



NAME

DATE

# Adult Questionnaire

Please mark the response that **best** describes how you **usually** do things.

## 1. How many **times a day** do you eat fruit?

Examples of **fruits** are apples, bananas, oranges, grapes, raisins, melon and berries. Include fresh, frozen, dried, or canned fruit. *Do not include juice.*

- I rarely eat fruit
- Less than 1 time a day (a couple times a week)
- 1 time a day
- 2 times a day
- 3 times a day
- 4 or more times a day

## 2. How many **times a day** do you eat vegetables?

Examples of **vegetables** are green salad, corn, green beans, carrots, potatoes, greens, and squash. Include fresh, canned, and frozen vegetables. *Do not count french fries, potato chips, or rice.*

- I rarely eat vegetables
- Less than 1 time a day (a couple times a week)
- 1 time a day
- 2 times a day
- 3 times a day
- 4 or more times a day

## 3. How many different kinds of vegetables do you usually eat a day?

- I rarely eat vegetables
- 1 kind a day
- 2 kinds a day
- 3 kinds a day
- 4 or more kinds a day

## 4. How many **times a day** do you drink milk or soymilk?

*Do not count almond or coconut milk, or milk with cereal.*

- I do not drink milk
- I rarely drink milk
- 1 time a day
- 2 times a day
- 3 or more times a day

## 5. Over the last week, **how many days** did you eat red and orange vegetables?

Examples of **red or orange vegetables** are tomatoes, red peppers, carrots, sweet potatoes, winter squash, and pumpkin.

- I did not eat red or orange vegetables
- 1 day a week
- 2 days a week
- 3 days a week
- 4 days a week
- 5 days a week
- 6-7 days a week

## 6. Over the last week, **how many days** did you eat dark green vegetables?

Examples of **dark green vegetables** are broccoli, spinach, dark green lettuce, turnip greens, or mustard greens.

- I did not eat green vegetables
- 1 day a week
- 2 days a week
- 3 days a week
- 4 days a week
- 5 days a week
- 6-7 days a week

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7. Over the last week, **how many days** did you eat beans and peas?

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Examples of **beans and peas** include pinto beans, black beans, navy beans, chili beans, refried beans, pork and beans, bean soup, barbeque beans, chickpeas, split peas, and black eyed peas. **Include beans from a can or cooked from dry.**

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- I did not eat beans and peas
- 1 day a week
- 2 days a week
- 3 days a week
- 4 days a week
- 5 days a week
- 6-7 days a week

8. Over the last week, **how many days** did you eat yogurt or drink smoothies with yogurt?

- I did not eat yogurt
- 1 day a week
- 2 days a week
- 3 days a week
- 4 days a week
- 5 days a week
- 6-7 days a week

9. Over the last week, **how many days** did you eat cereal with milk?

- I did not eat cereal with milk
- 1 day a week
- 2 days a week
- 3 days a week
- 4 days a week
- 5 days a week
- 6-7 days a week

10. How many **days a week** do you cook dinner (your main meal) at home?

- I rarely cook dinner at home
- 1 day a week
- 2 days a week
- 3 days a week
- 4 days a week
- 5 days a week
- 6-7 days a week

11. How often do you drink regular sodas (not diet)?

- Never
- 1-3 times a week
- 4-6 times a week
- 1 time a day
- 2 times a day
- 3 times a day
- 4 or more times a day

12. In the past week, **how many days** did you exercise for at least 30 minutes?

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This includes things like jogging, playing soccer, and doing fitness or dance classes, or exercise videos. **This 30 minutes could be all at once or a few minutes at a time.** Do not count housework, taking care of your kids, or walking from place to place.

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- 0 days
- 1 day
- 2 days
- 3 days
- 4 days
- 5 days
- 6 days
- 7 days

13. In the past week, **how many days** did you do workouts to build and strengthen your muscles?

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This includes things like lifting weights and doing push-ups, sit-ups, or planks.

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- 0 days
- 1 day
- 2 days
- 3 days
- 4 days
- 5 days
- 6 days
- 7 days

**14. How often do you make small changes on purpose to be more active?**

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This includes things like walking instead of driving, getting off the bus one stop early, doing a few minutes of exercise, or moving around instead of sitting while watching TV.

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- Never
- Rarely (about 20% of the time)
- Sometimes (about 40% of the time)
- Often (about 60% of the time)
- Usually (about 80% of the time)
- Always

**15. How often do you wash your hands with soap and running water before preparing food?**

- Never
- Rarely (about 20% of the time)
- Sometimes (about 40% of the time)
- Often (about 60% of the time)
- Usually (about 80% of the time)
- Always

**16. After cutting raw meat or seafood, how often do you wash all items and surfaces that came in contact with these foods?**

- Never
- Rarely (about 20% of the time)
- Sometimes (about 40% of the time)
- Often (about 60% of the time)
- Usually (about 80% of the time)
- Always

**17. How often do you thaw frozen food on the counter or in the sink at room temperature?**

- Never
- Rarely (about 20% of the time)
- Sometimes (about 40% of the time)
- Often (about 60% of the time)
- Usually (about 80% of the time)
- Always

**18. How often do you use a meat thermometer to see if meat is cooked to a safe temperature?**

- Never
- Rarely (about 20% of the time)
- Sometimes (about 40% of the time)
- Often (about 60% of the time)
- Usually (about 80% of the time)
- Always

**19. How often do you compare food prices to save money?**

- Never
- Rarely (about 20% of the time)
- Sometimes (about 40% of the time)
- Often (about 60% of the time)
- Usually (about 80% of the time)
- Always

**20. How often do you plan your meals before you shop for groceries?**

- Never
- Rarely (about 20% of the time)
- Sometimes (about 40% of the time)
- Often (about 60% of the time)
- Usually (about 80% of the time)
- Always

**21. How often do you look in the refrigerator or cupboard to see what you need before you go shopping?**

- Never
- Rarely (about 20% of the time)
- Sometimes (about 40% of the time)
- Often (about 60% of the time)
- Usually (about 80% of the time)
- Always

22. How often do you make a list before going shopping?

- Never
- Rarely (about 20% of the time)
- Sometimes (about 40% of the time)
- Often (about 60% of the time)
- Usually (about 80% of the time)
- Always

23. How often do you use food coupons for food purchases?

- Never
- Rarely (about 20% of the time)
- Sometimes (about 40% of the time)
- Often (about 60% of the time)
- Usually (about 80% of the time)
- Always

24. How often do you use a written weekly or monthly food spending plan?

- Never
- Rarely (about 20% of the time)
- Sometimes (about 40% of the time)
- Often (about 60% of the time)
- Usually (about 80% of the time)
- Always

25. How often do you budget enough money for food purchases?

- Never
- Rarely (about 20% of the time)
- Sometimes (about 40% of the time)
- Often (about 60% of the time)
- Usually (about 80% of the time)
- Always

26. How often do you check for sales on foods **before** you shop?

- Never
- Rarely (about 20% of the time)
- Sometimes (about 40% of the time)
- Often (about 60% of the time)
- Usually (about 80% of the time)
- Always

27. How often do you check for food items on sale **when** you are at the store?

- Never
- Rarely (about 20% of the time)
- Sometimes (about 40% of the time)
- Often (about 60% of the time)
- Usually (about 80% of the time)
- Always

**The next section has statements people have made about their food situation. Choose the answer that best fits your food situation over the last 30 days.**

28. The food that I bought just didn't last, and I didn't have money to get more.

- Often true
- Sometimes true
- Never true
- Don't know

29. I couldn't afford to eat balanced meals.

- Often true
- Sometimes true
- Never true
- Don't know

30. Did you ever cut the size of your meals or skip meals because there wasn't enough money for food?

- Yes
- No
- Don't know



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