

# NUTRITION CHECK LIST

Is your diet well-balanced? Do this quiz and find out how well you score.

	Yes	No
1. I eat at least 3-4 slices of bread a day. (1 roll = 2 slices of bread)	<input type="checkbox"/>	<input type="checkbox"/>
2. I eat one serve of breakfast cereal each day – or an extra slice of bread.	<input type="checkbox"/>	<input type="checkbox"/>
3. I eat at least one piece of fruit each day.	<input type="checkbox"/>	<input type="checkbox"/>
4. I mostly eat wholegrain breads and cereals.	<input type="checkbox"/>	<input type="checkbox"/>
5. I eat at least 3 vegetables or have salad most days.	<input type="checkbox"/>	<input type="checkbox"/>
6. I eat at least 1 and usually 2 serves of meat or meat alternative (poultry, seafood, eggs or dried peas/beans, nuts) each day.	<input type="checkbox"/>	<input type="checkbox"/>
7. I spread butter or margarine thinly on bread or use none at all.	<input type="checkbox"/>	<input type="checkbox"/>
8. I fry no more than once a week.	<input type="checkbox"/>	<input type="checkbox"/>
9. I use only polyunsaturated or mono-unsaturated oil (canola or olive oil) For cooking. (Tick YES if you never fry in oil or fat.)	<input type="checkbox"/>	<input type="checkbox"/>
10. I avoid oil-based dressings on salads.	<input type="checkbox"/>	<input type="checkbox"/>
11. I use reduced-fat dairy products.	<input type="checkbox"/>	<input type="checkbox"/>
12. I cut the fat off meat and take the skin off chicken.	<input type="checkbox"/>	<input type="checkbox"/>
13. I drink no more than 4 cups of tea, coffee, hot chocolate, coke or caffeine containing drinks each day.	<input type="checkbox"/>	<input type="checkbox"/>
14. I avoid adding salt to my food.	<input type="checkbox"/>	<input type="checkbox"/>
15. I eat fatty snacks such as chocolate, chips etc. no more than once a week.	<input type="checkbox"/>	<input type="checkbox"/>
16. I eat 3 serves of dairy food or soy milk alternative each day. 1 serve = 200ml milk; 1 slice hard cheese; 200g yogurt or 200ml fortified soy milk.	<input type="checkbox"/>	<input type="checkbox"/>
17. I would skip a breakfast, lunch or dinner meal, no more than once a week	<input type="checkbox"/>	<input type="checkbox"/>
18. I am aware of the best sources of iron and try to include an iron-rich Food in my diet each day.	<input type="checkbox"/>	<input type="checkbox"/>
19. When I drink alcohol, I would mostly drink no more than 2 standard drinks on any day and would rarely drink alcohol more than is recommended as the safe drink driving limit. (Tick YES if you don't drink alcohol.)	<input type="checkbox"/>	<input type="checkbox"/>
20. I eat fast/takeaway food no more than once a week.	<input type="checkbox"/>	<input type="checkbox"/>

**Scoring: For each YES answer, score 1 point.**

18 or more	Excellent
15-17	Room for improvement
12-14	Just made it
Less than 12	Poor

*Very active people will need to eat more breads, cereals and fruit than indicated in this quiz, but to stay healthy; no one should be eating less. Use this quiz as a check list to help separate the good diets from the fad diets.*