

Fruit and Vegetable Checklist

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

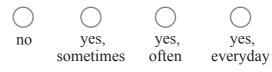
			Entry
Name	Date	ID#	Exit

Choose one answer for each question.

1.



Do you eat fruits or vegetables as snacks?



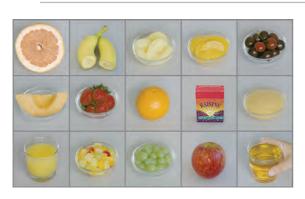
2.



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

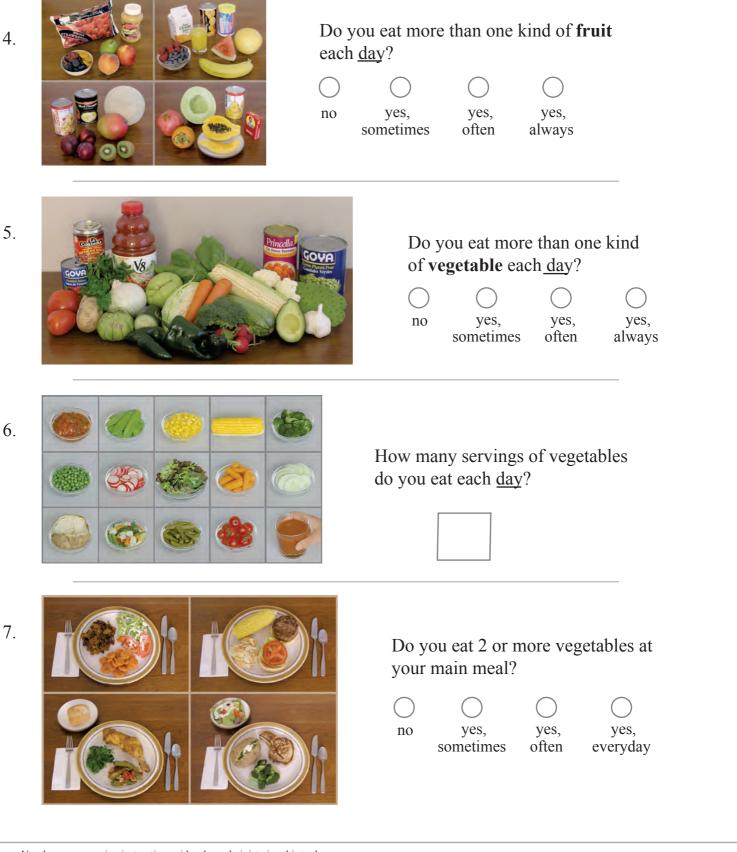


3.



How many servings of fruit do you eat each <u>day</u>?





• 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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