

## How Am I Doing on My Heart Health Meal Plan?

1. I eat fish at least twice a week.

; Never            ( Sometimes            ! Most of the time

2. I use olive oil or canola oil every day.

; Never            ( Sometimes            ! Most of the time

3. I eat whole grain bread, whole grain cereal, brown rice and other whole grains every day.

; Never            ( Sometimes            ! Most of the time

4. I eat 5 or more servings of fruits and vegetables every day.

; Never            ( Sometimes            ! Most of the time

5. I eat nuts and dried beans and peas several times a week.

; Never            ( Sometimes            ! Most of the time

6. I consume only low fat and non-fat dairy foods 3 times a day.

; Never            ( Sometimes            ! Most of the time

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