Fruit and Vegetable Checklist

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

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. How many servings of fruit do you eat each day?
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. How many servings of vegetables do you eat each day?

7. Do you eat 2 or more vegetables at your main meal?
   - no
   - yes, sometimes
   - yes, often
   - yes, everyday

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- 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:
- Funded by the USDA Food Stamp Program via the California Nutrition Network, UC Cooperative Extension and UC Davis.