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## "Tracking the Way to a Healthier You"



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The Health Check Report Card was created by Melissa McDole, medical student at Florida State University College of Medicine

## Health Check Report Card

This tool is easy to use and will help you develop healthy habits such as healthy eating and increased physical activity. It will also help you to balance the amount and type of foods you eat.

Instructions: Please complete the Health Check Food Report Card each day for 1 week. Use the Go, Slow/Stop Foods, and Fruit and Vegetable lists to help you. Each food from the lists is worth one point each. For physical activity, place a number from $2-8$ corresponding to the length of time for physical activity. Use the Physical Activity List to help you. At the end of the week, add the numbers in each category for each day and place the number in the "weekly total" box. If you reached your goal for a particular category, place a sticker in the "I reached my goal" box.

|  | Goals | Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Weekly <br> Total |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| I reached <br> my goal!! |  |  |  |  |  |  |  |  |  |
| GO Foods | 21 or more <br> per week |  |  |  |  |  |  |  |  |
| SLOW/STOP <br> FoOds | Less than <br> 21 per week |  |  |  |  |  |  |  |  |
|  <br> Vegetables | 21 or more <br> per week |  |  |  |  |  |  |  |  |
| Physical <br> Activity | 42 points or <br> more per <br> week (at <br> least 30 <br> min. per <br> day) |  |  |  |  |  |  |  |  |

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## Go, Slow/Stop Foods List

Here are the GO and SLOW/STOP foods to choose from. Each food on the list is worth one point each.

GO Foods give you energy, are high in nutrients, and are low in calories. Go ahead eat as many as you want of them!

## Low Sodium:

- Fresh, frozen or low-sodium canned mixed vegetables
- Mrs. Dash or other salt substitutes
- Popcorn (air-popped or light microwave)
Low Sugar:
- Angel food cake
- Fresh, frozen or canned fruit in light syrup
- Graham crackers, ginger snaps, and fig bars
- Whole wheat/multi-grain bread


## High Calcium:

- Almonds
- Broccoli
- Fat-free, $1 \%$ or $2 \%$ milk
- Fortified breakfast cereals
- Fortified Orange Juice
- Frozen yogurt
- Greens (collards, turnips, mustard)
- Low-fat cheese (cheddar, swiss, jack)
- Puddings (made with skim milk)
- Soymilk


## Low Fat:

- Chicken or turkey without skin
- Cold cuts or lunch meats (95\% or 97\% fat-free)
- Cooked grits
- Egg whites or egg substitutes
- Extra lean ground beef such as ground round or ground turkey
- Fresh fish
- Jelly, jam, or honey on bread or toast
- Light mayonnaise
- Light spread margarines, diet margarine, or whipped butter, tub or squeeze bottle
- Low fat peanut butter
- Oatmeal
- Olive oil
- Pasta with red sauce (marinara)
- Salsa

SLOW/STOP Foods can give you energy over a shorter period of time (quick energy foods). These foods are also high in fat and calories. You should slow or stop eating these foods!

## High Fat:

- Cheese (cheddar, swiss, jack)
- Coffee cream ( $1 / 2$ and $1 / 2$ ) or nondairy creamer (liquid, powder)
- Fried foods
- Frozen breaded fish, fried fish
- Gravy (homemade with fat and/or milk)
- Hamburgers and hot dogs
- High fat peanut butter
- Macaroni and Cheese
- Pasta with white sauce (Alfredo)
- Pork bacon or sausage
- Regular ground beef
- Regular margarine, butter and mayonnaise
- Regular salad dressings
- Scalloped potatoes
- Smothered catfish
- Sour cream
- Whole milk


## High Sugar:

- Cake (pound, chocolate, yellow, red velvet)
- Cookies
- Donuts, sweet rolls, muffins, scones, or pastries
- Energy drinks (Rockstar and Red Bull)
- Fruit in heavy syrup
- Ice cream
- Kool-aid and fruit punches
- Pie (sweet potato, pecan, pumpkin)
- Soda
- White bread


## High Sodium:

- Barbeque sauce
- Canned pork and beans and hot dogs
- Canned soup
- Canned vegetables
- Cold cuts or lunch meats
- Frozen T.V. dinners
- Ramen noodles
- Salted Nuts (peanuts, sunflower seeds, and cashews)
- Sardines
- Teriyaki and soy sauces
- Vienna Sausages, spam, and "potty meat"


## Fruits \& Vegetables, Physical Activity List

Here are some examples of fruits and vegetables to include in your diet as well as examples of different types of physical activity. Each fruit or vegetable on the list is worth one point each.
Fruits \& Vegetables give your body nutrients such as potassium, dietary fiber, and vitamin C and are low in fat, sodium and calories. It is important to increase fruits and vegetables daily!

Fruits can be fresh, canned, frozen, dried, whole, cut or pureed

- Apples
- Applesauce
- Bananas
- Blueberries
- Cantaloupes
- Cherries
- Grapes
- Grapefruits
- Honeydew
- Mangoes
- Mixed fruit
- Nectarines
- Oranges
- Peaches
- Pineapples
- Plums
- Raisins
- Strawberries
- Tangerines
- Watermelon
- $100 \%$ Fruit Juice
- Apple
- Orange
- Grape
- Grapefruit

Vegetables may be raw or cooked; fresh, frozen, canned, or dried/dehydrated; whole, cut-up, or mashed

- Asparagus
- Baked potato
- Beets
- Broccoli
- Cabbage
- Carrots
- Cauliflower
- Celery
- Corn
- Cucumbers
- Green beans
- Green peas
- Greens (Collard, Mustard, Turnip)
- Iceberg lettuce
- Lima beans
- Okra
- Onions
- Romaine lettuce
- Spinach
- Squash
- Sweet potatoes
- Vegetable juice

Physical Activity along with a healthy diet is key to maintain a healthy lifestyle. It can help you achieve and maintain a healthy weight, relieve stress, and lower risk for disease!

## Work at Home:

- Shopping for groceries or clothes
- Housework (vacuuming, sweeping, dusting, mopping, etc.)
- Stair climbing
- Food preparation (10 minutes or more)
- Serving food
- Dishwashing (10 minutes or more)
- Home repair (painting, washing car)


## Yard Work

- Gardening/yard work (raking, pruning, planting, weeding)
- Lawn mowing (walking only)


## Caretaking

- Caring for older person (lifting, pushing wheelchair)
- Caring for children (lifting, pushing stroller)


## Exercise

- Brisk Walking ( 10 minutes or more)
- Stretching (Pilates, yoga, and pool exercises)
- Vigorous exercise, aerobics (activity that increases heart rate, breathing)
- Sports (Basketball, Softball, Volleyball, etc.)
- Bicycling
- Swimming
- Weightlifting


## Recreational Activities

- Leisure walking (10 minutes or more)
- Hiking
- Needlework (knitting, sewing, crocheting)
- Dancing (moderate dancing, ballroom, electric slide)
- Bowling
- Golf (walking to each hole only)
- Racquet sports (tennis, racquetball)


## Serving Sizes Guide

| Serving Size | Examples of Foods |
| :--- | :--- |
| Fruits: 1 serving = 1 cup of fruit, $100 \%$ fruit juice, or $1 / 22$ <br> cup of dried fruit | See Fruits and Vegetables List |
| Vegetables: 1 serving = 1 cup of cooked vegetables, 1 <br> cup of vegetable juice, or 2 cups of raw leafy greens | See Fruits and Vegetables List |
| Grains: 1 serving $=1$ slice of bread, 1 cup of ready-to- <br> eat cereal, or $1 / 2$ cup of cooked rice, cooked pasta, or <br> cooked cereal | Bread, pasta, oatmeal, breakfast cereals, tortillas, <br> and grits |
| Dairy: 1 serving = 1 cup of milk or yogurt, $11 / 2$ ounces <br> of natural cheese, or 2 ounces of processed cheese | All types of milk, yogurt, cheese, pudding, ice cream |
| Meats \& Beans: 1 serving = 1 ounce of meat, poultry <br> or fish, $1 / 4$ cup cooked dry beans, 1 egg, 1 tablespoon <br> of peanut butter, or $1 / 2$ ounce of nuts or seeds | Meat, poultry, fish, dry beans, peas, eggs, nuts, and <br> seeds |
| Oils: 1 serving = 6 teaspoons | Canola oil, corn oil, cottonseed oil, olive oil, <br> safflower oil, soybean oil, and sunflower oil |

For more information:
http://choosemyplate.gov

## Food Facts

## Tips for Healthy Eating

## Fruits and Vegetables:

Increasing fruit and vegetable intake gives the body more nutrients. Fruits and vegetables are low in fat, sodium and calories and protect against certain types of cancers. They also help reduce the risk for type II diabetes, stroke and other types of heart disease.

## Salt Content:

A diet high in salt may be related to high blood pressure. On average, Americans consume about 2-4 teaspoons of salt a day. Eating less processed foods, such as salty chips, luncheon meats, and canned soups, can help lower your salt intake.

## Sugar/Sweets:

Sugar and sweets are fine when eaten in moderation. To help maintain your weight try to avoid eating foods and drinks (especially sodas) with added sugars. This will reduce dental problems and weight gain.

## Calcium:

Diets rich in calcium help prevent bone loss. Try to include milk (fatfree or low-fat) as a beverage during meals. Examples of high calcium foods include: yogurt, cheese, green vegetables (collard/turnip greens, spinach, and broccoli) kidney beans, nuts (almonds, walnuts, Brazil nuts, hazelnuts).

## Physical Activity:

In addition to having a healthy diet, it is important to be physically active. Regular physical activity helps to lower risk for health conditions such as heart disease, stroke, certain cancers, diabetes. It also helps build healthy bones, muscles, and joints and gives you energy. Some physical activities you can do include: sports, gym classes, gardening, raking leaves, and household chores.

## Fat Content:

A high intake of saturated fat, trans fat, and cholesterol can lead to the development of blocked arteries and eventually heart attack or stroke. Unsaturated fats help reduce the risk for blocked arteries and should be eaten in moderation. Good sources of unsaturated fats include fish, nuts, seeds and plant oils.

- Choose lean meats and poultry. Bake it, broil it, or grill it!
- In a restaurant, choose steamed, grilled, or broiled foods instead of fried or sauteed.
- Look for foods low in saturated fats, trans fats, and cholesterol.
- Look for foods high in potassium.
- Choose foods and beverages low in added sugars.
- Pick foods that provide dietary fiber, like fruits, beans, vegetables, and whole grains.

Tips for Reading a Food Label

| Nutrition Facts <br> Serving Size 1 cup (228g) Servings Per Container 2 |  |  |  | Start here |
| :---: | :---: | :---: | :---: | :---: |
| Amount Per Serving |  |  |  | Check calories |
| Calories 250 Calories from Fat 110 |  |  |  |  |
| \% Daily Value* |  |  |  | Quick guide to \% DV |
| Total Fat 12 g |  |  | 18\% |  |
| Saturated Fat 3g |  |  | 15\% | $20 \%$ or more is high |
| Trans Fat 3g |  |  |  |  |
| Cholesterol 30mg |  |  | 10\% |  |
| Sodium 470 mg |  |  | 20\% | Limit these |
| Potassium 700 mg |  |  | 20\% |  |
| Total Carbohydrate 31g |  |  | 10\% | Get enough of these |
| Dietary Fiber Og |  |  | U\% | Footnote |
| Sugars 5g |  |  |  |  |
| Protein 5g |  |  |  |  |
| Vitamin A |  |  | 4\% |  |
| Vitamin C |  |  | 2\% |  |
| Calcium |  |  | 20\% |  |
| Iron |  |  | 4\% |  |
| - Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.$\text { Calories: } \quad 2,000 \quad 2,500$ |  |  |  |  |
|  |  |  |  |  |
| Total Fat Sat Fat | Less than | 659 | 809 |  |
| Sat Fat | Less than | 20 g 300 mg | 25 g 300 mg |  |
| Sodium | Less than | 2,400mg | 2,400mg |  |
| Total Carbohydrate Dietary Fiber |  | $\begin{aligned} & 300 \mathrm{~g} \\ & 25 \mathrm{~g} \end{aligned}$ | $\begin{array}{r} 375 \mathrm{~g} \\ 30 \mathrm{~g} \\ \hline \end{array}$ |  |


[^0]:    Foods:
    Add 1 point for each food you eat from the Go, Slow/Stop, and Fruits \& Vegetables List
    Physical Activity:
    2 point $=$ Less than 15 minutes a day
    4 point= 15-29 minutes a day
    6 point= $30-44$ minutes a day
    8 point $=45$ minutes or more a day

