**Appendix**

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| --- | --- | --- | --- | --- | --- | --- |
| Healthy Eating Scale | | | | | | |
| Over the last 30 days, how often did you eat/drink the following foods/beverages? (Note: Only a few examples of each category are listed to remind you of the types of foods-many more are possible.) | **3 or more times per day** | **2 times per day** | **1 time per day** | **3 to 6 times per week** | **1 or 2times per week** | **Rarely or never** |
| **1.** FRUIT: fresh, frozen, canned or dried, or 100% fruit juices. | 5 | 4 | 3 | 2 | 1 | 0 |
| **2.** VEGETABLES: fresh, frozen, canned, cooked or raw: dark green vegetables (broccoli, spinach, most greens), orange vegetables (carrots, sweet potatoes, winter squash, pumpkin), legumes (dry beans, chick peas, tofu), starchy vegetables (corn, white potatoes, green peas), and other (tomatoes, cabbage, celery, cucumber, lettuce, onions, peppers, green beans, cauliflower, mushrooms, summer squash, etc.) | 5 | 4 | 3 | 2 | 1 | 0 |
| **3.** WHOLE GRAINS: rye, whole wheat, or heavily seeded bread, brown or wild rice, whole wheat pasta or crackers, oatmeal, corn tacos. | 5 | 4 | 3 | 2 | 1 | 0 |
| **4.** Dairy: regular/whole fat milk; low or reduced fat milk (2%, 1%, 1/2 % or skim), yogurt, cottage cheese, low fat cheese, frozen low fat yogurt, soy milk or other calcium fortified foods (orange juice, soy/rice milk, breakfast cereals, etc.) | 5 | 4 | 3 | 2 | 1 | 0 |
|  | **4 or more times per week** | **2 or 3 times per week** | **1 time per week** | **2 times per month** | **1 time per month** | **Rarely or never** |
| **5.** FISH: Tuna, salmon, or other non-fried fish. | 5 | 4 | 3 | 2 | 1 | 0 |
| Additionay Nutrition Questions | | | | | | |
| Think about the past 30 days. | **3 or more snacks per day** | **2 snacks per day** | **1 snack per day** | **3 to 6 snacks per week** | **1 or 2 snacks per week** | **Rarely or never** |
| **6.** How many snacks do you typically eat each day between meals? (1 snack example: 1 piece of fruit, a handful of nuts, 1 small yogurt container, 1 cup of milk, 1 granola bar, or 1 sports bar) | 5 | 4 | 3 | 2 | 1 | 0 |
|  | **Yes** | **No** |  |  |  |  |
| **7.** Do you typically consume any of the snacks listed above within 60 minutes after strenuous exercise? | 1 | 0 |  |  |  |  |
|  | **3 or more times per day** | **1 or 2 times per day** | **e to 6 times per week** | **1 or 2 times per week** | **< 1 time per week** | **Rarely or never** |
| **8.** On an average day, how many services of water do you drink? (1 serving is a glass or cup of water or 8 oz; 1 cup is equivalent to a baseball or the size of your fist; a standard CamelBak or Nalgene water bottle has 24 oz or 3 servings) | 5 | 4 | 3 | 2 | 1 | 0 |
| **9.** On an average day, how many servings of REGULAR soda do you drink? (1 can is 12 oz = 1 serving, vending plastic bottles is 20 oz = about 2 servings) | 5 | 4 | 3 | 2 | 1 | 0 |
| **10.** How many servings of sports drinks/beverages do you usually drink on a typical day? (1 serving of sports drink = 1 small bottle or 8 oz of Gatorade, G2, or PowerAde, etc.; 20 oz bottle = about 2 servings) | 5 | 4 | 3 | 2 | 1 | 0 |
|  | **7 times per week** | **6 times per week** | **4-5 times per week** | **2-3 times per week** | **1 time per week** | **Never** |
| **11.** How many times per week do you eat breakfast? | 5 | 4 | 3 | 2 | 1 | 0 |