## FRUIT and VEGETABLE INVENTORY

These questions ask about fruits and vegetables. There are no right or wrong answers.

As you read each item, think about how you usually feel now.

|                                                                        |               | Date       |                      | Pre-test O |
|------------------------------------------------------------------------|---------------|------------|----------------------|------------|
|                                                                        |               | Agree      | Agree or<br>Disagree | Disagree   |
| 1. I feel that I am helping my body by eating more fru and vegetables. | its           | 0          | 0                    | 0          |
| 2. I may develop health problems if I do not eat fruit a vegetables.   | nd            | 0          | 0                    | 0          |
|                                                                        |               | Agree      | Agree or<br>Disagree | Disagree   |
| 3. I feel that I can eat fruit or vegetables as snacks                 |               | $\bigcirc$ | $\circ$              | $\circ$    |
| 4 buy more vegetables the next ti                                      | me I shop.    | 0          | 0                    | 0          |
| 5plan meals or snacks with more the next week.                         | fruit during  | 0          | $\circ$              | 0          |
| 6. eat two or more servings of veg dinner.                             | etables at    | 0          | 0                    | 0          |
| 7 plan meals with more vegetable next week.                            | es during the | 0          | $\circ$              | $\circ$    |
| 8 add extra vegetables to casserol                                     | es and stews. | 0          | $\circ$              | 0          |
|                                                                        | Excellent     | Very good  | Good                 | Fair Poor  |
| 9. How would you describe your diet?                                   | 0             | 0          | 0                    | 0 0        |

|                                                                               |                                                             | I am        | Shared decision | Other person |            |  |  |  |  |  |
|-------------------------------------------------------------------------------|-------------------------------------------------------------|-------------|-----------------|--------------|------------|--|--|--|--|--|
|                                                                               | your household, who is in charge of hat foods to buy?       | 0           | $\circ$         | 0            |            |  |  |  |  |  |
|                                                                               | your household, who is in charge of ow to prepare the food? | 0           | 0               | 0            |            |  |  |  |  |  |
| Choose the one best statement that fits your preferences.                     |                                                             |             |                 |              |            |  |  |  |  |  |
| 12.                                                                           | I am not thinking about eating more fru                     | $\circ$     |                 |              |            |  |  |  |  |  |
| I am thinking about eating more fruit planning to start within 6 months.      |                                                             |             |                 |              | 0          |  |  |  |  |  |
| I am definitely planning to eat more fruit in the next month.                 |                                                             |             |                 |              | 0          |  |  |  |  |  |
| I am trying to eat more fruit now.                                            |                                                             |             |                 |              | $\circ$    |  |  |  |  |  |
|                                                                               | I am already eating 3 or more servings                      | 0           |                 |              |            |  |  |  |  |  |
| 13.                                                                           | I am not thinking about eating more ve                      | getables.   |                 |              | $\circ$    |  |  |  |  |  |
| I am thinking about eating more vegetables planning to start within 6 months. |                                                             |             |                 |              | $\circ$    |  |  |  |  |  |
| I am definitely planning to eat more vegetables in the next month.            |                                                             |             |                 |              | $\circ$    |  |  |  |  |  |
|                                                                               | I am trying to eat vegetables now.                          |             |                 |              | $\circ$    |  |  |  |  |  |
|                                                                               | I am already eating 3 or more servings                      | of vegetabl | es a day.       |              | $\bigcirc$ |  |  |  |  |  |
|                                                                               |                                                             |             |                 |              |            |  |  |  |  |  |

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<sup>•</sup> Authors: Marilyn Townsend and Lucia Kaiser. Graphic Designer: Lynn-Kai Chao. Nutrition Department, University of California Davis. This evaluation tool contains 13 psychosocial items shown to be related to fruit and vegetable intakes. The 6 constructs are perceived benefits, perceived control, self-efficacy for eating fruit & vegetables, readiness to eat more fruit, readiness to eat more vegetables, and perceived diet quality.

References

Townsend MS, Kaiser LL. Development of an evaluation tool to assess psychosocial indicators of fruit and vegetable intake for two federal programs. J Nutrition Education & Behavior. 2005;37:170-184.

Townsend MS, Kaiser LL. Brief psychosocial fruit and vegetable tool is sensitive for United States Department of Agriculture's nutrition education programs. J Amer Dietetic Assoc. 2007;107:2120-2124.

<sup>•</sup> Use this tool with a valid assessment of fruit and vegetable related behaviors such as the Fruit and Vegetable Checklist available at http://townsendlab.ucdavis.edu/. Instruction Guide is available for both tools at the same website.