

Fruit and Vegetable Checklist

These questions are about the ways you plan and fix food.
Think about how you usually do things.

Name _____ Date _____ ID# _____ Entry Exit

Choose one answer for each question.

1.



Do you eat fruits or vegetables as snacks?

- no
 yes, sometimes
 yes, often
 yes, everyday

2.



Did you have citrus fruit or citrus juice during the past week?

- yes
 no

3. Fruit: How much do you eat each day?



- none
 1/2 cup
 1 cup
 1 1/2 cups
 2 cups
 2 1/2 cups
 3 cups or more

4.



Do you eat more than one kind of **fruit** each day?

- no
 yes, sometimes
 yes, often
 yes, always

5.



Do you eat more than one kind of **vegetable** each day?

- no
 yes, sometimes
 yes, often
 yes, always

6. Vegetables: How much do you eat each day?



- none
 1/2 cup
 1 cup
 1 1/2 cups
 2 cups
 2 1/2 cups
 3 cups or more

7.



Do you eat 2 or more vegetables at your main meal?

- no
 yes, sometimes
 yes, often
 yes, everyday

• Use the accompanying instruction guide when administering this tool.
 • Research and development for this illustrated diet quality checklist were a joint effort of University of California (UC) Cooperative Extension, the California Nutrition Network, UC Davis Design Program and UC Davis Nutrition Department. Authors: Kathryn Sylva, Marilyn Townsend, Anna Martin, Diane Metz.
 • The research for this diet quality instrument is available:
 Townsend MS, Kaiser LL, Allen LH, Joy AB, Murphy SP. Selecting items for a food behavior checklist for a limited resource audience. *Journal of Nutrition Education and Behavior*. 2003;35:69-82.
 Murphy SP, Kaiser LL, Townsend MS, Allen LH. Evaluation of Validity of Items in a Food Behavior Checklist. *Journal of the American Dietetic Association*. 2001;101:751-756, 761.
 Townsend MS, Sylva KG, Martin A, Metz D, Wooten-Swanson P, Follett J, Keim N, Sugerman S. Visually Enhanced Evaluation for Low-income Clients. *J Nutr Educ Behav*. 2005; 37 (1):S49.
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