

Food Behavior Checklist

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

Entry

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.	WANTED CONTINUE CONTI	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.		Did you have citrus fruit or citrus juice during the past week?

yes

no

4. States Charles Conc.

Do you drink regular soda?

no yes, yes, yes, sometimes often everyday

5.

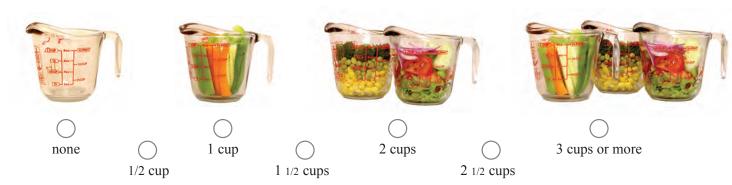
Did you drink milk or use milk on cereal during the past week?

yes no

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



7. Vegetables: 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,	yes,	yes,	
	sometimes	often	everyday	



Do you take the skin off chicken?

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



Did you have fish during the past week?



13.						your main		nore veg yes, often	etables at yes, everyday
14.	Serving Size 5 Servings Per C	Crackers (15g) Crackers (15g) Container About 30 Ving Calories from Fat 15 % Daily Value* g 2% tt 5g 2% tt 45g 2% g 2% tt 6d Fat 0g Comp 0% g 7% Somg 0% hydrate 11g 4%	THIN THE WHOLE Grain		Do y	you use this yes, sometimes	s label w one yes, often	when foo yes alwa	
15.	WOOD FOOD					you run out of the <u>mon</u> yes, sometimes	th? yes,	ye) s,
16.		How	would you ra	ite your e	ating l	habits?			
	1 poor	2	3 4 fair	5	6	7 good	8	9	(10) excellent

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.

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Clients. J Nutr Educ Behav. 2005; 37 (1):S49.
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Townsend MS, Sylva K, Martin A, Metz D, Wooten Swanson P. Improving readability of an evaluation tool for low-income clients using visual information processing theories. J Nutr Educ Behav 2008;40:181-186.

[•] 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: