**Fruit & Vegetable Screener1**

Think about your eating habits over the past year or so.  About how often do you eat each of the following foods? Remember breakfast, lunch, dinner, snacks and eating out.  Next to each item, select the number that best represents the frequency of intake of the following foods.

**0 = less than 1/WEEK     1 = Once a WEEK     2 = 2-3 times a WEEK   
3 = 4-6 times a WEEK     4 = Once a DAY**     **5 = 2+ a DAY**

   1.    Fruit juice, like orange, apple, grape , fresh, frozen or canned. (Not sodas or other drinks)

   2.    How often do you eat any fruit, fresh or canned (not counting juice)?

   3.    Vegetable juice, like tomato juice, V-8, carrot

   4.    Green salad

   5.     Potatoes, any kind, including baked, mashed or french fried

   6.     Vegetable soup or stew with vegetables

   7.     Any other vegetables, including string beans, peas, corn, broccoli or any other kind

   8.     Fiber cereals like Raisin Bran, Shredded Wheat or Fruit-n-Fiber

   9.     Beans such as baked beans, pinto, kidney, or lentils (not green beans)

   10.    Dark bread such as whole wheat or rye

**Fat Screener1**

Think about your eating habits over the past year or so.  About how often do you eat each of the following foods?  Remember breakfast, lunch, dinner, snacks and eating out.  Next to each item, write the number that best represents the frequency of intake of the following foods.

**0 = 1/MONTHor less** **1 = 2-3 times a MONTH** **2 = 1-2 times a WEEK   
3 = 3-4 times a WEEK    4 = 5+ times a WEEK**

   1.    Hamburgers, ground beef, meat burritos, tacos

   2.    Beef or pork, such as steaks, roasts, ribs, or in sandwiches

   3.    Fried chicken

   4.    Hot dogs, or Polish or Italian sausage

   5.    Cold cuts, lunch meats, ham (not low-fat)

   6.    Bacon or breakfast sausage

   7.    Salad dressings (not low-fat)

   8.    Margarine, butter or mayo on bread or potatoes

   9.    Margarine, butter or oil in cooking

   10.    Eggs (not Egg Beaters or just egg whites)

   11.    Pizza

   12.    Cheese, cheese spread (not low-fat)

   13.    Whole milk

   14.    French fries, fried potatoes

   15.    Corn chips, potato chips, popcorn, crackers

   16.    Doughnuts, pastries, cake, cookies (not low-fat)

   17.    Ice cream (not sherbet or non-fat)