

# How many fruits & vegetables do you eat?

## To Score:

- Refer to the box below for examples of serving sizes of fruits and vegetables.
- For each question, put a check mark(✓) under the answer that best describes the number of servings you eat.
- Find the number above each check mark and right this number in the “score” column on the right.
- Add up all numbers and write this number in the “total score” box.
- Compare your total score to the categories on the back of this sheet.

## Examples of Serving Sizes:

- |                            |  |  |
|----------------------------|--|--|
| ▲ 1 medium Fruit           | ▲ 1/2 cup Dried Fruit  | ▲ 1/2 cup Raw or Cooked Vegetables                                       |
| ▲ 1/2 cup Cut-up Fruit     | ▲ 1 cup Raw Leafy Vegetables<br>(such as lettuce or spinach) | ▲ 1/2 cup Cooked Beans<br>(such as lentils, pinto beans or kidney beans) |
| ▲ 3/4 cup 100% Fruit Juice |  |  |

POINTS	0	1	2	3	4	5	
	Never, or less than one serving per WEEK	About 1 serving per WEEK	2-3 servings per WEEK	4-6 servings per WEEK	About 1 serving per DAY	More than 1 serving per DAY	SCORE
<i>How often do you drink <b>Orange, Grapefruit or other juice (100% juice)?</b></i>							
<i>Not counting juice, about how many servings of <b>Fruit</b> do you eat?</i>							
<i>How often do you eat</i>							
<i>How often do you eat <b>Green Salad?</b></i>							
<i>Not counting potatoes or salad about how many servings of <b>Vegetables</b> do you eat?</i>							
<i>About how many servings of <b>Beans</b> (such as <b>Baked, Kidney, pinto or Beans in Chili</b>) do you eat?</i>							
TOTAL SCORE =							



# If your score is:

**20 or more**

You're doing well! Continue to enjoy fruits & vegetables.

**15 to 19**

Try to add more servings of your favorite fruits and vegetables. Pressed for time? Grab an apple, banana, or small box of raisins to eat on your way to work or for morning break. Frozen vegetables are quick and easy for meals at home. Sweet potatoes microwave in 5 minutes!

**less than 15**

Your diet may be low in cancer-preventing nutrients. Try to think about ways to add more fruits and vegetables. For example, how about a mid-morning banana and a salad with your evening meal?



**GOAL**

Over the next week, I will add

\_\_\_\_\_ servings of fruit

\_\_\_\_\_ servings of vegetables

\*Adapted from the Simplified Fiber/Fruit/Vegetable Screener developed by Gladys Block, Ph.D., School of Public Health, University of California, Berkeley.

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