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Nutritional Literacy Scale

Department of Family & Community Medicine

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## Nutritional Literacy Scale

James Diamond, MD  
*Thomas Jefferson University*

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We all hear a lot about nutrition and diet. On the next few pages is information you might see. Each piece of information is a sentence with some of the words missing. Look at the words listed below the blank line and pick the one that makes the most sense to you. Write the letter of that word on the blank line. Keep going until you finish. Thank you.

Healthy eating is really supposed to \_\_\_\_\_ our heart.

- a. grow
- b. age
- c. help**
- d. bypass

However, no single food can supply all the nutrients in the \_\_\_\_\_ we need.

- a. meals
- b. amount**
- c. fiber
- d. portions

Eating a \_\_\_\_\_ of foods ensures you get all the nutrients needed for good health.

- a. lot
- b. many
- c. variety**
- d. pound

Grains, fruits and vegetables are food groups that form the basis of a(an) \_\_\_\_\_ diet.

- a. energy
- b. fat-free
- c. protein
- d. healthy**

For a healthy diet, we are advised to eat five \_\_\_\_\_ of fruits and vegetables

- a. cups
- b. fibers
- c. grams
- d. servings**

each \_\_\_\_\_.

- a. day**
- b. morning
- c. meal
- d. year

**next page**

Foods like butter have lots of \_\_\_\_\_ fat which can increase cholesterol.

- a. calorie-free
- b. bacon
- c. saturated**
- d. diet

We also know that cholesterol can be affected by foods high in trans fatty \_\_\_\_\_.

- a. oils
- b. acids**
- c. fiber
- d. diet

Experts often say to \_\_\_\_\_ these foods, because they are \_\_\_\_\_.

- |  |   |
|--|---|
| <ul style="list-style-type: none"><li><b>a. avoid</b></li><li>b. use</li><li>c. drink</li><li>d. eat</li></ul> | <ul style="list-style-type: none"><li>a. delicious</li><li>b. healthy</li><li><b>c. fattening</b></li><li>d. calories</li></ul> |
|--|---|

Fiber is the part of plant-based foods that your \_\_\_\_\_ does not digest and absorb.

- a. body**
- b. portion
- c. weight
- d. eating

Whole grains provide more \_\_\_\_\_ than processed grains.

- a. weight
- b. good
- c. fiber**
- d. nutritious

A good diet should contain approximately 25 to 30 \_\_\_\_\_ of fiber a day.

- a. grams**
- b. ounces
- c. portions
- d. calories

Calcium is \_\_\_\_\_ for bone health.

- a. essential**
- b. osteoporosis
- c. expensive
- d. prescription

As you age, your bones may get thinner as minerals are \_\_\_\_\_.

- a. lost**
- b. weakened
- c. skinny
- d. tall

**next page**

Even in older people, Vitamin D is \_\_\_\_\_ to keep bones healthy.

- a. wants
- b. sunny
- c. mineral
- d. needed**

Foods with added sugars are sometimes called foods with empty\_\_\_\_\_.

- a. pounds
- b. fat
- c. calories**
- d. vitamins

To prevent\_\_\_\_\_ from bacteria, keep eggs in the \_\_\_\_\_

- a. omelets
  - b. groceries
  - c. pain
  - d. illness**
- a. pantry
  - b. refrigerator.**
  - c. frying pan
  - d. chicken

Farmers who grow organic foods don't use \_\_\_\_\_ methods to control weeds.

- a. conventional**
- b. expensive
- c. compost
- d. herbal

They control \_\_\_\_\_ by techniques such as crop rotation, rather than pesticides.

- a. nutrients
- b. weeds**
- c. markets
- d. it

For this, as well as other reasons, organic food \_\_\_\_\_ than conventional food.

- a. costs more**
- b. tastes better
- c. cooks faster
- d. has more fiber

A 180 calorie \_\_\_\_\_ with 10 grams of fat has 50% of its calories from fat.

- a. vitamin
- b. fiber
- c. serving**
- d. exercise

A 140-pound woman needs about 51 \_\_\_\_\_ of protein a day.

- a. servings
- b. grams**
- c. portions
- d. ounces

**next page**

Using fat-free \_\_\_\_\_ on a sandwich can really cut down on the grams of fat.

- a. sugars
- b. mayonnaise**
- c. vitamins
- d. salads

My doctor told me that "fat-free" is not the same as \_\_\_\_\_.

- a. vitamin-free
- b. snack-free
- c. weight-free
- d. calorie-free**

She also told me to make the size of my \_\_\_\_\_ smaller to help control

- a. waistline
- b. portions**
- c. glass
- d. calories

my \_\_\_\_\_.

- a. fattening
- b. vitamins
- c. meals
- d. weight**

Age at last birthday \_\_\_\_\_

Male \_\_\_\_\_ Female \_\_\_\_\_

African-American \_\_\_\_\_ Asian \_\_\_\_\_ Caucasian \_\_\_\_\_ Hispanic \_\_\_\_\_

Other \_\_\_\_\_

Grade school \_\_\_\_\_ Some high school \_\_\_\_\_ Graduated high school \_\_\_\_\_

Some college \_\_\_\_\_ Graduated college \_\_\_\_\_ Graduate education \_\_\_\_\_

**Thank you!**

\_\_\_\_\_