



# FRUIT and VEGETABLE INVENTORY

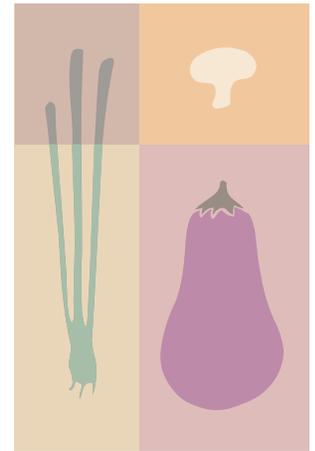
These questions ask about fruits and vegetables. There are no right or wrong answers.  
As you read each item, think about how you usually feel now.

ID# \_\_\_\_\_

Date \_\_\_\_/\_\_\_\_/\_\_\_\_

- |   | Agree                 | Agree or Disagree     | Disagree              |                       |                       |
|---|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|
| 1. I feel that I am helping my body by eating more fruits and vegetables. | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |                       |                       |
| 2. I may develop health problems if I do not eat fruit and vegetables.    | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |                       |                       |
|   | Agree                 | Agree or Disagree     | Disagree              |                       |                       |
| 3. <b>I feel that I can</b> ..... eat fruit or vegetables as snacks.      | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |                       |                       |
| 4. .... buy more vegetables the next time I shop.                         | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |                       |                       |
| 5. .... plan meals or snacks with more fruit during the next week.        | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |                       |                       |
| 6. .... eat two or more servings of vegetables at dinner.                 | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |                       |                       |
| 7. .... plan meals with more vegetables during the next week.             | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |                       |                       |
| 8. .... add extra vegetables to casseroles and stews.                     | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |                       |                       |
|   | Excellent             | Very good             | Good                  | Fair                  | Poor                  |
| 9. How would you describe your diet?                                      | <input type="radio"/> |

- |   | I am                  | Shared decision       | Other person          |
|---|-----------------------|-----------------------|-----------------------|
| 10. In your household, who is in charge of what foods to buy?       | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| 11. In your household, who is in charge of how to prepare the food? | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |



12. Mark one.

- I am not thinking about eating more fruit.
- I am thinking about eating more fruit ... planning to start within 6 months.
- I am definitely planning to eat more fruit in the next month.
- I am trying to eat more fruit now.
- I am already eating 3 or more servings of fruit a day.

13. Mark one.

- I am not thinking about eating more vegetables.
- I am thinking about eating more vegetables ... planning to start within 6 months.
- I am definitely planning to eat more vegetables in the next month.
- I am trying to eat vegetables now.
- I am already eating 3 or more servings of vegetables a day.

2 of 2