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.

1. I feel that I am helping my body by eating more fruits and vegetables.
   Agree  Disagree
   Disagree

2. I may develop health problems if I do not eat fruit and vegetables.
   Agree  Disagree
   Disagree

3. I feel that I can … eat fruit or vegetables as snacks.
   Agree  Disagree
   Disagree

4. …………………… buy more vegetables the next time I shop.
   Agree  Disagree
   Disagree

5. …………………… plan meals or snacks with more fruit during the next week.
   Agree  Disagree
   Disagree

6. …………………… eat two or more servings of vegetables at dinner.
   Agree  Disagree
   Disagree

7. …………………… plan meals with more vegetables during the next week.
   Agree  Disagree
   Disagree

8. …………………… add extra vegetables to casseroles and stews.
   Agree  Disagree
   Disagree

9. How would you describe your diet?
   Excellent  Very good  Good  Fair  Poor
   Poor
Choose the one best statement that fits your preferences.

12. I am not thinking about eating more fruit.
   I am thinking about eating more fruit … planning to start within 6 months.
   I am definitely planning to eat more fruit in the next month.
   I am trying to eat more fruit now.
   I am already eating 3 or more servings of fruit a day.

13. I am not thinking about eating more vegetables.
   I am thinking about eating more vegetables … planning to start within 6 months.
   I am definitely planning to eat more vegetables in the next month.
   I am trying to eat vegetables now.
   I am already eating 3 or more servings of vegetables a day.

References
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.
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.