

# HEALTHY

## LUNCH FOOD TRACKER:

**THINK BEFORE YOU EAT**

I will keep track of and rate all the lunch food I eat for two days in a row.  
I will eat foods with as many HEALTHY points as I can.  
I will increase my HEALTHY points from Day One to Day Two.

Student Name:

Teacher Name:

FLASH Teacher:

Date:

Class Period:

When you have completed the HEALTHY Lunch Food Tracker return it to your FLASH teacher (or other location as instructed)

Self monitor (write down) everything you eat and drink for lunch, including snack foods. Use **one line to describe each food or drink**. Be specific. Include where you ate it. Include the size or amount of the food you ate. Include any added toppings. It will help you rate the food.

Stop and think about the HEALTHY point rating for each food or drink listed. Ask the five questions. Circle either 'yes' or 'no'. Each 'yes' answer = 1 point. Add up and record total HEALTHY points in the far right hand column. **Is your food:**

Day of Week	Where?	Example: Rosario's Lunch	Made with little or no fat?	Served with little or no fatty toppings?	Small size?	Made with little or no added sugar?	Fruit or vegetable?	HEALTHY points (total)
Day One: Sun	fast food restaurant	3 slices pepperoni pizza with regular ranch dressing	Yes No	Yes No	Yes No	Yes No	Yes No	1
		1 large French fries with regular ranch dressing	Yes No	Yes No	Yes No	Yes No	Yes No	2
		1 small brownie	Yes No	Yes No	Yes No	Yes No	Yes No	2
		1 small glass of 1% plain milk	Yes No	Yes No	Yes No	Yes No	Yes No	4
Day Two: Mon	school cafeteria	1 small (personal size) plain cheese pizza	Yes No	Yes No	Yes No	Yes No	Yes No	4
		1 small French fries with ketchup	Yes No	Yes No	Yes No	Yes No	Yes No	4
		1 small mixed salad (lettuce, tomato, peppers) with nonfat ranch dressing	Yes No	Yes No	Yes No	Yes No	Yes No	5
		1 8 oz carton of 1% plain milk	Yes No	Yes No	Yes No	Yes No	Yes No	4

Self monitor (write down) everything you eat and drink for lunch, including snack foods. Use **one line to describe each food or drink**. Be specific. Include where you ate it. Include the size or amount of the food you ate. Include any added toppings. It will help you rate the food.

Stop and think about the HEALTHY point rating for each food or drink listed. Ask the five questions. Circle either 'yes' or 'no'. Each 'yes' answer = 1 point. Add up and record total HEALTHY points in the far right hand column. **Is your food:**

Day of Week	Where?	My Lunch Food	Made with little or no fat?	Served with little or no fatty toppings?	Small size?	Made with little or no added sugar?	Fruit or vegetable?	HEALTHY points (total)
Day One:			Yes No	Yes No	Yes No	Yes No	Yes No	
			Yes No	Yes No	Yes No	Yes No	Yes No	
			Yes No	Yes No	Yes No	Yes No	Yes No	
			Yes No	Yes No	Yes No	Yes No	Yes No	
			Yes No	Yes No	Yes No	Yes No	Yes No	
Day Two:			Yes No	Yes No	Yes No	Yes No	Yes No	
			Yes No	Yes No	Yes No	Yes No	Yes No	
			Yes No	Yes No	Yes No	Yes No	Yes No	
			Yes No	Yes No	Yes No	Yes No	Yes No	
			Yes No	Yes No	Yes No	Yes No	Yes No	