



## Lab A8-2 Fat Intake Quiz

Think about your eating and cooking habits over the past month, and circle the response that best describes your behavior. If a question doesn't apply to you—if you don't eat meat or never have dessert, for example—leave it blank.

	Never	Seldom	Sometimes	Usually	Always
1. I cooked vegetables by steaming, boiling, or baking.	1	2	3	4	5
2. I seasoned cooked vegetables with herbs and spices rather than with sauces, butter, or margarine.	1	2	3	4	5
3. I used lemon juice or low-fat salad dressing on salads.	1	2	3	4	5
4. I used vegetable oil and tub margarine more often than butter or margarine.	1	2	3	4	5
5. I drank nonfat or 1% milk instead of 2% or whole milk.	1	2	3	4	5
6. I ate bread, rolls, muffins, bagels, and other baked goods without margarine, butter, or regular cream cheese.	1	2	3	4	5
7. I used a nonstick pan or a cooking spray for frying.	1	2	3	4	5
8. I ate pasta plain or with a low-fat marinara or vegetable sauce.	1	2	3	4	5
9. I ate reduced-fat cheese and/or limited my servings of cheese to less than 2 oz.	1	2	3	4	5
10. I ate potatoes and rice plain or with low-fat or nonfat seasonings (herbs, spices, vegetable-based sauces, nonfat cottage cheese, yogurt, etc.)	1	2	3	4	5
11. I used nonfat or low-fat mayonnaise instead of regular mayonnaise.	1	2	3	4	5
12. I chose lean cuts of meat.	1	2	3	4	5
13. I trimmed visible fat from meats before cooking.	1	2	3	4	5
14. I limited the size of my servings of meat and poultry to no more than 2–3 oz.	1	2	3	4	5
15. I removed the skin from poultry.	1	2	3	4	5
16. I cooked meat, poultry, and fish by baking, broiling, or poaching.	1	2	3	4	5
17. I ate a low-fat vegetarian main dish.	1	2	3	4	5
18. I ate no more than three servings per day of meat, poultry, fish, eggs, and nuts.	1	2	3	4	5
19. For desserts, I had nonfat or low-fat varieties (e.g., nonfat ice cream or frozen yogurt) or fresh fruit.	1	2	3	4	5
20. I ate fruit or raw vegetables as snacks.	1	2	3	4	5
21. When shopping, I used food labels to compare different foods and choose lower-fat items.	1	2	3	4	5

### Scoring

To compute your score, total the numbers you circled and then divide the total by the number of questions you answered.

Total of numbers circled \_\_\_\_\_ ÷ Number of questions answered \_\_\_\_\_ = Score: \_\_\_\_\_

(over)

## **LAB A8-2** *(continued)*

### **Rating Your Score**

<b>Score</b>	<b>Rating</b>
4.6 or higher	Excellent
3.6–4.5	Good
3.1–3.5	Fair
2.1–3.0	Poor
2.0 or lower	Very poor

To raise your score and reduce your fat intake, focus on the behaviors listed in the questions for which you answered 1 or 2 and consider planning a behavior change program.