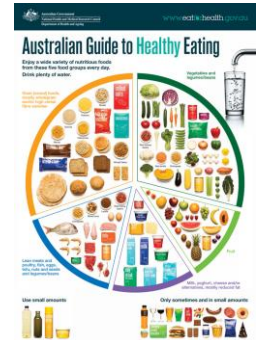


Take our self-assessment quiz to see how your eating measures up against recommendations for Australians.

Circle the answer that best applies to you.

1. I eat at least 2 serves of fruit each day – **YES** **NO**



2. I eat at least 5 serves of vegetables each day: **YES** **NO**



3. Refer to the chart below to identify if you are consuming your recommended servings of milk, yoghurt, cheese, and/or alternatives: **YES** **NO**



**Milk, yoghurt, cheese and/or alternatives, mostly reduced fat**

	Serves per day		
	19-50 years	51-70 years	70+ years
Men	2½	2½	3½
Women	2½	4	4

4. I eat two serves of meat, fish, or chicken, eggs or legumes (cooked dried peas, beans or lentils) each day: **YES** **NO**



5. I drink 6-8 large cups of fluids of water each day: **YES** **NO**

6. Refer to the chart below to identify if you are eating your recommended servings of

grain foods each day, (preferably wholegrain or wholemeal): **YES** **NO**



**Grain (cereal) foods, mostly wholegrain and/or high cereal fibre varieties**

	Serves per day		
	19-50 years	51-70 years	70+ years
Men	6	6	4½
Women	6	4	3

7. I limit my intake of foods high in saturated fat, added salt, added sugars and alcohol to no more than 2 serves a day: **YES** **NO**



**TOTAL SCORE**

**YES** \_\_\_\_\_

**NO** \_\_\_\_\_

**Score Rating**

**YES**

**8 – 10:** Your diet scores very well and you have a reduced risk for health complications.

**5 - 7:** Your diet is fair but there is room for improvement.

**Less than 4:** You should check your food groups for opportunities to improve your eating.

**NO**

**0 – 1:** Very good

**2 – 4:** Check your food groups to improve your diet.

**More than 4 NO** answers indicate you should consider consulting with your health professional team.

Source: National Health and Medical Research Council