A Shelf Inventory for Household Food Purchases

The shelf inventory was designed to assess household food purchases for adults with type 2 diabetes. The psychometric properties of the inventory among other groups are not known and require further testing. The following reference includes information regarding the development and validation of the shelf inventory:

Miller C, Edwards L. Development and validation of a shelf inventory to evaluate household food purchases among older adults with diabetes mellitus. *Journal of Nutrition Education and Behavior.* 2002;34:261-267.

ID No. _____

Date _____

Shelf Inventory for Household Food Purchases

Directions: Please use this checklist to tell us which foods are present in your home right now that you eat. Be sure to look in all places where you store food such as the pantry, kitchen cabinets, and refrigerator. Place a check in the "yes" box if a food is present. Check the "no" box if a food is not present. Please do not count frozen or canned foods unless they are specified.

Example: Regular cottage cheese is in your refrigerator. Place a check in the column labeled "yes."

Yes	No	Regular cottage cheese
X		

Milk / Dairy

Yes	No	
		Whole milk
		2% Low fat milk
		1% Low fat milk
		Skim or fat free milk
		Regular plain yogurt
		Plain low fat yogurt
		Plain nonfat yogurt
		Regular yogurt with fruit
		Low fat yogurt with fruit
		Fat free yogurt with fruit
		Regular sour cream or sour cream dips
		Low fat or reduced fat sour cream dips
		Fat free sour cream dips

Cheese – Do not count frozen cheese

Yes	No	
		Regular cottage cheese
		Low fat (1% - 2%) or dry curd cottage cheese
		Fat free cottage cheese
		Regular cream cheese
		Light or reduced fat cream cheese
		Fat free cream cheese
		American, Cheddar, Colby, Monterey Jack, or Swiss cheese
		Light or low fat American, Cheddar, Colby, Monterey Jack, or Swiss cheese
		Fat free American, Cheddar, Colby, Monterey Jack, or Swiss cheese
		Cheese food or spreads (such as Velveeta)
		Light or reduced fat cheese food or spreads
		Mozzarella cheese (made with skim milk)

Breakfast Cereal

Yes	No	
		Unsweetened bran cereals (such as All Bran, Bran Buds, Fiber One, Bran Flakes, or Wheat & Bran)
		Sweetened bran cereals (such as Raisin Bran, Cracklin Oat Bran, Fruit & Fiber, or Multi-bran Chex)
		Shredded wheat type cereals (such as Shredded Wheat, Fruit Wheats, or Quaker Oat Squares)
		Granola type cereals
		Low fat granola type cereals
		Corn, oat, or wheat flake type cereals (such as Cheerios, Cornflakes, or Wheaties)
		Sugar coated cereals (such as Frosted Flakes, Frosted Miniwheats, Captain Crunch, or Cinnamon Toast Crunch)
		Hot cereals (such as Grits, Oatmeal, or Cream of Wheat)

		Other cereals, please specify:

Breads, Pasta, Rice

Yes	No	
		Breakfast breads (such as bagels or English muffins)
		Specialty breads (such as raisin, apple, or walnut bread)
		White bread or white rolls
		Whole wheat or whole grain bread or rolls (first ingredient must be whole wheat or whole grain flour on the ingredient list)
		White rice
		Brown or wild rice
		Pasta (such as macaroni or spaghetti)
		Whole wheat pasta (such as whole wheat macaroni or spaghetti)
		Regular canned biscuits
		Reduced fat canned biscuits

Baked Goods – Do not count frozen items

Yes	No	
		Regular cakes (such as pound cake or chocolate cake)
		Low fat cakes (such as angel food cake)
		Sugar free cakes
		Regular pies (such as strawberry, pumpkin, or chocolate)
		Reduced fat pies
		Regular cookies (such as chocolate chip, raisin, or oatmeal)
		Low fat or reduced fat cookies
		Sugar free cookies

Yes	No	
		Regular fruit cookies (such as Fig Newtons)
		Fat free fruit cookies
		Cream filled cookies (such as peanut butter, Oreos, or white cream)
		Reduced fat cream filled cookies
		Sugar free cream filled cookies
		Regular graham crackers (any flavor)
		Low fat graham crackers (any flavor)
		Regular brownies
		Low fat or reduced fat brownies
		Pastry items (such as coffee cake, sweet rolls, or donuts)
		Other reduced fat baked goods, please specify:
		Other fat free baked goods, please specify:

Fresh Vegetables – Do not count canned or frozen vegetables

Yes	No	
		Broccoli
		Brussels sprouts
		Carrots
		Cauliflower
		Celery
		Corn
		Cucumber
		Lettuce
		Peas
		Potatoes
		Spinach
		Sweet potatoes or yams
		Tomatoes
		Other, please specify:

Frozen Vegetables – Do not count frozen dinners

Yes	No	
		Broccoli
		Brussels sprouts
		Carrots
		Cauliflower
		Corn
		Mixed vegetables without sauce
		Mixed vegetables with sauce (such as white or cheese sauce)
		Peas
		Spinach

Yes	No	
		Other, please specify:

Fresh Fruit – Do not count frozen fruit

Yes	No	
		Apples
		Bananas
		Grapes
		Grapefruit
		Oranges
		Pears
		Plums
		Prunes
		Other, please specify:

Legumes

Yes	No	
		Canned beans (such as butter, garbanzo, kidney, navy, northern, pinto, red, or baked beans)
		Refried beans or chili with beans

Fresh or Frozen Meat and Sausage – Do not count frozen dinners

Yes	No	
		Regular ground beef or hamburger made from regular ground beef
		Lean ground beef or hamburger made from lean ground beef (has less than 10 grams of fat per serving)
		Extra lean ground beef or hamburger made from extra lean ground beef (has less than 5 grams of fat per serving)
		Roast beef
		Sausage (such as smoked, links, Polish, liver, salami, pepperoni, or bratwurst)
		Regular bacon
		Lean bacon
		Fresh pork (such as pork roast or pork chop)

Lunch Meats

Yes	No	
		Regular frankfurters or hot dogs
		Light or low fat frankfurters or hot dogs
		Fat free frankfurters or hot dogs
		Regular luncheon meat (such as turkey, ham, or chicken)
		Light or low fat luncheon meat
		Fat free luncheon meat

Fresh or Frozen Poultry – Do not count frozen dinners

Yes	No	
		Fresh or frozen whole chicken with skin
		Fresh or frozen whole chicken without skin
		Fresh or frozen chicken pieces with skin
		Fresh or frozen chicken pieces without skin
		Prepared fresh or frozen chicken with seasoning (such as garlic & herb, roasted or Cajun)
		Fresh or frozen turkey pieces with skin
		Fresh or frozen turkey pieces without skin

Salad Dressing

Yes	No	
		Regular salad dressing (including Miracle Whip type dressings)
		Low fat or light salad dressing
		Fat free salad dressing
		Regular mayonnaise
		Low fat or light mayonnaise
		Fat free mayonnaise

Candy

Yes	No	
		Regular chocolate candy bars
		Regular candy (such as peppermints, butterscotch, or jelly beans)
		Sugar free candy

Snack Foods

Yes	No	
		Regular popcorn or microwave popcorn
		Low fat microwave popcorn
		Regular snack chips (such as potato chips or tortilla chips)
		Reduced fat or low fat snack chips
		Fat free snack chips
		Pretzels
		Triscuits
		Reduced fat Triscuits
		Rye or wheat crispbread or crackers
		Low fat rye or wheat crispbread or crackers
		Saltine crackers
		Plain or flavored rick cakes
		Other crackers or chips, please specify:
		Salsa or salsa picante

Frozen Dinners

Yes	No	
		Beef dinner (such as meatloaf or sliced beef with gravy)
		Low fat beef dinner
		Baked chicken dinner (such as barbecue or Italian style)
		Pasta dinner (such as lasagna dinner, macaroni and cheese, or pasta shells with sauce)
		Low fat pasta dinner
		Pizza
		Low fat or light pizza

Yes	No	
		Other frozen dinners, please specify:

Frozen Desserts

Yes	No	
		Regular ice cream (any flavor)
		Light ice cream (any flavor)
		Low fat ice cream (any flavor)
		Fat free ice cream (any flavor)
		No sugar added or light ice cream (any flavor)
		No sugar added or fat free ice cream (any flavor)
		Regular ice cream sandwich
		Low fat ice cream sandwich
		No sugar added ice cream sandwich
		Regular popsicles or fudgesicles
		No sugar added popsicles
		Regular Klondike Bars
		Reduced fat or sugar free Klondike Bars
		Regular frozen yogurt (any flavor)
		Fat free frozen yogurt (any flavor)

Please answer the following questions by placing a check in the appropriate blank.

When did you or someone in your household last shop for groceries? (Please check one.)

____ Today

____ Yesterday

____ 2 days ago

____ 3 days ago

____ 4 days ago

____ 5 days ago

____ 6 days ago

____ 1 week ago

____ More than 1 week ago

How often do you eat something away from home that you do not prepare yourself (such as at a deli, restaurant or retirement center)? (Please check one.)

____ Never to 2 times per week

____ 3-5 times per week

____ 6-8 times per week

____ 9-11 times per week

____ 12 or more times per week