



FRUITS & VEGETABLES SCREENING MEASURE

N1. **In a typical day, how many servings of fruit do you eat?**

A serving is equal to:

1 medium piece of fresh fruit

1/2 cup of fruit salad

1/4 cup of raisins, apricots or other dried fruit

6 oz. of 100% orange, apple, or grapefruit juice

(Do not count fruit punch, lemonade, Gatorade, Sunny Delight or fruit drink)

((((()
None 1 2 3 4 or more
0

N2. **In a typical day, how many servings of vegetables do you eat?**

A serving is equal to:

1 medium carrot or other fresh vegetable

1 small bowl of green salad

1/2 cup of fresh or cooked vegetables

3/4 cup of vegetable soup

(Do not count French fries, onion rings, potato chips, or fried okra)

((((()
None 1 2 3 4 or more
0

Scoring: $(N1 + N2) < 5 \Rightarrow$ not meeting fruit and vegetable consumption guidelines