







The next few items are about

choosing foods.

If a person wanted to reduce the amount of fat in their diet, which would be the best choice?

(1) beef

(2) sausage, ground

(3) turkey, sliced

or chicken, the best

whether you like

If a person wanted to cut down on fat, which

If a person wanted to reduce the amount of fat

(4) cheddar cheese

(5) thick cut chops

4. Are you aware of any major health problems

6. What is your current health status?

7. How do you feel about your current health status?

8. How do you feel about your current health status?

