



Food Choices and Changes

How confident are you?

Please rate your confidence that you can achieve and stick to the eating habits described below during the coming month. Rate your confidence for each of the 16 items with a number from the following scale:

0	10	20	30	40	50	60	70	80	90	100
Definitely cannot do it		Probably cannot			Maybe (50/50)		Probably can			Definitely can do it

CONFIDENCE

Use a number between 0 and 100

1. I can limit the amount of meat I eat to 2-3 small servings per week. \_\_\_\_\_
2. I can limit the amount of chicken I eat to 5 small servings a week or less. \_\_\_\_\_
3. I can limit how often I eat bacon and sausage to once a week or less. \_\_\_\_\_
4. I can limit how often I eat hot dogs and luncheon meat to once a week or less. \_\_\_\_\_
5. I can limit fast foods to twice a week or less. \_\_\_\_\_
6. I can switch to nonfat or 1% fat milk and yogurt. \_\_\_\_\_
7. I can limit myself to 2 or fewer egg yolks per week. \_\_\_\_\_
8. I can limit how often I eat cheese to twice a week or less. \_\_\_\_\_
9. I can limit the amount of ice cream I eat to 2 servings a week or less. \_\_\_\_\_
10. I can limit rich breads (biscuits, croissants, bakery muffins) to once a week or less. \_\_\_\_\_
11. I can limit salad dressing to one serving (2 tablespoons) per day. \_\_\_\_\_
12. I can limit my use of spreads (butter, margarine, and mayonnaise) to 3 teaspoons per day. \_\_\_\_\_
13. I can limit how often I eat nuts or peanut butter to 3 times a week or less. \_\_\_\_\_
14. I can limit myself to 1-2 servings of chips and/or fries per week. \_\_\_\_\_
15. I can limit donuts and sweet rolls to once a week or less. \_\_\_\_\_
16. I can limit the amount of high fat sweets I eat to 2 per week or less (cookies, cake, candy bars, etc.) \_\_\_\_\_