

## **Food Behavior Checklist**

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

Entry
Exit

Name	<u>Date</u>	<u>ID</u> #
		Choose one answer for each question.
1.		Do you eat fruits or vegetables as snacks?  O O O O O O O O O O O O O O O O O O O
2.	Simulation for the second seco	Do you drink fruit drinks, sport drinks or punch?  O O O O O O O O O O O O O O O O O O O
3.	Supplied And Andreas A	Did you have citrus fruit or citrus juice during the past week?

yes

no

4. Strike Care Office Core

Do you drink regular soda?

no yes, yes, yes, sometimes often everyday

5.

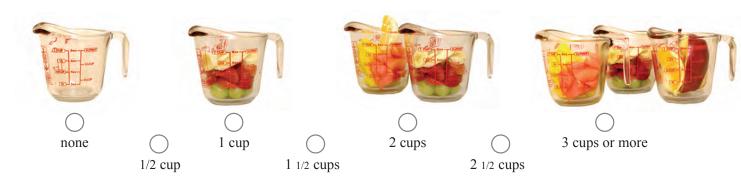
Did you drink milk or use milk on cereal during the past week?

yes no

6. Vegetables: How much do you eat each <u>day</u>?



7. Fruit: How much do you eat each <u>day</u>?



8.	

Do you eat more than one kind of **fruit** each <u>day</u>?

$\bigcirc$			
no	yes,	yes,	yes,
	sometimes	often	always



Do you eat more than one kind of **vegetable** each <u>day</u>?

$\bigcirc$			
no	yes, sometimes	yes, often	yes, always
			-



Do you drink milk?

$\bigcirc$		$\bigcirc$	
no	yes, sometimes	yes, often	yes, everyday



Do you take the skin off chicken?

no	yes, sometimes	yes, often	yes, always
			2



Did you have fish during the past week?



13.					ore vege yes, often	yes, everyday
14.	Nutrition Facts Serving Size 5 Crackers (15g) Servings Fer Container About 30 Amount Per Serving Calories 60 Calories from Fat 15  \$ Daily Value*  Total Fat 1.5g Saturated Fat .5g Polyunsaturated Fat 0g Monounsaturated Fat .5g Cholesterol 0mg 7% Sodium 170mg 7% Fotalssum 15mg 0% Sodium 170mg 7% Dietary Fiber 0g 0% Sugars 0g Protein 1g:	Do y	you use this yes, sometimes	label will yes, often	hen food yes, alway	
15.	TOTOLOGI PROGRA		you run out of the month yes, sometimes		before the open of	
16.	How would you in the poor fair	rate your eating  (5) (6)	habits?  7  good	8	9	10 xcellent

- 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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