

A Nutrition Scorecard

by **Kathy Scalzo, MA, RD**

Does your breakfast give you a smart start in the morning? Do you pay attention to how you feel when you eat right...and when you don't? Use this form to grade yourself!

BREAKFAST

How often do you eat a healthy breakfast? Breakfast eaters feel sharper. They have more energy, they're thinner, and they live longer. To take good care of yourself, don't run out the door on an empty stomach or go with a sweet treat instead of a solid start.

Give yourself 1 point for every day in the last week that you ate a healthy breakfast.

Breakfast points

5-A-DAY: FRUITS AND VEGETABLES

Fruits and vegetables are some of your body's best friends. Both are natural sources of vitamin A, vitamin C, fiber, and folate (also known as folic acid). Guys and girls should have at least 2 pieces of fruit and 3 servings of vegetables a day for a total of 5-A-Day.

Super fruits:

Strawberries
Kiwi
Pineapple

Power veggies:

Spinach
Okra
Asparagus

Give yourself 1 point for every serving of fruits or vegetables you had yesterday. Then give yourself an extra-credit point for each super fruit and power veggie.

5-A-Day points

Nutrition Scorecard:

- 0-15 points:** Starting today, I'm planning to pay more attention to what I eat and drink
- 16-22 points:** I get the concept, now I need to put it into action all the time
- 23 points or better:** Right on track. Great job!

LIQUID ASSETS

Do you drink enough to meet your needs? You are what you eat AND what you drink! Smart choices will make your body work better. Fill in the blanks below and then grade yourself. Add the number of healthy drinks, and then subtract the number of drinks that handled your thirst but did nothing for your body. For example, if you had 12 cups of healthy drinks and 3 cups of "empty" drinks, your score is 9.

For good health, you need at least 11 cups of healthy drinks, for example:

- 8 cups water
- 2 cups 1% low-fat or skim milk
- 1 cup 100% juice

Total good choices (add)

You Drank

_____ cups
_____ cups
_____ cups
_____ cups

For good health, you DON'T need these liquids...

- Alcohol, wine or beer*
- Soda
- Coffee or tea

You Drank

_____ cups
_____ cups
_____ cups

Total drinks that DON'T help your health (subtract)

"empty" _____ cups

*There are lots of good reasons for teens to avoid alcohol. Dehydration is one of them

Enter your liquid asset points (cups of good choices minus empty cups) below:

Liquid asset points

Now total your score

If you want to improve your score, why not sit down with your family and talk about it? Looking good and feeling sharp have a lot to do with eating right!

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This patient education sheet is distributed in conjunction with the October 2003 issue of *Adolescent Health Update*, published by the American Academy of Pediatrics. The information in this publication should not be used as a substitute for the medical care and advice of your pediatrician. Comments and suggestions on *Nutrition Notes* should be forwarded to Marc Jacobson, MD FAAP (jacobson@lij.edu).

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Supported by an unrestricted educational grant from the Nestle Nutrition Institute™