Score Sheet for the Newest Vital Sign Questions and Answers

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

ANSWER CORRECT?	
yes	**no**

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 grams 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 "two 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 one 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*

READ TO SUBJECT: 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.*

Interpretation

Number of correct answers:

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.