#  NUTRITION ASSESSMENT RESULTS

## Questions 1-3: Food Security:

See your case manager or economic support worker for help accessing

## Question 7: Fats

**WELLNESS**

benefits and housing assistance if needed.

## Question 4: Fast Food Consumption Recommendation: Limit fast food to once a week or less.

**Your answer:**

Fast food choices tend to be high in unhealthy fat, sodium and sugar.

* Choose grilled chicken instead of fried chicken or hamburgers.
* Use mustard instead of mayonnaise.
* Watch portion size! Most portions are too big and full of empty calories.
* Choose healthier sides and beverages like side salads and apple slices

## Question 5: Sugar Sweetened Beverages Recommendation: Limit sugar sweetened beverages.

**Your answer:**

Beverages with high sugar content are high in empty calories, which may cause tooth decay and weight gain.

* Drink water, nonfat, or lowfat milk.
* Drink 100% juice. Limit to ½ - ¾ cup per day.
* Limit highly caffeinated energy drinks or sweetened coffee.

## Question 6: Desserts and Sweets

**Recommendation: Eat sweets sparingly, less than 2 times a week. Your answer:**

Foods with high sugar content may cause tooth decay and weight gain, which may lead to chronic disease conditions.

* Eat fewer processed foods.
* Read the nutrition label to choose foods low in sugar, fat and sodium.
* Choose fruits, vegetables, whole grains, low-fat dairy products and nuts and seeds for snacks.

## Recommendation: Choose healthy fats more often.

**Your answer:**

Unhealthy fats, like those from animal products can promote heart disease.

* Use plant oils like canola, safflower and olive oil daily.
* Avoid saturated fats like butter, lard, and bacon fat.
* Bake, broil, steam or microwave food instead of frying.

## Question 8: Lean Protein

**Recommendations: Choose lean protein 3 or more times a week. Your answer:**

For better heart health, choose lean protein sources.

* Choose lean meats, skinless chicken breasts, lower-fat hamburger or ground turkey, dried beans (for example, kidney, pinto, or black), nuts, and seeds.
* Limit bacon, sausage, hot dogs and bologna.

## Question 9: Fruits and Vegetables

**Recommendations: Eat 5-9 servings of fruits and vegetables a day.**

**Your answer:**

Diets with lots of fruits and vegetables tend to be heart healthy, high- er in nutrients, lower in calories, and higher in dietary fiber than diets without them.

* Eat a variety of colors of fruits and vegetables, especially dark green, red and orange.
* Choose fresh or frozen when possible. Use canned vegetables low in sodium and fruits canned in their own juices without added sugar.
* Choose 100% fruit juice. Limit to ½ - ¾ cup per day.

# PHYSICAL ACTIVITY ASSESSMENT RESULTS

## Questions 12 & 13: Physical Activity Recommendations for adults:

Two hours and 30 minutes (150 minutes) of moderate-intensity aerobic activity every week and

Muscle-strengthening training on 2 or more days a week that works all major muscle groups (legs, hips, back, abdomen, chest,

shoulders, and arms).

Your answer (staff calculation of amount of physical activity):

* Get at least 30 minutes of moderate physical activity most days of the week. A good choice is walking.
* The 30 minutes can be broken up into three 10-minute blocks.
* Aim for vigorous physical activity at least 3 days per week. It makes you breathe faster and sweat. Try swimming or running.
* Do muscle and bone strengthening activities at least 2 days per week to stay strong. Climbing stairs or lifting weights are good choices.

**TOBACCO USE ASSESSMENT RESULTS**

## Question 16: Tobacco use

**Recommendations for adults: Don’t use any tobacco products.**

**Your answer:**

Cigarette smoking harms nearly every organ of the body, causes many diseases, and negatively affects health in general. Quitting lowers your risk for smoking-related diseases and can add years to your life.

As soon as you quit, your body begins to repair the damage caused by smoking.

* If you’re just considering giving up tobacco, you’ve already taken a huge step forward.
* Quitting isn’t just good for your body, it’s good for your wallet too. If you smoke a pack a day, quitting can save you over $200 a month!
* Quitting takes practice. The more you prepare and practice, the better chance you have of succeeding.

**Hennepin County**

Public Health