


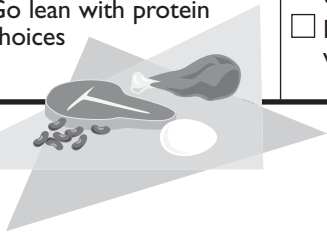
NAME: \_\_\_\_\_

DATE: \_\_\_\_\_

# MAP YOUR DIET

Use this chart to assess your eating pattern. Place check marks to describe your typical eating pattern. The more checks you have in the far right column, the closer you are to reaching the destination of a healthy eating pattern. Look over your answers. How can you make improvements?

In a couple of months, complete this form again. Compare your answers to those from today. Are you closer to your destination of a heart healthy eating pattern?

Food Group Recommendations*	Getting started!	Almost there!	At my destination!
	I usually...	I usually...	I usually...
<b>Grains</b> <ul style="list-style-type: none"> <li>• 6-7 ounces daily</li> <li>• 1 ounce=1 slice of bread, ½ bagel or 1 cup of ready to eat cereal</li> <li>• Strive to make at least half your grains whole</li> </ul> 	<input type="checkbox"/> Eat <4 or >10 ounces daily <input type="checkbox"/> Make few whole grain choices <input type="checkbox"/> Choose grains that are high in fat, saturated fat or trans fat <input type="checkbox"/> Eat cookies, cakes, and pastries 5-7 times per week	<input type="checkbox"/> Eat <4-6 or >7 ounces daily <input type="checkbox"/> Make 1-2 whole grains choices each day <input type="checkbox"/> Choose some grains that are low-fat, fat-free, with little saturated or trans fat <input type="checkbox"/> Eat cookies, cakes, and pastries 3-4 times per week	<input type="checkbox"/> Eat 6-7 ounces daily <input type="checkbox"/> Make 3-4 whole grains choices each day. <input type="checkbox"/> Choose mostly grains that are low-fat or fat free with little saturated or trans fat <input type="checkbox"/> Eat cookies, cakes, and pastries 1 or 2 times per week, or less
<b>Vegetables</b> <ul style="list-style-type: none"> <li>• 2½-3 cups daily</li> <li>• 1 cup=1 cup of raw or cooked vegetables or 2 cups of raw leafy greens</li> <li>• Vary your veggies by eating a variety of colors each week</li> </ul>	<input type="checkbox"/> Include 1 cup or less daily <input type="checkbox"/> Eat only a few different vegetables <input type="checkbox"/> Choose vegetables that are fried or with added sauce, butter or other fat	<input type="checkbox"/> Include 1-3 cups daily <input type="checkbox"/> Include a few dark green or orange vegetables and dry beans and peas <input type="checkbox"/> Prepare some vegetables with little or no fat, and some with added fat	<input type="checkbox"/> Include at least 2½ or 3 cups daily <input type="checkbox"/> Include a wide variety such as dark green or orange vegetables and dry beans and peas <input type="checkbox"/> Prepare most vegetables with little or no fat
<b>Fruit</b> <ul style="list-style-type: none"> <li>• 1½ -2 cups daily</li> <li>• 1 cup=1 cup of fruit or 100% fruit juice, or ½ cup of dried fruit</li> </ul>	<input type="checkbox"/> Eat ½ cup or less daily <input type="checkbox"/> Eat only a few different fruits	<input type="checkbox"/> Eat 1 cup daily <input type="checkbox"/> Include a variety of fruits	<input type="checkbox"/> Eat 1½-2 cups daily <input type="checkbox"/> Include a wide variety of fruits in different colors
<b>Meat and Beans</b> <ul style="list-style-type: none"> <li>• 5-6 ounces daily</li> <li>• 1 ounce=1 ounce of meat, poultry or fish, ¼ cup cooked dry beans, 1 egg, 1 tablespoon of peanut butter, or ½ ounce of nuts or seeds</li> <li>• Go lean with protein choices</li> </ul> 	<input type="checkbox"/> Eat no meat or beans, or eat >12 ounces daily <input type="checkbox"/> Choose high-fat meats and poultry with the skin <input type="checkbox"/> Include fish twice each month or less <input type="checkbox"/> Rarely eat dry beans or tofu <input type="checkbox"/> Include >6 whole eggs each week	<input type="checkbox"/> Eat 2-3 ounces or 7-11 ounces daily <input type="checkbox"/> Choose a few low-fat meat and a few high fat meats <input type="checkbox"/> Include fish once each week <input type="checkbox"/> Eat dry beans or tofu 2-3 times a month <input type="checkbox"/> Include <6 whole eggs each week	<input type="checkbox"/> Eat 5-6 ounces daily <input type="checkbox"/> Eat low-fat meat and poultry without the skin <input type="checkbox"/> Include fish at least twice each week <input type="checkbox"/> Eat dry beans or tofu at least once each week <input type="checkbox"/> Include <3 whole eggs each week



<p><b>Milk</b></p> <ul style="list-style-type: none"> <li>• 3 cups daily</li> <li>• 1 cup=1 cup of milk or yogurt, 1½ ounces of natural cheese, or 2 ounces of processed cheese</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Include 1 cup daily</li> <li><input type="checkbox"/> Drink whole or reduced fat (2%) milk</li> <li><input type="checkbox"/> Choose full-fat yogurt</li> <li><input type="checkbox"/> Eat high-fat cheese</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Include 2 cups daily</li> <li><input type="checkbox"/> Drink low-fat (1%) milk</li> <li><input type="checkbox"/> Choose low-fat yogurt</li> <li><input type="checkbox"/> Eat some low-fat or fat-free cheese and some high fat cheese</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Include 3 cups daily</li> <li><input type="checkbox"/> Drink fat-free (skim) milk</li> <li><input type="checkbox"/> Choose fat-free yogurt</li> <li><input type="checkbox"/> Eat low-fat or fat-free cheese</li> </ul>
<p><b>Fats and Oils</b></p> <ul style="list-style-type: none"> <li>• Use all fats and oils sparingly</li> <li>• Limit saturated and trans fats that are solid at room temperature (butter, margarine or shortening)</li> <li>• Use liquid vegetable oils such as canola, corn or olive oil that are low in saturated and trans fat</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Use solid fats</li> <li><input type="checkbox"/> Do not look for lower fat products by reading food labels</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Choose some liquid oils or tub margarine and some solid fats</li> <li><input type="checkbox"/> Choose some products that are lower fat and trans fat free by reading food labels</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Use only liquid oils and trans fat free tub margarine</li> <li><input type="checkbox"/> Choose most products that are lower fat and trans fat free by reading food labels</li> </ul>
<p><b>High-fat Snacks</b></p>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Eat high-fat snack foods more than 4 times each week</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Eat high-fat snack foods 2-4 times each week</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Limit high-fat snack foods to no more than once each week</li> </ul>
<p><b>Alcoholic Beverages</b></p> <p>One serving = 12 ounces beer 4-5 ounces wine 1 shot of hard liquor</p>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Drink 3 or more servings daily (women)</li> <li><input type="checkbox"/> Drink 4 or more servings daily (men)</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Drink 2 servings daily (women)</li> <li><input type="checkbox"/> Drink 3 servings daily (men)</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Drink one serving or less daily (women)</li> <li><input type="checkbox"/> Drink 2 servings or less daily (men)</li> </ul>

\* Recommended amounts from each food group are based on eating 1800-2200 calories per day, which would be typical for many moderately active adults. Calorie needs vary with age, gender, activity level and need for weight loss. Visit [www.mypyramid.gov](http://www.mypyramid.gov) to determine the amount right for you.

