

Health Check Report Card

“Tracking the Way to a Healthier You”



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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 Total	I reached my goal!!
GO Foods	21 or more per week									
SLOW/STOP Foods	Less than 21 per week									
Fruits & Vegetables	21 or more per week									
Physical Activity	42 points or more per week (at least 30 min. per day)									

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

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!

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!

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

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.

<p>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!</p>		<p>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!</p>	
<p>Fruits can be fresh, canned, frozen, dried, whole, cut or pureed</p> <ul style="list-style-type: none"> • Apples • Applesauce • Bananas • Blueberries • Cantaloupes • Cherries • Grapes • Grapefruits • Honeydew • Mangoes • Mixed fruit • Nectarines • Oranges • Peaches • Pineapples • Plums • Raisins • Strawberries • Tangerines • Watermelon • 100% Fruit Juice <ul style="list-style-type: none"> ○ Apple ○ Orange ○ Grape ○ Grapefruit 	<p>Vegetables may be raw or cooked; fresh, frozen, canned, or dried/dehydrated; whole, cut-up, or mashed</p> <ul style="list-style-type: none"> • 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 	<p>Work at Home:</p> <ul style="list-style-type: none"> • 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) <p>Yard Work</p> <ul style="list-style-type: none"> • Gardening/yard work (raking, pruning, planting, weeding) • Lawn mowing (walking only) <p>Caretaking</p> <ul style="list-style-type: none"> • Caring for older person (lifting, pushing wheelchair) • Caring for children (lifting, pushing stroller) 	<p>Exercise</p> <ul style="list-style-type: none"> • 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 <p>Recreational Activities</p> <ul style="list-style-type: none"> • 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 ½ cup of dried fruit	See Fruits and Vegetables List
Vegetables: 1 serving = 1 cup of cooked vegetables, 1 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-eat cereal, or ½ cup of cooked rice, cooked pasta, or cooked cereal	Bread, pasta, oatmeal, breakfast cereals, tortillas, and grits
Dairy: 1 serving = 1 cup of milk or yogurt, 1 ½ ounces 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 or fish, ¼ cup cooked dry beans, 1 egg, 1 tablespoon of peanut butter, or ½ ounce of nuts or seeds	Meat, poultry, fish, dry beans, peas, eggs, nuts, and seeds
Oils: 1 serving = 6 teaspoons	Canola oil, corn oil, cottonseed oil, olive oil, safflower oil, soybean oil, and sunflower oil

For more information:

<http://choosemyplate.gov>

