

## The Adolescent Food Habits Checklist

1. If I am having lunch away from home, I often choose a low-fat option.

**True** False I never have lunch away from home

2. I usually avoid eating fried foods.

**True** False

3. I usually eat a dessert or pudding if there is one available.

True **False**

4. I make sure I eat at least one serving of fruit a day.

**True** False

5. I try to keep my overall fat intake down.

**True** False

6. If I am buying crisps, I often choose a low-fat brand.

**True** False I never buy crisps

7. I avoid eating lots of sausages and burgers.

**True** False I never eat sausages or burgers

8. I often buy pastries or cakes.

True **False**

9. I try to keep my overall sugar intake down.

**True** False

10. I make sure I eat at least one serving of vegetables or salad a day.

**True** False

11. If I am having a dessert at home, I try to have something low in fat.

**True** False I don't eat desserts

12. I rarely eat takeaway meals.

**True** False

13. I try to ensure I eat plenty of fruit and vegetables.

**True** False

14. I often eat sweet snacks between meals.

True **False**

15. I usually eat at least one serving of vegetables (excluding potatoes) or salad with my evening meal.

**True** False

16. When I am buying a soft drink, I usually choose a diet drink.

**True** False I never buy soft drinks

17. When I put butter or margarine on bread, I usually spread it thinly.

**True** False I never have butter or margarine on bread

18. If I have a packed lunch, I usually include some chocolate and/or biscuits.

True **False** I never have a packed lunch

19. When I have a snack between meals, I often choose fruit.

**True** False I never eat snacks between meals

20. If I am having a dessert or pudding in a restaurant, I usually choose the healthiest one.

**True** False I never have desserts in restaurants

21. I often have cream on desserts.

True **False** I don't eat desserts

22. I eat at least three servings of fruit most days.

**True** False

23. I generally try to have a healthy diet.

**True** False

## **SCORING**

1 point for each '**healthy**' response. (False for questions 3, 8, 14, 18, 21. True for all others.)

Final score should be adjusted for 'not applicable' responses (questions 1, 6, 7, 11, 16, 17, 18, 19, 20, 21), and missing responses using the formula:

AFHC score = no of 'healthy' responses x (23/no of items completed).

Reference:

Johnson, F, Wardle, J & Griffith, J

The Adolescent Food Habits Checklist: reliability and validity of a measure of healthy eating behaviour in adolescents

*European Journal of Clinical Nutrition* (2002): **56**, 644-649