Nutritional Literacy Scale

Department of Family & Community Medicine

2004

Nutritional Literacy Scale

James Diamond, PhD
Thomas Jefferson University

Recommended Citation

Diamond, PhD, James, "Nutritional Literacy Scale" (2004). *Nutritional Literacy Scale.* Paper 1.
https://jdc.jefferson.edu/nls/1

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

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 _____.

    a. avoid   a. delicious
    b. use   b. healthy
    c. drink   **c. fattening**
    d. eat   d. calories

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

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

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!

_____