

QUIZ



Are you following the Dietary Guidelines?

How did you score?

Scoring:

90 - perfect!

81-89 - excellent!

70-80 - pretty good - try to improve a little

45-69 - average - needs some improvement

44 or less - needs improvement

What are the Guidelines?

Dietary Guidelines for Americans is published jointly every 5 years by the Department of Health and Human Services (HHS) and the Department of Agriculture (USDA). The Guidelines provide authoritative advice for people two years and older about how good dietary habits can promote health and reduce risk for major chronic diseases.

How do I learn more?

Visit online at:

[www.health.gov/
DietaryGuidelines/](http://www.health.gov/DietaryGuidelines/)

Here is a quick and fun assessment quiz to see if you are following the current Dietary Guidelines for Americans.

Answer these questions then tally up your score at the end.

1. The grains you eat every day include brown rice, whole wheat bread, oatmeal and whole grain cereal, not just white bread, crackers and pasta?
a) sometimes, b) mostly, c) never
2. You eat fruit several times during the day for breakfast, snacks and dessert.
a) sometimes, b) mostly, c) never
3. You eat vegetables on most days for lunch, snacks and dinner?
a) sometimes, b) mostly, c) never
4. You only consume dairy products that are fat-free or skim?
a) sometimes, b) mostly, c) never
5. You consume about 3 cups of skim milk or the equivalent, like yogurt, each day? **a) sometimes, b) mostly, c) never**
6. You choose heart-healthy protein like lean beef white poultry, beans, legumes, fish and nuts on a regular basis?
a) sometimes, b) mostly, c) never
7. Sweet treats like cookies, candy and dessert are eaten
a) sometimes, b) seldom, c) several times per day on most days?
8. You exercise everyday for at least 30 minutes but most often 60 minutes?
a) sometimes, b) mostly, c) never
9. You drink a lot of sugary beverages like soda, punch and sports drinks?
a) sometimes, b) seldom, c) often

Figure out your score. Give yourself the following points for each answer:

- a) 5
- b) 10
- c) -1