



# Picture Your Plate

Please answer these questions to help us identify your eating habits:

Consider what and how you have been eating during the past month. If you've had a recent health event, please answer by describing your usual eating habits before that event.

Your answers to these questions will help us understand your usual food choices.

- The questions are about commonly eaten foods:
  - how many servings of a food you eat -- either in a 'usual' DAY or an 'average' WEEK
  - how foods are prepared
  - how certain situations affect your choices
- A specific serving size for a portion of each type of food is listed.  
Picture your usual serving size: is it larger or smaller than the portion listed?
- Note the abbreviations used: Svgs = serving or Wk = week
- Circle the answer that best describes your USUAL eating habits.
- Leave any "Score: \_\_\_\_" blank. The score will be calculated later.

Thank you for helping us Picture Your Plate!

## Vegetables & Fruits

**In an average DAY, how many servings of VEGETABLES do you eat?**

(A serving is 1/2 cup cooked vegetable or 1 cup raw green leafy vegetable like lettuce.)

<b>1. Count all vegetables</b> , include fresh, frozen and canned vegetables and 100% vegetable juice and tomato sauce	<b>4+ svgs/day</b>	<b>2-3 svgs/day</b>	<b>0-1 svg/day</b>
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**In an average DAY, how many servings of FRUIT do you eat?**

(A serving is one small piece of fruit, 1/2 cup cut-up fresh, frozen or canned fruit, 1/2 cup of unsweetened 100% juice or 1/4 cup dried fruit.)

<b>2. Fresh, unsweetened</b> canned, unsweetened frozen, unsweetened 100% juice, or dried fruit like raisins.	<b>3+</b>	<b>2</b>	<b>0-1</b>
<b>3. Do you eat fruit</b> canned in heavy syrup or add sugar to your fruit?	<b>Rarely or never</b>	<b>Some- times</b>	<b>Often</b>

**Now, think about different kinds of vegetables you eat every WEEK.**

**In an average WEEK, consider your vegetable intake: how many of these vegetables do you eat?**

(A serving is 1/2 cup cooked vegetables or 1 cup raw green leafy vegetables.)

<b>4. Dark-green vegetables</b> like collard greens, spinach, kale, broccoli and dark-green lettuces (like romaine)	<b>2+ svgs/wk</b>	<b>1 svg/wk</b>	<b>0 svgs/wk</b>
<b>5. Red and orange vegetables</b> like tomatoes, tomato juice, red and orange peppers, beets, radishes, carrots, sweet potatoes and winter squash (such as butternut)	<b>7+</b>	<b>4-6</b>	<b>0-3</b>
<b>6. Starchy vegetables</b> like corn, green peas, lima beans, white potatoes, plantains and cassava	<b>0-10</b>	<b>11-14</b>	<b>15+</b>

Score \_\_\_\_\_

## Breads, Grains & Cereals

**In an average DAY, how many servings of BREAD do you eat?**

(A serving is 1 slice of bread, 1/2 bun, 1 small tortilla, 1 roll, 1 small biscuit, or one 2" square slice of cornbread.)

<b>1a. Bread, rolls, or tortillas</b> (wheat or corn) made with <b>whole grain</b> (label will list "wholegrain" or "whole wheat flour" first)	<b>2+ svgs/day</b>	<b>1 svg/day</b>	<b>0 svgs/day</b>
<b>b. Bread, rolls, biscuits, tortillas, or quick breads</b> (cornbread, muffins, pancakes, waffles) made all or mostly with <b>white flour</b> (label will usually list "enriched wheat flour" or "wheat flour" first)	<b>0</b>	<b>1</b>	<b>2+</b>

**Now, think about foods you eat every WEEK.**

**In an average WEEK, how many servings of GRAINS and CEREALS do you eat?**

(A serving is 1/2 cup of rice, pasta, or cooked cereal such as oatmeal.

Serving sizes for cold cereals are usually between 1/2 cup and 1 cup, depending on the cereal.)

<b>2a. Brown rice, whole grain pasta, or other whole grains</b> , like barley	<b>3+ svgs/wk</b>	<b>1-2 svgs/wk</b>	<b>0 svgs/wk</b>
<b>b. White rice or regular pasta</b> , like noodles, spaghetti or macaroni	<b>0-1</b>	<b>2</b>	<b>3+</b>
<b>3a. Cold or hot whole grain cereals</b> , like bran flakes or oatmeal	<b>3+</b>	<b>1-2</b>	<b>0</b>
<b>b. Regular cold or hot cereals</b> , like sugar frosted flakes, cocoa cereals, grits or cream of wheat	<b>0</b>	<b>1-2</b>	<b>3+</b>

## Red & Processed Meat

In an average WEEK, how many servings of **BREAKFAST** and **LUNCH MEATS** do you eat?

(A breakfast serving is 2 strips of bacon or 2 sausage patties or 2 sausage links.

For lunch meats, a serving is 2 slices of bologna or other lunch meats or 1 hot dog.)

1. Bacon or sausage (made from beef, pork or poultry)	0 svgs/wk	1 svg/wk	2+ svgs/wk
2. Hot dogs and deli or lunch meats (made from beef, pork or poultry) or Spam™	0	1	2+

In an average WEEK, how many servings of **RED MEAT** do you eat?

This includes roasts, steaks, stew meat, ribs, chops, BBQ, or ham; or hamburger, either alone or in dishes like meatloaf and spaghetti sauce.

(A serving is 3 ounces — about the size of a deck of cards.)

3a. Red meat (beef, pork and lamb)	0-2 svgs/wk	3-4 svgs/wk	5+ svgs/wk
b. Is the <b>fat</b> usually <b>trimmed</b> or <b>drained</b> ?	Yes (or rarely/never eat)	Sometimes	No
c. Compared to a deck of cards, is your portion.....?	Equal/smaller (or rarely/never eat)	Larger	Twice size of deck of cards
4. What type of <b>ground beef</b> do you usually eat?	10% or less fat (or rarely/never eat)	11%-19% fat	20% or more fat

Score \_\_\_\_\_

## Poultry

In an average WEEK, what kinds of **CHICKEN** or **TURKEY** do you eat?

1. Chicken or turkey, including ground versions. (Do not count processed forms like turkey bacon or turkey sausage)	Skin removed (or rarely/never eat)		Chicken or turkey with skin and/or deep-fried, wings, processed nuggets, smoked
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Score \_\_\_\_\_

## Fish & Shellfish

In an average WEEK, how many of these servings of **FISH** or **SHELLFISH** do you eat?

(A serving is 3 ounces is about the size of a deck of cards.)

1a. Fish and shellfish, including fresh, frozen and canned.	3+ svgs/wk	2 svgs/wk	0-1 svg/wk
b. How many servings of fish include albacore (white) tuna, sardines, herring, salmon, swordfish, sea bass or lake trout?	2+	1	0

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Score \_\_\_\_\_

## Beans, Nuts & Seeds

In an average WEEK, how many servings of dried or canned BEANS or PEAS do you eat?  
(A serving is 1/2 cup cooked beans.)

1. Beans or peas like pinto beans, kidney beans, lentils, or black-eyed peas	3+ svgs/wk	1-2 svgs/wk	0 svgs/wk
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In an average WEEK, how many servings of NUTS AND SEEDS do you eat?

(A serving of nuts is 1 ounce or a small handful [1/4 cup]. A serving of peanut butter or other nut butters is 2 tablespoons. A serving of seeds is 2 tablespoons.)

2. Peanut or nut butters or whole plain nuts (like peanuts, almonds, pecans) and seeds (pumpkin, sunflower, squash)	4+	2-3	0-1
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Score \_\_\_\_\_

## Milk & Dairy Foods

In an average DAY, how many servings of dairy foods do you drink or eat, including on cereal?

(A serving of milk or yogurt is 1 cup, a serving of hard cheese is 1 ounce, grated is 1/4 cup, pre-sliced cheese is 1 slice; ricotta or feta cheese is 1/4 cup; cottage cheese is 1/2 cup.)

1a. Whole milk, regular sweet milk, whole milk yogurt, regular (full-fat) cheese, or coconut milk	0 svgs/day	1 svg/day	2+ svgs/day
b. 2%, 1%, 1/2% or skim (nonfat) milk, buttermilk, low-fat/nonfat yogurt, reduced-fat cheese, or soy milk fortified with calcium	2-3	1	0 or 4+

In a typical WEEK, when/if you have cheese, what kinds do you have?

2. <b>Natural</b> cheeses include cheddar, Swiss, mozzarella, provolone or jack, feta and ricotta cheese. <b>Processed</b> cheeses include American slices, cheese spreads, and cottage cheese.	Usually natural cheese OR no cheese	Both	Usually processed cheese
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Score \_\_\_\_\_

# Toppings, Oils, Seasonings & Salt

In an average WEEK, how many servings of these TOPPINGS do you eat?

(A serving is 2 tablespoons.)

1. Sour cream, light or heavy cream, creamer, whipped toppings, or regular cream cheese	0 svgs	1-2 svgs	3+ svgs
2. Gravy, meat drippings or sauce made from meat drippings	Rarely/never	Once a week	2+ times a week

What BUTTER or MARGARINE do you usually use?

3. Soft/liquid or Solid?	Trans-fat-free tub (soft) margarine spread or liquid/spray; or no butter or margarine		Butter (any form) or stick margarine or solid fat
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What kind of OIL or SEASONING is usually used at home:

4a. For frying?	Olive, canola, soybean, corn, safflower, etc. or trans-fat-free margarine spread or do not fry		Butter, lard, bacon/meat fat, vegetable shortening, stick margarine, or coconut oil
b. For baking?	Olive, canola, soybean, corn, safflower etc. or trans-fat-free margarine spread; or do not bake		Butter, lard, vegetable shortening, stick margarine, or coconut oil
c. For vegetables? (such as greens or potatoes)	Olive, canola, soybean, corn, safflower etc., trans-fat-free margarine spread; Vinegar or lemon juice, herbs, spices, or nothing	Lean ham	Butter, fatback, bacon, stick margarine, or coconut oil

When you eat these foods, what do you have?

5. Canned or frozen vegetables and beans that are <b>low-sodium</b> or with <b>no added salt</b> or sauces	All or most of the time (or only eat fresh)	Sometimes	Rarely/never
6. Rice, pasta (like macaroni) and grain mixtures with seasoning packets or sauce	Rarely/never	Once a week	Two or more times a week
7. Canned/prepared soups, sauces (including pasta sauce), bouillon or bottled salad dressings	Rarely/never or choose reduced sodium	Once a week	Two or more times a week
8. How often do you add salt, seasoned salt or soy sauce at the table?	Rarely/never	Sometimes	All or most of the time

## Sweets, Snacks & Restaurant Food

In an average WEEK, how many servings of SWEETS like bakery items and candy do you eat?  
(A serving is 1 doughnut, 1 sweet roll, 1 small slice of cake/pie, 4 small cookies, or 1 regular candy bar)

1. Doughnuts, sweet rolls, pies, cakes, cookies, candy bars, chocolate, or other candies	0-1 svg/wk	2-3 svgs/wk	4+ svgs/wk
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In an average WEEK, how many servings of FROZEN DESSERTS do you eat?  
(A serving is 1/2 cup ice cream, sherbet, or frozen yogurt.)

2a. Ice cream, sherbet, sorbet, frozen yogurt	0-1 svg/wk	2-3 svgs/wk	4+ svgs/wk
b. Do you choose <b>light or low-fat</b> ice cream, frozen yogurt, sherbet, sorbet, fruit ice, Popsicle®?	Usually (or rarely eat frozen dessert)	Some- times	Rarely/ never

In an average WEEK, how many servings (svgs) of processed SNACK FOODS do you eat?  
(A serving = a small handful; about 1 ounce of chips, 5-6 crackers, 10 small pretzels, 3 cups popcorn)

3a. Snack chips (like potato chips, corn chips, tortilla chips, or cheese puffs), crackers, pretzels, microwave or movie theater popcorn	0-1 svg/wk	2-3 svgs/wk	4+ svgs/wk
b. Do you choose unsalted or "hint of salt" crackers/chips?	Usually (or rarely eat these foods)	Some- times	Rarely/ never

How many times a WEEK do you eat out at RESTAURANTS or have DELIVERY/CARRY-OUT at home? Include food from fast-food restaurants.

4a. Restaurant meals (including fast food and carry-out)	0-1	2-3	4+
b. How many times a week do you eat deep-fried foods (like hush puppies, French fries, deep-fried fish, or chicken nuggets)?	0	1-2	3+

Score \_\_\_\_\_

## Beverages

In an average DAY, how many 8-oz servings of these beverages do you have with meals and between meals? (A beverage serving is 8 ounces. A canned drink is 1 1/2 servings [12 ounces]. A bottled, or medium-size drink is often more than 2 servings [20 ounces or more].)

1a. <b>Regular sodas (non-diet)</b> like Coke™, Pepsi™, Sprite™, ginger ale, root beer or tonic water	0 svgs/day	1 svg/day	2+ svgs/day
b. <b>Bottled fruit-flavored drinks (non-diet)</b> like Snapple™, lemonade, fruitade, Kool-Aid™, sports/energy drinks	0	1	2+
c. <b>Sugar-sweetened coffee or tea drinks</b> "sweet tea" iced tea, coffee or tea with sugar, specialty cold or hot coffee drinks with flavored sugar syrup, sweetened chai tea	0	1	2+
d. <b>100% fruit juice</b> like orange, apple, grapefruit, or grape juice	0-1	2	3+

In an average DAY, how many servings of ALCOHOL do you drink?

2. One serving of alcohol is 12 ounces regular/lite beer, 5 ounces wine, or 1 ounce 80-proof liquor.	Men: 2 or less Women: 1 or less		Men: 3+ Women: 2+
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