

# WEIGHT LITERACY SCALE

## Citation

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**\* = Correct Answer**

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



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

*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"> <li>1. Less than 1,000 calories</li> <li>2. 1,500 to 2,500 calories*</li> <li>3. 3,000 to 4,000 calories</li> <li>4. 4,500 calories or more</li> <li>5. Don't know</li> </ol>
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"> <li>1. Less than 1,000 calories</li> <li>2. 1,500 to 2,500 calories*</li> <li>3. 3,000 to 4,000 calories</li> <li>4. 4,500 calories or more</li> <li>5. Don't know</li> </ol>

Please read each nutrition label before answering the questions.

This nutrition label is from a pizza box:

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

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:**

<b>Nutrition Facts</b>		
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.	<b>True</b>	<b>False*</b>	<b>Don't know</b>
30	The entire soda can has 2 servings.	<b>True</b>	<b>False*</b>	<b>Don't know</b>
31	If you drank the entire soda bottle, you would be drinking 300 calories.	<b>True</b>	<b>False*</b>	<b>Don't know</b>

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