

Find the Fat

Think about your eating habits over the past three months.

About how often do you eat each of the following foods?

Place a check mark (✓) in the column that best describes the number of times a week or month that you eat each food.

POINTS	0	1	2	3	4	
	Never, or less than once per MONTH	2-3 times per MONTH	1-2 times per WEEK	3-4 times per WEEK	5+ times per WEEK	SCORE
Hamburgers or cheeseburgers						
Beef, such as steaks, roasts						
Fried chicken						
Hot dogs, franks						
Cold cuts, lunch meats, ham, etc.						
Salad dressings, mayonnaise (not diet)						
Margarine or butter						
Eggs						
Bacon or sausage						
Cheese or cheese spread						
Whole milk						
French fries						
Potato chips, corn chips, popcorn						
Ice cream						
Doughnuts, pastries, cake, cookies						
TOTAL SCORE =						

To Score: For each food, write the number that is at the top of the column you checked, in the box at the far right. Add up the numbers in the boxes and compare your total score to the categories on the back of this sheet



If your score is:

More than 27

Your diet is high in fat. There are many ways you can make your eating pattern lower in fat. Look at your highest scores to find areas in which to begin.

25-27

Your diet is quite high in fat. To make your eating pattern lower in fat, you may want to begin in the areas where you scored highest.

22-24

You are generally eating a typical United States diet, which could be lower in fat.

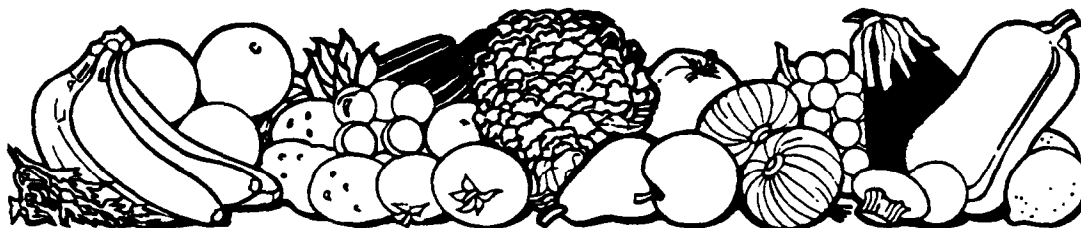
18-21

You are making better low fat food choices.

17 or less

You are making the best low fat food choices!
Keep up the great work!

If you scored 17 or less, you're doing well! This is the desirable score on this screener.



Based on my score, I Will reduce the fat in my diet in the coming week by

* Adapted from the Simplified Fat Screener developed by Gladys Block, Ph.D., School of Public Health, University of California, Berkeley.

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