# Self-Assessment Worksheet: Is My Diet Healthy

Name: Blank Class: Blank Date: Blank

In order to help you make good dietary choices, you need to first understand your current habits. Complete the following self-assessment to help you understand your choices so that you can consider changing them if needed. Answer each question in the following chart by selecting the response that is most accurate for you. When you are done, add up your points. The closer you are to 30 points, the healthier your diet is.

|  |  |  |  |
| --- | --- | --- | --- |
|  | Always | Sometimes | Never |
| I eat at least 5 servings of fruits and vegetables each day.  | 3 | 2 | 1 |
| I eat whole grain bread instead of white bread.  | 3 | 2 | 1 |
| I avoid fried foods like chips, fries, and fried meat.  | 3 | 2 | 1 |
| I choose meat substitutes like nuts, beans, and seeds or choose leaner meats like chicken, fish, and turkey. | 3 | 2 | 1 |
| I choose healthy fats like fish, nuts, and avocados. | 3 | 2 | 1 |
| I drink at least 8 cups (64 ounces) of water each day.  | 3 | 2 | 1 |
| I don’t drink soda or energy drinks that contain sugar and caffeine.  | 3 | 2 | 1 |
| I eat only until I am satisfied and avoid overeating.  | 3 | 2 | 1 |
| I limit processed baked goods like cakes, muffins, and sweet breads.  | 3 | 2 | 1 |
| I eat a healthy breakfast every day.  | 3 | 2 | 1 |

My score for Is My Diet Healthy? = Blank (total number of points)