

Eating Assessment Table – EAT

Questions 1-4 describe a food group or cooking method. Below this description are 5 different eating or cooking patterns that could describe your typical eating or cooking habits. For each of the 4 following categories on the left (Fruits, etc.), **check the one** description that best describes your eating habits.

1. Fruits

A portion of fruit is about 3/4 of a cup or roughly the size of a tennis ball. Whole fruit juices count as a portion for every 4 ozs up to 2 portions per day. Dried fruit should be estimated based upon the pre-dried size of the food.

- I eat 0-2 fruits per week
- I eat between 3-7 per week
- I eat 1-2 per day
- I eat 3 or more per day
- I eat 3 or more per day. My fruit consumption is varied and includes berries, citrus, and other fruits

2. Vegetables

This category include leafy green vegetables as well as tomatoes, peppers, cucumbers, quash, eggplant, string beans, and root plants such as carrots, parsnips, and potatoes. A portion size is roughly 1 cup of raw vegetables or 1/2 cup of cooked vegetables. For the purpose of this exercise do not count potatoes in your total.

- I eat less than 1 vegetable per day
- I eat 1-2 vegetables per day
- I eat 2-4 vegetables per day
- I eat 4 or more vegetables per day
- I eat 4 or more vegetables per day. My vegetable consumption is varied and includes leafy green vegetables as well as other vegetables. When possible I try to eat fresh or frozen vegetables rather than canned.

3. Legumes

This family of foods is composed of lentils and a wide variety of beans (kidney bean, lima beans, black beans, chickpeas, "split peas", etc.). Soy beans and tofu (which is derived from soybeans) fit in this category. A serving portion is 3/4 - 1 cup.

- I rarely eat legumes (less than 1 portion per week).
- I eat 1-2 portions per week
- I eat 2-4 portions per week
- I eat legumes at least 4 times per week
- I eat 1 or more portions per day

4 Cooking methods

How food is prepared influences greatly its nutritional quality, mostly because the quantity and quality of fat becomes hidden in the recipe.

- My food is prepared using mostly butter, shortening or vegetable oils (not olive oil or canola), and eat deep fried or breaded foods more than once per week. Or I do not know how my food is prepared.
- My food is prepared using mostly butter, shortening or vegetable oils (not olive oil or canola), but my food is not deepfried.
- My food is prepared with butter shortening or other oils and sometimes with oils that are high in monounsaturated fats (eg olive oil or canola).
- My food is prepared with moderate to liberal amounts of oils that are high in monounsaturated fats (eg olive oil or canola).
- My food is prepared with small amounts of oils that are high in monounsaturated fats (eg olive oil or canola) or with no oil (steamed, boiled or baked, or roasted)

Questions 5-11 pertain to nutrition knowledge or specific dietary habits. For each category (Knowledge of Fats, etc) read the phrases below each section and **check each box** that applies to you.

5. Meat

Meats can be lumped into groups:

Low Fat: Skinless chicken; Lean or extra-lean cuts of beef, pork, or lamb; Wild meat: moose, caribou, etc.

High Fat: Bacon; Sausage; Red meat unless labelled lean or extra-lean; Chicken with skin or breading

3 oz = 1 deck of playing cards

The meat I eat is mostly:

- Low fat
- Mixed
- High fat
- I generally eat less than 6 oz of meat per wk

I eat meat:

- 0-4 times/week
- 1-2 times/day
- more than 2 times/d.

My average portion is:

- 0-3 oz
- 4-6 oz
- 7-9 oz
- larger than 9 oz

6. Starchy Foods

Starch is a type of carbohydrate found in plants. Common sources would be:

Grains: (cereals); rice; oats; barley; baked goods: breads, pasta

Legumes: beans; lentils

Some vegetables: corn; potatoes; sweet peas

1 portion = 1 slice of bread or 1/2 cup of grains, legumes or vegetables.

Whole grain vs processed

When I eat grain based foods I eat:

- Mostly foods from whole grains
- A mix of whole and processed grains
- Mostly foods from processed grains

Recognition of starchy foods

- I am able to identify the high starch foods in my pantry
- I am able to identify the high starch foods at a grocery store
- I am able to recognize high starch foods at a restaurant

Portion control

On average how many portions of starchy foods do you eat per meal?:

- 2 portion/meal
- 2-3 portions/meal
- 3-4 portions/meal
- more than 4 portions/meal
- I don't know

7. Dairy and replacements

Low Fat "dairy" products and portion size:

0-1 % milk - 250 ml (1cup); 0-1% yogurt - 175 g (3/4 cup); Soy or rice milk - 175 ml (3/4 cup)

High Fat "dairy" products portion size:

cheddar cheese - 50 g (1 oz = 30g); 2-3.25% milk - 250 ml

(1 cup); ice cream - 3/4 cup

Total Dairy

I eat:

- 0-1 portions per day of dairy products
- 1-2
- 2-3
- 3-4

High Fat Dairy

(butter, cream, ice cream, 2-3.5% milk or products derived from 2-3.5% milk)

I eat:

- 0-1 portions per day of high fat dairy products
- 1-2
- 2-3
- more than 3

Low Fat Dairy

I eat low fat dairy products and I eat mostly products that are:

- Mostly 0% fat
- Mix of 0-1% fat
- Mostly 1% fat

8. Knowledge of Fats

There are many different types of fat. Nutritional labels provide much information about fat content. This section tests your ability to read and understand this information.

I understand how to read nutritional labels looking for information about fat content

- Yes
- No

I understand that trans fats may be a risk factor for heart and other diseases.

- Yes
- No

I understand that in moderate amounts monounsaturated and polyunsaturated fats are "good for the heart" and that saturated fats are "bad for the heart"

- Yes
- No

I am able to calculate from a nutritional label the % of calories from fat

- Yes
- No

I regularly read the nutritional labels of foods that I eat to determine the quality and quantity of fat

- Yes
- No

9. Alcohol & Omega - 3 fatty acids

Alcohol

How many drinks per week do you average?

Women

- 0-2 per wk
- 3-5 per wk
- 6-9 per wk
- greater than 9 per wk

Men

- 0-2 per wk
- 3-5 per wk
- 6-14 per wk
- greater than 14 per wk

I eat fish (salmon, tuna, trout, herring, and mackerel), without breading or "heavy sauces"

- 0-1 per month
- 0-1 per week
- 1-2 per week
- greater than 2 per week

I consume foods known to contain Omega 3 fatty acids such as flax seeds, walnuts, and oat or wheat germ:

- 0-1 times per week
- 1-2 times per week
- 2-3 times per week
- 3-4 times per week
- greater than 4 times per week

10. Other

Diversity

I make an effort to eat a wide variety of foods over the course of a week, and generally avoid eating excess amounts of any one food.

- Yes
 No

Portion Control

I tend to take small to medium portions of food, and rarely go back for a second helping.

- Yes
 No

Nuts

I consume small portions of nuts 3 or more times per week.

- Yes
 No

Vitamins

I take a multivitamin daily.

- Yes
 No

Grazing

I tend to eat multiple small snacks and meals (5 or more/day) rather than 3 or less large meals.

- Yes
 No

11. Empty calories

On average I eat one or more of the following sugar containing beverages per day: soft drinks (not diet), sweetened fruit punch, sports drinks, iced tea, etc.

- Yes
 No

I eat a salty (high fat) snack at least 4 times per week: eg chips, french fries, popcorn, tortillas, cheese puffs, crackers.

- Yes
 No

I eat a desert other than fruit or a low fat yogurt about 1 per day.

- Yes
 No

I eat a desert other than fruit or a low fat yogurt about 2 times per day. (Check yes to the question above as well, if you answered yes here)

- Yes
 No

Outside of my meals, I eat a sweet snack at least once per day. eg: candy or chocolate bar, cakes, cookies, high fat muffins, brownies.

- Yes
 No