

Healthy Roads Quiz (Print and Complete)

Think about what you usually eat and how active you are. Put a check mark in column A, B or C and add up the points to see how far you have traveled on Shore Memorial's Healthy Roads and where you need to go.

Food Choices	Column A: 1 point	Column B: 2 points	Column C: 3 points	Points
Meat, Fish and Poultry and other Protein foods <input type="checkbox"/> Vegetarian: give yourself 3 points for items 1 - 7				
1. Red Meat frequency (Beef, Pork, Lamb, Veal)	<input type="checkbox"/> <u>Usually eat:</u> three times a week or more	<input type="checkbox"/> <u>Usually eat:</u> twice a week	<input type="checkbox"/> <u>Usually eat:</u> once a week or less	
2. Red Meat Choices	<input type="checkbox"/> <u>Usually eat:</u> high-fat cuts such as ribs, brisket, T-bone steak, prime rib, liver and organ meats	<input type="checkbox"/> <u>Sometimes eat:</u> high-fat cuts such as ribs, brisket, T-bone steak, prime rib, liver and organ meats	<input type="checkbox"/> <u>Usually eat:</u> lean cuts of beef and pork such as loin, flank, round and leg	
3. Ground Meat, Burgers	<input type="checkbox"/> <u>Usually eat:</u> regular hamburgers or ground meat dishes	<input type="checkbox"/> <u>Usually eat:</u> ground sirloin or round, ground beef, very lean hamburgers	<input type="checkbox"/> <u>Usually eat:</u> ground turkey breast or vegetable patties; or rarely eat ground meat or burgers	
4. Cold cuts, hot dogs, breakfast meats	<input type="checkbox"/> <u>Usually or often eat:</u> salami, bologna, bacon, sausage, hot dogs	<input type="checkbox"/> <u>Sometimes eat:</u> salami, bologna, bacon, sausage, hot dogs	<input type="checkbox"/> <u>Usually eat:</u> roast beef, turkey breast, ham or low-fat cold cuts, low-fat hot dogs, low-fat bacon or sausage.	
5. Poultry	<input type="checkbox"/> <u>Usually eat:</u> chicken, turkey with skin	<input type="checkbox"/> <u>Sometimes eat</u> skin	<input type="checkbox"/> <u>Never eat</u> skin	
6. Fish and Seafood	<input type="checkbox"/> <u>Usually eat:</u> only fried fish and seafood	<input type="checkbox"/> <u>Usually eat</u> fish and seafood: baked, broiled, poached or grilled once a week	<input type="checkbox"/> <u>Usually eat fish:</u> baked, broiled, poached or grilled twice a week or more	
7. Meatless Main Dishes including soy burgers, tofu, beans and lentil dishes	<input type="checkbox"/> <u>Rarely eat:</u> meatless main dishes	<input type="checkbox"/> <u>Usually eat:</u> meatless main dishes once a week	<input type="checkbox"/> <u>Usually eat:</u> meatless main dishes twice a week or more	
8. Egg Yolks	<input type="checkbox"/> <u>Usually eat:</u> 4 or more egg yolks a week	<input type="checkbox"/> <u>Usually eat:</u> 1 - 3 egg yolks a week	<input type="checkbox"/> <u>Usually eat:</u> egg whites or egg substitutes	
Dairy Products				
9. Milk	<input type="checkbox"/> <u>Usually use:</u> whole milk	<input type="checkbox"/> <u>Usually use:</u> 2% low-fat milk	<input type="checkbox"/> <u>Usually use:</u> non-fat, 1% low-fat milk or soy milk	
10. Cheese (includes cheese on pizza, sandwiches, snacks and in mixed dishes)	<input type="checkbox"/> <u>Usually eat:</u> regular cheese such as cheddar, Swiss, American, whole milk mozzarella	<input type="checkbox"/> <u>Sometimes eat:</u> regular cheese or reduced-fat varieties.	<input type="checkbox"/> <u>Usually eat:</u> reduced-fat or part-skim or soy cheese or rarely eat cheese	
11. Sour cream or cream cheese	<input type="checkbox"/> <u>Use often</u>	<input type="checkbox"/> <u>Sometimes use:</u> (3 time a week) or use reduced-fat	<input type="checkbox"/> <u>Rarely use</u> or use non-fat	
12. Frozen dairy desserts (Ice cream, frozen yogurt, etc.)	<input type="checkbox"/> <u>Usually eat:</u> regular ice cream (1 cup or more), ice cream	<input type="checkbox"/> <u>Sometimes eat:</u> or eat small portion (1/2 cup or less) regular ice cream	<input type="checkbox"/> <u>Usually eat</u> small portions (1/2 cup) of reduced fat ice cream; low-fat frozen yogurt, sorbet, sherbet	
			Total Points Page 1	

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Fats, Oils, Sweets and Snacks				
13. Fats, oils used for cooking	<input type="checkbox"/> <u>Usually use:</u> butter, stick margarine, shortening, bacon drippings and/or lard	<input type="checkbox"/> <u>Usually use:</u> Liquid or tub margarine	<input type="checkbox"/> <u>Always use:</u> oils such as olive oil or canola oil or cook without fat/oils	
14. Fats added to food	<input type="checkbox"/> <u>Usually add:</u> butter or stick margarine on bread, potatoes, vegetables, etc.	<input type="checkbox"/> <u>Usually add:</u> liquid or regular tub margarine on bread, potatoes, vegetables, etc.	<input type="checkbox"/> <u>Usually add:</u> margarine with “no trans fat” to bread, potatoes, vegetables or eat them plain.	
15. Salad dressing	<input type="checkbox"/> <u>Usually use:</u> regular salad dressing or mayonnaise	<input type="checkbox"/> <u>Sometimes use:</u> regular salad dressing or mayonnaise	<input type="checkbox"/> <u>Usually use:</u> reduced or fat-free salad dressing; or mayonnaise; or vinegar and small amt. of oil; or eat salads plain	
Fruits and Vegetables and Grains				
16. Fruits & vegetables (1 serving = 1 piece fruit or 1/2 cup)	<input type="checkbox"/> <u>Usually eat:</u> 1 serving or less a day	<input type="checkbox"/> <u>Usually eat:</u> 2 – 4 servings a day	<input type="checkbox"/> <u>Usually eat:</u> 5 or more servings a day	
17. Whole grains (bread, pasta, brown rice, oatmeal, high fiber cereal)	<input type="checkbox"/> <u>Rarely eat.</u>	<input type="checkbox"/> <u>Sometimes eat:</u> 3 – 5 times a week	<input type="checkbox"/> <u>Usually eat:</u> daily	
Desserts, Sweets and Snacks				
18. Desserts & Sweets	<input type="checkbox"/> <u>Usually eat:</u> one or more servings of cake, cookies, donuts, pie, pastry or chocolate <u>daily.</u>	<input type="checkbox"/> <u>Usually eat:</u> one or more servings of cake, cookies, donuts, pie, pastry or chocolate <u>3 times a week or less.</u>	<input type="checkbox"/> <u>Usually eat:</u> fruit, occasionally small servings of sweets.	
19. Snacks	<input type="checkbox"/> <u>Usually eat:</u> regular chips, crackers and nuts—may be large servings	<input type="checkbox"/> <u>Sometimes eat:</u> regular chips, crackers and nuts—usually small serving (1/2 cup)	<input type="checkbox"/> <u>Usually eat:</u> fruit, small serving pretzels, low-fat crackers, baked chips (small serving)	
Activity				
20. 30 minutes or more physical activity	<input type="checkbox"/> <u>Usually:</u> One day or less a week	<input type="checkbox"/> <u>Usually:</u> 3 – 5 days a week	<input type="checkbox"/> <u>Daily</u>	
			Total Points This Page	
			Total Points Page 1	
			Total Score	

What your score means:

20 - 30 There are many ways for you to improve your path to Healthy Roads.

31 – 44 There are things you can do to make your path healthier.

45 – 60 You are already on your way and you deserve to be proud of yourself. If you haven’t checked off everything in column C, you may want to make some more changes.

For more information visit: www.shapeup.org
www.eatright.org
www.fruitsandveggiesmatter.gov/
www.americanheart.org