

## **Quiz 2: What Are Your Current Eating Habits?**

Rationale: Highly processed foods - those most commonly eaten - contain many pro-inflammatory substances. If you are not very careful about what you eat, you likely consume large amounts of pro-inflammatory foods.

### **Eating Habits at Home**

Do you or your significant other cook with corn, peanut, sunflower, safflower or soy oil (as opposed to olive or grapeseed oil)? *Add 3 points* \_\_\_\_\_

Do you eat a prepackaged microwave meal that provides a full meal (as opposed to only frozen vegetables) more than once a week? *Add 1 point* \_\_\_\_\_

Do you eat any foods packaged in boxes, such as ready-to-eat cereals, flavored rices, meat extenders, and other boxed foods, more than once a week? *Add 1 point* \_\_\_\_\_

When you eat at home, do you use bottled salad dressings that contain soy or safflower oil or partially hydrogenated fats (as opposed to olive oil)? Check the label *Add 2 points* \_\_\_\_\_

Do you eat pasta, bread, or pizza (one, some, or all three) daily? *Add 2 points* \_\_\_\_\_

Do you eat baked goods, such as cookies, coffee cakes, other cakes, doughnuts, packaged brownies, cakes or similar food products at least once a week? *Add 2 points* \_\_\_\_\_

Do you use margarine instead of butter? *Add 2 points* \_\_\_\_\_

Do you eat a lot of hamburgers? *Add 1 point* \_\_\_\_\_

Do you dislike eating fish? *Add 1 point* \_\_\_\_\_

Do you drink regular (sweetened) soft drinks or add sugar to your coffee or tea? *Add 1 point* \_\_\_\_\_

### **Eating Habits in Restaurants**

Do you eat at fast-food restaurants such as McDonald's, Burger King, KFC, Taco Bell, or others at least once a week? *Add 2 points* \_\_\_\_\_

Do you eat at a Chinese restaurant more than once a week? *Add 2 points* \_\_\_\_\_

Do you eat pasta or pizza in a restaurant at least once a week? *Add 2 points* \_\_\_\_\_

Do you eat breaded and fried fish or deep-fried shrimp more than once every week or two? *Add 2 points* \_\_\_\_\_

Do you eat French fries? *Add 2 points* \_\_\_\_\_

Do you eat mostly beef? *Add 1 point* \_\_\_\_\_

If you eat beef, is hamburger your favorite type? *Add 1 point* \_\_\_\_\_

Do you order soft drinks when you eat out?

Add 1 point \_\_\_\_\_

Your score on quiz 2: \_\_\_\_\_

Interpretation and ranking:

- 0-2 Low.** You are eating a low-inflammation diet, which is the best way to protect yourself from chronic inflammation.
- 3-5 Moderate.** You are eating a moderate-inflammation diet, which may set the stage for chronic inflammation.
- 6-19 High.** You are eating a high-inflammation diet, which substantially increases your risk of inflammatory diseases.
- 20+ Very high.** You are eating a very high inflammation diet, which greatly increases your risk of disease.

*High or very high on quiz 2 but not quiz 1:* You are at risk for developing inflammatory diseases in the coming years. This would be a good time to bolster your long-term health.

*High or very high on both quiz 1 and quiz 2:* You likely have a high level of inflammation. The reason is probably that you are eating too many pro-inflammatory foods. You would do well to go on the *Anti-Inflammation Syndrome Diet Plan* and take steps to improve your long-term health.

*High or very high on quiz 1 but not quiz 2:* You have probably adopted a very good diet but may have to further fine-tune your diet and supplement program.