

# Is This Diet Healthy?

Diet: \_\_\_\_\_

Name: \_\_\_\_\_

Block: \_\_\_\_\_

Date: \_\_\_\_\_

Total up your yes answers and write the score, and grade for the diet. (These questions are based on [MyPlate](#) and the Dietary Guidelines for Americans:

**1 point for yes,**  
**leave blank for "No"**  
**If you don't know, leave it blank:**

- 1) \_\_\_\_ Does the diet include a variety of food **daily**: Make half your grains whole grains. \_\_\_\_\_
- 2) \_\_\_\_ Does the diet program also encourage you to exercise? \_\_\_\_\_
- 3) \_\_\_\_ Vary your protein routine? \_\_\_\_\_
- 4) \_\_\_\_ Does the diet make half your plate fruits and vegetables. 1 ½ c females: 2 c males \_\_\_\_\_
- 5) \_\_\_\_ Does the diet keep sugar in moderation? \_\_\_\_\_
- 6) \_\_\_\_ Does the diet include mainly foods that are low in fat or food that have mainly "good" (unsaturated or omega) fats? (Low-fat and fat-free milk or yogurt) \_\_\_\_\_
- 7) \_\_\_\_ Does the diet keep your daily calorie total above: 1200 girls & 1500 boys \_\_\_\_\_
- 8) \_\_\_\_ Does the diet make sure you don't lose more than 1-2 pounds per week? \_\_\_\_\_
- 9) \_\_\_\_ Do **YOU** consider this diet "healthy" and "balanced"? \_\_\_\_\_
- 10) \_\_\_\_ Is the diet a program that you could continue for life?  
i) Would you realistically be able to make it a life-style change for the rest of your life? \_\_\_\_\_

|                    |
|--------------------|
| <b>10 A</b>        |
| <b>9 A-</b>        |
| <b>8 B</b>         |
| <b>7 C</b>         |
| <b>6 D</b>         |
| <b>5 or less F</b> |

Total "yes" score points \_\_\_\_\_

The diet's grade \_\_\_\_\_  
(use grades from box)