The Young Adult Nutrition Literacy Tool

Functional Nutrition Literacy			Scoring
1	Foods like bread, rice, and cereal cannot be part of a healthy diet.	F1	Items on a Likert scale 1=strongly disagree, 5= strong agree. Sum scores and generate overall mean score.
2	Eating a diet low in carbohydrates is part of a healthy lifestyle.	F1	
3	Eating a diet low in fat is part of a healthy lifestyle.	F1	
4	I know what MyPlate is.	F2	Items on a Likert scale 1=strongly disagree, 5= strong agree. Sum scores and generate overall mean score.
5	I am aware of at least three of the 2015 Dietary Guidelines.	F2	
6	I know the difference between a nutritionist and a registered dietitian.	F2	

Interactive Nutrition Literacy			Scoring
7	I can select foods for a low-sodium eating plan.	F1	Items on a Likert scale 1=strongly disagree, 5= strong agree. Sum scores and generate overall mean score.
8	I can create new recipes that will benefit my health.	F1	
9	I can eat healthy on a budget.	F1	
10	I can estimate the amount of calories in a food based on the amounts of fat, protein, and carbohydrates it has.	F1	
11	I can give someone healthy eating advice.	F1	
12	I can plan healthy meals for a week.	F1	
13	I can prepare an acceptable meal for someone with a food allergy.	F1	
14	I can select a healthy meal when eating out.	F1	
15	I can select foods for a low-carbohydrate eating plan.	F1	
16	I can select foods for a low-sugar eating plan.	F1	

Critical Nutrition Literacy			Scoring
17	I would participate in a campaign to bring healthier food to campus.	F1	Items on a Likert scale 1=strongly disagree, 5= strong agree. Sum scores and generate overall mean score.
18	I try to avoid eating from fast food chain restaurants due to their impact on society	F1	
19	I am concerned that not all people have access to healthy foods.	F1	
20	I would advocate for a farmer's market on my college campus	F1	
21	I am concerned with food waste on campus.	F1	
22	I try to influence others (for instance, friends and family members) to eat healthy food.	F1	
23	I require my college, university, workplace, etc. to offer healthy food.	F1	
24	I am concerned about my fellow college students' ability to access healthy and affordable food.	F1	
25	I advocate for providing access to healthy foods for all.	F1	
26	I would like to get involved in political issues directed at improving the population's diet.	F1	
27	I can identify credible sources of nutrition information.	F2	Items on a Likert scale 1=strongly disagree, 5= strong agree. Sum scores and generate overall mean score.
28	I base my diet on information that I get from scientifically recognized literature (for instance, published by the American Medical Association and the Dietary Guidelines for Americans).	F2	
29	I can identify scientific nutritional findings from non-scientific.	F2	
30	I can understand nutrition claims.	F2	
31	I can identify credible sources of nutrition information.	F2	
32	I instinctively know which sources of nutrition information are credible.	F2	
33	I look to social media (instagram, facebook, pinterest) to learn about nutrition.	F3	Items on a Likert scale 1=strongly disagree, 5= strong agree. Sum scores and generate overall mean score.
34	I often refer to things I have read on the internet if I discuss diet with others.	F3	
35	I am influenced by the dietary advice that I read about on the internet.	F3	

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36	Social media influences my eating behaviors.	F3	
37	I am influenced by the dietary advice that I read or see in social media.	F3	
38	I am critical of the dietary information that I receive from various sources in society.	F4	Items on a Likert scale 1=strongly disagree, 5= strong agree. Sum scores and generate overall mean score.
39	I am concerned that the dietary information that I read may not be based on science.	F4	
40	I am critical of the dietary information that I see in social media.	F4	
41	I often question where nutrition information is coming from.	F4	
42	I often question social media accounts that provide nutrition or healthy eating advice.	F4	
43	I worry about the spreading of false nutrition information through social media.	F4	