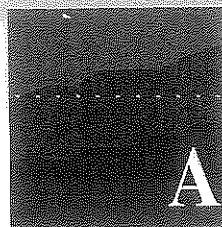


*Fruit and Vegetable Screener
Developed by the U.S. National
Cancer Institute*



From Risk Factor Monitoring and Methods Branch, National Cancer Institute, National Institutes for Health, U.S. Department of Health and Human Services.

**NATIONAL INSTITUTES OF HEALTH
EATING AT AMERICA'S TABLE STUDY
QUICK FOOD SCAN**

- The person who completed the telephone interviews for the Eating at America's Table Study should fill out this questionnaire.
- Use only a No. 2 pencil.
- Be certain to completely blacken in each of the answers, and erase completely if you make any changes.
- Do not make any stray marks on this form.
- When you complete this questionnaire, please return it in the postage-paid envelope to:

National Cancer Institute
EPN, Room 313
6130 Executive Blvd., MSC 7344
Bethesda, MD 20892-7344

BAR
CODE
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NOTIFICATION TO RESPONDENT OF ESTIMATED BURDEN

Public reporting burden for this collection of information is estimated to average 15 minutes per response, including the time for reviewing instructions, searching existing data sources, gathering and maintaining the data needed, and completing and reviewing the collection of information. An agency may not conduct or sponsor, and a person is not required to respond to, a collection of information unless it displays a currently valid OMB control number. Send comments regarding this burden estimate or any other aspect of this collection of information, including suggestions for reducing this burden, to: NIH, Project Clearance Office, 6701 Rockledge Drive, MSC 7730, Bethesda, MD 20892-7730, ATTN: PRA (0925-0450). Do not return the completed form to this address.

PLEASE DO NOT WRITE IN THIS AREA



SERIAL

INSTRUCTIONS

- Think about what you usually ate last month.
- Please think about all the fruits and vegetables that you ate last month. Include those that were:
 - raw and cooked,
 - eaten as snacks and at meals,
 - eaten at home and away from home (restaurants, friends, take-out), and
 - 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.

1. Over the last month, how many times per month, week, or day did you drink 100% juice such as orange, apple, grape, or grapefruit juice? Do not count fruit drinks like Kool-Aid, lemonade, Hi-C, cranberry juice drink, Tang, and Twister. Include juice you drank at all mealtimes and between meals.

☐ Never
 (Go to Question 2)
 ☐ 1-3 times last month
 ☐ 1-2 times per week
 ☐ 3-4 times per week
 ☐ 5-6 times per week
 ☐ 1 time per day
 ☐ 2 times per day
 ☐ 3 times per day
 ☐ 4 times per day
 ☐ 5 or more times per day

- 1a. Each time you drank 100% juice, how much did you usually drink?

☐ Less than $\frac{3}{4}$ cup
 (less than 6 ounces)
 ☐ $\frac{3}{4}$ to $1\frac{1}{4}$ cup
 (6 to 10 ounces)
 ☐ $1\frac{1}{4}$ to 2 cups
 (10 to 16 ounces)
 ☐ More than 2 cups
 (more than 16 ounces)

2. Over the last month, how many times per month, week, or day did you eat fruit? Count any kind of fruit—fresh, canned, and frozen. Do not count juices. Include fruit you ate at all mealtimes and for snacks.

☐ Never
 (Go to Question 2)
 ☐ 1-3 times last month
 ☐ 1-2 times per week
 ☐ 3-4 times per week
 ☐ 5-6 times per week
 ☐ 1 time per day
 ☐ 2 times per day
 ☐ 3 times per day
 ☐ 4 times per day
 ☐ 5 or more times per day

- 2a. Each time you ate fruit, how much did you usually eat?

☐ Less than 1 medium fruit
 ☐ 1 medium fruit
 ☐ 2 medium fruits
 ☐ More than 2 medium fruits
 OR
☐ Less than $\frac{1}{2}$ cup
 ☐ About $\frac{1}{2}$ cup
 ☐ About 1 cup
 ☐ More than 1 cup

3. Over the last month, how often did you eat lettuce salad (with or without other vegetables)?

- ☐ Never (Go to Question 4)
 ☐ 1-3 times last month
 ☐ 1-2 times per week
 ☐ 3-4 times per week
 ☐ 5-6 times per week
 ☐ 1 time per day
 ☐ 2 times per day
 ☐ 3 times per day
 ☐ 4 times per day
 ☐ 5 or more times per day

3a. Each time you ate lettuce salad, how much did you usually eat?

- ☐ 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?

- ☐ Never (Go to Question 5)
 ☐ 1-3 times last month
 ☐ 1-2 times per week
 ☐ 3-4 times per week
 ☐ 5-6 times per week
 ☐ 1 time per day
 ☐ 2 times per day
 ☐ 3 times per day
 ☐ 4 times per day
 ☐ 5 or more times per day

4a. Each time you ate French fries or fried potatoes, how much did you usually eat?

- ☐ Small order or less (About 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. Over the last month, how often did you eat other white potatoes? Count baked, boiled, and mashed potatoes, potato salad, and white potatoes that were not fried.

- ☐ Never (Go to Question 6)
 ☐ 1-3 times last month
 ☐ 1-2 times per week
 ☐ 3-4 times per week
 ☐ 5-6 times per week
 ☐ 1 time per day
 ☐ 2 times per day
 ☐ 3 times per day
 ☐ 4 times per day
 ☐ 5 or more times per day

5a. Each time you ate these potatoes, how much did you usually eat?

- ☐ 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)

6. 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.

- ☐ Never (Go to Question 7)
 ☐ 1-3 times last month
 ☐ 1-2 times per week
 ☐ 3-4 times per week
 ☐ 5-6 times per week
 ☐ 1 time per day
 ☐ 2 times per day
 ☐ 3 times per day
 ☐ 4 times per day
 ☐ 5 or more times per day

6a. Each time you ate these beans, how much did you usually eat?

- ☐ Less than ½ cup
 ☐ ½ to 1 cup
 ☐ 1 to 1½ cups
 ☐ More than 1½ cups

7. Over the last month, how often did you eat other vegetables?

- DO NOT COUNT:**
- Lettuce salads
 - White potatoes
 - Cooked dried beans
 - Vegetables in mixtures, such as in sandwiches, omelets, casseroles, Mexican dishes, stews, stir-fry, soups, etc.
 - Rice

COUNT: • All other vegetables—raw, cooked, canned, and frozen

☐ Never
(Go to
Question 8)

☐ 1-3
times
last month

☐ 1-2
times
per week

☐ 3-4
times
per week

☐ 5-6
times
per week

☐ 1
time
per day

☐ 2
times
per day

☐ 3
times
per day

☐ 4
times
per day

☐ 5 or more
times
per day

7a. Each of these times that you ate other vegetables, how much did you usually eat?

☐ Less than ½ cup

☐ ½ to 1 cup

☐ 1 to 2 cups

☐ More than 2 cups

8. Over the last month, how often did you eat tomato sauce? Include tomato sauce on pasta or macaroni, rice, pizza and other dishes.

☐ Never
(Go to
Question 9)

☐ 1-3
times
last month

☐ 1-2
times
per week

☐ 3-4
times
per week

☐ 5-6
times
per week

☐ 1
time
per day

☐ 2
times
per day

☐ 3
times
per day

☐ 4
times
per day

☐ 5 or more
times
per day

8a. Each time you ate tomato sauce, how much did you usually eat?

☐ About ¼ cup

☐ About ½ cup

☐ About 1 cup

☐ More than 1 cup

9. Over the last month, how often did you eat vegetable soups? Include tomato soup, gazpacho, beef with vegetable soup, minestrone soup, and other soups made with vegetables.

☐ Never
(Go to
Question 10)

☐ 1-3
times
last month

☐ 1-2
times
per week

☐ 3-4
times
per week

☐ 5-6
times
per week

☐ 1
time
per day

☐ 2
times
per day

☐ 3
times
per day

☐ 4
times
per day

☐ 5 or more
times
per day

9a. Each time you ate vegetable soup, how much did you usually eat?

☐ Less than 1 cup

☐ 1 to 2 cups

☐ 2 to 3 cups

☐ More than 3 cups

10. Over the last month, how often did you eat mixtures that included vegetables? Count such foods as sandwiches, casseroles, stews, stir-fry, omelets, and tacos.

☐ Never

☐ 1-3
times
last month

☐ 1-2
times
per week

☐ 3-4
times
per week

☐ 5-6
times
per week

☐ 1
time
per day

☐ 2
times
per day

☐ 3
times
per day

☐ 4
times
per day

☐ 5 or more
times
per day

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**Thank you very much for completing this questionnaire.
Please return it in the enclosed, postage-paid envelope or to the
address listed on the front page.**