

Cardiac and Pulmonary Rehabilitation Dietary Survey

Date / Session #: _____

Think about the way you usually eat. For each food topic, put a check mark "v" in column A, B or C.

Topic	A	B	C
1. RED MEAT* (beef, hamburger, pork, lamb, veal)	<input type="checkbox"/> Frequently eat: (3 times a week or more)	<input type="checkbox"/> Usually eat: (twice a week)	<input type="checkbox"/> Occasionally eat: (once a week or less)
2. RED MEAT CHOICES* (beef, lamb, pork, veal)	<input type="checkbox"/> Usually eat: high-fat cuts, such as ribs, brisket, T-bone steak, prime rib, sausage	<input type="checkbox"/> Sometimes eat: high-fat cuts, such as ribs, brisket, T-bone steak, prime rib, sausage	<input type="checkbox"/> Usually eat: lean beef cuts such as round, loin, flank; lean pork and lamb cuts such as loin and leg; and veal OR I rarely eat meat
3. GROUND MEAT, BURGERS*	<input type="checkbox"/> Usually eat: regular, chuck or lean ground beef with more than 15% fat	<input type="checkbox"/> Usually eat: ground sirloin or round, ground turkey, or ground beef with 10-15% fat.	<input type="checkbox"/> Usually eat: ground turkey breast or vegetable patties like Boca or Garden burgers OR I rarely eat ground meat or burgers
4. CHICKEN, TURKEY, ETC.*	<input type="checkbox"/> Usually eat: chicken, turkey, and other poultry with skin	<input type="checkbox"/> Sometimes eat: chicken, turkey, and other poultry with skin	<input type="checkbox"/> Usually eat: chicken, turkey and other poultry without skin
5. FISH*	<input type="checkbox"/> Usually eat: fish less than once a week	<input type="checkbox"/> Sometimes eat: fish once a week	<input type="checkbox"/> Usually eat: fish twice a week or more
6. CHICKEN AND FISH CHOICES*	<input type="checkbox"/> Usually eat: fried chicken and/or fried fish and shellfish	<input type="checkbox"/> Sometimes eat: fried chicken and/or fried fish and shellfish	<input type="checkbox"/> Usually eat: chicken and fish that is baked, broiled, grilled, poached, roasted, etc.
7. COLD CUTS, HOT DOGS, BREAKFAST MEATS *	<input type="checkbox"/> Usually/often eat: salami, bologna, other cold cuts, hot dogs, bacon, sausage	<input type="checkbox"/> Sometimes eat: salami, bologna, other cold cuts, hot dogs, bacon, sausage	<input type="checkbox"/> Usually eat: roast beef, turkey breast, ham, or low-fat cold cuts, low-fat hot dogs, low fat bacon/sausage OR I rarely eat processed meats
8. SERVING SIZES OF MEATS* (COOKED)	<input type="checkbox"/> Usually eat: large portions (7 oz. or more)	<input type="checkbox"/> Usually eat: medium portions (4-6 oz.)	<input type="checkbox"/> Usually eat: Small portions (3 oz. or less)
9. MEATLESS MAIN DISHES (like all-bean chili, bean burrito, lentil soup, meatless spaghetti sauce)	<input type="checkbox"/> Rarely eat: meatless main dishes	<input type="checkbox"/> Usually eat: meatless main dishes less than twice a week.	<input type="checkbox"/> Usually eat: meatless main dishes twice a week or more
10. EATING OUT (in restaurants or getting take-out food)	<input type="checkbox"/> Usually eat out or get take-out food: twice a week or more	<input type="checkbox"/> Usually eat out or get take-out food: once a week	<input type="checkbox"/> Usually eat out or get take-out food: less than once a week OR Usually eat at low-fat restaurants
11. EGG YOLKS*	<input type="checkbox"/> Usually eat: 6 or more egg yolks a week	<input type="checkbox"/> Usually eat: 4-5 egg yolks a week	<input type="checkbox"/> Usually eat: 3 egg yolks or less a week OR Usually eat cholesterol-free egg substitutes
12. MILK*	<input type="checkbox"/> Usually eat: whole milk or cream	<input type="checkbox"/> Usually eat: 2% reduced-fat milk	<input type="checkbox"/> Usually eat: 1% low-fat or skim milk
13. CHEESE* (include cheese on pizza, sandwiches, snacks & in other mixed dishes)	<input type="checkbox"/> Usually eat: regular cheese, such as cheddar, Swiss, and American	<input type="checkbox"/> Sometimes eat: regular cheese, such as cheddar, Swiss, and American	<input type="checkbox"/> Usually eat: reduced-fat or part skim cheese OR I rarely eat cheese

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14. FROZEN DESSERTS (ice cream, etc.)	<input type="checkbox"/> Usually eat: regular ice cream, ice cream bars/sandwiches	<input type="checkbox"/> Sometimes eat: regular ice cream, ice cream bars/sandwiches	<input type="checkbox"/> Usually eat: sherbet, sorbet, low-fat frozen yogurt or ice cream OR I rarely eat frozen desserts
15. COOKING METHOD	<input type="checkbox"/> Usually add: oil, butter, or margarine to the pan.	<input type="checkbox"/> Sometimes add: oil, butter, or margarine to the pan	<input type="checkbox"/> Usually: broil, bake or steam without fats or oils or use cooking sprays (Pam)
16. COOKING FATS & OILS (choices for cooking and baking)	<input type="checkbox"/> Usually use: butter, stick margarine, shortening ("Crisco"), bacon drippings, and/or lard	<input type="checkbox"/> Usually use: liquid or tub margarine for cooking and baking	<input type="checkbox"/> Usually use: oils such as olive, corn, and Canola oil for cooking OR I cook without fat/oils
17. FRIED FOODS (like french fries, egg rolls, etc.)	<input type="checkbox"/> Often eat: fried foods	<input type="checkbox"/> Sometimes eat: fried foods	<input type="checkbox"/> Rarely eat: fried foods
18. SPREADS (added on at the table)	<input type="checkbox"/> Usually put: butter or stick margarine on bread, potatoes, vegetables, etc.	<input type="checkbox"/> Usually put: liquid or regular tub margarine on bread, potatoes, vegetables, etc.	<input type="checkbox"/> Usually put: "light" tub margarine on bread, potatoes, vegetables OR I eat them plain
19. SALAD DRESSING & MAYONNAISE	<input type="checkbox"/> Usually eat: regular salad dressing or mayonnaise	<input type="checkbox"/> Sometimes use: regular salad dressing or mayonnaise	<input type="checkbox"/> Usually use: light or fat-free salad dressing and mayonnaise
20. SNACKS	<input type="checkbox"/> Usually/ Often eat: regular chips, crackers, and nuts	<input type="checkbox"/> Sometimes eat: regular chips, crackers, and nuts	<input type="checkbox"/> Usually eat: fruit, pretzels, low-fat crackers, and baked chips
21. DESSERTS & SWEETS	<input type="checkbox"/> Usually/ often eat: donuts, cookies, cake, pie, pastry or chocolate	<input type="checkbox"/> Sometimes eat: donuts, cookies, cake, pie, pastry, or chocolate	<input type="checkbox"/> Usually eat: fruit, angel food cake, low fat or fat-free desserts and sweets
22. GRAINS (breads, cereal, rice, pasta)	<input type="checkbox"/> Usually eat: white breads, white rice, low fiber cereals like corn flakes, "Rice Krispies", etc.	<input type="checkbox"/> Sometimes eat: white breads, white rice, low fiber cereals like corn flakes, "Rice Krispies", etc.	<input type="checkbox"/> Usually eat: whole grain breads; brown rice; whole grain cereals, like oatmeal, bran cereals, "Wheaties", etc.
23. FRUITS AND VEGETABLES (1 serving = 1/2 cup or 1 piece of fruit)	<input type="checkbox"/> Usually eat: 1 serving or less a day	<input type="checkbox"/> Usually eat: 2-4 servings a day	<input type="checkbox"/> Usually eat: 5 or more servings a day

<p>Find your Rate Your Plate score:</p> <p>Total checks in column A = _____ x 1 = _____</p> <p>Total checks in column B = _____ x 2 = _____</p> <p>Total checks in column C = _____ x 3 = _____</p> <hr/> <p style="text-align: center;">TOTAL _____</p>	<p style="text-align: center;">What does your score mean?</p> <p>If your score is:</p> <p>23-38 = There are many ways you can make your eating habits healthier.</p> <p>39-54 = There are some ways you can make your eating habits healthier.</p> <p>55-69 = You're making many healthy choices.</p> <hr/> <p>Scores: _____ 55-69 = Doing Great!</p> <p>_____ 39-54 = Give literature & complete dietary log – Re-evaluate @ 30 days</p> <p>_____ 23-38 = Give literature, seek dietary referral from M.D. & Re-eval. @ 30 days</p>
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What's Next?

★ *If you are a vegetarian, check column C for these (*) topics.*

Look back at your Rate Your Plate: Do you have any answers in Column C? If you do, great! You are already making some heart healthy choices.

Can you improve? Look at your answers in Columns A and B. Where you checked Column A, can you start eating more like Column B? Over time, move toward Column C.

Begin today. Make changes a little at a time. Let your new way of eating become a healthy habit.