

IS YOUR FOOD HELPING YOU?

WHAT FOODS DO YOU EAT?



Are your eating habits helping reduce your chances of having a heart attack or stroke?

In just a few minutes, you can learn how well your food choices are working for you. Follow these five steps:

1. For each type of food, put a check in the column that shows how many times a week you eat that food.
2. For each column, add up your check marks and write down how many checks you made in that column in the space called "Number of check marks in column."
3. Multiply the "Number of check marks in column" by the column number (0,1, 2, or 3) that you see at the top of the column. Write this new number in the space marked "Check marks in column multiplied by column number."
4. Add the numbers called "Check marks in column multiplied by column number," and write this total on the line marked "Total of Section." There are three sections.
5. To see your eating habits score, add the three section totals.

Section I

	0	1	2	3
	1 or more times every day	4-6 days of the week	2-3 days of the week	1 or fewer times per week
Baked or broiled chicken or turkey (no skin), fish, tofu, fat-free lunch meats				
Whole grains, pasta, or bread				
Dried beans, oatmeal, oat bran				
Vegetables and fruits				
Number of check marks in column:				
Check marks in column multiplied by column number:				

Total of Section I: _____

Section II

	3	2	1	0
	1 or more times every day	4-6 days of the week	2-3 days of the week	1 or fewer times per week
Beef, pork, hamburgers, cheeseburgers, roasts				
Bacon, sausage, lunch meat, hotdogs				
Organ meats such as liver and kidneys				
Cheeses (other than nonfat or cottage cheese)				
Doughnuts, pastries, pies, cakes, cookies, ice cream, chocolate				
Fried foods: fried chicken, potato chips, french fries				
Whole milk (not low-fat, 1%, or nonfat)				
Eggs				
Fast foods or restaurant foods				
Number of check marks in column:				
Check marks in column multiplied by column number:				

Total of Section II: _____

Section III

	3	2	1	0
	1 or more times every day	4-6 days of the week	2-3 days of the week	1 or fewer times per week
Butter or margarine on food or food cooked in butter or margarine				
Mayonnaise, sour cream, or creamy salad dressing (not low calorie or nonfat) on food				
Skin on chicken or turkey				
Foods high in coconut oil, coconut milk, or other tropical oils				
Nondairy creamer in coffee or frozen nondairy toppings on desserts (not nonfat or low-fat)				
Number of check marks in column:				
Check marks in column multiplied by column number:				

Total of Section III: _____

Your Eating Habits Score

To get your eating habits score, add the three section totals:

+ + =

Total Section I Total Section II Total Section III Eating Habits Score: _____

(If you are a vegetarian, subtract 3 points from your score.)

What does your score mean? A low score means your food choices are helping to reduce your risk of heart attack and stroke.

If you scored 10 or below, congratulations! You have a low-fat, high-fiber diet. Having a diet that is low in fat and high in fiber can help decrease your risk of heart attack and stroke.

If your score was higher than 10, you could be making food choices that would be of greater benefit to your health.

Try these techniques when you decide what to eat, so your food choices can help reduce your risk of heart attack and stroke:

- Choose whole grains, fruits, vegetables, beans, and lean protein.
- Select foods that are baked, grilled, or broiled.
- Choose monounsaturated fats.
- Try low-fat and nonfat foods more often.
- Try to include plant sterols (cholesterol-lowering foods) in your diet; these include *Benecol*, *Take Control*, *Canola Harvest*, and others.
- Avoid large portion sizes. Eating more calories than your body needs can contribute to weight gain. Being overweight puts you at higher risk of having a heart attack or stroke.
- Limit the amount of foods and beverages you consume that contain sugar and fat. Consider limiting or eliminating french fries, potato chips, fried foods, alcohol, and sweets.



If you would like more information about choosing foods to reduce your risk of heart attack and stroke:

Contact your Kaiser Permanente Health Education Center or Department for additional information, programs, and other resources.

Connect to kp.org to access health and drug encyclopedias, interactive programs, health classes, and much more. At kp.org/healthylifestyles you can use the online HealthMedia Nourish® program to create your own personalized heart healthy eating plan.

This information is not intended to diagnose health problems or to take the place of medical advice or care you receive from your physician or other health care professional. If you have persistent health problems, or if you have additional questions, please consult with your doctor. Kaiser Permanente does not endorse any brand names; any similar products may be used.