fat-free or 1% milk?				
19. Engage in moderate physical activity for 30 or more minutes?				

Questions 1-12: Aim for most of your responses to be “Seldom or Never.”

Questions 13-19: Aim for most of your responses to be “Almost Daily.”

Betty Greer, PhD, RD
Professor, Family and Consumer Sciences

THE UNIVERSITY of TENNESSEE

Programs in agriculture and natural resources, 4-H youth development, family and consumer sciences, and resource development.
University of Tennessee Institute of Agriculture, U.S. Department of Agriculture and county government cooperating.
UT Extension provides equal opportunities in program and employment.