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

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<tr>
<th>POINTS</th>
<th>0</th>
<th>1</th>
<th>2</th>
<th>3</th>
<th>4</th>
<th>5</th>
<th>TOTAL SCORE</th>
</tr>
</thead>
<tbody>
<tr>
<td>How often do you drink Orange, Grapefruit or other juice (100% juice)?</td>
<td>Never, or less than one serving per WEEK</td>
<td>About 1 serving per WEEK</td>
<td>2-3 servings per WEEK</td>
<td>4-6 servings per WEEK</td>
<td>About 1 serving per DAY</td>
<td>More than 1 serving per DAY</td>
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<td>How often do you eat Green Salad?</td>
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<td>How often do you eat Beans (such as Baked, Kidney, pinto or Beans in Chili) do you eat?</td>
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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. WellWorks is a project of your worksite and the Dana-Farber Cancer Institute’s Center for Community-Based Research. It is funded by the National Cancer Institute with support from the Boston Edison Foundation, New England Electric System, Liberty Mutual Group, and SmithKline Beecham. For more information, call (617) 632-2180.