

WHAT DIETARY CHANGES AM I WILLING TO MAKE?

Use the following scoring system to answer each of the following questions. Then we'll see just how willing you are to make some healthy changes in your diet!



- 4 points = That's what I do, all the time!**
3 points = I already do that once in awhile.
2 points = I'll give it a good try.
1 point = I'll only try if I'm bribed!
0 points = No way! Not in a million years!



- _____ 1. Would you drink skim milk?*
- _____ 2. When ordering a meal, would you substitute salad for fries?
- _____ 3. Would you order water or milk at a restaurant, rather than having a soda?
- _____ 4. Would you have nonfat Greek yogurt on a baked potato instead of sour cream?
- _____ 5. Would you make a sandwich with 100% whole grain bread rather than white bread?
- _____ 6. Would you eat baked chips instead of regular chips if you had the choice?
- _____ 7. Would you choose whole grain cereal over sugared cereal?
- _____ 8. Would you choose a piece of fresh fruit over a glass of 100% fruit juice?
- _____ 9. Would you choose water over an energy drink?
- _____ 10. Would you eat most of your vegetables raw rather than cooked?
- _____ 11. Would you ask for chicken to be grilled rather than fried?
- _____ 12. Would you eat a ground turkey burger?
- _____ 13. Would you ask for salad dressing to be served on the side instead of on the salad?
- _____ 14. Would you be willing to substitute mustard or light mayo for regular mayo?
- _____ 15. Would you eat raw rather than roasted and salted nuts?
- _____ 16. Would you be willing to eat a vegetarian meal for dinner at least once a week?
- _____ 17. Would you be willing to eat at least three servings of vegetables a day?***
- _____ 18. Would you be willing to eat three meals and two healthy snacks*** a day?
- _____ 19. Would you be willing to write down everything you eat for one day?
- _____ 20. Would you be willing to substitute a baked potato for French fries?

How did you do? Add up your points. Here's what your score probably says about you:

40-60 points = Great attitude!

32-40 points = On your way.

< 31 points = Maybe you should take a class about nutrition.

*It's hard to go right to skim or nonfat milk. Try mixing 2% with 1%; then 1% with skim; and then try drinking just skim milk.

**One serving of vegetables would be one cup raw or 1/2 cup cooked vegetables.

***The author feels that a healthy snack would probably be one of the snacks listed on pages 74-75.