



EATING QUIZ 1

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| 1. | Do you eat sweets such as candy, ice cream, pastries, and doughnuts 3 or more times a week? | Y | N |
| 2. | Do you eat fat-free foods, such as fat-free yogurt and fat-free cookies? | Y | N |
| 3. | Do you eat potato chips, pretzels, ready to eat cereals, granola, breakfast bars, more than three times a week? | Y | N |
| 4. | Do you eat meals that emphasize pasta, rice, corn, or potatoes, more than three times a week? | Y | N |
| 5. | Do you eat burgers, hot dogs, fatty luncheon meats such as, bologna, ham, salami, pastrami, bacon, sausage, French fries, and fried chicken more than a couple times a week? | Y | N |
| 6. | Do you eat convenience foods (pizza, fast foods style Mexican foods, sandwiches, or snack foods) more than a couple of times a week? | Y | N |
| 7. | Do you drink regular soft drinks (non-diet) | Y | N |
| 8. | Do you drink more than a small glass of juice a day (6 oz) per day? | Y | N |
| 9. | Do you drink more than three beers or a pint of hard liquor per week? | Y | N |
| 10. | Do you drink more than four glasses of wine per week? | Y | N |
| 11. | Do you avoid regular structured exercise? | Y | N |
| 12. | Are you physical inactive, (eg, not taking the stairs, parking close)? | Y | N |
| 13. | Have you had bad eating habits or have been a couch potato for many years? | Y | N |
| 14. | Does any one in your family have, hypertension, heart disease, adult onset diabetes, or obesity? | Y | N |