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

    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