

Nutrition Activity ★ ★ ★	Ready or Not?				
Healthy Eating Habits	I'm not interested in doing this	I have thought about doing this	I have tried to do this off and on, or I intend to try again very soon	I am doing this successfully already, but for less than 6 months	I have been doing this successfully for more than 6 months
Eat more whole-grain foods					
Eat more vegetables					
Eat more fruits					
Eat nonfat or low-fat milk products regularly					
Substitute beans, nuts, fish, and poultry for meats regularly					
Choose sensible portions					
Make low-fat choices more often					
Limit intake of low-nutrition/high-calorie snacks, sauces, and toppings					
Limit intake of high-calorie beverages such as soft drinks and alcohol					
Prepare foods with methods that lower calories and fat					
Reduce my overall calorie intake					
Keep track of the foods I eat					
Keep track of my physical activity					