

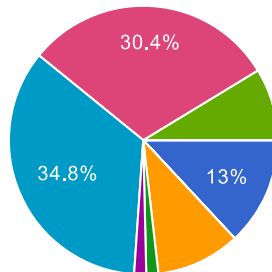
69 responses

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Summary

We are what we eat

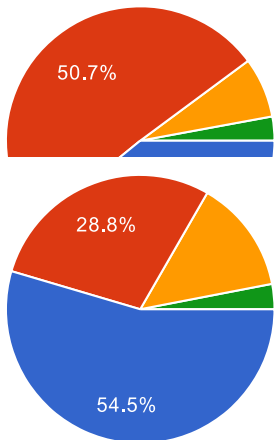
1. What does “eating healthy” mean to you?



Low calorie foods	9	13%
Low carbs	0	0%
Low fat	7	10.1%
Low salt	1	1.4%
Low sugar	1	1.4%
Eating fresh	24	34.8%
Well-balanced	21	30.4%
Organic foods	6	8.7%
Whole grains	0	0%
Other	0	0%

2. During the last 6 months, would you say you're eating healthier?

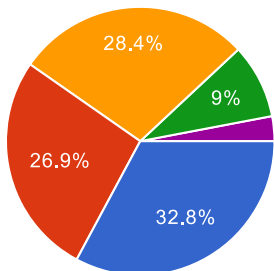
Definitely healthier	27	39.1%
A little healthier	35	50.7%
Unchanged	5	7.2%
Less healthy	2	2.9%



y servings of fruits and vegetables as it is recommended?

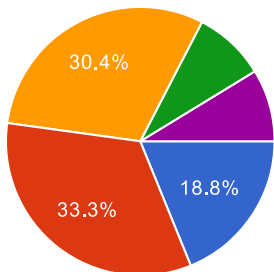
Easy	36	54.5%
Fairly easy	19	28.8%
Somewhat difficult	9	13.6%
Very difficult	2	3%

4. During the last 30 days, how often did you get your 5 daily servings of fruits and vegetables?



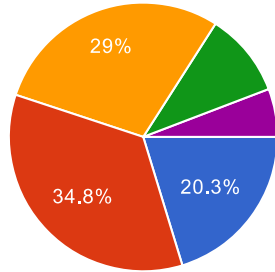
Just about every day	22	32.8%
Most of the time	18	26.9%
Sometimes	19	28.4%
Rarely	6	9%
Never	2	3%

5. Do you try to eat healthy when dining out?



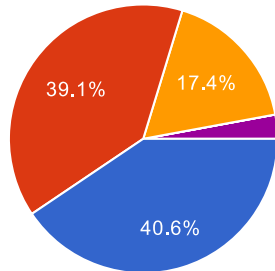
Almost always	13	18.8%
Usually	23	33.3%
Sometimes	21	30.4%
Rarely	6	8.7%
Never	6	8.7%

6. Do you usually get a salad (entrée or side) when dining out?



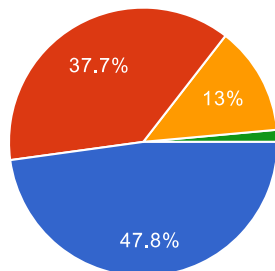
Almost always	14	20.3%
Usually	24	34.8%
Sometimes	20	29%
Rarely	7	10.1%
Never	4	5.8%

7. When do you usually consume fruits and/or vegetables?



Always at home	28	40.6%
Mostly at home	27	39.1%
About equally, home and at school	12	17.4%
Mostly at school	0	0%
Always at school	2	2.9%

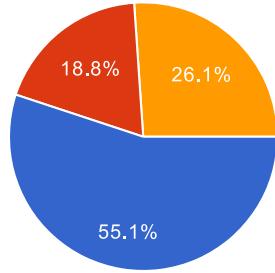
8. How often do you have a vegetable dish?



Very often	33	47.8%
Occasionally	26	37.7%
Rarely	9	13%
Never	1	1.4%

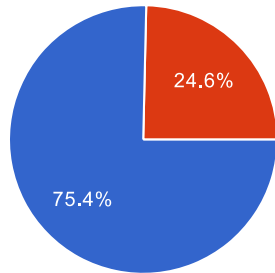
9. What's your favorite way to get a serving of fruit?

Whole fresh fruit	38	55.1%
Fruit salad	13	18.8%



Juice	18	26.1%
Dried fruit	0	0%
Canned or jarred fruit	0	0%

10. Has you ever read the NUTRITION FACTS labels on grocery items?



Yes, I have	52	75.4%
No, I have not	17	24.6%

Number of daily responses

