

## Rate Your Plate

Look at the food on your plate today and answer the following questions.

1. Is over half of the food on your plate carbohydrates (bread, rice, vegetables, fruit, etc.)  
YES\_\_\_\_ NO\_\_\_\_
2. Have you chosen foods that are low in fat and saturated fat?  
YES\_\_\_\_ NO\_\_\_\_
3. Have you chosen beverage(s) and foods that are low in sugars?  
YES\_\_\_\_ NO\_\_\_\_
4. Have you chosen foods that are low in sodium?  
YES\_\_\_\_ NO\_\_\_\_
5. Are there any high fiber foods on your plate (beans, whole grains, legumes, fresh fruits and vegetables, etc.)?  
YES\_\_\_\_ NO\_\_\_\_
6. Is there a protein source on your plate? If so, is it the size of a deck of cards?  
YES\_\_\_\_ NO\_\_\_\_
7. Is half of your plate vegetables?  
YES\_\_\_\_ NO\_\_\_\_
8. Have you any calcium rich foods (milk, cheese, low fat yogurt, etc.)?  
YES\_\_\_\_ NO\_\_\_\_