

**ANSWER
CORRECT?**

YES NO

READ TO SUBJECT: This information is on the back of a container of a pint of ice cream.

QUESTIONS

1. If you eat the entire container, how many calories will you eat?

Answer 1,000 is the only correct answer

2. If you are allowed to eat 60 g of carbohydrates as a snack, how much ice cream could you have?

Answer Any of the following is correct:

- 1 cup (or any amount up to 1 cup)
- Half the container

Note: If patient answers "2 servings," ask "How much ice cream would that be if you were to measure it into a bowl?"

3. Your doctor advises you to reduce the amount of saturated fat in your diet. You usually have 42 g of saturated fat each day, which includes 1 serving of ice cream. If you stop eating ice cream, how many grams of saturated fat would you be consuming each day?

Answer 33 is the only correct answer

4. If you usually eat 2500 calories in a day, what percentage of your daily value of calories will you be eating if you eat one serving?

Answer 10% is the only correct answer

Pretend that you are allergic to the following substances:
Penicillin, peanuts, latex gloves, and bee stings.

5. Is it safe for you to eat this ice cream?

Answer No

6. (Ask only if the patient responds "no" to question 5): Why not?

Answer Because it has peanut oil.

Total Correct

Score of 0-1 suggests high likelihood (50% or more) of limited literacy

Score of 2-3 indicates the possibility of limited literacy

Score of 4-6 almost always indicates adequate literacy