

Starting The Conversation: Diet

(Scale developed by: the Center for Health Promotion and Disease Prevention,
University of North Carolina at Chapel Hill, and North Carolina Prevention Partners)

Over the past few months:

- | | | | | |
|----|---|---|--|---|
| 1. | How many times a week did you eat fast food meals or snacks? | Less than
1 time
<input type="checkbox"/> 0 | 1-3
times
<input type="checkbox"/> 1 | 4 or more
times
<input type="checkbox"/> 2 |
| 2. | How many servings of fruit did you eat each day? | 5 or more
<input type="checkbox"/> 0 | 3-4
<input type="checkbox"/> 1 | 2 or less
<input type="checkbox"/> 2 |
| 3. | How many servings of vegetables did you eat each day? | 5 or more
<input type="checkbox"/> 0 | 3-4
<input type="checkbox"/> 1 | 2 or less
<input type="checkbox"/> 2 |
| 4. | How many regular sodas or glasses of sweet tea did you drink each day? | Less than 1
<input type="checkbox"/> 0 | 1-2
<input type="checkbox"/> 1 | 3 or more
<input type="checkbox"/> 2 |
| 5. | How many times a week did you eat beans (like pinto or black beans), chicken, or fish? | 3 or more
times
<input type="checkbox"/> 0 | 1-2
times
<input type="checkbox"/> 1 | Less than
1 time
<input type="checkbox"/> 2 |
| 6. | How many times a week did you eat regular snack chips or crackers (not low-fat)? | 1 time
or less
<input type="checkbox"/> 0 | 2-3
times
<input type="checkbox"/> 1 | 4 or more
times
<input type="checkbox"/> 2 |
| 7. | How many times a week did you eat desserts and other sweets (not the low-fat kind)? | 1 time
or less
<input type="checkbox"/> 0 | 2-3
times
<input type="checkbox"/> 1 | 4 or more
times
<input type="checkbox"/> 2 |
| 8. | How much margarine, butter, or meat fat do you use to season vegetables or put on potatoes, bread, or corn? | Very little
<input type="checkbox"/> 0 | Some
<input type="checkbox"/> 1 | A lot
<input type="checkbox"/> 2 |

SUMMARY SCORE (sum of all items): _____