

Starting the Conversation

Over the past few months:

1. How many times a week did you eat fast food meals or snacks?	Less than 1 time	1-3 times	4 or more
2. How many servings of fruit did you eat each day?	5 or more	3-4 times	2 or less
3. How many servings of vegetables did you eat each day?	5 or more	3-4 times	2 or less
4. How many regular sodas or glasses of sweet tea did you drink each day?	Less than 1	1-2 times	3 or more
5. How many times a week did you eat beans (like pinto or black beans), chicken or fish?	3 or more times	1-2 times	Less than 1 time
6. How many times a week did you eat regular snack chips or crackers (not low fat)?	1 time or less	2-3 times	4 or more
7. How many times a week did you eat desserts and other sweets (not the low fat kind)?	1 time or less	2-3 times	4 or more
8. How much butter or margarine (or meat fat) do you use to season or put on vegetables, potatoes, or bread?	Very Little	Some	A lot