Behavior Checklist Questions
Submitted by University of California

This document contains the Food Behavior checklist questions submitted by the University of California. It includes the instructions for completing the survey as well as an English and Spanish version of the checklist.

The table below shows where the University of California's questions can be found within the Behavior Checklist for the Evaluation/Reporting System.

California's Question	Question on Behavior Checklist Master Question Set
3	Base Question #3
4	Base Question #4
6	Base Question #6
9	Base Question #9
11	CA041
12	CA042
13	CA043
14	CA044
15	CA045
16	CA046
17	CA047
18	CA048
19	CA049
20	CA050
21	CA051

UC Davis

FOOD BEHAVIOR CHECKLIST INSTRUCTIONS

These questions are about the ways you plan and fix foods. As you read each question, think about how you usually do things now. This is not a test. There are not any wrong answers.

The following questions can be answered by checking the bubbles to the right of the question: ?Usually or always", ?Often", ?Sometimes", ?Rarely or Never." In some cases, another response is available, which is specific to the question.

3) Do you start to run out of many or most foods by the end of the month, or do some family members go without food, or do you use emergency food resources?

4) This applies mostly to major shopping trips. If you do most shopping at the local quick stop, a list is appropriate for those trips too.

6) Room temperature means NOT in the refrigerator or NOT in the microwave oven.

9) You may use the ?Nutrition Facts" to find nutrient-rich foods or to find low-fat or low-salt choices.

11) This question is attempting to address variety. Different preparation methods of the same vegetable does not count as variety (e.g., tomatoes in salsa, tomatoes in salad). Small amounts of vegetables should not be counted (e.g., carrots in canned chicken noodle soup).

12) If you do not eat chicken, mark ‹Don't eat chicken.'

13) Packaged foods are foods you buy which are at least partly prepared or processed.

14) ?Regular soda" means diet soda that is not diet, or soda that is not sugar-free. Include sweetened drinks that do not contain fruit juice.

15) ?Before you can buy more" means running out of cash, food stamps or WIC vouchers.

16) If you do not eat high-fat foods, you should mark ?Usually or always."

17) ?Reduced-fat" milk will soon replace low-fat as a label for 2% fat milk. ?Low-fat" will replace very low fat or light as a label for 1% fat milk. If you do not drink milk, you should mark ?Don't drink milk."

18) This question is attempting to address variety. Different preparation methods of the same fruit does not count as variety (e.g. orange juice at breakfast, orange as snack). Small amounts of fruit should not be counted (e.g. raisins in a cookie).

19) If you do not eat bread, you should mark ?do not eat bread." ?Usually or always" means *WHEN* you eat bread, it is usually whole wheat, even if you do not eat bread very often.

20) Nutritious foods are foods that supply nutrients like protein, vitamins and minerals, and may be low in fat.

21) A fast food restaurant may include McDonald's, Burger King, Taco Bell, Kentucky Fried Chicken, or other similar restaurant. Do not include how often other family members may eat at fast food restaurants.

UC Davis **FOOD BEHAVIOR CHECKLIST** *February 18, 1998*

These questions are about the ways you plan and fix foods. As you read each question, think about how you usually do things now. You don't need to fill in the gray shaded areas. This is not a test. There are not any wrong answers.

Name:	ID#:
Date:	Check if interview: Entry Exit

Item no	Question					
3	Do you run out of food before the end of the month?					
4	Do you shop with a list?					
6	Do you thaw frozen meat, poultry, or fish at room temperature? (For example, is it thawed on the countertop or in the sink)					
9	Do you use the ?Nutrition Facts" on the food label to make food choices?					
11	Do you eat more than one kind of vegetable each day?					
12	Do you take the skin off chicken before eating it?					
13	Do you buy packaged food products that are low in salt?					
14	Do you drink regular soda (soda that is not diet) everyday?					
15	Do you worry whether your food will run out before you can buy more?					
16	Do you eat low-fat foods instead of high fat foods?					
17	Do you use low-fat (2%), very low-fat (1%) or nonfat milk?					
18	Do you eat more than one kind of fruit each day?					
19	When you eat bread, do you eat whole wheat bread?					
20	It's too expensive to eat a lot of nutritious foods.					
21	How many times a week do you eat in a restaurant?					

UC Davis **Sus Hábitos Alimenticios** *February 18, 1997*

Las siquientes preguntas tratan sobre la manera en que usted prepara y compra sus alimentos. Al leer cada pregunta, piense en lo que hace actualmente. Deje sin completar las secciones en gris. ¡Esto no es una prueba? No hay respuestas incorrectas.

Nombre:	ID#:
Fecha:	Check if interview: Entry Exit

No.	Preguntas					
3	¿Se le acaban los alimentos antes de que termine el mes?					
4	¿Hace usted una lista cuando va a comprar sus alimentos al supermercado?					
6	¿Descongela usted la carne, pollo o pescado a temperatura ambiente? (por ejemplo, sobre el mostrador de la cocina o en el platero).					
9	¿Usa usted las recomendaciones nutricionales en las etiquetas de los alimentos para escoger sus alimentos?					
11	¿Come usted más de una clase de verduras cada día?					
12	¿Le quita usted el pellejo al pollo antes de comerlo?					
13	¿Compra usted alimentos ya preparados bajos en sal?					
14	¿Toma usted bebidas (sodas) regulares (no de dieta) todos los días?					
15	¿Se preocupa usted si se le acaban los alimentos antes de que tenga dinero para comprar más?					
16	¿Come usted alimentos bajos en grasa en vez de alimentos ricos en grasa?					
17	¿Usa usted leche baja en grasa (2%), con muy poca grasa (1%), o leche descremada (sin grasa)?					
18	¿Come usted más de una clase de fruta diariamente?					
19	Cuando usted come pan, ¿come pan de trigo entero (pan integral)?					
20	Resulta muy caro comer muchas comidas nutritivas.					
21	Usualmente, ¿cuantas veces a la semana come usted en un restaurante?					

UC Davis **Sus Hábitos Alimenticios** *February 18, 1997*

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19	Cuando usted come pan, ¿come pan de trigo entero (pan integral)?					
20	Resulta muy caro comer muchas comidas nutritivas.					
21	Usualmente, ¿cuantas veces a la semana come usted en un restaurante?					