

Food Behavior 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.



Do you drink fruit drinks, sport drinks or punch?

- no
 yes, sometimes
 yes, often
 yes, everyday

3.



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

- yes
 no

4.



Do you drink regular soda?

no

yes,
sometimes

yes,
often

yes,
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 day?



none



1/2 cup



1 cup



1 1/2 cups



2 cups



2 1/2 cups



3 cups or more

7. 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

8.



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

no

yes,
sometimes

yes,
often

yes,
always

9.



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

no

yes,
sometimes

yes,
often

yes,
always

10.



Do you drink milk?

no

yes,
sometimes

yes,
often

yes,
everyday

11.



Do you take the skin off chicken?

no

yes,
sometimes

yes,
often

yes,
always

12.



Did you have fish during the past week?

yes

no

13.



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

- no
 yes, sometimes
 yes, often
 yes, everyday

14.



Do you use this label when food shopping?

- no
 yes, sometimes
 yes, often
 yes, always

15.



Do you run out of food before the end of the month?

- no
 yes, sometimes
 yes, often
 yes, always

16.

How would you rate your eating habits?

- 1 poor
 2
 3
 4 fair
 5
 6
 7 good
 8
 9
 10 excellent

- 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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