



# Wellness Buddy Wednesday Tip

## Making Healthy Food Choices

CELEBRATE NATIONAL NUTRITION MONTH



### How do you rate?

Number a sheet of paper from 1 through 25. Read each item below and respond by writing *almost always*, *sometimes*, *seldom*, or *never* for each item. Then proceed to the next section.

1. I eat foods from several food groups at each meal.
2. Each day I eat at least six servings from the breads, cereals, grains, and pasta group.
3. Each day I eat at least three servings from the vegetable group.
4. Each day I eat at least three servings from the fruit group.
5. Each day I eat at least two servings from the meat, poultry, fish, and alternates group.
6. Each day I eat at least two servings from the milk, yogurt, and cheese group.
7. I eat fried foods, such as French fries and fried onion rings sparingly.
8. I avoid high-fat desserts and baked foods.
9. I eat gravies and rich sauces sparingly.
10. I cut all visible fat off meat and remove the skin from chicken.
11. I reach for fresh fruit instead of a sweet dessert or snack.
12. I buy fruit packed in water or juice rather than heavy syrup.
13. I eat whole-grain breads and cereals instead of highly refined grains.
14. I eat whole fruit with the skin or peel.
15. I taste food before salting it.
16. I avoid eating too many salty snack foods.
17. I avoid alcoholic beverages.
18. I eat a nutritious breakfast.
19. I drink milk or juice at meals rather than soft drinks.
20. I snack mostly on foods from the five food groups, rather than on empty-calorie foods.
21. If I snack, I do so well before mealtime.
22. At potato and pasta bars, I avoid overloading on sauces, sour cream, and butter.

23. At salad bars I go heavy on fresh fruits and vegetables and light on creamed salads and deserts.
24. I use information on a nutrient label and the ingredient list of a food label when I shop for food.
25. I compare prices using the unit price label when I shop for groceries.

### How did you score?

Give yourself 2 points for every **almost always** response; 1 point for every **sometimes** response; and 0 points for each **seldom** or **never** response. Find your total and read below to see how you scored.

#### 38 to 50

**Excellent.** Your food choices show that you are taking good care of your health.

#### 13 to 37

**Good.** You may understand that good nutrition is important to your health, but you need to make wiser food decisions.

#### 0 to 12

**Needs Improvement.** Your food choices may be putting your body at risk.

### What are you goals?

If you scored between 38 and 50, complete the statements in Part A. If your score was under 38, complete Parts A and B.

#### Part A

1. I plan to learn more about making wise food decisions in these ways: \_\_\_\_\_.
2. My timetable for completing this is \_\_\_\_\_.
3. I plan to share food and nutritional information with others by \_\_\_\_\_.

#### Part B

4. The food behavior I would like to change or improve is \_\_\_\_\_.
5. The steps involved in making this change are \_\_\_\_\_.
6. My timetable for making this change is \_\_\_\_\_.
7. The people or groups I will ask for support or assistance are \_\_\_\_\_.
8. My rewards for making this change are \_\_\_\_\_.

Healthy Communities, Healthy People  
Jackson Co Health Department  
P O Box 310  
3045 4th Street  
Marianna, FL 32447

Phone: 850.526.2412 ext 282  
Fax: 850.428.9564  
Email: WellnessBuddy@doh.state.fl.us



**Nutrition & physical fitness** are our mission!