Eating Breakfast

1. How many **times last week** did you eat breakfast when you got up?  
   __________ times last week

2. **This morning**, did you eat any of the following foods for breakfast? *(Please check all that apply)*
   - milk (½ cup)
   - cheese
   - yogurt
   - eggs
   - meat, poultry, or fish
   - beans

   If you ate anything else, please write here: __________________________________________________________

**Scoring**

These are single items. For question 1 (how many times in the last week the subject ate breakfast), score as the number entered. Question 2 is whether they subject has had protein for breakfast. The score for question 2 is either 1="yes" or 0="no"; if any of the boxes are checked the score is "1". If something is written in, score as "yes" if it is protein.

**Characteristics**

Tested on 123 subjects.

<table>
<thead>
<tr>
<th>Item</th>
<th>Observed Range</th>
<th>Mean</th>
<th>Standard Deviation</th>
<th>Internal Consistency Reliability</th>
<th>Test-Retest Reliability</th>
</tr>
</thead>
<tbody>
<tr>
<td>Ate breakfast</td>
<td>0-7</td>
<td>5.41</td>
<td>2.39</td>
<td>—</td>
<td>NA</td>
</tr>
<tr>
<td>Ate protein</td>
<td>0-1</td>
<td>0.754</td>
<td>0.432</td>
<td>—</td>
<td>NA</td>
</tr>
</tbody>
</table>

**Source of Psychometric Data**


**Comments**

It is difficult to measure dietary change. Thus we developed this scale to measure change in two key components of healthy eating, eating breakfast and eating protein for breakfast. Because it is difficult to get good self-report data about nutrition, we use these two questions as surrogates for more generalized data about eating habits. This scale available in Spanish.

**References**

Unpublished at this time.

Self-Management Resource Center
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https://selfmanagementresource.com

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