



**Score Sheet for the Newest Vital Sign Questions and Answers**

## READ TO SUBJECT:

**This information is on the back of a container of a point of ice cream.**

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

***Answer:*** *1,000 is the only correct answer*

1. 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?”*

1. 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*

1. If you usually eat 2,500 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.**

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

***Answer:*** *No*

1. (Ask only if the patient responds “no” to question 5): Why not?

***Answer:*** *Because it has peanut oil.*

Number of correct answers:

**Interpretation**

# 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.**

**ANSWER CORRECT?**

|  |  |
| --- | --- |
| **yes** | **no** |
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