



Citation

Wang ML, Little TV, Frisard C, Borg A, Lemon SC, Rosal MC (2018) Development and validation of a Weight Literacy Scale in English and Spanish. PLoS ONE 13(10): e0204678. <https://doi.org/10.1371/journal.pone.0204678>

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*** = Correct Answer**

Survey #	Statement			
1	Drinking water instead of juice can help a person lose weight.	True*	False	Don't know
2	Certain moods can make people want to eat high-calorie foods.	True*	False	Don't know
3	Any physical activity burns calories.	True*	False	Don't know
4	Having friends that are physically active can help a person be more active.	True*	False	Don't know
5	In equal amounts, fried foods have fewer calories than grilled foods.	True	False*	Don't know
6	Alcoholic beverages have few calories.	True	False*	Don't know
7	Regular meats have fewer calories than lean meats.	True	False*	Don't know
8	The only way to lose weight is eating healthy foods.	True	False*	Don't know
9	Tracking what we eat can help us understand how to cut calories.	True*	False	Don't know
10	To keep their weight stable, some people need to eat more calories than other people.	True*	False	Don't know
11	Some salad dressings and vinaigrettes can add many calories to a salad.	True*	False	Don't know
12	In equal amounts, mustard has fewer calories than mayonnaise.	True*	False	Don't know
13	A lunch that has 1,500 calories is healthy for most adults.	True	False*	Don't know
14	An overweight adult who does not exercise needs to eat about 500 fewer calories a day to lose one pound per week.	True*	False	Don't know
15	A weight loss goal of 1-2 pounds per week is commonly recommended.	True*	False	Don't know



16	A healthy snack should contain at least 300 calories.	True	False*	Don't know
17	100% fruit juice contains very few calories.	True	False*	Don't know
18	A calorie tells us how healthy a food is.	True	False*	Don't know
19	Regular energy drinks contain few calories.	True	False*	Don't know
20	People tend to overeat when there is a lot of food around them.	True*	False	Don't know
21	Setting goals for changing diet and physical activity can help people lose weight.	True*	False	Don't know
22	Eating fried foods less often can help a person lose weight.	True*	False	Don't know
23	Eating smaller portions can help people lose weight.	True*	False	Don't know

For the following four multiple-choice questions, please circle one answer.

24	<p>How many calories a day should an active man eat to have a healthy weight? (An example of an active man is someone who walks briskly for 30 minutes on most days of the week)</p> <ol style="list-style-type: none"> 1. Less than 1,000 calories 2. 1,500 to 2,500 calories* 3. 3,000 to 4,000 calories 4. 4,500 calories or more 5. Don't know
25	<p>How many calories a day should an active woman eat to have a healthy weight? (An example of an active woman is someone who walks briskly for 30 minutes on most days of the week)</p> <ol style="list-style-type: none"> 1. Less than 1,000 calories 2. 1,500 to 2,500 calories* 3. 3,000 to 4,000 calories 4. 4,500 calories or more 5. Don't know

Please read each nutrition label before answering the questions.

This nutrition label is from a pizza box:

Nutrition Facts	
Serving Size 1/2 pizza (152.0 g)	
Amount Per Serving	
Calories 380	Calories from Fat 189
% Daily Value*	
Total Fat 21.0g	32%
Saturated Fat 5.0g	25%
Cholesterol 15mg	5%
Sodium 940mg	39%
Total Carbohydrates 34.0g	11%
Dietary Fiber 1.0g	4%
Sugars 3.0g	
Protein 14.0g	
Vitamin A 0%	Vitamin C 0%
Calcium 15%	Iron 10%
* Based on a 2000 calorie diet	

Based on this pizza label, please circle whether the following three statements are: True, False, or Don't Know.

26	One serving has 380 calories.	True*	False	Don't know
27	The entire pizza has 3 servings.	True	False*	Don't know
28	If you ate the whole pizza, you would be eating 760 calories.	True*	False	Don't know

This nutrition label is from a soda container:

Nutrition Facts		
Serving Size: 8 fl. oz (240 mL)		
Servings Per Container: 2.5		
Amount Per Serving		
Calories	100	
		% Daily Value
Total Fat	0g	0%
Sodium	35mg	2%
Total Carbohydrate	27g	9%
	Sugars 27g	
Protein	0g	

Based on this soda container label, please circle the following three statements are: True, False, or Don't Know.

29	One serving has 150 calories.	True	False*	Don't know
30	The entire soda can has 2 servings.	True	False*	Don't know
31	If you drank the entire soda bottle, you would be drinking 300 calories.	True	False*	Don't know

The **Weight Literacy Scale** is a product of a Health Promotion and Disease Prevention Research Center supported by Cooperative Agreement Number (U48 DP005031) from the Centers for Disease Control and Prevention and a grant from the National Institute of Minority Health and Health Disparities (1P60 MD006912) The findings and conclusions are those of the authors and do not necessarily represent the official position of the funding sources.