

## DO YOU...

**OFTEN (5-7 days/week) = 2 POINTS; SOMETIMES (~3 days/week) = 1 POINT; NEVER = 0 POINTS**

- \_\_\_\_\_ Consider nutrition when you make food choices?
- \_\_\_\_\_ Include a variety of colors (natural, not artificially colored) in your daily food intake? Examples are green spinach, orange yams, yellow squash, and red tomatoes.
- \_\_\_\_\_ Try to eat 3 balanced meals? Eating breakfast can help you perform better during your morning hours, and eating three meals per day can help keep your energy levels steady throughout the day.
- \_\_\_\_\_ Choose nutritious snacks? Examples are carrot sticks, a piece of fruit, or some pretzels, instead of candy or French fries.
- \_\_\_\_\_ Try to balance your calorie intake with your physical activity? When your daily energy intake (calories) exceeds your daily energy expenditure (physical activity) for months or years, the result can be unwanted weight gain.
- \_\_\_\_\_ Eat at least 6 servings of grain products such as bread, cereal, rice, and pasta daily? One serving is equal to 1 slice of sandwich bread (1oz), or ½ cup of cooked rice/pasta, or ¾ cup dry or cooked cereal.
- \_\_\_\_\_ Eat at least 2 cups of vegetables daily?
- \_\_\_\_\_ Eat at least 2 cups of fruits daily?
- \_\_\_\_\_ Consume at least 2 cups of calcium rich foods daily? Examples are dairy products, tofu, dark leafy green vegetables, calcium fortified juice, calcium fortified soy or rice milk, or calcium fortified cereals.
- \_\_\_\_\_ Choose lower fat protein sources such as chicken breasts, turkey breast, fish, beans, tofu or nuts rather than higher fat choices (such as burgers, steaks, salami, bologna, or hotdogs)?
- \_\_\_\_\_ Choose oils such as olive oil, canola oil, or sunflower oil rather than butter or margarine?
- \_\_\_\_\_ Limit foods such as soda, candy, or cookies to 2 or fewer daily?
- \_\_\_\_\_ Drink 6-8 cups of fluid--including water, juices, and milk, not sodas--daily?
- \_\_\_\_\_ Limit alcoholic beverages to no more than 1 daily for women and no more than 2 daily for men?

## IF YOU SCORED.....

**24 or more points** = Healthy eating seems to be a way of life for you already. Keep it up, and continue to enjoy the health benefits that nutritious eating provides.

**16 to 23 points** = You seem to have a good understanding of proper nutrition, but making a few changes could help you eat healthier overall. If you're not sure about the areas you need to work on, schedule an appointment with a Health Educator or Peer Health Educator at the SHS Wellness Center (909-869-5272) to get some tips on how to eat more nutritiously.

**9 to 15 points** = You make the right food choices sometimes – but not often enough to be at your optimal nutritional level. You may want to attend a Basic Nutrition Class at the SHS Wellness Center to learn easy and effective ways to eat more healthfully.

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