

What's Your DIET QUALITY SCORE?

Want a *rough* estimate of where your diet stands on a simplified version of the Alternate Healthy Eating Index? Enter your points for each question below. Then add them up to get your Diet Quality Score.

Write your score in each box
(Maximum score per box = 10 points)

VEGETABLES

Count 2 points for each serving you eat per day (up to 5 servings).

1 serving = 1 cup green leafy vegetables or ½ cup all other vegetables. (Do not count white potatoes.)

FRUIT

Count 2½ points for each serving you eat per day (up to 4 servings).

1 serving = 1 piece of fruit or ½ cup berries. (Do not count fruit juice.)

WHOLE GRAINS

Count 2 points for each serving you eat per day (up to 5 servings).

1 serving = ½ cup whole-grain rice, bulgur, cereal, or pasta or 1 slice bread.

SUGARY DRINKS & FRUIT JUICE

Count 10 points if you drink 0 servings per week.

Count 5 points for 3–4 servings per week (½ serving per day).

Count 0 points for 7 or more servings per week (1 serving per day).

1 serving = 8 oz. fruit juice, sugary soda, or sweetened tea, coffee drink, energy drink, or sports drink.

NUTS & BEANS

Count 10 points if you eat 7 or more servings per week (1 serving per day).

Count 5 points for 3–4 servings per week (½ serving per day).

Count 0 points for 0 servings per week.

1 serving = 1 oz. nuts, 1 Tbs. peanut butter, ½ cup beans, 3½ oz. tofu.

RED & PROCESSED MEAT

Count 10 points if you eat 0 servings per week.

Count 7 points for 3–4 servings per week (½ serving per day).

Count 3 points for 7 servings per week (1 serving per day).

Count 0 points for 1½ servings per day.

1 serving = 1½ oz. processed meat (bacon, ham, sausage, hot dogs, deli meat) or 4 oz. red meat (steak, hamburger, pork chops, etc.).

SEAFOOD

Count 10 points if you eat 2 servings per week.

Count 5 points for 1 serving per week.

Count 0 points for 0 servings per week.

1 serving = 4 oz.

TOTAL