



Answers to Section B

1. a 8
b 6
c 2
d 0
2. a 8
b 6
c 2
d 0
3. a 8
b 6
c 2
d 1
4. a 8
b 6
c 2
d 0
(Add 2 points if it is usually a whole wheat/wholegrain variety)
5. a 8
b 6
c 2
d 0

Total B

The higher your score for Section B the better.

A score above 30 is very good. Less than 10 and changes are needed to increase the amount of bread, cereals, potatoes, fruit and vegetables in your diet.

You should aim to have a low score for A and a high score for B, which means a diet which is, overall, low in fat and high in cereals, bread, fruit and vegetables.

If your score for A is greater than for B then you really do need to make a change in your diet. To help show where you can make the necessary changes look again at your answers. The questions in Section A which gave you a high score, and those in Section B which gave you a low score are the areas to concentrate on.



How healthy is your eating?

Towards Healthy Living



Add up the points in each section to find out how well balanced your diet is!

Section A

1. What type of milk do you usually use?

- a Semi-skimmed
- b Ordinary
- c Skimmed

2. How do you spread margarine/butter on bread?

- a Thinly
- b Thickly
- c Medium

3. How often do you eat biscuits, cakes or pastries in a week?

- a 6 or more times
- b 3-5 times
- c Once or twice
- d Very occasionally or never

4. How often do you eat sweets, chocolates and confectionery in a week?

- a 6 or more times
- b 3-5 times
- c Once or twice
- d Very occasionally or never

5. How often do you eat chips or crisps in a week?

- a 6 or more times
- b 3-5 times
- c Once or twice
- d Very occasionally or never

6. How often do you eat sausages/meat pies/burgers in a week?

- a 6 or more times
- b 3-5 times
- c Once or twice
- d Very occasionally or never



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Answers to Section A

1. a 2
b 4
c 1
2. a 2
b 8
c 6
3. a 6
b 4
c 2
d 0
4. a 6
b 4
c 2
d 0
5. a 6
b 4
c 2
d 0
6. a 8
b 6
c 2
d 0

Total A

The lower your score for Section A the better.

Below 10 is really good. Above 25 suggests you need to reduce the amount of fat in your diet.



Section B

1. How many slices of bread (or equivalent in rolls or chipattis, etc.) do you eat most days?

- a 6 or more
- b 4-5
- c 2-3
- d 1 or less

2. How often do you eat boiled or baked potatoes, rice, pasta or noodles in a week?

- a 6 or more times
- b 3-5 times
- c Once or twice
- d Very occasionally or never

3. How many potatoes (about the size of an egg) do you usually eat as part of a meal?

- a 5 or more
- b 4
- c 3
- d 1-2

4. How many times in a week do you eat a breakfast cereal?

- a 6 or more times
- b 3-5 times
- c Once or twice
- d Very occasionally or never

5. How many portions of fruit and vegetables (fresh, frozen or tinned) do you eat every day?

- a 6 or more times
- b 3-5 times
- c 2
- d 1-2



answers overleaf