## NATIONAL INSTITUTES OF HEALTH — FRUIT & VEGETABLE SCREENER

**INSTRUCTIONS:** Think about what you usually ate in the last month. Think about all the fruits and vegetables that you are <u>last month</u>. Include those that were: a) raw and cooked; b) eaten as snacks and at meals; c) eaten at home and away from home (restaurants, friends, take-out); and d) eaten alone and mixed with other foods. Report how many times per month, week or day you ate each food and, if you ate it, how much you usually had. If you mark "Never" for a question, follow the "Go to" instruction. **Choose the best answer** for each question. **Mark only one** response for each question.

<ol> <li>Over the last month, how many times per month, week, or day did you drink 100% juice such as orar apple, grape, or grapefruit juice? Do not count fruit drinks like Kool-Aid, lemonade, Hi-C, cranberry ju drink, Tang and Twister. Include juice you drank at all mealtimes and between meals.</li> </ol>											
	0	0	0	0	0	0	0	0	0	0	
	Never (Go to Q2)	1-3 times last <b>month</b>	1-2 times per <b>week</b>	3-4 times per <b>week</b>	5-6 times per <b>week</b>	1 time per <b>day</b>	2 times per <b>day</b>	3 times per <b>day</b>	4 times per <b>day</b>	5 or more times/ <b>day</b>	
1a.	Each time	you drank	100% juice	, how muc	h did you u	sually drinl	k?				
		0		0			0		0		
		than ¾ cup an 6 ounce		¾ to 1¼ (6 to 10 ou			to 2 cups 16 ounces		More than 2 cups (more than 16 ounces)		
2.					nonth, weel <b>nt</b> juices. In						
	0	0	0	0	0	0	0	0	0	0	
	Never (Go to Q3)	1-3 times last <b>month</b>	1-2 times per <b>week</b>	3-4 times per <b>week</b>	5-6 times per <b>week</b>	1 time per <b>day</b>	2 times per <b>day</b>	3 times per <b>day</b>	4 times per <b>day</b>	5 or more times/day	
2a.	Each time	you ate <b>fru</b>	ı <b>it</b> , how mu	ich did you	usually eat	t?					
		0		0		0			•		
	Less than 1 1 n medium fruit			edium fruit	· O	2 medium fruits			More than 2 medium fruits		
	O Less than ½ cup A			0	U	O About 1 cup			O More than 1 cup		
			Ab	out ½ cup							
3.	Over the la	ast month, I	now often o	did you eat	lettuce sa	lad (with o	or without	other vege	etables)?		
	0	0	0	0	0	0	0	0	0	0	
	Never (Go to Q4)	1-3 times last <b>month</b>	1-2 times per <b>week</b>	3-4 times per <b>week</b>	5-6 times per <b>week</b>	1 time per <b>day</b>	2 times per <b>day</b>	3 times per <b>day</b>	4 times per <b>day</b>	5 or more times/day	
3a.	Each time	you ate <b>let</b>	tuce salad	I, how muc	h did you u	sually eat?	<b>&gt;</b>				
		0		0		0			0		
	About ½ cup			About 1 cup		About 2 cups			More than 2 cups		

4.	Over the last month, how often did you eat French fries or fried potatoes?									
	0	0	0	0	0	0	0	0	0	0
	Never (Go to Q5)	1-3 times last month	1-2 times per <b>week</b>	3-4 times per <b>week</b>	5-6 times per <b>week</b>	1 time per <b>day</b>	2 times per <b>day</b>	3 times per <b>day</b>	4 times per <b>day</b>	5 or more times/day
4a.	Each time	you ate Fr	ench fries	or <b>fried po</b>	otatoes, ho	w much die	d you usual	ly eat?		
	_	0		0			0	_	0	
		II order or less at 1 cup or less)		Medium order (About 1½ cups)		Large order (About 2 cups)		Super Size order or more (About 3 cups or more)		
5.		ast month, potato sal		•		•	s? Count ba	aked, boil	<b>ed</b> , and <b>m</b>	ashed
	0	0	•	0	0	0	0	0	0	0
	Never (Go to Q6)	1-3 times last <b>month</b>	1-2 times per <b>week</b>	3-4 times per <b>week</b>	5-6 times per <b>week</b>	1 time per <b>day</b>	2 times per <b>day</b>	3 times per <b>day</b>	4 times per <b>day</b>	5 or more times/ <b>day</b>
5a.	Each time	you ate the	ese potato	es, how m	uch did you	ı usually ea	at?			
		0		0			0		0	
	1 small potato or less (½ cup or less)			1 medium potato (½ to 1 cup)		1 large potato (1 to 1½ cups)		2 medium potatoes or more (1½ cups or more)		
<ol> <li>Over the last month, how often did you eat cooked dried beans? Count baked beans, bean soup, refried beans, pork and beans, and other bean dishes.</li> </ol>										oup,
	0	0	0	0	0	0	0	0	0	0
	Never (Go to Q7)	1-3 times last <b>month</b>	1-2 times per <b>week</b>	3-4 times per <b>week</b>	5-6 times per <b>week</b>	1 time per <b>day</b>	2 times per <b>day</b>	3 times per <b>day</b>	4 times per <b>day</b>	5 or more times/ <b>day</b>
6a.	Each time	you ate the	ese beans	, how much	n did you us	sually eat?				
		0		0			0		0	
	Less than ½ cup		½ to 1 c	½ to 1 cup		1 to 1½ cups		More than 1½ cups		
7.	Over the last month, how often did you eat other vegetables?									
<ul> <li>Lettuce salads</li> <li>White potatoes</li> <li>Cooked dried beans</li> <li>Vegetables in mixtures, such as sandwich Mexican dishes, stews, stir-frys, soups, etc.</li> <li>Rice</li> </ul>								ets, casser	oles,	
	COUNT:		<ul> <li>All othe</li> </ul>	r vegetable	es — raw, c	ooked, car	nned, and fr	ozen		
	0	•	0	0	0	0	0	0	0	0
	Never (Go to Q8)	1-3 times last <b>month</b>	1-2 times per <b>week</b>	3-4 times per <b>week</b>	5-6 times per <b>week</b>	1 time per <b>day</b>	2 times per <b>day</b>	3 times per <b>day</b>	4 times per <b>day</b>	5 or more times/day

7a.	Each time	you ate <b>otl</b>	ner vegeta	<b>bles</b> , how	much did y	ou usually	eat?			
	0			O ½ to 1 cup		O 1 to 1½ cups		O More than 1½ cups		
	Less than ½ cup									
8.		ast month, I and other		lid you eat <b>tomato sa</b> t		u <b>ce</b> ? Include tomato s		sauce on pasta or macaroni,		
	0	0	0	0	0	0	0	0	0	0
	Never (Go to Q9)	1-3 times last <b>month</b>	1-2 times per <b>week</b>	3-4 times per <b>week</b>	5-6 times per <b>week</b>	1 time per <b>day</b>	2 times per <b>day</b>	3 times per <b>day</b>	4 times per <b>day</b>	5 or more times/day
8a.	Each time	you ate to	nato sauc	<b>e</b> , how mu	ch did you ı	usually eat	?			
	O About ¼ cup			0		0		•		
				About ½ cup		About 1 cup		More than 1 cup		
9.	. Over the last month, how often did you eat <b>vegetable soups</b> ? Include tomato soup, gazpacho, beef with vegetable soup, minestrone soup, and other soups made with vegetables.								peef with	
	0	0	0	0	0	0	0	0	0	0
	Never (Go to Q10)	1-3 times last <b>month</b>		3-4 times per <b>week</b>	5-6 times per <b>week</b>	1 time per <b>day</b>	2 times per <b>day</b>	3 times per <b>day</b>	4 times per <b>day</b>	5 or more times/day
9a. Each time you ate vegetable soup, how much did you usually eat?										
	O O Less than 1 cup 1 to 2 cups			0		0		•		
				ups	2 to 3 cups		More than 3 cups			
10.	O. Over the last month, how often did you eat <b>mixtures that included vegetables</b> ? Count such foods as sandwiches, casseroles, stews, stir-fry, omelets, and tacos.								ods as	
	0	0	0	0	0	0	0	0	0	0
	Never	1-3 times last <b>month</b>	1-2 times per <b>week</b>	3-4 times per <b>week</b>	5-6 times per <b>week</b>	1 time per <b>day</b>	2 times per <b>day</b>	3 times per <b>day</b>	4 times per <b>day</b>	5 or more times/day

## Reference:

Thompson, F. E., Subar, A. F., Radimer, K., Smith, A. F., Midthune, D., Rosenfeld, S., & Kipnis, V. (in press). Performance of two new cognitively enhanced fruit and vegetable short assessment forms (Abstract). Public Health Nutrition.