



**MyPlate.gov**

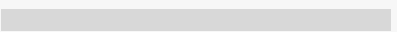
# What is your eating style?

Start MyPlate quiz

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# Welcome to the Start Simple with MyPlate quiz



**What's your name?**





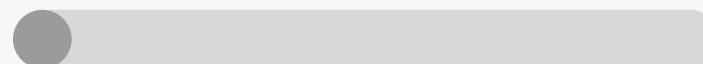
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## What are your top 3 healthy eating goals?

To be healthier overall	Get to a healthy weight
Maintain a healthy weight	Increase my energy
Feel better about myself	Reduce stress
Help get my family on track with healthy eating	Other

Continue

4% Complete





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## Which of the following, if any, are preventing you from eating healthy?

Select all that apply

Costs too much

Taste and flavor

Takes too much time

Inconvenient

Others in the household do not want to

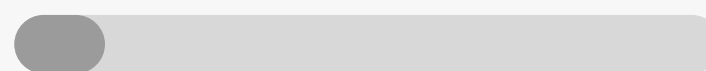
No support system (someone to help me stay on track)

I'm not sure how to

None of the above

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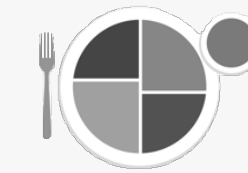
8% Complete





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# How familiar are you with MyPlate?



Very familiar

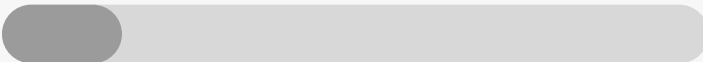
Somewhat familiar

Not too familiar

Not familiar at all

Continue

12% Complete

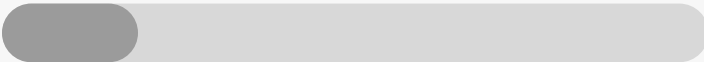




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# Is this your first time visiting MyPlate.gov?

16% Complete

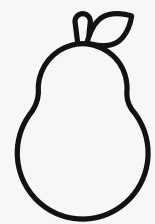




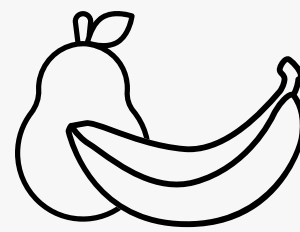
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## Now let's look into what you're currently eating. How often do you eat from the Fruit Group?

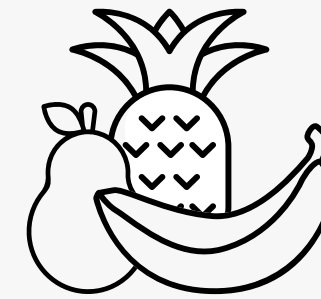
**i** The Fruit Group includes any fruit (fresh, frozen, canned, dried) and 100% fruit juice.



Never/Rarely  
0-1 day per week



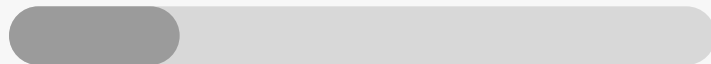
Occasionally  
2-3 days per week



Often/Always  
3+ days per week

[Continue](#)

20% Complete

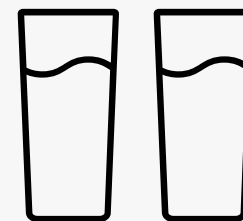




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## How often do you drink 100% fruit juice?

**i** 100% fruit juice contains no added sugar or artificial flavors.



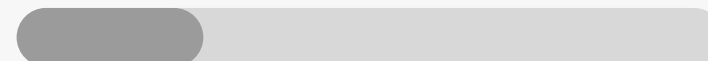
**Never/Rarely**  
0-1 day per week

**Occasionally**  
2-3 days per week

**Often/Always**  
3+ days per week

[Continue](#)

24% Complete

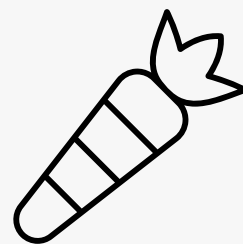






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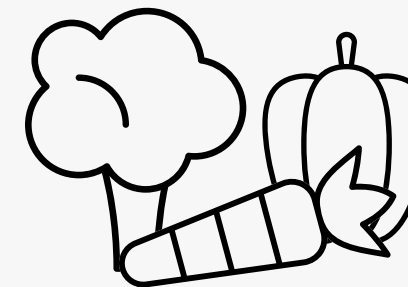
# How often do you eat from the Vegetable Group?



Never/Rarely  
0-1 day per week



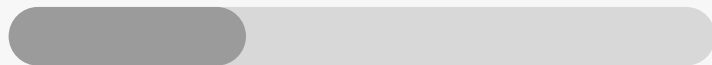
Occasionally  
2-3 days per week



Often/Always  
3+ days per week

[Continue](#)

28% Complete

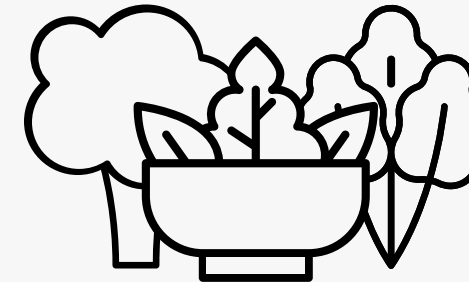
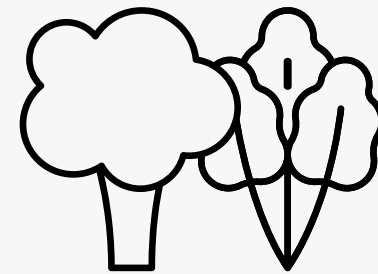
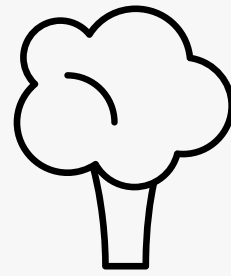




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## How often do you eat dark green vegetables?

**i** Broccoli, greens (collards, mustard green, turnip greens, kale), spinach, and raw leafy greens (romaine, watercress, dark green leafy lettuce, endive, escarole) count as a dark green vegetable.



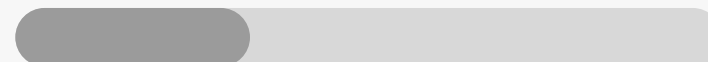
**Never/Rarely**  
0-1 day per week

**Occasionally**  
2-3 days per week

**Often/Always**  
3+ days per week

[Continue](#)

32% Complete

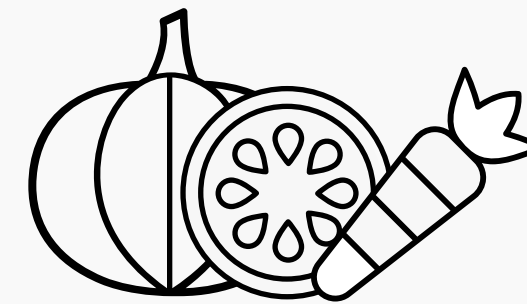
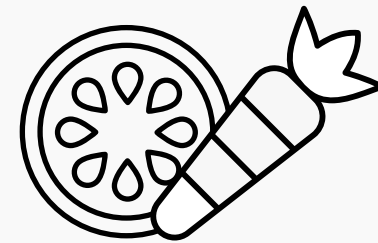
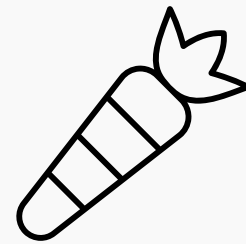




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## How often do you eat red & orange vegetables?

**i** Tomatoes, bell peppers, carrots, pumpkins, sweet potato, and winter squash (acorn, butternut, hubbard) count as red & orange vegetables.



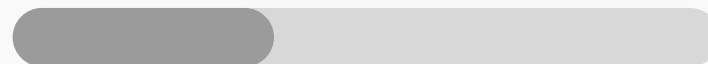
Never/Rarely  
0-1 day per week

Occasionally  
2-3 days per week

Often/Always  
3+ days per week

Continue

36% Complete

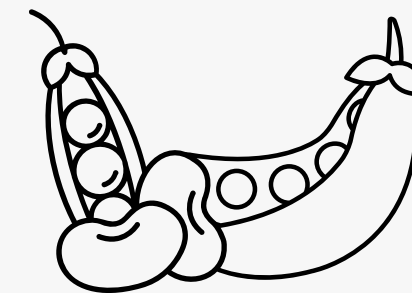
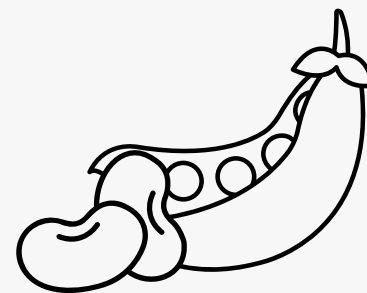
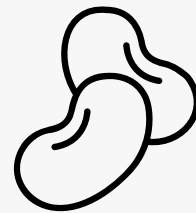




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## How often do you eat beans & peas?

**i** Beans & peas include dry and canned beans and peas (such as black, garbanzo, kidney, pinto, or soy beans, lentils or black-eyed peas or split peas).



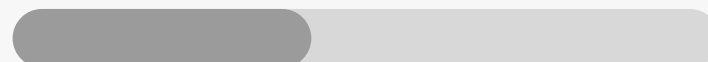
**Never/Rarely**  
0-1 day per week

**Occasionally**  
2-3 days per week

**Often/Always**  
3+ days per week

[Continue](#)

40% Complete

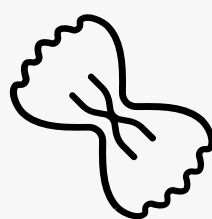




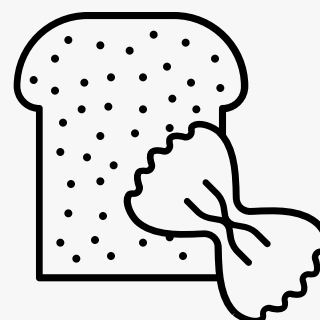
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## How often do you eat from the Grains Group?

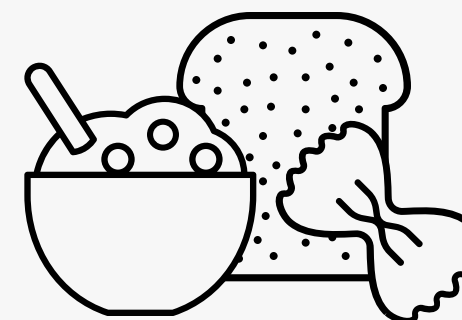
**i** Any food made from wheat, rice, oats, cornmeal, barley, or another cereal grain is a grain product. Bread, pasta, breakfast cereals, grits, and tortillas are examples of grain products. Foods such as popcorn, rice, and oatmeal are also included in the Grains Group.



Never/Rarely  
0-1 day per week



Occasionally  
2-3 days per week



Often/Always  
3+ days per week

Continue

44% Complete





EAT HEALTHY

LIFE STAGES

RESOURCE CENTER

PROFESSIONALS

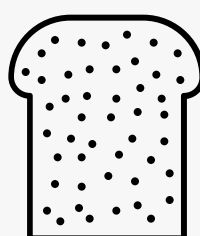
KITCHEN



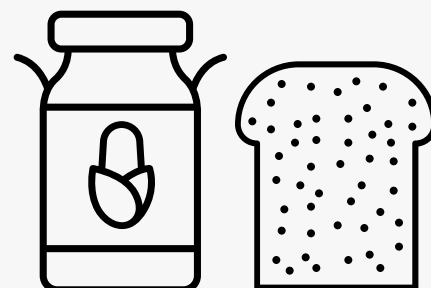
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## How often do you eat whole grains?

**i** Examples of whole grains include whole-wheat flour, bulgur (cracked wheat), oatmeal, whole cornmeal, whole-wheat breads, whole-wheat pastas, and brown rice.



Never/Rarely  
0-1 day per week



Occasionally  
2-3 days per week



Often/Always  
3+ days per week

Continue

48% Complete

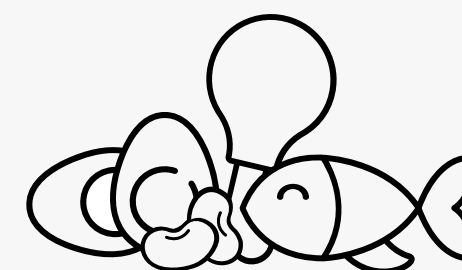
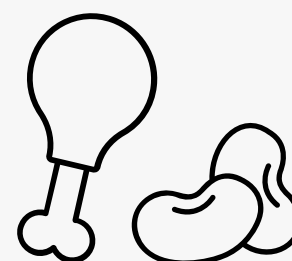
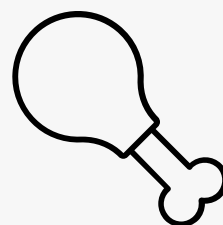




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## How often do you eat from the Protein Foods Group?

**i** The Protein Foods Group includes meats, poultry, seafood, eggs, nuts and seeds, beans and peas.



Never/Rarely  
0-1 day per week

Occasionally  
2-3 days per week

Often/Always  
3+ days per week

Continue

52% Complete





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## How often do you eat seafood?

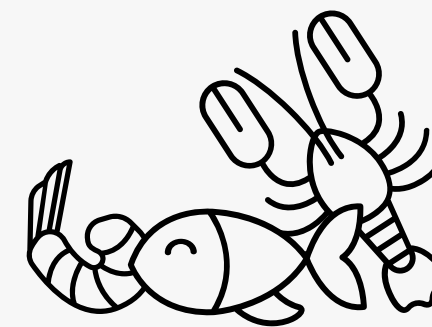
**i** Seafood includes both fish and shellfish (shrimp, crab, lobster, crayfish, clams, scallops, oysters, and mussels.)



**Never/Rarely**  
0-1 day per week



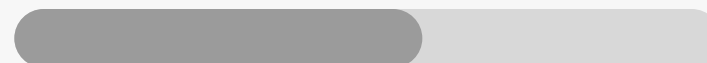
**Occasionally**  
2-3 days per week



**Often/Always**  
3+ days per week

Continue

56% Complete



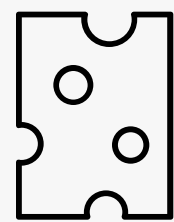




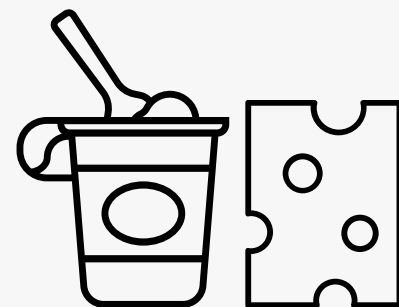
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## How often do you eat from the Dairy Group?

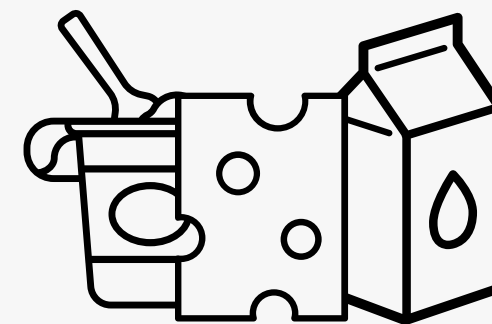
**i** The Dairy Group includes milk, yogurt, cheese, and calcium-fortified soy milk. Foods made from milk that have little to no calcium, such as cream cheese, cream, and butter, are not part of the Dairy Group.



Never/Rarely  
0-1 day per week



Occasionally  
2-3 days per week



Often/Always  
3+ days per week

[Continue](#)

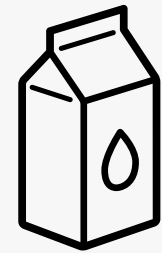
60% Complete



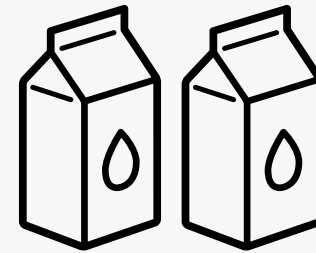


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## How often do you drink fat-free (skim) or low-fat milk?



Never/Rarely  
0-1 day per week



Occasionally  
2-3 days per week



Often/Always  
3+ days per week

[Continue](#)

64% Complete





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## How often do you drink soymilk or another calcium-fortified plant-based milk?



Never/Rarely  
0-1 day per week



Occasionally  
2-3 days per week



Often/Always  
3+ days per week

[Continue](#)

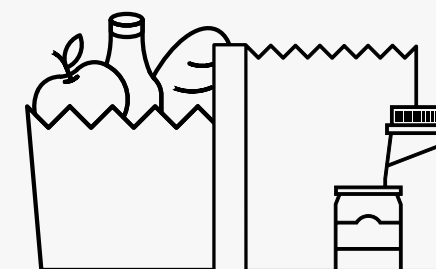
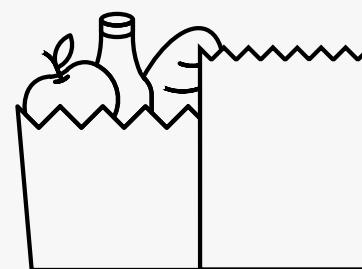
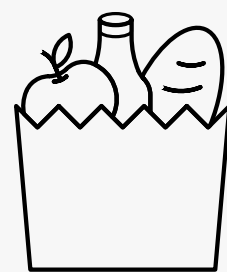
68% Complete





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## How often do you shop for groceries?



**Never/Rarely**  
0-1 day per week

**Occasionally**  
2-3 days per week

**Often/Always**  
3+ days per week

[Continue](#)

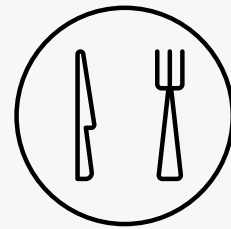
72% Complete



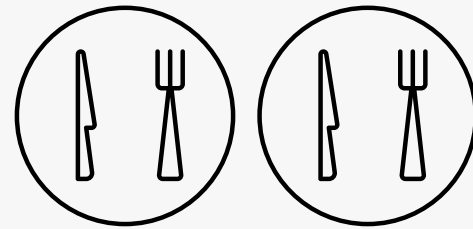


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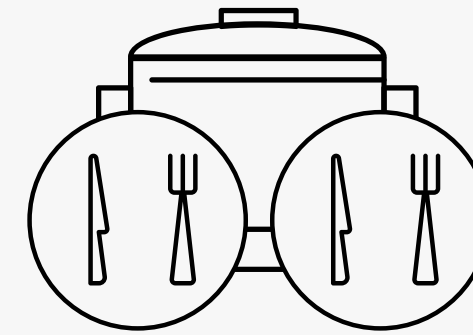
## How often do you plan your meals?



**Never/Rarely**  
0-1 day per week



**Occasionally**  
2-3 days per week



**Often/Always**  
3+ days per week

[Continue](#)

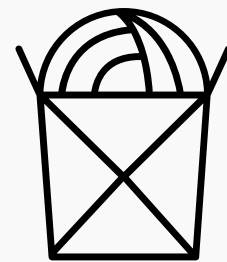
76% Complete





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## How often do you dine out or order takeout/delivery?



Never/Rarely  
0-1 day per week



Occasionally  
2-3 days per week



Often/Always  
3+ days per week

[Continue](#)

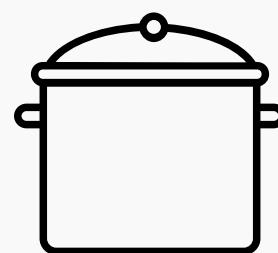
80% Complete



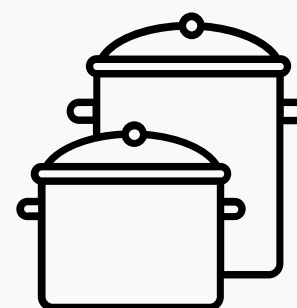


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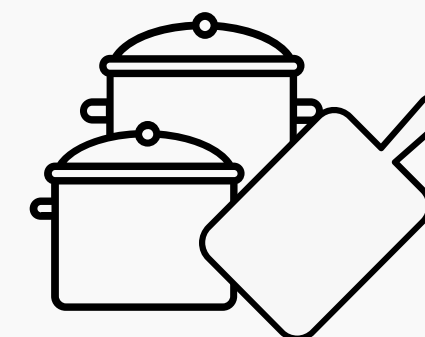
## How often do you cook meals at home?



Never/Rarely  
0-1 day per week



Occasionally  
2-3 days per week



Often/Always  
3+ days per week

[Continue](#)

84% Complete





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## What would you like to learn more about?

Select all that apply

Healthy recipes

Healthy snack ideas

Healthy eating on a budget

Meal planning

Food preparation

Portion control

Grocery shopping tips

Setting goals

[Continue](#)

88% Complete







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# Would you like to receive tips to help you meet your goals?

Yes, daily

Yes, weekly

Yes, monthly

Not right now

Continue

92% Complete





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## Would you be interested in learning more about sodium (salt), saturated fats, added sugars, and oils?

96% Complete





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## Please share other resource topics related to healthy eating that may be of interest to you.

[Complete quiz](#)

100% Complete

