instruction guide
for the administration of the evaluation tool

Food Behavior Checklist

Developed by the University of California (UC) Cooperative Extension, the California Nutrition Network, UC Davis Design Program and UC Davis Nutrition Department
Funded by the UC Cooperative Extension and UC Davis Design Program
The purpose of this tool is to document client behavior change by assessing client eating behaviors before and after the nutrition education lessons.

Instructions: Use this instruction guide when administering the Food Behavior Checklist tool to clients. Administer this tool on 2 occasions—at the registration time before the first lesson is taught and then after the last lesson is taught.

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| Q1. Do you eat fruits or vegetables as snacks? | Items pictured include 3 photos:  
- Far left- a woman sitting eating a whole apple  
- Top right- hands of a person holding carrots sticks  
- Bottom right- hands of a person holding grapes | Snacks are eating occasions which occur before, after, or between meals. If you do not eat fruits or vegetables, mark ‘No.’ | I ate apple pie, does that count? How about carrot cake? | No, in both cases |
| | | | Do fruit snacks count? | No if a ‘fruit snack’ is a fruit roll up or gummy fruit snacks. Yes if the ‘fruit snack’ is something like a piece of fruit. |
| | | | Can they be in something like zucchini bread? | No |
| Q2. Do you drink fruit drinks, sport drinks or punch? | Items pictured include:  
- Sunny D  
- Hawaiian Punch  
- Propel Fitness Water | Count non-carbonated beverages other than 100% juices. Do not count soda. | Does this include Tampico? Hi-C? Capri-Sun? | Yes |
| | | | Does Power Aide count? | Yes |

2 If you have additions for this guide, please contact Larissa Leavens at 530-754-8051 in the Nutrition Dept, UC Davis.
3 Version UCCE.Food Behavior Checklist English 9/06

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| Q3. Did you have citrus fruit or citrus juice during the past week? | Items pictured include:  
- 100% orange juice in a carton  
- frozen concentrated 100% orange juice  
- 100% juice in a glass  
- a can of mandarin oranges  
- a cut orange  
- a cut grapefruit  
- 2 tangerines  
- a pomelo. | Citrus fruit includes orange, grapefruit, kumquat, lemon, lime, tangerine, tangelo, mandarin, and pomelo. Count juices of these citrus fruit, but not juice drinks, punches or aides. Do not count lemonade or limeade. | Does Hawaiian punch count? Does Sunny-D count? | Only counts if it is not 100% juice.  
| Q4. Do you drink regular soda? | Items pictured include:  
- canned soda (Black Cherry, Grape, Orange, Cherry Cola, Grapefruit, and Cola)  
- soda in a cup (Coke and Pepsi)  
- 2 liter bottles of soda (Dr. Pepper, 7-Up, Sunkist Orange Soda, and Mountain Dew) | ‘Regular’ soda means ‘non-diet’ soft drinks. Include sweetened carbonated drinks. | Does strawberry Shasta count?  
What about caffeine free coke?  
Does diet count? | Yes  
Yes, as long as it is not diet.  
No |
<p>| Q5. Did you drink milk or | Items pictured include: | This is a milk question (per our | Does chocolate milk | Yes |</p>
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| use milk on cereal during the past week? | ![Image](https://example.com/milk_cereal.jpg) | • a glass of milk  
• a bowl of Cheerios with milk labeled ‘cold’  
• a bowl of hot oatmeal with milk labeled ‘hot’ | count? Does strawberry milk count?  
Does a milk shake count?  
What about the milk in my latte/coffee?  
Does rice milk count? Does almond milk count?  
Does hazelnut milk count?  
Does multigrain milk count?  
Does calcium fortified orange juice count?  
Does cheese, yogurt, or cottage cheese count?  
Does powdered milk count? | No  
No  
Count the milk if there is more milk than coffee in your cup.  
Yes, if calcium fortified. Pacific Natural Foods [manufactures fortified milks](http://www.pacificfoods.com)  
No  
No  
Yes |

| Q6. Vegetables: How much do you eat each day? | Items pictured include 4 sets of cups:  
• **First cup** – empty 1 cup measuring cup over the circle answer ‘none’  
• **Second cup** – a full 1 cup measuring cup with sticks of carrot, celery, green bell pepper and cucumber over the circle answer ‘1 cup’  
• **Third set of cups** – two full 1 cup measuring cups over the circle answer ‘2 cups’  
  • one has cooked corn kernels, peas, and broccoli  
  • the second has raw vegetables including torn romaine lettuce, cut tomatoes, cut cucumber, and sliced red onion. | This question is about total quantity or amount of vegetables or vegetable juice. This includes all fresh, frozen, canned and dried vegetables and vegetable juices. In general, 1 cup of raw or cooked vegetables or vegetable juice, or 2 cups of raw leafy greens can be considered as 1 cup of vegetable. Examples:  
• 1 cup chopped broccoli counts as 1 cup of vegetable  
• 1 cup of V8 or tomato juice counts as 1 cup of vegetable  
• a salad with 2 cups of leafy greens | Does it have to be the vegetables in the picture?  
Do I count everything that was on my salad?  
Do they have to be fresh or can they be frozen or canned?  
Do French fries count? | No, any vegetable will count.  
Yes, count the total amount of the salad. But, remember the 2 cups of raw leafy greens can be considered 1 cup of vegetable.  
They can be fresh, frozen, canned, or vegetable juice.  
Yes, count French fries for questions |
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| **Fourth set of cups** – three full 1 cup measuring cups over the circle answer ‘3 cups or more’  
  - the first cup has sticks of carrot, celery, green bell pepper and cucumber  
  - the second cup has cooked corn kernels, peas, and broccoli  
  - the third cup has raw vegetables including torn romaine lettuce, cut tomatoes, cut cucumber, and sliced red onion | greens counts as 1 cup of vegetable  
French fries count because they are potatoes. Potato chips do not count as a vegetable.  
If you do not eat vegetables, mark ‘No.’  
Note: These measurements reflect the MyPyramid guidelines, not the Food Guide Pyramid serving size guidelines. | 6, 9, 13, and 17. Do not count them for questions 18, 19, 20, and 21. |
| **First cup** – empty 1 cup measuring cup over the circle answer ‘none’ | | |
| **Second cup** – a 1 cup measuring cup half full with canned fruit cocktail over the circle answer ‘½ cup’ | | |
| **Third cup** – a full 1 cup measuring cup with grapes, sliced strawberries, and sliced banana over the circle answer ‘1 cup’ | | |
| **Fourth set of cups** – two full 1 cup measuring cups over the circle answer ‘2 cups’  
  - one has grapes, sliced strawberries, and sliced banana.  
  - the second has cut watermelon, cut mango, and an orange wedge. | | |
| **Fifth set of cups** – three full 1 cup measuring cups over the circle answer ‘3 cups or more.’  
  - the first cup has cut watermelon and cut mango  
  - the second cup grapes, sliced | | |

Q7. Fruit: How much do you eat each day?

Items pictured include 4 sets of cups:
- **First cup** – empty 1 cup measuring cup over the circle answer ‘none’
- **Second cup** – a 1 cup measuring cup half full with canned fruit cocktail over the circle answer ‘½ cup’
- **Third cup** – a full 1 cup measuring cup with grapes, sliced strawberries, and sliced banana over the circle answer ‘1 cup’
- **Fourth set of cups** – two full 1 cup measuring cups over the circle answer ‘2 cups’
  - one has grapes, sliced strawberries, and sliced banana.
  - the second has cut watermelon, cut mango, and an orange wedge.
- **Fifth set of cups** – three full 1 cup measuring cups over the circle answer ‘3 cups or more.’
  - the first cup has cut watermelon and cut mango
  - the second cup grapes, sliced

This question is about total quantity of fruit. This includes all fresh, frozen, canned, and dried fruits and fruit juices. In general, 1 cup of fruit or 100% fruit juice, or ½ cup of dried fruit can be considered as 1 cup of fruit.

Examples:
- 1 piece of fruit counts as 1 cup
- 1 cup chopped watermelon counts as 1 cup of fruit
- 1 cup of 100% orange juice counts as 1 cup of fruit
- ½ cup of raisins counts 1 cup of fruit
If you do not eat fruit, mark ‘none.’

Note: These measurements reflect the MyPyramid guidelines, not the Food Guide Pyramid serving size guidelines.

| Does frozen fruit count? | Yes |
| Does cran-raspberry juice count? | Only if it is 100% juice with no added sugar. |
| Does dried fruit count? | Yes, remember that ½ cup of dried fruit should be considered as 1 cup of fruit. |
| Do fruit snacks count? | No if a ‘fruit snack’ is a fruit roll up or gummy fruit snacks. Yes if the ‘fruit snack’ is something like a piece of fruit. |
| I eat less than ½ a cup. What do I mark? | Mark the answer that is closest to the amount you eat. |

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<td>Q8. Do you eat more than one kind of fruit each day?</td>
<td>Items pictured include 4 photos:</td>
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<td></td>
<td>• <strong>Top left picture</strong>- bag of frozen whole strawberries, a jar of applesauce, a pear, a nectarine, a peach, and a bowl of mixed fruit including dried plums (prunes), dried apricot, and dried nectarines</td>
<td>This question is attempting to address variety. Different preparation methods of the same fruit do not count as variety (e.g. raw apple for snack, applesauce at dinner). Small amounts of fruit should not be counted (e.g. raisins in a cookie).</td>
<td>Does it count if I only had 2 grapes and ½ a banana?</td>
<td>No. The minimally accepted amount for each is: ¼ cup of raw or canned fruit, ¼ cup 100% fruit juice, 2 tablespoons dried fruit, or equivalent.</td>
</tr>
<tr>
<td></td>
<td>• <strong>Top right picture</strong>- small carton of orange juice, a glass of orange juice, a can of frozen orange juice, a can of frozen grape juice, a grapefruit, a banana, a slice of watermelon, and a bowl of fresh strawberries and blueberries</td>
<td></td>
<td>Does juice count or does it have to be the piece of fruit?</td>
<td>Juice counts if it is 100% juice with no added sugar.</td>
</tr>
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<td></td>
<td>• <strong>Bottom right</strong>- a pomegranate, a persimmon, half of a honeydew melon, a cut papaya, a box of raisins, and a can of sliced pears</td>
<td></td>
<td>If I eat canned fruit cocktail does it count as more than one fruit?</td>
<td>The minimally accepted amount for each is: ¼ cup of raw or canned fruit, ¼ cup 100% fruit juice, 2 tablespoons dried fruit, or equivalent.</td>
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<td></td>
<td>• <strong>Bottom left</strong>- a can of fruit cocktail, a can of sliced pineapple, a whole cantaloupe melon, a whole mango, cut kiwi fruit, 2 whole plums, and a whole apple</td>
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<tr>
<th>Q9. Do you eat more than one kind of vegetable each day?</th>
<th>Items pictured include:</th>
<th>This question is about “variety.” Different preparation methods of the same vegetable do not count as variety (e.g. coleslaw at lunch, cooked cabbage at dinner). Small amounts of vegetables should not be counted (e.g. the few carrot pieces in canned chicken noodle soup). If you do not eat vegetables, mark</th>
<th>Do frozen vegetables count?</th>
<th>Yes</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>• tomatoes</td>
<td></td>
<td>If I eat French fries and lettuce on my hamburger does that count? Do lettuce and onions on my taco count?</td>
<td>The minimally accepted amount for each item is: ¼ cup of chopped raw or cooked vegetables, ¼ cup 100% vegetable juice, ½ cup of</td>
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| Q10. Do you drink milk? | Items pictured include:  
- **Far left**- 1 gallon jug of Crystal brand reduced fat milk, a glass of milk, and a carton of Crystal brand reduced fat milk  
- **Far right**- a grid with labels of various milks including; Vitamin D whole milk*, lactose free milk, fat free milk, low fat milk, chocolate low fat milk, butter milk, carnation fat free canned milk, and nonfat dry milk  
* Note: Other forms of cow’s milk are also fortified with Vitamin D. | This is a milk question, not a dairy or general calcium question (per our validation study). If you do not drink milk mark ‘No.’ | Do milk shakes count?  
Does chocolate or strawberry milk count?  
Does Soy or rice milk count?  
Does milk in my cereal count?  
Does calcium fortified orange juice count?  
Does cheese, yogurt, or cottage cheese count?  
Does powdered milk count? | Yes, if made from milk and ice cream.  
Yes  
Yes, if calcium fortified.  
Yes  
No  
No  
Yes |
| Q11. Do you take the skin off chicken? | Items pictured include:  
- hands of a person removing skin from a raw chicken drumstick | If you do not eat chicken, leave the answer blank. | Does it have to be before I cook it or can I do it after?  
What if I take it off and eat it?  
What if I don’t eat any chicken? | Either way counts, as long as it is not eaten.  
Mark ‘no’.  
Leave the answer blank. |
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| Q12. Did you have fish during the past week? | Items pictured include 3 photos:  
- **Top left picture** - a plate with fish sticks and a box of fish sticks  
- **Top right picture** - a can of tuna and a tuna sandwich  
- **Bottom picture** - a large whole fish on a plate with lemons | Count fish (such as rock fish, snapper, salmon, canned or fresh tuna, etc.) prepared at home. Count any fish from a restaurant (such as fish & chips, etc.) Count shellfish (such as shrimp, prawns, etc.) | What if I only had a couple of bites?  
Does shrimp or crab count?  
Does imitation crab meat count? | Count it.  
Yes. Count both.  
Yes. Imitation crab meat is fish. |
| Q13. Do you eat 2 or more vegetables at your main meal? | Items pictured include 4 photos:  
- **Top left photo** - a plate with chili with cheese, salad (lettuce and tomato) with creamy dressing, and cooked cut carrots  
- **Top right photo** - a plate with an open hamburger (beef patty, bun, lettuce and tomato), coleslaw, and an ear of corn  
- **Bottom right photo** - a plate with a pork chop, cooked broccoli, a baked potato with sour cream and chives, and a bowl with a salad (lettuce, tomato, and a creamy dressing)  
- **Bottom left photo** - a plate with a piece of chicken, cooked spinach, marinated peppers and carrots, and a small plate with a biscuit | This question is about “variety.” French fries count as a vegetable because they are potatoes. Potato chips do not count as a vegetable. If you do not eat vegetables, mark ‘No.’ | How much do I have to eat of each kind to count?  
Do French fries count?  
If I have a bag of mixed frozen vegetables, does that count as more than 1 vegetable? | 2 or more.  
Yes, count French fries for questions 6, 9, 13, and 17. Do not count them for questions 18, 19, 20, and 21.  
Yes |
| Q14. Do you use this label when food shopping? | Items pictures include 2 photos:  
- **Far left photo** - a nutrition facts label  
- **Far right photo** - a woman in the cereal aisle of the grocery store in front of boxes of Honey Bunches of Oats looking at the nutrition facts label of a box of Kellogg’s corn flakes | If you do not do the food shopping for your household, mark ‘No.’ | I look at it but don’t know what it means, what do I mark?  
Is it the same as looking at the front of the package?  
I look at it but price and preference determines my purchase. Should I | Mark ‘no’.  
No, it must be the nutrition facts label.  
Mark “yes.” | Updated 11/14/2006
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<td>Q15. Do you run out of food before the end of the month?</td>
<td><img src="image" alt="Items pictured include:" /></td>
<td>This question is about food insecurity. Mark ‘Yes’ if you use emergency food resources or if some family members go without food. Mark ‘Yes’ is your run out of cash or food stamps to buy food. This may be a sensitive issue, but, if necessary, explain that this does not imply that client does not find something to feed children. Money for food could mean cash, credit, debit card, food stamps or WIC vouchers.</td>
<td>Does that mean that I don’t eat at all?</td>
<td>A ‘yes’ means that you run out of money, vouchers, or stamps to buy food before the end of the month. If someone else gives me food so I won’t be out of food, do I count that?</td>
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<td>Q16. How would you rate your eating habits?</td>
<td>No picture</td>
<td>Think about your usual overall diet compared to what you have seen or heard is a healthy diet.</td>
<td>Does that mean how much do I eat?</td>
<td>Yes, part of healthy eating means eating normal amounts. Do I look at how often I eat?</td>
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Questions 17-22 are additional items for the Plate Method Study for the ANR Body Weight and Health Workgroup.

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<td>Q17. How many servings of vegetables do you eat each day?</td>
<td><img src="image" alt="Items pictured include 3 rows of small pictures:" /></td>
<td>This question is about total quantity or amount of vegetables or vegetable juice. One serving of vegetable is ½ cup of chopped raw or cooked vegetables, 1 cup raw leafy vegetables, ¼ cup 100% vegetable juice, or ½ cup of dried vegetables. Examples of one serving: - 7-8 raw celery or carrots sticks - 1 medium ear of corn - 1 cup of vegetable soup If you do not eat vegetables, mark ‘0.’ Note: These serving sizes reflect the recommendations of the Food Guide Pyramid, not the MyPyramid guidelines.</td>
<td>Does it have to be the ones in the picture?</td>
<td>No, any vegetable will count.</td>
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<td></td>
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<td></td>
<td>If I have a salad with carrots, tomatoes, lettuce and onions, what do I mark.</td>
<td>Count 1 cup of the salad as 1 serving. If the salad is 1 ½ cups count as 1 ½ servings. If the salad is 2 cups count as 2 servings.</td>
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<td></td>
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<td></td>
<td>Do they have to be fresh or can they be frozen or canned?</td>
<td>They can be fresh, frozen, canned, or vegetable juice.</td>
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<td></td>
<td>What do I mark if I eat less than ½ a cup?</td>
<td>Mark less than 1.</td>
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<td>Does vegetable soup count?</td>
<td>Yes, 1 cup counts as 1 serving.</td>
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<td></td>
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<td>Do I count all the pictures as one serving?</td>
<td>No, each square is one serving.</td>
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Q18. Do you eat more than one kind of vegetable each day? This time do not count French fries. | Items pictured include: - tomatoes - potato - cilantro - onion - squash - cucumber - peppers - radishes - avocados - garlic - corn - carrots - chayote - cauliflower - spinach - canned tomatoes - canned salsa - canned sweet potatoes | This question is about “variety.” Different preparation methods of the same vegetable do not count as variety (e.g. coleslaw at lunch, cooked cabbage at dinner). Small amounts of vegetables should not be counted (e.g. the few carrot pieces in canned chicken noodle soup). Potato chips do not count as a vegetable. Do not count fries that are frozen and processed or fried in oil. You may count oven fries that | Do frozen vegetables count? | Yes |
| | | | If I eat French fries and lettuce on my hamburger does that count? | The minimally accepted amount for each item is: ¼ cup of chopped raw or cooked vegetables, ¼ cup 100% vegetable juice, ½ cup of leafy vegetables, or equivalent. |
| | | | Do lettuce and onions on my taco count? | |

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<td>• cactus</td>
<td></td>
<td>are made from whole potatoes and baked in the oven. If you do not eat vegetables, mark ‘No.’</td>
<td>If I eat a can of mixed vegetables does that count? What if I eat a medley of frozen vegetables? Does that count as more than one kind?</td>
<td>Yes, the minimally accepted amount for each item is: ¼ cup of chopped raw or cooked vegetables, ¼ cup 100% vegetable juice, ½ cup of leafy vegetables, or equivalent.</td>
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<tr>
<td>• zucchini</td>
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<td></td>
<td></td>
<td>Do not count frozen and processed fries.</td>
</tr>
<tr>
<td>• canned peas</td>
<td></td>
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<td></td>
<td>No, these are the same as frozen fries. They are processed with oil before being frozen.</td>
</tr>
<tr>
<td>• V-8 vegetable juice</td>
<td></td>
<td></td>
<td></td>
<td>No, they are the same as regular fries.</td>
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<tr>
<td>• V-8 vegetable juice</td>
<td></td>
<td></td>
<td></td>
<td>No, there is very little onion inside the fried breading.</td>
</tr>
<tr>
<td>• V-8 vegetable juice</td>
<td></td>
<td></td>
<td></td>
<td>Yes</td>
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Q19. Do you eat 2 or more vegetables at your main meal? This time do not count French fries.

Items pictured include 4 photos:
- **Top left picture** - a plate with chili with cheese, salad (lettuce and tomato) with creamy dressing, and cooked cut carrots
- **Top right picture** - a plate with an open hamburger (beef patty, bun, lettuce and tomato), coleslaw, and an

This question is about “variety.” Potato chips do not count as a vegetable. Do not count fries that are frozen and processed or fried in oil. You may count oven fries that are made from whole potatoes and baked in the oven. If you do not eat vegetables, mark ‘No.’

How much do I have to eat of each kind to count?

If I have a bag of mixed frozen vegetables, does that count as more than 1 vegetable?

What if I bake frozen fries at home?

Do not count frozen and processed fries.

Do I count oven fries if I spray them with cooking spray before baking?

Yes

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| ear of corn   | - **Bottom right picture**- a plate with a pork chop, cooked broccoli, a baked potato with sour cream and chives, and a bowl with a salad (lettuce, tomato, and a creamy dressing)  
- **Bottom left picture**- a plate with a piece of chicken, cooked spinach, marinated peppers and carrots, and a small plate with a biscuit | ‘No.’ | fries at home? | frozen and processed fries. |
|               |            |             | Should I count frozen tater tots? | No, these are the same as frozen fries. They are processed with oil before being frozen. |
|               |            |             | Should I count curly or cris-cut fries? | No, they are the same as regular fries. |
|               |            |             | Should I count onion rings? | No, there is very little onion inside the fried breading. |
|               |            |             | Do I count oven fries if I spray them with cooking spray before baking? | Yes |
| Items pictured include 3 rows of small pictures:  
- **Row 1**- ½ cup salsa, ½ cup snap peas, ½ cup canned corn, whole corn on the cob, ½ cup broccoli.  
- **Row 2**- ½ cup canned peas, ½ cup radishes, 1 cup field greens, ½ cup carrots, ½ cup cucumbers  
- **Row 3**- 1 small potato, ½ cup vegetable medley, ½ cup canned green beans, ½ cup cherry tomatoes, ¼ cup tomato juice | This question is about total quantity or amount of vegetables or vegetable juice. One serving of vegetable is ½ cup of chopped raw or cooked vegetables, 1 cup raw leafy vegetables, ¼ cup 100% vegetable juice, or ¼ cup of dried vegetables.  
Examples of one serving:  
- 4 brussel sprouts  
- 7-8 raw carrots sticks  
If you do not eat vegetables, mark ‘0.’  
Note: These serving sizes reflect the recommendations of the Food Guide Pyramid, not the | What if I bake frozen fries at home? | Do not count frozen and processed fries. |
|               |            |             | Does it have to be the ones in the picture? | No, any vegetable will count. |
|               |            |             | If I have a salad with carrots, tomatoes, lettuce and onions, what do I mark. | Count 1 cup of the salad as 1 serving. If the salad is 1 ½ cups count as 1 ½ servings. If the salad is 2 cups count as 2 servings. |
|               |            |             | Do they have to be fresh or can they be frozen or canned? | They can be fresh, frozen, canned, or vegetable juice. |
|               |            |             | What do I mark if I eat less than ½ a cup? | Mark less than 1. |
|               |            |             | Does vegetable soup | Yes |

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| **Q21. Vegetables: How much do you eat each day?** This time do not count French fries. | Items pictured include 4 sets of cups:  
- **First cup** – empty 1 cup measuring cup over the circle answer ‘none’  
- **Second cup** – a full 1 cup measuring cup with sticks of carrot, celery, green bell pepper and cucumber over the circle answer ‘1 cup’  
- **Third set of cups** – two full 1 cup measuring cups over the circle answer ‘2 cups’  
  - one has cooked corn kernels, peas, and broccoli  
  - the second has raw vegetables including torn romaine lettuce, cut tomatoes, cut cucumber, and sliced red onion.  
- **Fourth set of cups** – three full 1 cup measuring cups over the circle answer ‘3 cups or more’  
  - the first cup has sticks of carrot, celery, green bell pepper and | This question is about total quantity or amount of vegetables or vegetable juice. This includes all fresh, frozen, canned and dried vegetables and vegetable juices. In general, 1 cup of raw or cooked vegetables or vegetable juice, or 2 cups of raw leafy greens can be considered as 1 cup of vegetable.  
Examples:  
- 1 cup chopped broccoli counts as 1 cup of vegetable  
- 1 cup of V8 or tomato juice counts as 1 cup of vegetable  
- a salad with 2 cups of leafy greens counts as 1 cup of vegetable  
Potato chips do not count as a vegetable. Do not count fries that | **What if I bake frozen fries at home?** | Do not count frozen and processed fries. |
| | | | **Do I count everything that was on my salad?** | Yes, count the total amount of the salad. |
| | | | **Does it have to be the vegetables in the picture?** | No, any vegetable except French fries will count. |
| | | | **Do they have to be fresh or can they be frozen or canned?** | They can be canned, frozen, fresh, or vegetable juice. |
| | | | **What if I bake frozen tater tots?** | Do not count frozen and processed fries. |
| | | | **Should I count onion rings?** | No, these are the same as frozen fries. They are processed with oil before being frozen. |
| | | | **Should I count frozen tater tots?** | No, these are the same as frozen fries. They are processed with oil before being frozen. |
| | | | **Should I count curly or cris-cut fries?** | No, they are the same as regular fries. |

Updated 11/14/2006
<table>
<thead>
<tr>
<th>FBC Questions</th>
<th>Photograph</th>
<th>Explanation</th>
<th>Potential Questions from Clients</th>
<th>Staff Response Suggestions</th>
</tr>
</thead>
</table>
| Q22. How many servings of fruit do you eat each day? | Items pictured include 3 rows of small pictures:  
- **Row 1**- ½ grapefruit, 1 banana, ½ cup canned pears, ½ cup canned peaches, ½ cup cherries.  
- **Row 2**- ½ cup cantaloupe, ½ cup strawberries, 1 small orange, box of raisins, ½ cup applesauce  
- **Row 3**- ¾ cup orange juice, ½ cup canned fruit cocktail, ½ cup grapes, 1 small apple, ¼ cup apple juice | This question is about total quantity or amount of fruit. One serving of fruit is 1 piece of fruit or melon wedge, ¾ cup of 100% juice, ½ cup of canned fruit, or ¼ cup of dried fruit.  
Examples of one serving:  
- 1 medium apple, banana, or nectarine  
- 2 medium apricots  
- 12 grapes  
If you do not eat fruit, mark ‘0.’  
Note: These serving sizes reflect the recommendations of the Food Guide Pyramid, not the MyPyramid guidelines. | Does all the fruit in the picture count as 1 serving? | No, count each square as 1 serving. |
| | | | Does frozen fruit count? | Yes |
| | | | Does cran-raspberry juice count? | Only if it is 100% juice with no added sugar. |
| | | | I eat dried mangos, do those count? | Yes, dried fruit but remember that ¼ cup counts as a serving. |
| | | | Do fruit snacks count? | ‘No’ if a ‘fruit snack’ is a fruit roll up or gummy fruit snacks. ‘Yes’ if the ‘fruit snack’ is something like a piece of fruit. |
| | | | What if I eat less than ½ a cup? | Mark less than 1. |
| | | | Does apple pie or cherry pie count? | No |
**Supplemental Table**  A comparison of the MyPyramid and Food Guide Pyramid guidelines for fruit and vegetables to assist with questions 6, 7, 17, 20, 21, and 22.

<table>
<thead>
<tr>
<th>Vegetable Form</th>
<th>MyPyramid guidelines, 2005(^1)</th>
<th>Food Guide Pyramid guidelines, 1999(^2)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Unit</td>
<td>1 cup or equivalent</td>
<td>1 serving</td>
</tr>
<tr>
<td>Cooked</td>
<td>1 cup</td>
<td>½ cup</td>
</tr>
<tr>
<td>100% Juice</td>
<td>1 cup</td>
<td>¼ cup</td>
</tr>
<tr>
<td>Dried</td>
<td>½ cup</td>
<td>¼ cup</td>
</tr>
<tr>
<td>Raw leafy</td>
<td>2 cups</td>
<td>1 cup</td>
</tr>
<tr>
<td>Chopped raw</td>
<td>1 cup</td>
<td>½ cup</td>
</tr>
</tbody>
</table>

**Fruit Form**

<table>
<thead>
<tr>
<th></th>
<th>MyPyramid guidelines, 2005(^1)</th>
<th>Food Guide Pyramid guidelines, 1999(^2)</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 piece whole</td>
<td>various</td>
<td>1 serving</td>
</tr>
<tr>
<td>100% juice</td>
<td>1 cup</td>
<td>¼ cup</td>
</tr>
<tr>
<td>Canned</td>
<td>1 cup</td>
<td>½ cup</td>
</tr>
<tr>
<td>Dried</td>
<td>½ cup</td>
<td>¼ cup</td>
</tr>
</tbody>
</table>


Updated 11/14/2006
### Food Behavior Checklist

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

<table>
<thead>
<tr>
<th>Name</th>
<th>Date</th>
<th>ID#</th>
<th>Entry</th>
<th>Exit</th>
</tr>
</thead>
</table>

**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

**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?**

<table>
<thead>
<tr>
<th>1</th>
<th>2</th>
<th>3</th>
<th>4</th>
<th>5</th>
<th>6</th>
<th>7</th>
<th>8</th>
<th>9</th>
<th>10</th>
</tr>
</thead>
<tbody>
<tr>
<td>poor</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>excellent</td>
</tr>
</tbody>
</table>

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*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;35:68-82.*


*The University of California does not discriminate in any of its policies, procedures, or practices. The University is an affirmative action/equal opportunity employer.*

*Funded by the University of California Cooperative Extension and UC Davis Design Program.*
4. **Do you drink regular soda?**
- [ ] no
- [ ] yes
- [ ] 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
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   - [ ] yes, always

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   - [ ] 1 poor
   - [ ] 2 fair
   - [ ] 3 good
   - [ ] 4 excellent

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**University of California Cooperative Extension**

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Choose one answer for each question.

17. How many servings of vegetables do you eat each day?

- [ ]

18. Do you eat more than one kind of vegetable each day? This time do not count French fries.

- [ ]
- [ ] yes, sometimes
- [ ] yes, often
- [ ] yes, always

19. Do you eat 2 or more vegetables at your main meal? This time do not count French fries.

- [ ]
- [ ] yes, sometimes
- [ ] yes, often
- [ ] yes, everyday
20. How many servings of vegetables do you eat each day? This time do not count French fries.


- none
- 1/2 cup
- 1 cup
- 1 1/2 cups
- 2 cups
- 2 1/2 cups
- 3 cups or more

22. How many servings of fruit do you eat each day?
Visually enhanced evaluation study
…….Enhancing usefulness of food behavior surveys for low-literate populations using visual information processing theories

CITATIONS

Name: **University of California Cooperative Extension… Food Behavior Checklist**
Focus:  Diet Quality
Use:  Primary prevention interventions focusing on chronic disease prevention
Date:  February 16, 2009

PRINTED EVALUATION TOOLS READY FOR USE WITH ACCOMPANYING INSTRUCTION GUIDE

- Sylva K, Townsend MS, Martin A, Metz D.  UCCE Food Behavior Checklist. University of California Cooperative Extension, 2006.  (English, 16 items reflecting MyPyramid guidelines; Visually enhanced food behavior checklist in 4-page booklet designed for clients with limited literacy skills,


PRINTED INSTRUCTION GUIDE

REPORT TO FUNDER


RELATED ABSTRACTS (format, layout, visuals, readability)


- Townsend MS, Sylva K, Metz D, Davidson C. USDA’s MyPyramid: The journey from vegetable serving to cups with and without French fries. J Nutr Edu Behav. 2008 (40);P64:suppl 70.


THIS CHECKLIST IS AN EXTENSION OF PREVIOUS RESEARCH


• 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. (For question #16).

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

MANUSCRIPT FOR CURRENT STUDY


Mst….updated 7-1-09