

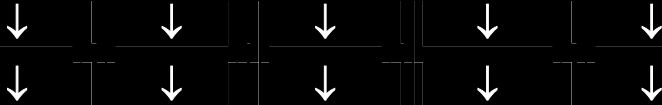
# Fruits & Vegetables Stages

1. How many servings of fruits and vegetable do you usually eat each day (a serving is  $\frac{1}{2}$  a cup of cooked vegetables, 1 cup of salad, a piece of fruit,  $\frac{3}{4}$  cup of 100% fruit juice)?

Mark the answer that is true for you.

0      1      2      3      4  
               

(If you answered between "0" and "4" to question 1, go to question 3.)



3. Do you think you will start eating 5 or more servings of fruits & vegetables a day in the next 6 months?

- 1  No, and I do **not** intend to in the **next six months**.
- 2  Yes, I intend to in the **next six months**.
- 3  Yes, I intend to in the **next 30 days**.

5      6+  
   

(If you answered "5" or "6 or more" to question 1, go to question 2.)



2. Have you been eating 5 or more servings of fruits & vegetables a day for more than 6 months?

- 1  Less than 6 months
- 2  6 months or more

## Fruits & Vegetables Change Strategies

The following are activities, thoughts, and feelings people use to help them change their fruit & vegetable intake. Think of any similar experiences you may be having or have had in the past month. Then rate HOW OFTEN you do each of the following.

**PLEASE:**

\* **Fill in each circle completely.**

\* **Erase all changes completely.**

		1	2	3	4	5
	Never		Almost Never		Often	Many Times
1. I set goals to eat at least five serving or fruits & vegetables a day.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
2. I have a friend or family member who encourages me to eat more fruits & vegetables.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
3. I say positive things to myself about eating fruits & vegetables.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
4. I think about the benefits I will get from eating fruits & vegetables.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
5. I reward myself for eating at least five servings of fruits & vegetables a day.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
6. I look for information about ways to eat more fruits & vegetables.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
7. When I'm not eating enough fruits & vegetables, I tell myself I can get right back on track eating fruits & vegetables.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
8. I put reminders around my home to eat fruits & vegetables.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
9. I keep track of the number of fruits & vegetables I eat.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
10. I think about how my surroundings affect the amount of fruits & vegetable I eat. (Surroundings are things like fast food restaurants and pr e-packaged foods in stores.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
11. I find ways to get around the things that get in the way of eating fruits & vegetables.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
12. I do things to make the eating fruits & vegetables more enjoyable.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
13. I try to think more about the benefits of eating fruits & vegetables and less about the hassles of healthy eating.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
14. I make back-up plans to be sure I eat fruits & vegetable everyday.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
15. I try different kinds of fruits & vegetables so that I have more options to choose from.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

## Fruits & Vegetables Pros & Cons

The following statements are different beliefs about eating fruits & vegetables. Please rate **HOW IMPORTANT** each statement is to your decision to eat 5 fruits & vegetables a day. Use the following scale:

**PLEASE:**

- \* Fill in each circle completely.
- \* Erase all changes completely.

**HOW IMPORTANT IS EACH STATEMENT TO YOU WHEN DECIDING WHETHER OR NOT TO EAT 5 SERVINGS OF FRUITS & VEGETABLES A DAY?**

		Extremely Important	4	5
		Very Important		
		Moderately Important	3	
		Slightly Important	2	
	1	Not Important		
1. I would feel embarrassed if other kids say me eating fruits & vegetables.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
2. I would have more energy if I ate fruits & vegetables.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
3. I would be doing something good for my body if I ate fruits & vegetables.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
4. I would need too much help from my parents to eat fruits & vegetables.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
5. I would feel healthier if I ate fruits & vegetables.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
6. It takes too much time to cut up fruits & vegetables.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
7. My parents would be pleased if I ate fruits & vegetables.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
8. I would rather eat sweets or high fat snacks than fruits & vegetables.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
9. Eating fruits & vegetables would be a great way to start the day.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
10. Fruits & vegetables are too difficult to prepare.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

## Fruits & Vegetables Confidence

There are many things that can get in the way of eating fruits & vegetables.  
 Rate **HOW SURE** you are that you can do the following in each situation.  
 Please answer **ALL** questions.

**PLEASE:**

- \* Fill in each circle completely.
- \* Erase all changes completely.

		1	2	3	4	5
		I'm sure I can't	I probably can't	Neutral	I probably can	I'm sure I can
1. Eat 5 servings of fruits & vegetables everyday.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
2. Ask someone in your family to buy your favorite fruit or vegetable?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
3. Ask for fruits & vegetables with your lunch?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
4. Drink 100% fruit juice instead of fruit punch or soda?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
5. Eat fruits or vegetables for a snack instead of chips or candy?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
6. Ask someone in your family to include fruits or vegetables with dinner?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
7. Eat fruits & vegetables when eating out at a restaurant?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

## Fruits & Vegetable Family Support

During a typical week, how often has a member of your household:  
(For example, your father, mother, brother, sister, grandparent, or other relatives)

	Never	1-2 days	3-4 days	5-6 days	Every day
	1	2	3	4	5
<b>PLEASE:</b>					
* Fill in each circle completely.					
* Erase all changes completely.					
1. Encouraged you to eat fruits & vegetables?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
2. Told you that you are doing a good job with eating fruits & vegetables?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
3. Provided fruits & vegetables as a snack or part of a meal?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
4. Eaten fruits & vegetable with you?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

## Fruits & Vegetable Friend Support

During a typical week, how often:

	Never	1-2 days	3-4 days	5-6 days	Every day
	1	2	3	4	5
1. Do your friends encourage you to eat fruits & vegetables?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
2. Do your friends eat fruits & vegetables with you?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
3. Do other kids tease you for eating fruits & vegetables?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

## Closest Friend Support

	0 Friends	1 Friend	2 Friends	3 Friends	4 Friends	5 Friends
1. How many of your five closest friends eat fruits & vegetables on a regular basis?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

## Fruits & Vegetables Enjoyment

	1	2	3	4	5
1. I enjoy eating fruits & vegetables.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>