

Curricula \_\_\_\_\_

County \_\_\_\_\_

Date \_\_\_\_\_

Nutrition Facts		Datos de Nutrición	
Serving Size 1 cup (228g) / Tamaño de la Ración 1 taza (228g)			
Servings Per Container 2 / Raciones Por Envase			
Amount Per Serving / Cantidad Por Ración			
Calories/Calorías	250	Calories from Fat / Calorías de Grasa	110
		% Daily Value/% Valor Diario*	
Total Fat/Grasa total	12g		15%
Saturated Fat / Grasa Saturada	3g		15%
Trans Fat / Grasa de Trans	3g		
Cholesterol / Colesterol	30mg		10%
Sodium / Sodio	470mg		20%
Potassium / Potasio	700mg		20%
Total Carbohydrate / Carbohidratos Total	31g		10%
Dietary Fiber / Fibra Dietética	0g		0%
Sugars / Azúcares	5g		
<b>FIBER &amp; PROTEIN</b>			
Vitamin A / Vitamina A			4%
Vitamin C / Vitamina C			2%
Calcium / Calcio			20%
Iron / Hierro			4%

# Survey

### Participant Information

Age: (Please check one)

- Teen
- Adult age 19-40
- Adult age 41-59
- Adult age 60+

Gender: (Please circle one)

Male      Female

## NUTRITION FACTS LABEL

Please help us make our programs and materials better by answering the following questions. First think about what you will do from now on and then think back to what you did before. *Circle the best answer for each.*

Never                      Often                      Always

**After today**, how often will you eat more fiber-rich foods per day?

1      2      3      4      5

**Before today**, how often did you eat fiber-rich foods per day?

1      2      3      4      5

**After today**, how many ounce equivalents of WHOLE grains will you eat per day? \_\_\_\_\_

*Examples of ounce equivalents are:*

*1 slice of whole wheat bread*

*1/2 cup of cooked oatmeal*

*1/2 cup of brown rice*

**Before today**, how many ounce equivalents of WHOLE grains did you eat per day? \_\_\_\_\_

## **NUTRITION FACTS LABEL**

**After today**, how many ounce equivalents of ALL grains will you eat per day? \_\_\_\_\_

*Examples of ounce equivalents are:*

*1 slice of bread*

*½ cup of cooked cereal, rice or pasta*

*1 ounce of ready-to-eat cereal*

**Before today**, how many ounce equivalents of ALL grains did you eat per day? \_\_\_\_\_

**Which** of these food programs do you think you will use in the next 12 months?  
(Circle all that apply)

- 1) WIC
- 2) Vision Card
- 3) School Breakfast
- 4) School Lunch
- 5) Food Pantry
- 6) Summer Child Feeding Program

**Which** of these food programs did you use in the last 12 months?  
(Circle all that apply)

- 1) WIC
- 2) Vision Card
- 3) School Breakfast
- 4) School Lunch
- 5) Food Pantry
- 6) Summer Child Feeding Program