

The Eat Well quick quiz fact sheet

Take this quick quiz to find out how well you currently eat. Think about what and how much you eat each day and click on the box if you:

- Eat at least five serves of vegetables every day. A serve is half a cup of cooked vegies or one cup salad. (Hot chips don't count!)
- Eat at least two serves of fruit every day. A serve is one medium piece (e.g. an apple) or two small pieces (e.g. apricots) of fresh fruit; or one cup of chopped or canned fruit.
- Have two serves of reduced-fat milk or alternatives each day (e.g. one slice reduced-fat cheese, one cup low-fat soy milk with added calcium, a small tub of reduced-fat yogurt).
- Eat some high fibre cereal or wholegrain bread every day.
- Eat a small serve of lean meat, chicken or fish; or two eggs or some nuts or legumes (e.g. lentils, chickpeas, beans such as kidney beans or baked beans) every day.
- Limit deep-fried fast foods to once a week or less.
- Limit high sugar drinks such as soft drink to once a week or less.

See how you rate!

6-7 points: Congratulations, you're already a healthy eater!

4-5 points: There's room for improvement in your eating habits.

Less than 4: It's time for a serious overhaul!