

## UBS - Fruit & Vegetable Food Frequency Questionnaire

Name: \_\_\_\_\_

Date \_\_\_\_\_

Troop \_\_\_\_\_

I.D. \_\_\_\_\_

### INSTRUCTIONS

We want to know how many times you ate each of the fruit and vegetables (F&V) listed below in the last week. The F&V can be fresh, frozen, dried or canned. A serving of F or V is a single helping. If you have seconds, you count that as two servings. circle the letter that best describes how often you had that item. for instance, if you had orange juice twice in the last week, you would circle the letter under "2-3 servings last week".

In the last week, that is, the last 7 days, how many servings did you have of ... (circle the letter below your answer).

A. 100% Orang juice (not orange drink or soda)

B. 100% Apple juice

C. Bananas

D. Apples

E. Plums

F. Peaches

G. Oranges

H. Grapes

I. Kiwi

J. Other fruit or juice (write-in: \_\_\_\_\_ )

K. Fried potatoes (French fries, tater tots)

L. Potato salad

M. Mashed, baked or boiled potatoes

N. Corn

O. Lettuce or green salad

P. Cararots

Q. Tomatoes

R. Coleslaw

S. Cooked cabbage

T. Spinach

U. Turnip, collard or other greens

V. Green beans

W. Green peas

X. Broccoli

Y. Cooked beans, such as Pork 'n Beans, Ranch style beans, pinto or red beans, or blackeyed peas

Z. Other vegetable (write-in: \_\_\_\_\_ )

|   | 1<br>serving<br>last<br>week | 2-3<br>servings<br>last<br>week | 4-6<br>servings<br>last<br>week | 7<br>servings<br>last<br>week | 8-14<br>servings<br>last<br>week | 15 or<br>more<br>servings<br>last<br>week |
|---|------------------------------|---------------------------------|---------------------------------|-------------------------------|----------------------------------|---|
| A | A                            | A                               | A                               | A                             | A                                | A   |
| B | B                            | B                               | B                               | B                             | B                                | B   |
| C | C                            | C                               | C                               | C                             | C                                | C   |
| D | D                            | D                               | D                               | D                             | D                                | D   |
| E | E                            | E                               | E                               | E                             | E                                | E   |
| F | F                            | F                               | F                               | F                             | F                                | F   |
| G | G                            | G                               | G                               | G                             | G                                | G   |
| H | H                            | H                               | H                               | H                             | H                                | H   |
| I | I                            | I                               | I                               | I                             | I                                | I   |
| J | J                            | J                               | J                               | J                             | J                                | J   |
| K | K                            | K                               | K                               | K                             | K                                | K   |
| L | L                            | L                               | L                               | L                             | L                                | L   |
| M | M                            | M                               | M                               | M                             | M                                | M   |
| N | N                            | N                               | N                               | N                             | N                                | N   |
| O | O                            | O                               | O                               | O                             | O                                | O   |
| P | P                            | P                               | P                               | P                             | P                                | P   |
| Q | Q                            | Q                               | Q                               | Q                             | Q                                | Q   |
| R | R                            | R                               | R                               | R                             | R                                | R   |
| S | S                            | S                               | S                               | S                             | S                                | S   |
| T | T                            | T                               | T                               | T                             | T                                | T   |
| U | U                            | U                               | U                               | U                             | U                                | U   |
| V | V                            | V                               | V                               | V                             | V                                | V   |
| W | W                            | W                               | W                               | W                             | W                                | W   |
| X | X                            | X                               | X                               | X                             | X                                | X   |
| Y | Y                            | Y                               | Y                               | Y                             | Y                                | Y   |
| Z | Z                            | Z                               | Z                               | Z                             | Z                                | Z   |