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Clarifying Meal Planning Information

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Graduate Graphic Design MFA Program
School of Design
Rochester Institute of Technology
College of Imaging Arts and Science

A Thesis submitted to the Faculty of the College of Imaging Arts and Sciences
in candidacy for the degree of Master of Fine Arts

Clarifying Meal Planning Information

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May 2004

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Acknowledgements

Dedication

This thesis is dedicated to my mother for her unconditional love, and eternal inspiration. Thank you for showing me how to appreciate the good and bad aspects of life.

Special Thanks

A very special thanks to my thesis advisors Bruce Ian Meader, Deborah Beardslee, and Barbra Cerio-Iocco for taking this journey with me. Special thanks to my family for their never-ending support, encouragement and love. Special thanks to my graduate colleagues for making this experience one I will always treasure and deeply miss.

Table of Contents

5 Project Definition

8 Precedents

12 Research

33 Synthesis

37 Ideation

51 Intermediate Evaluation

55 Implementation

59 Dissemination

60 Retrospective Evaluation

62 Conclusion

64 Glossary of Terms

66 Bibliography

68 Appendices

Appendix A: Final Design Application

Appendix B: User Needs Survey

Appendix C: Literature Evaluation Survey

Appendix D: Consumption Survey

Appendix E: Color Correlation Survey

Appendix F: Intermediate Evaluation Survey

Appendix G: Retrospective Evaluation Survey

Project Definition

Situation

It was a son's love for his mother that generated ideas to drive this thesis from conception to completion. His mother was diagnosed with Type 2 diabetes in the summer of 2003. To combat this disease, his mother had to restructure her eating habits. Changing eating habits is a difficult task in itself. Not being able to understand the information that should help one undergo this metamorphosis makes this task almost impossible. Being a native of Vietnam, his mother has very limited English skills, which added to the confusion that surfaced from trying to comprehend the meal planning literature that was given to her after diagnosis.

A diagnosed diabetic must overcome denial to improve or maintain their health. Denial can be eliminated by enlightenment through information. This newly gained knowledge should comfort diabetics. If this information is not presented in a manner that helps diabetics accept and manage this disease, confusion will result. Confusion can send diabetics back to a state of denial and can also directly affect a diabetic's health status.

Problem Statement

The literature that is readily made available to diabetics after diagnosis is limited and inundated with communication flaws. This leaves the newly diagnosed person with very few sources for information and a plethora of sources that are confusing and frustrating. The free literature used to help diabetics with their meal planning process contains several communication flaws. Because this material is free, printing expense is a significant issue. In an attempt to reach all possible users, some meal planning systems try to incorporate too much information into each piece. When information overload occurs, users are presented with too many facts, which can result in confusion and misunderstanding. This is also true when there is insufficient information, which is another problem with current meal planning systems. In an alternative approach to cut cost of manufacturing, some materials lack imperative information due to production issues. Including more information would result in using more materials such as paper and ink, increasing the cost of production. This situation also fosters confusion and does not meet intended communication goals.

Profit is another problem that also plagues current meal planning systems. There are few meal planning systems that are free or inexpensive. Another problem exists in inadequate definition of the intended user. Most meal planning systems are either too general or too specific. Materials that are too general call for more user interaction and therefore subject to human misinterpretation and error. Systems that are too specific communicate only to a certain audience; this creates an unnecessary distinction among health conscious individuals. Current meal planning systems often suffer from various design problems; typography, content, organization and structure.

To resolve these problem,s a new structured meal planning system was designed to help clarify nutrition management for various users. This simplified meal planning system does not discriminate with respect to potential users. This thesis focuses on the needs of Type 2 diabetics; however, the general public can also use the final application. Potential users include dieters, obese individuals, heart attack victims, and even individuals who strive for healthy eating habits. This is achieved through a simple substitution of nutrition measurement values. For example, calories can be substituted for carbohydrates or grams of fats, based on the needs of the user. This system will help clarify information for various users through organization, as well as combat diet trends and fads through measurement substitution. Diet trends are based on current popular measurement units. Through substitution, units can be changed in this system without affecting meal planning.

A simplified system must be generated to ease the stress diabetics experience during their meal planning process. This will provide comfort, ease, and clarification of essential information. This system will promote longer, healthier lives for diabetics, as well as mental ease, satisfaction, and personal well-being. This meal planning structure will also act as a platform for other meal planning systems designed for other health ailments that can be controlled through proper nutrition.

Communication Goals

- to gain knowledge of Type 2 diabetes and the importance of nutrition management
- to understand the nutritional needs of those afflicted with Type 2 diabetes
- to develop an inexpensive, diabetic meal planning system that will clarify information and promote better health

Visual Communication Goals

- to serve as a meal planning aid for diabetics
- to alleviate stress and clarify confusion that may exist within diabetic meal planning
- to help diabetics feel more comfortable with this disease through controlling nutritional intake
- to help the families and friends of those diagnosed with diabetes understand diabetic meal planning
- to incorporate systems thinking and data organization to clarify meal planning information
- to use typographic hierarchy and color to emphasize and organize meal planning information

Precedents

Design Precedents

Massimo Vignelli

Massimo Vignelli redesigned the subway map for the NYC Transit Authority. The new map was released to the public on August 9, 1972. Some of Vignelli's work includes graphic design, architectural graphics, interior, furniture and consumer product designs. The Daily News noted on August 6, 1972, "In order to stress the transit routes themselves, the geographical features of the city are faded into the background in muted grays, beiges and whites. Landmarks such as the East River are suggested symbolically."

Vignelli's New York City subway map helped the designer of this thesis study understand the importance of simplifying information. Including large amounts of text was not necessary in this situation. Information within the map was simplified by using small blocks of texts, rather than sentences. When possible, smaller blocks of text were simplified using abbreviations. The purpose of this map was to help users travel mentally to a final destination. In presenting the public with only the essential information, ambiguity and confusion were lessened.

Color was successfully used to highlight as well as distinguish train routes from one another. Color also separated important foreground information from secondary background information. This system also stressed the importance of color-coding detailed information in a simplified manner, while taking into consideration the needs of users. This aspect of design would be an influence on the designer's final thesis application.

With respect to monumental features, such as geography, buildings and other manmade structures that did not influence communication goals, Vignelli used symbolism as a to include these features. The thesis candidate learned that information could be condensed without altering communication goals through the use of symbolism. Design features did not have to be literal but could be symbolic and still have the same communicative value.

The strengths of this precedent helped the designer of this thesis study realize different methods of clarifying information. One specific strength is Vignelli's method of distinguishing imperative information from superfluous information. Another is Vignelli's answer to presenting information in a manner that did not interfere with the communication goals of each design feature. By limiting variables, including typographic factors, colors and shapes, detailed information was simplified in a more comprehensible manner. Vignelli's NYC Transit Authority Subway Map is a strong example of how complex information can be presented without adding confusion.

Richard Saul Wurman

Richard Saul Wurman's 1985 publication, *Medical Access*, illustrates the need to develop medical literature that effectively communicates common medical practices. Wurman also authored other health related publications including *Heart Disease & Cardiovascular Health*, *Diagnostic Tests for Men* and *Diagnostic Tests for Women*. The text in *Medical Access* was as important as the graphic imagery included. The use of illustrations, charts, graphs, as well as wise color and typographic decisions make this publication an influential and innovative publication within the medical and design professions.

The content of this particular precedent is relevant to the outside content of this thesis. Both of these focus on medical and health related issues. The designer of this thesis study used this publication to influence and limit his design decisions. This publication helped the designer focus on the importance of information. This pretense was used to consider: which colors to incorporate, what information to include and which pictograms to implement. The designer focused on aspects of possible design implementations that would help rather than hinder information goals such as the placement of important text and methods of information organization.

Medical Access presents detailed medical information that communicates to more than one audience. This helped the designer of this thesis study realize the possibility to present detailed medical information to a wide audience with clarity, efficiency and simplicity.

Medical Access helped the thesis candidate understand the serious nature of clarifying medical information. This is important to medical issues because in some circumstances comprehension of this information could mean the difference between life and death. This helped the thesis candidate realize the impact design could have on the lives of its intended users. Design does serve the purpose of making information aesthetically pleasing, but design also serves the needs of people. Good design has the potential for improving the quality of life.

Diabetes Precedents

Diabetes Meal Planning Made Easy
American Diabetes Association
1996

Hope Warsaw, in association with the American Diabetes Association, published *Diabetes Meal Planning Made Easy* in 1996. This publication focuses on the nutritional needs of people diagnosed with diabetes. This publication includes: information about Type 1 and Type 2 diabetes, facts about each different food group, an extended menu of available foods for meal planning, sample meal plans, detailed nutritional values for each food, and suggested servings for various users. Due to the large amount of text in this publication, illustrations and graphics are limited which makes this publication visually bland. Monotonous pages of text do not engage the reader or strengthen accessibility and understanding.

This publication helped the thesis candidate understand the vast amount of information to be accommodated in meal planning systems. All six food groups, food kinds, nutritional measurements and serving amounts should be included. This information is imperative because without this data, it would serve little purpose to the user. From this publication, the designer was able to decipher what kind of meal planning information must be included in the final application.

The designer of this thesis study was also able to envision all the possible users after reviewing the information in this publication. The possible target audience was determined after viewing the large menu selection included in this book. The large menu selection accommodated various lifestyles and backgrounds. Along with the fact that diabetes does not discriminate, the designer considered what kinds of food to include in the final application. These foods should satisfy the needs of various users, including those ranging in ethnic background and age also those with strict dietary restrictions and consumption preferences.

In reviewing *Diabetes Meal Planning Made Easy*, the designer of this thesis study experienced several instances of information overload. This helped the designer understand and sympathize with meal plan users. Attention focused on information that was superfluous, which included the multitude of nutrition measurements. This unnecessary information merely consumes space without purpose. Efficient use of space could also be achieved by eliminating long, monotonous sentences.

PortionPak
Michelle R. Saari
1995

Michelle R. Saari developed a meal management tool for children called *PortionPak*, after her daughter was diagnosed with diabetes in the early 1990s. This system uses a color-coding system and illustrations for the majority of the foods described. The color-coding system made it easy to distinguish each category of food and associate individual foods with their respective groups. The illustrations were designed in a manner that spoke directly to children, showing foods with faces and other human characteristics. The only adult using this system would be the parent of the diabetic child. Each food was shown on a single page. This increases the book's width and weight, creating size and portability problems. This is a system that would be used primarily at home.

This publication helped the designer define problems with portability and privacy. Size and weight issues concerning this meal planning system made it difficult to be portable. This was a concern of this thesis because portability will enhance meal planning, giving the user more freedom. The designer determined that if *PortionPak* was used in a public setting, privacy could not be maintained. The purpose of this thesis is to improve the quality of life of the user. This can be achieved by giving the user more freedom and more choices. Portability dictates where a user can and cannot perform meal planning tasks. This publication helped the designer realize design's ability to constrain users as well as provide more freedom

PortionPak also stressed the importance of considering all possible users, which includes a range of ages, both genders, and all races. This meal planning system was designed only for children. This excludes users of other ages. The designer was introduced to the possible problems that come with having potential users from all facets of life. Considering all possible users and implementing design principles that would reach all potential users was essential.

The designer understood how color-coding could enhance meal planning by aiding and promoting recognition and categorization of each individual food group. The imagery and use of color within *PortionPak* is targeted toward children, and is used to visually link food groups.

Research

Library Research

The designer compiled a list of possible research terms with respect to his thesis topic. Terms were generated through a series of brainstorming sessions. Brainstorming allowed the designer to consider words and topics that are not generally associated with meal planning systems. This process resulted in a large list of words that would ensure sufficient, divergent research. These terms helped the designer find publications associated with each word. Terms were grouped into seven main categories, **nutrition, meal planning, diet and medicine, consumption, information organization, symbols and icons**, and **theories**. Within the seven groups, terms were grouped again based on similar content and focus. These categories were used to organize research information.

Nutrition

nutrition information
nutrient information
nutritive information
nutrimental information
nourishment information

nutrition explanation
nutrition definitions
nutritional definitions
nutrition descriptions

nutritional analyzing
nutrition formulations

nutritional break down
nutritional simplification

nutritional clarity
nutritional clarifications
nutritional refinements
nutritional confusion
nutritional questions

nutrition design
nutrition patterns
nutrition systems

nutritional delineation
nutritional rationalizations

deputative nutrition
nutritional management

Meal Planning

meal planning
curative meal planning
diabetic meal planning
healthful meal planning
healthy meal planning
salubrious meal planning
salutary meal planning

balanced diet

Diet and Medicine	euphoria	eating disorders
	health issues	gluttonous behavior
	healthiness	heart attack
	healthy eating	kidney disorder
	healthy life styles	obesity
	healthy living	over eating
	healthy meal planning	stroke
	nutritional stamina	
	nutritional well being	
	vitality	
	diabetes	diet
	diabetes statistics	diet alternatives
	diabetic care	diet patterns
	diabetic needs	diet resolutions
	diabetic meal planning	
	holistic medicine	dietitians
	medical design	nutritionists
	medical diagnosis	

Symbols and Icons	character	indication methods
	indicia	notional interpretations
	marks	relational inklings
	markings	representational cues
	motif	representational clues
	pictograms	significant symbols
	reminders	suggestive symbols
	representations	symbol notations
	signs	symbolic representations
	stamp	
	symbols	
	token	
	emblem design	
	gesture design	
	icon design	
	indexical design	
	notion design	
	symbol design	

Theories	determinate methods	memory recall
	elucidating techniques	mental recollection
	human distinguishing methods	recall theories
	recognition methods	
	recognition theory	
	color correlations	object correlations
	color perception	relational theories
	color theory	
	information placement	

Diabetes

In solving any problem, it is imperative to understand and uncover as much as possible about the existing issue. The designer researched all known facts concerning Type 1 and Type 2 diabetes. This information helped the designer answer these questions: What issues needed to be addressed? Who is the primary audience? and How will these issues be approached?

According to the American Diabetes Association publication, *Diabetes A to Z*, Type 2 diabetics are faced with many debilitating physical issues. Those affected by Type 2 diabetes have vision, balance, and mobility problems.

Research also found that diabetes is a disease that does not discriminate. Diabetes affects people from all walks of life, affecting all races, all ages, and both genders. In the U.S. alone, diabetes affects an estimated fifteen million people, and ninety five percent of those people are diagnosed with Type 2 diabetes.

This study is important because it focused the designer's attention on all possible users of the final application. The designer must consider users from various lifestyles and backgrounds, as well as other communication considerations, including physical inabilities, cultural barriers, societal issues, and varying comprehension levels. This information made the designer aware of the sensitivity of this issue. He realized the need to communicate important and sometimes life-saving information in a clear and concise manner, and the need to be sensitive to the various needs of the user.

Consumption

The designer felt it was also important to study the consumption trends of Americans. Information accessed from The Food Institute's *Demographics of Consumer Food Spending*, along with Senauer, Asp, and Kinsey's *Food Trends and the Changing Consumer*, helped the designer understand which foods were most widely consumed by Americans and possible trends for the coming years. This information is important because it would be used to generate pictograms that aid in the process of visually distinguishing each food group. This is essential when considering potential users. These users must be able to recognize the significance of each pictogram. It will be easier for users to recognize foods that are consumed on a regular basis. The designer realized that these pictograms should withstand trends and fads, and be able to communicate today as well as tomorrow. Consumption was important to understand and a viable method to link users to their food preferences.

Color

Influenced by the organizational effects of color use in Michelle R. Saari's *PortionPak*, the designer focused his attention on color studies. According to *Theory and Practice of Color* by Frans Gerritsen, color can be a powerful method of communication. The designer learned that color is associative, symbolic, and has the ability to generate emotional responses.

It is also important for the designer to know that older people experience a progressive loss of color acuity with blue and orange. Studies show that blues, greens and violets become more difficult to discriminate with age. This is very important due to the potential users of this final application, older individuals.

Other facts about color important to this thesis include color's impressional value. Colors have the ability to suggest ideas without being formally symbolic. For example, green has a strong association with the environment and nature, and blue has an association with the sky. Personal experience also determines each individual's interpretation of color.

Research concerning color is important to this thesis because it helped the designer understand the benefits and drawbacks of color. The designer had to consider possible color associations of different users. Potential users vary in age, gender, and background. For this reason color should not be exclusively used to categorize foods and their food groups.

Comparative Matrices

A comparative matrix, an organizational tool used to compare and contrast, was developed to evaluate strengths and weaknesses of current meal planning systems. This matrix helped the designer understand the main focus of each meal planning system. Brainstorming was used to generate terms that would be used in the comparative matrix to represent content. The designer reviewed nine meal planning systems. Wurman's *Hatracks*, a design tool which involves organizing and re-organizing information in five possible ways alphabetical, location, time, category, and magnitude, was used to organize terms. Three evaluation categories were developed: visual, informational and physical attributes. The three matrices would later serve as a template for a survey to evaluate user needs.

Visual Attributes

The first visual attributes matrix focused on typography. The designer feels that typographic hierarchy, including legible and readable typography should be incorporated within current meal planning systems. After reviewing the literature, the designer evaluated the typographic features within each piece. This matrix uncovered areas within current meal planning systems that could be revised, such as typographic hierarchy of meal planning information. The majority of the pieces have legible text and readable type.

Matrix 1

The designer also evaluated the organizational structure of information. This information helped the designer see various ways of organizing data. The majority of the meal planning systems use the order of the food pyramid to organize information, starting with the grains, beans, and starchy vegetables group, ending with the fats, sweets and alcohol group.

	Typography			**Organization**			
Source Title	Typographic Hierachy	Ledgible Type	Readable Type	Food Pyramid Arrangement	Meal Order Arrangement	Alphabetical Arrangement	Serving Arrangement
Diabetes Meal Planning Made Easy		•	•	•			
The Diabetic's Book		•	•	•			
Good News Eating Plan for Type 2 Diabetes		•	•	•			
Diabetic's Guide to Health and Fitness		•	•	•			
Handbook of Diabetes Nutritional Management		•	•	•			
Via Health Diabetes Exercise Log						•	
Advanced Carbohydrate Counting							•
Mayo Clinic Diet Manual	•	•	•	•			
PortionPak				•			

Visual Attributes Matrix 2

The second visual attributes matrix focused on the use of imagery and color. The designer evaluated each meal planning system's imagery, based on the inclusion of photos, illustrations, charts and tables, as well as type and image relationships (images that relate directly to text). The designer felt that imagery would aid the meal planning process for potential users, making users less dependent on text. The importance of this matrix is to see if other meal planning systems also used imagery as a way to enhance the meal planning process for its users. The designer found that all meal planning systems used some form of imagery. The majority of the pieces used charts and tables, while photos and illustrations were used in two systems. This matrix showed that only one meal planning system used imagery that directly related to the text, for example a picture of chicken next to the word chicken. This is another area where the designer felt improvements could be made.

Color was also evaluated within this matrix. Each meal planning system was evaluated for its use of color imagery, non-color imagery, sensible color use, and hierarchy of color. Two meal planning systems used color imagery, while six used non-color imagery such as gray or black and white images. This was another area that the designer could improve upon based on the information of this matrix. Color images could help communication by making information more accessible through a visual group system. Color images would also make the systems more visually interesting and give users a break from black text.

	Imagery				Color			
Source Title	Photos	Illustrations	Charts, Tables	Imagery Relations	Color Imagery	Non-Color Imagery	Sensible Color Use	Hierachy of Color
Diabetes Meal Planning Made Easy			•			•		
The Diabetic's Book	•		•			•		
Good News Eating Plan for Type 2 Diabetes			•			•		
Diabetic's Guide to Health and Fitness			•			•		
Handbook of Diabetes Nutritional Management			•			•		
Via Health Diabetes Exercise Log			•			•		
Advanced Carbohydrate Counting		•	•		•			
Mayo Clinic Diet Manual								
PortionPak		•		•	•			

Informational Attributes Matrix 1

The first informational attributes matrix focused on three main issues: serving information, food group information, and time. This data was useful to the designer in helping him see what kind of information is included in meal planning systems, and what information is considered important according to current meal planning systems.

With respect to serving information, the majority of the meal planning systems are clear when presenting food group serving information and meal serving clarity. The designer found that confusion is largely due to the overwhelming amount of content in certain systems. These pieces include too much information, making it difficult to understand. The designer felt this was another area that could be improved upon.

With respect to food group information, all were successful in distinguishing the different food groups. The majority have food kind distinction, for example variations of apples and bread. Most tools also included notation of time, for example morning, noon and evening of numerical representations of time. The designer felt that these factors should be included within current meal planning systems.

	Serving Information		**Food Group Information**		**Time**
Source Title	Food Group Serving Clarity	Meal Serving Clarity	Food Group Distinction	Food Kind Distinction	Time Notation
Diabetes Meal Planning Made Easy	●	●	●	●	●
The Diabetic's Book	●	●	●	●	●
Good News Eating Plan for Type 2 Diabetes	●	●	●	●	●
Diabetic's Guide to Health and Fitness			●		
Handbook of Diabetes Nutritional Management	●	●	●	●	●
Via Health Diabetes Exercise Log	●		●		●
Advanced Carbohydrate Counting			●		
Mayo Clinic Diet Manual	●		●		
PortionPak	●	●	●	●	●

Informational Attributes Matrix 2

The second informational attributes matrix was used to review information quantity and language. These are two important issues that will affect the quality of comprehension of the users.

Information quantity was divided into three categories: too little information, sufficient information, and too much information. Of the pieces reviewed, only one contains sufficient information according to the designer. The majority of the meal planning tools contain too much information, while two contain too little information.

Meal planning tools were also evaluated for their language clarity. According to the designer, three pieces were clear in word and sentence structure. The designer attributed word and sentence clarity to the simplified use of language. Words and sentences were simplified to be easier to understand. Long sentences and difficult terminology were not present in these systems.

	Information Quantity			**Language**	
Source Title	Too Little Information	Sufficient Information	Too Much Information	Word Clarity	Sentence Clarity
Diabetes Meal Planning Made Easy			●		
The Diabetic's Book			●		
Good News Eating Plan for Type 2 Diabetes			●		
Diabetic's Guide to Health and Fitness			●		
Handbook of Diabetes Nutritional Management			●		
Via Health Diabetes Exercise Log	●			●	●
Advanced Carbohydrate Counting	●			●	●
Mayo Clinic Diet Manual			●		
PortionPak		●		●	●

Physical Attributes Matrix 1

The first physical attributes matrix evaluated the size and format of each meal planning system. The designer felt that this was important because physical features often limit the content and portability of the meal planning systems. Most pieces reviewed were too large according to the designer's criteria and four are medium, portable sizes. This matrix shows a relationship between size and information quantity. Meal planning systems that are large tend to have too much information, while smaller meal planning systems tend to have insufficient information. This was important to the designer in selecting an appropriate size for the final application.

The most widely used format of meal planning systems reviewed were books. The other format used was folded pamphlets. This information would be used later to determine preferable format.

	Size			Format			
Source Title	Large	Medium (portable)	Small (hand-held)	Card	Pamphlet	Book	Poster
Diabetes Meal Planning Made Easy		●				●	
The Diabetic's Book	●					●	
Good News Eating Plan for Type 2 Diabetes	●					●	
Diabetic's Guide to Health and Fitness	●					●	
Handbook of Diabetes Nutritional Management	●					●	
Via Health Diabetes Exercise Log		●			●		
Advanced Carbohydrate Counting		●			●		
Mayo Clinic Diet Manual	●					●	
PortionPak		●				●	

Physical Attributes 2
Matrix 2

The second physical attributes matrix addressed issues such as portability, movable pieces, and user interaction. This matrix was used in the same manner as the others. The designer's intention was to uncover relationships that exist between specific attributes of each meal planning system.

This matrix showed a relationship between size and portability. In most cases, meal planning systems that are large in size are not portable. In one instance, a medium size meal planning system was not portable due to its weight. This was an important observation. This helped to determine not only size as an issue affecting portability, but also overall weight of the application. The designer reviewed each system for the inclusion of movable pieces. This is important to the designer because he would later include this question in a survey. This would serve as an indicator for which meal planning systems are satisfying the needs of users. The final physical attribute focused on user interaction, which is divided into high, medium and low. The designer established that user interaction would be considered physical involvement with the artifact. With one exception, most pieces required low to medium interaction. This information would also be related to user preferences.

	Portability		**Movable Pieces**		**User Interaction**		
Source Title	Yes	No	Yes	No	High	Medium	Low
Diabetes Meal Planning Made Easy	•			•	•		
The Diabetic's Book		•		•		•	
Good News Eating Plan for Type 2 Diabetes		•		•		•	
Diabetic's Guide to Health and Fitness		•		•		•	
Handbook of Diabetes Nutritional Management		•		•		•	
Via Health Diabetes Exercise Log	•		•				•
Advanced Carbohydrate Counting	•		•				•
Mayo Clinic Diet Manual		•		•			•
PortionPak		•	•			•	

Surveys

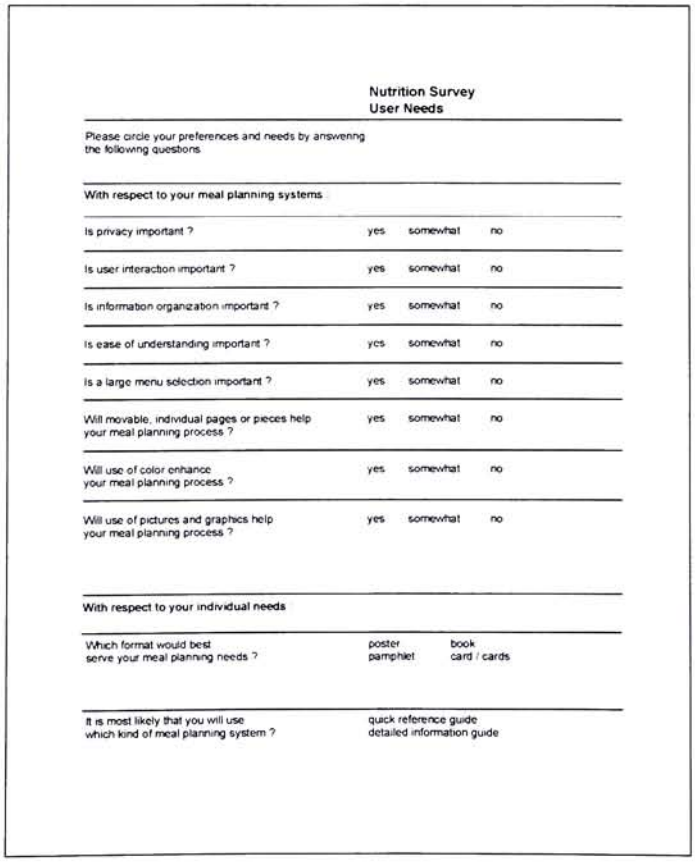
Four surveys were designed and disseminated to aid in the research process. Surveys focused on uncovering user needs, evaluating current meal planning systems, consumption trends, and color correlations with respect to food groups.

User Needs Survey

This survey was used to define areas of importance according to potential users. The designer did not design this survey to include the general public. Only users who are currently using a meal planning system were asked to participate in this survey. This information would be used to help the designer consider user needs when designing the final application. A total of thirty five patrons from The Diabetes Association of America, ViaHealth, Gold's Gym, Mid-Town Athletic Club, and Flex Gym & Aerobics completed this anonymous survey.

Participants were asked to answer *Yes*, *Somewhat*, or *No*, to the importance of each factor, including privacy, user interaction, information organization, ease of understanding, large menu selection, movable pieces and pages, use of color and inclusion of imagery. Participants were asked to indicate a preferred format, which included four choices: poster, book, pamphlet and card. The final question in this survey focused on intended use: a quick reference or detailed information guide.

Survey Example



Nutrition Survey
User Needs

Please circle your preferences and needs by answering the following questions

With respect to your meal planning systems

Is privacy important ?	yes	somewhat	no
Is user interaction important ?	yes	somewhat	no
Is information organization important ?	yes	somewhat	no
Is ease of understanding important ?	yes	somewhat	no
Is a large menu selection important ?	yes	somewhat	no
Will movable, individual pages or pieces help your meal planning process ?	yes	somewhat	no
Will use of color enhance your meal planning process ?	yes	somewhat	no
Will use of pictures and graphics help your meal planning process ?	yes	somewhat	no

With respect to your individual needs

Which format would best serve your meal planning needs ?	poster pamphlet	book card / cards
It is most likely that you will use which kind of meal planning system ?	quick reference guide detailed information guide	

User Needs Results

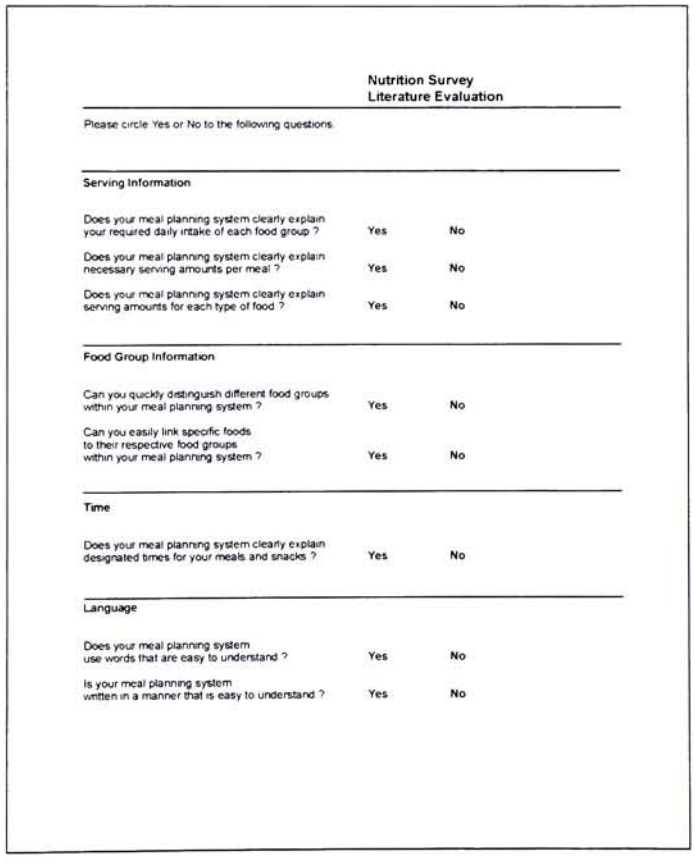
Importance	Is privacy important ?	96 % Yes 4 % No
	Is user interaction important ?	45 % Yes 42 % No 13 % Somewhat
	Is information organization important ?	100 % Yes
	Is ease of understanding important ?	100 % Yes
	Is a large menu selection important ?	100 % Yes
Preference	Will movable, individual pages or pieces help your meal planning process ?	16 % Yes 29 % No 55 % Somewhat
	Will the use of color enhance your meal planning process ?	71 % Yes 29 % No
	Will the use of pictures and graphics help your meal planning process ?	100 % Yes
Use	Which format would best serve your meal planning needs ?	42 % Book 32 % Cards 26 % Pamphlet
	It is most likely that you will use what kind of meal planning system ?	77 % Quick Reference 23 % Detailed Guide

Literature Evaluation Survey

The second survey was used to define areas of needed improvement within current meal planning systems according to current users. Once again, the designer did not design this survey to include the general public. The content of this two page survey was determined based on research and Wurman's *Hatracks* as discussed on page eighteen. Only users currently using a meal planning system were asked to complete this survey. This survey was used to define problem areas within current meal planning systems, and to uncover areas of needed improvement. A total of twenty patrons from The Diabetes Association of America, and ViaHealth completed this anonymous survey.

Participants were asked to evaluate their current meal planning systems by answering *Yes*, or *No*. Participants responded to questions that discussed: serving information, food group information, time, language, typography, imagery, portability and clarity. Page one of this survey is shown below. Page two is shown on the following page.

Survey Example



Nutrition Survey
Literature Evaluation

Please circle Yes or No to the following questions.

Serving Information

Does your meal planning system clearly explain your required daily intake of each food group ?	Yes	No
Does your meal planning system clearly explain necessary serving amounts per meal ?	Yes	No
Does your meal planning system clearly explain serving amounts for each type of food ?	Yes	No

Food Group Information

Can you quickly distinguish different food groups within your meal planning system ?	Yes	No
Can you easily link specific foods to their respective food groups within your meal planning system ?	Yes	No

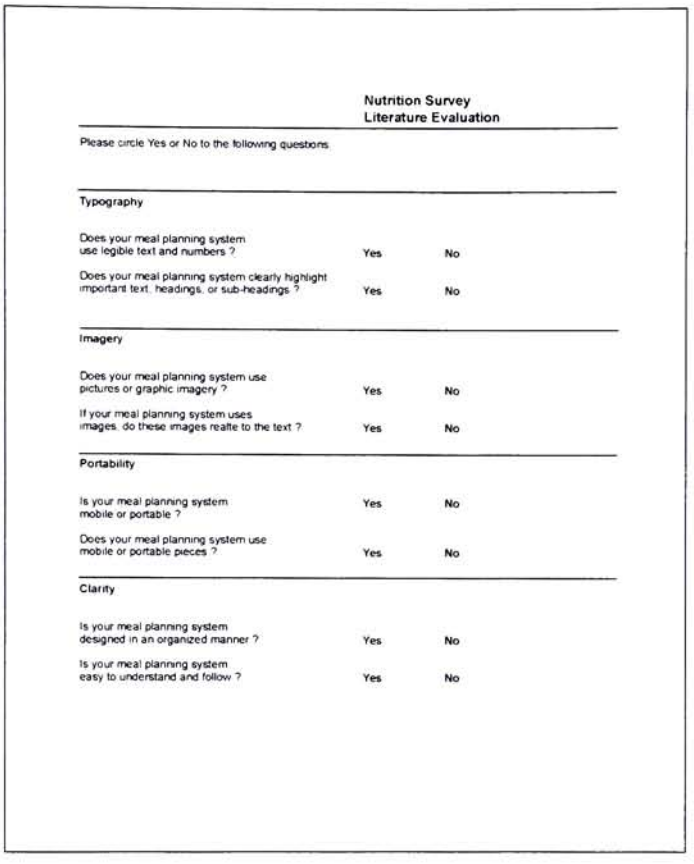
Time

Does your meal planning system clearly explain designated times for your meals and snacks ?	Yes	No

Language

Does your meal planning system use words that are easy to understand ?	Yes	No
Is your meal planning system written in a manner that is easy to understand ?	Yes	No

Survey Example Page 2



Nutrition Survey
Literature Evaluation

Please circle Yes or No to the following questions.

Typography

Does your meal planning system use legible text and numbers ? Yes No

Does your meal planning system clearly highlight important text, headings, or sub-headings ? Yes No

Imagery

Does your meal planning system use pictures or graphic imagery ? Yes No

If your meal planning system uses images, do these images realte to the text ? Yes No

Portability

Is your meal planning system mobile or portable ? Yes No

Does your meal planning system use mobile or portable pieces ? Yes No

Clarity

Is your meal planning system designed in an organized manner ? Yes No

Is your meal planning system easy to understand and follow ? Yes No

Literature Evaluation Results

Serving Information	Does your meal planning system clearly explain your required daily intake of each food group ?	78 % Yes 22 % No
	Does your meal planning system clearly explain necessary serving amounts per meal ?	78 % Yes 22 % No
	Does your meal planning system clearly explain serving amounts for each type of food ?	78 % Yes 22 % No
Food Group Information	Can you quickly distinguish different food groups within your meal planning system ?	78 % Yes 22 % No
	Can you easily link specific foods to their respective food groups within your meal planning system ?	78 % Yes 22 % No
Time	Does your meal planning system clearly explain designated times for your meals and snacks ?	100 % Yes
Language	Does your meal planning system use words that are easy to understand ?	65 % Yes 35 % No
	Is your meal planning system written so it is easy to understand ?	65 % Yes 35 % No

Literature Evaluation Results continued

Typography	Does your meal planning system use legible text and numbers ?	57 % Yes 43 % No
	Does your meal planning system clearly highlight important text, headings or sub-headings ?	57 % Yes 43 % No
Imagery	Does your meal planning system use pictures or graphic imagery ?	100 % Yes
	If your meal planning system uses image, do these images relate to the text ?	100 % Yes
Portability	Is your meal planning system portable ?	84 % Yes 16 % No
	Does your meal planning system use mobile or portable pieces ?	8 % Yes 92 % No
Clarity	Is your meal planning system designed in an organized manner ?	100 % Yes
	Is your meal planning system easy to understand and follow ?	81 % Yes 19 % No

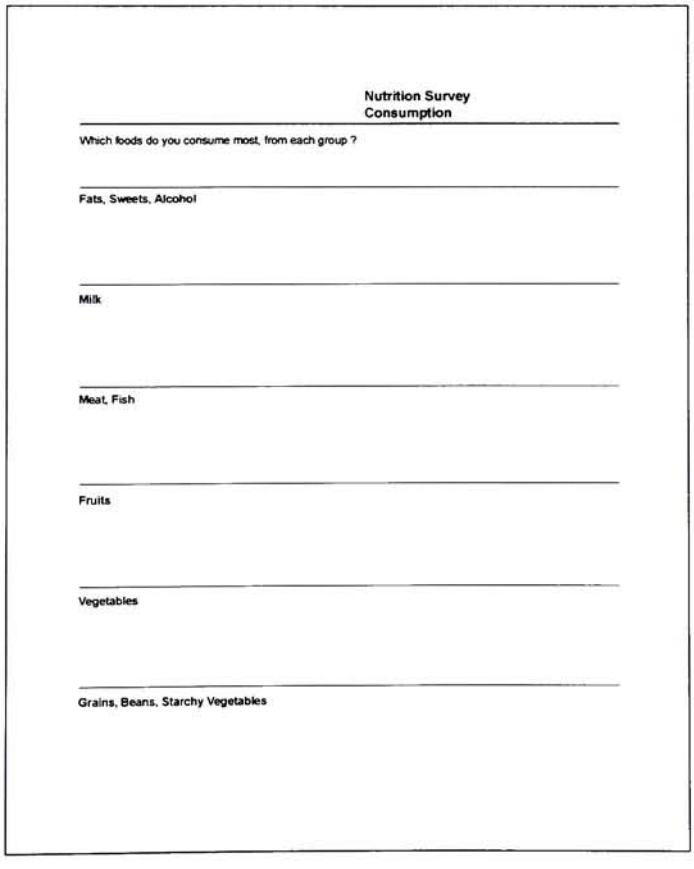
Consumption Survey

The third survey was used to research the most widely consumed foods within each food group. Differing from the previous survey, this survey was designed to include the general public and was used to record the consumption patterns of current and future users. The survey results would dictate which foods could be used to represent each group visually in the form of pictograms.

A total of sixty patrons from The Diabetes Association of America, ViaHealth, Gold's Gym, Mid-Town Athletic Club, and Flex Gym & Aerobics completed this anonymous survey. Individuals from Marketplace Mall, Eastview Mall, Wegmans, Tops, JPMorgan Chase, and students from Rochester Institute of Technology and the University of Rochester also participated in this survey.

Participants were asked to indicate the most widely consumed foods from each food group based on their individual eating habits. Participants were asked to include foods from each food group, including: the fats, sweets, alcohol group, the milk group, the meat, fish group, the fruit group, the vegetables group, and the grains, beans, starchy vegetables group. Results of this survey are shown on the following page.

Survey Example



Nutrition Survey
Consumption

Which foods do you consume most, from each group ?

Fats, Sweets, Alcohol

Milk

Meat, Fish

Fruits

Vegetables

Grains, Beans, Starchy Vegetables

Consumption Results

• Grains, Beans, Starchy Vegetables	60 % Bread
• Vegetables	36 % Broccoli
• Fruits	53 % Apple
• Meats, Fish	29 % Fish
• Milk	95 % Milk
• Fats, Sweets, Alcohol	39 % Candy

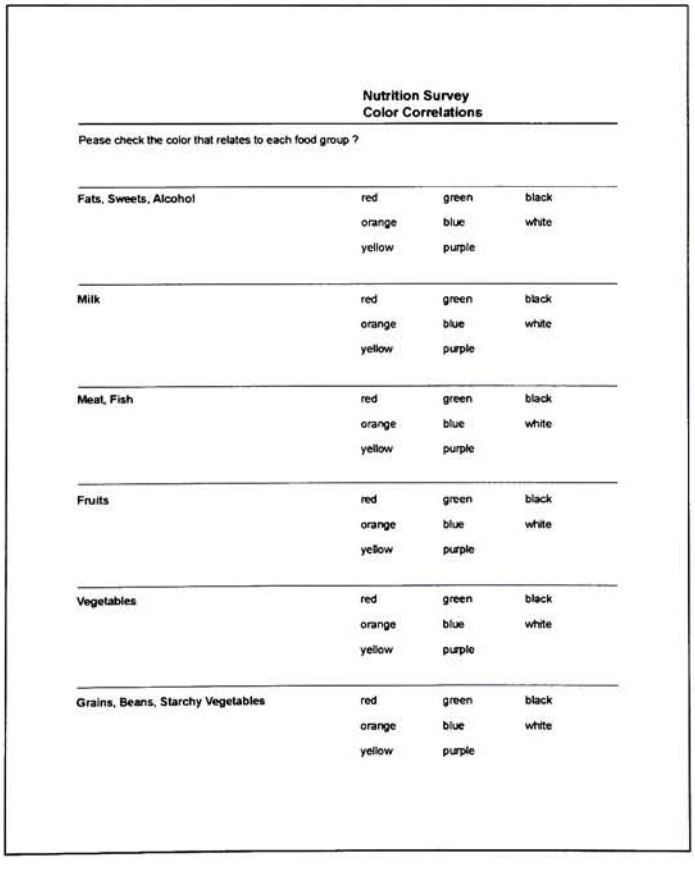
Color Correlations Survey

The fourth and final survey was used to research existing correlations between color and food groups. Similar to the third survey, this survey was designed to include the general public. This survey was used to record color relationships. This data would help the designer choose appropriate colors that would aid in the organization of nutrition information within this meal planning system.

A total of sixty patrons from The Diabetes Association of America, ViaHealth, Gold's Gym, Mid-Town Athletic Club, Flex Gym & Aerobics completed this anonymous survey. Individuals from Marketplace Mall, Eastview Mall, Wegmans, Tops, JPMorgan Chase, and students from Rochester Institute of Technology and the University of Rochester also participated in this survey.

Participants were asked to link colors to food groups. Food groups include: the fats, sweets, alcohol group, the milk group, the meat, fish group, the fruits group, the vegetables group, and the grains beans, and starchy vegetables group. Colors included: red, orange, yellow, green, blue, purple, black and white. A visual example of this surveyis shown below. Survey results, are shown on the following page.

Survey Example



Nutrition Survey
Color Correlations

Pease check the color that relates to each food group ?

Fats, Sweets, Alcohol	red	green	black
	orange	blue	white
	yellow	purple	
Milk	red	green	black
	orange	blue	white
	yellow	purple	
Meat, Fish	red	green	black
	orange	blue	white
	yellow	purple	
Fruits	red	green	black
	orange	blue	white
	yellow	purple	
Vegetables	red	green	black
	orange	blue	white
	yellow	purple	
Grains, Beans, Starchy Vegetables	red	green	black
	orange	blue	white
	yellow	purple	

Color Correlation Results

• Grains, Beans, Starchy Vegetables	36 % Yellow
• Vegetables	93 % Green
• Fruits	40 % Orange
• Meats, Fish	59 % Red
• Milk	90 % White
• Fats, Sweets, Alcohol	31 % Purple

Synthesis

Data Organization

To logically organize all research information, the designer employed Wurman's *Hatracks*. Research information was ranked in order of importance based on content. Primary information is considered most important, followed by secondary information. Tertiary information is still considered important, but not essential when implementing the final thesis application. This step was essential in organizing useful information for the development of the final application of this thesis. Research concerning Type 2 diabetes, color, consumption, information gained from the comparative matrices and survey results were evaluated and organized based on order of importance. From previous experience, it was important for the designer to remember that avoiding information overload in the final design application was an important consideration.

- Primary Information
  - Effects of diabetes
  - Diabetic needs
  - Possible users
  - Needs of possible users
  - Evaluation of current literature
  - Food group information
  - Food information

- Secondary Information
  - Effects of color
  - Consumption statistics
  - Pictogram information

- Tertiary Information
  - Diabetes race statistics
  - Diabetes population statistics
  - Diabetes gender statistics
  - Diabetes age statistics
  - Diabetes risk factors

Design Approach Chart

Information from the surveys dictated the content that would be included in the designer's final application as well as its physical format.The designer developed a design approach chart, based on the information from the surveys. This information was used to help the designer brainstorm and sketch possible design solutions for information organization, content presentation and order. This chart was also used to help the designer consider use of colors and the design of pictograms.

User Evaluation
Design Approach Chart

Attribute	Possible Approach
• Serving Information	Remove unimportant data Organize serving data
• Food Group Info	Emphasize important headings Restructure food group data Use color for emphasis
• Time	Based on survey, n/a
• Language	Use different words Simplify text Limit text Rearrange text Reconstruct sentences Simplify sentences
• Typography	Typographic hierarchy Use legible typefaces Change size of type Change spacing of type
• Imagery	Based on survey, n/a
• Portability	Use portable pieces Use portable pages
• Clarity	Revise language Revise typography Revise serving data Revise food group data

User Needs
Design Approach Chart

Attribute	Possible Approach
• Privacy	Change size of format Portable size and format Different fold methods Inconspicuous cover Date planner similarities Check book similarities
• User Interaction	Flexibility of meal planning More food choices More physical activity
• Information Organization	Alphabetical organization Numerical organization Food group organization Meal time organization Typographic hierarchy Vary typeface Vary type size Revise text placement Use rules Use gridlines Use columns
• Ease of Understanding	Clarify language Simplify terms Delete unnecessary data Relate text to imagery Relate color to data Food group organization Serving data organization
• Large Menu Selection	Include more food choices Include variations of foods Include rare food choices Use several sources Research cookbooks Research ethnic foods

User Needs
Design Approach Chart

Attribute	Possible Approach
• Movable Pages / Pieces	Portable menu Portable pages Movable pictograms
• Color	Colored pictograms Colored rules Colored text Colored borders Color-coded menu Limit color palette
• Imagery	Pictograms Photographs Illustrations Drawings Examples of specific foods Examples of whole meal Highlight certain foods
• Format	Book preference Card preference Booklet of cards? Durability
• Quick Reference	Limit text information Typographic hierarchy Headings Color incorporation Durability

Ideation

Content

User needs

The designer looked to the new information discovered from the surveys in order to help develop content and integrate this into the application. Based on the information from the user needs survey from page twenty five, participants felt that ease of understanding and a large menu selection were extremely important. The majority of those surveyed stated that this meal planning system would most likely be used as a quick reference guide.

Text Information

In an attempt to avoid an extraneous amount of information and to serve the needs of the potential users, the designer had to simplify the language. Information was explained using simple words, and superfluous content such as unnecessary nutrition measurements were eliminated. The designer replaced the varying nutrition measurement values such as fat, fiber, and protein content, with one unit, the calorie. The designer concluded that an individual using a specific meal planning process would only use one unit of measurement. The addition of other units of measurements could be helpful to a wider audience, but could also lead to confusion.

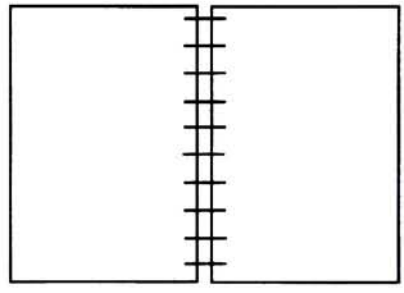
Research found that users would most likely have vision problems. Eliminating unnecessary information would require less visual effort from the user and help unify foods with their respective nutritional value. Users would have to read less eliminating information overload. This tool would be used as a guide to help enhance an individual's meal planning process. Long, laborious text would require more work from the user, defeating the purpose of being a quick reference guide.

Design

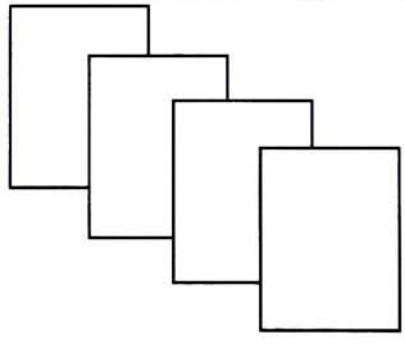
Format

Based on the survey results, the designer selected a format that would satisfy the majority of people surveyed. Users stated a slight preference for a book format over a card format. Users also stated that privacy was an important factor. Taking this information into consideration, the designer determined a size that incorporated both format characteristics, a small hand-held book of cards that satisfied size and privacy preferences. The designer was aware that serving the needs of the user was essential to developing this new meal planning system.

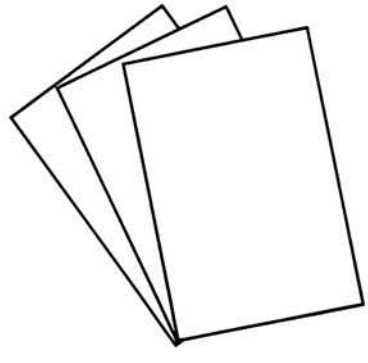
- Portable Book
  This portable four by eight inches book format uses a spiral binding but other versions of this format will also use a metal ring binding.



- Cards
  This two by three inches format is similar to the shape of conventional playing cards.



- Card Booklet
  This format is a mixture of the two previous formats. These cards are the same size as the portable book and attach at one corner.

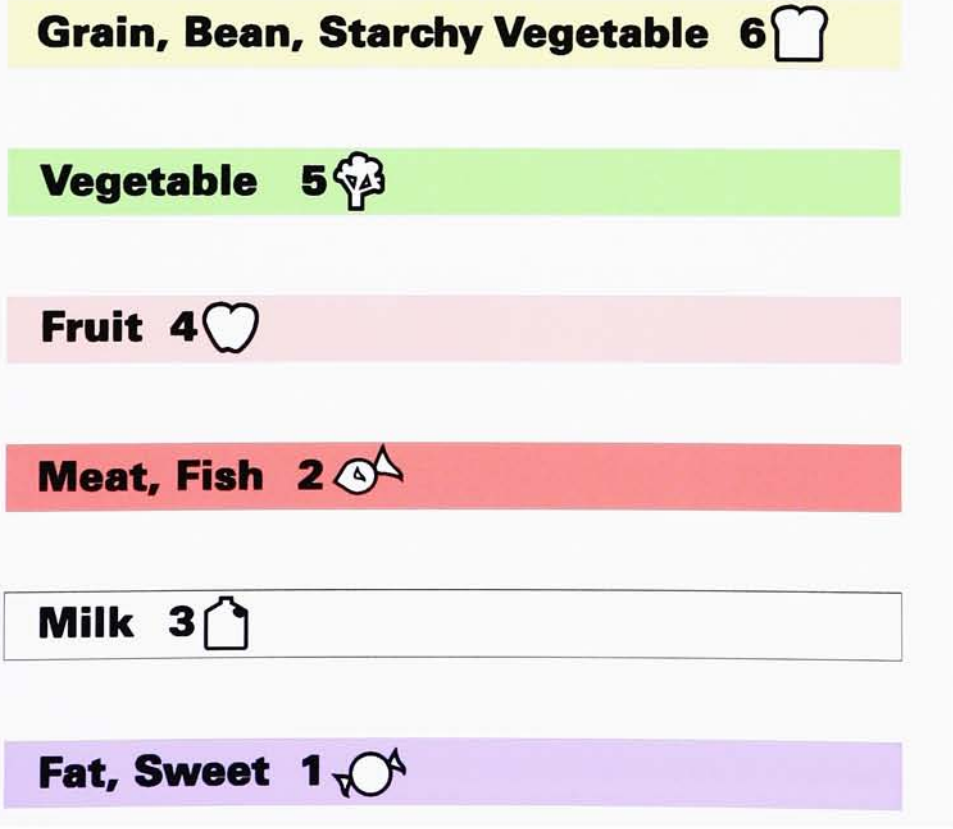


Color

Based on the survey results, the designer selected colors that would satisfy the majority of people surveyed. Users stated that the use of color would aid meal planning. Based on the majority of votes, yellow would represent the grains, beans, and starchy vegetables group. Green would represent the vegetables group. Orange would represent the fruits group. Red would represent the meat and fish group. White would represent the milk group. Purple would represent the fats, sweets, and alcohol group.

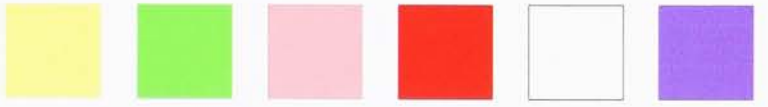
Color would be incorporated into this application with a typographic rule, which would highlight the text of each designated food group. A rule was chosen as the focal point for color rather than the text because the rule extends beyond the text, has more mass, and is therefore more visible. An example is shown below. This would help distinguish different food groups and also help those using this system as a quick reference guide. Pages can be quickly found with this visual system. Colored text would make it harder for users to read. The addition of color as recommended by potential and current users was used in a manner that helped rather then hindered the meal planning process.

- Typographic Rule Examples



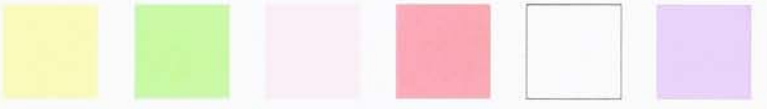
The designer selected three possible palettes for the final thesis application. The palettes differed in opacity which included : one hundred, sixty, and thirty percent values of the full saturated hues. The designer considered the serious nature of this thesis study and it was a important to chose colors that reflected this serious nature. The six colors have a playful association similar to a rainbow. As discussed earlier on page seventeen, color can suggest ideas. A rainbow palette suggest a playful child nature. The rainbow also signifies gay pride in some societies. These two factors helped the designer make careful color decisions for the final application. Color choices remained the same based on the color correlation survey results from page thirty three. To solve issues concerning child and gay associations with color, the designer lower the intensity of each color. The colors were still distinctive and have fewer color associations.

- Palette 1



100 %

- Palette 2



60 %

- Palette 3

30 %

Typeface

The designer had to consider a typeface for small blocks of text that would remain legible at various sizes. The designer chose Univers, a classic yet sophisticated sans serif typeface. Legibility was a primary factor in choosing the typeface. The seriousness of the topic of diabetes meal planning leaves little room for error and the typeface must be efficient, clean, and structured so users could distinguish each character precisely.

The designer continued a system of simplification and limited variables when choosing the typeface for the final application. Univers 75 Black, was used for headings and sub-headings, choosing type sizes to maintain a clear typographic hierarchy. Numbers representing serving sizes were set in Univers 65 Bold, and foods were set in Univers 55 Regular.

The designer chose not to include more playful typefaces which were characteristic in other meal planning systems. These typefaces can generate festive and jovial responses, but can also result in visual ambiguity.

- Univers 75 Black

Aa Bb Cc

- Univers 65 Bold

Aa Bb Cc

- Univers 55 Regular

Aa Bb Cc

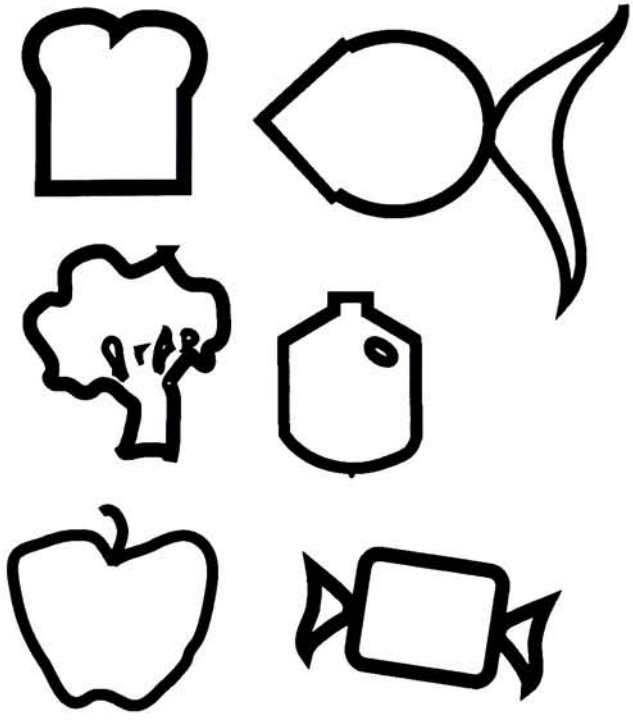
Pictograms

Pictograms are another viable way to quickly represent ideas and signal new areas of information. Results from the consumption survey from page thirty one helped the designer develop icons to represent each food group. Using the foods that are most widely consumed, ensure that users would be able to recognize these pictograms.

In designing the pictograms, the designer used simplified and limited design techniques. Pictograms were designed using a system of shapes. Repeating shapes would reduce the number of variables and support the simplified approached used throughout the meal planning system, with other aspects such as the typography and color decisions. The initial set of pictograms is shown below, the revised set is shown on the following page.

The designer had to decide whether to use colored or black and white pictograms. In this instance, color was not useful for the purpose of communicating application goals. For example, based on the color correlation survey results from page thirty three, most people associate the color orange with fruits. However in the consumption survey, more people consume apples than oranges. To eliminate the possibility that users may incorrectly associate pictograms with the colors of each food group, the pictograms were designed using only black and white.

- Initial Pictogram Set



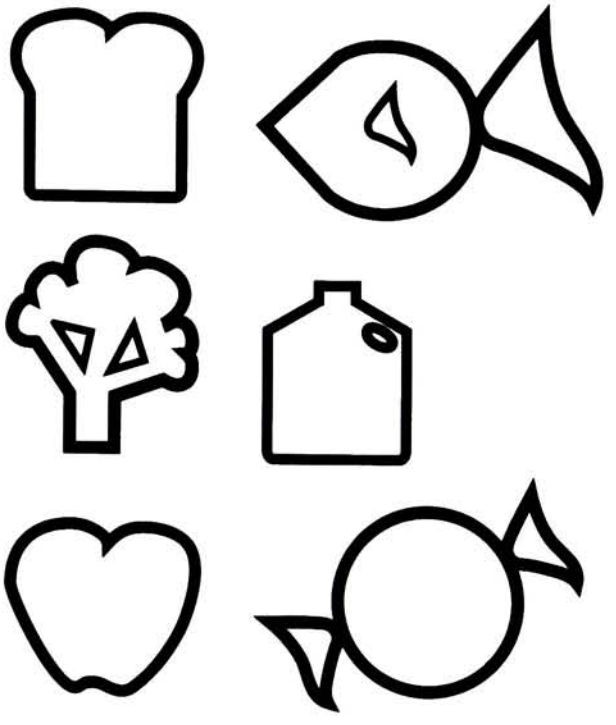
Strengths

- organic shapes and curves retain the characteristics of each food
- organic shapes and curves enhance distinction of each pictogram

Weaknesses

- detailed strokes can cause ambiguity when decreased in size
- varying shapes and curves introduce new visual elements lacking systems design

- **Revised Pictogram Set**



Strengths

- similar shapes and curves reinforce system design, introducing fewer visual variables
- fewer details help pictogram distinction when reduced in size

Weaknesses

- similar shapes and curves may reduce pictogram recognition and distinction

Space

It was essential to this meal planning system that space be considered carefully. Because content was simplified, limiting the amount of text would provide more visual space and cause less confusion. Users would no longer have to read long passages of text. This would enhance a user's meal planning process, and result in a stronger reference guide.

Condensing information to shorter simple phrases and eliminating unnecessary measurement units made it possible to increase the size of the text for maximum legibility. The remaining visual space complemented the use of simple typographic rules to help organize different foods based on serving amount. Color and typography are used to group information. Space helped to further group information by isolating different content and unifying similar content. Foods under the same food group that shared a similar suggested serving amount were group together and closer in spatial proximity.

The designer eliminated unnecessary thresholds (vertical alignment points) that interfere with clear communication to the user. This was an observation that was made with other meal planning systems. In these cases, numerous thresholds are necessary because of the large amount of text information. The thresholds are used to separate the different measurement units. In simplifying the terminology, more space could be added. The designer used equal spacing between foods and their respective caloric values, eliminating the need for an additional threshold. This will make it easier for the user to visually link foods with their corresponding nutrition value. An example is shown below.

Spatial Organization Example

Possible Applications

The designer used the information from the surveys and the design approach charts to generate ideas for possible applications. The objective was to incorporate simplification throughout the application. Simplification of design features, and content information while maintaining a high degree of user comprehension was the designer's main goal.

Folding Meal Plan

This meal plan was designed as a folding, portable system. Based on research and survey results, the designer envisioned a folding meal planning system that would satisfy privacy and portability needs.

The first step in designing this application was to simplify the text. Long sentences and text blocks were reduced to simple words. This would serve three purposes: minimize content misunderstanding, provide more visual space, and help satisfy user needs as a quick reference guide.

The designer incorporated a limited color palette, based on the color correlation survey results found on page thirty two. Yellow represents the grains, beans and starchy vegetables group and green represents the vegetables groups. A limited color palette would decrease the visual confusion of food group distinction that may exist. Limiting the color palette would also make this system more functional as a quick reference guide.

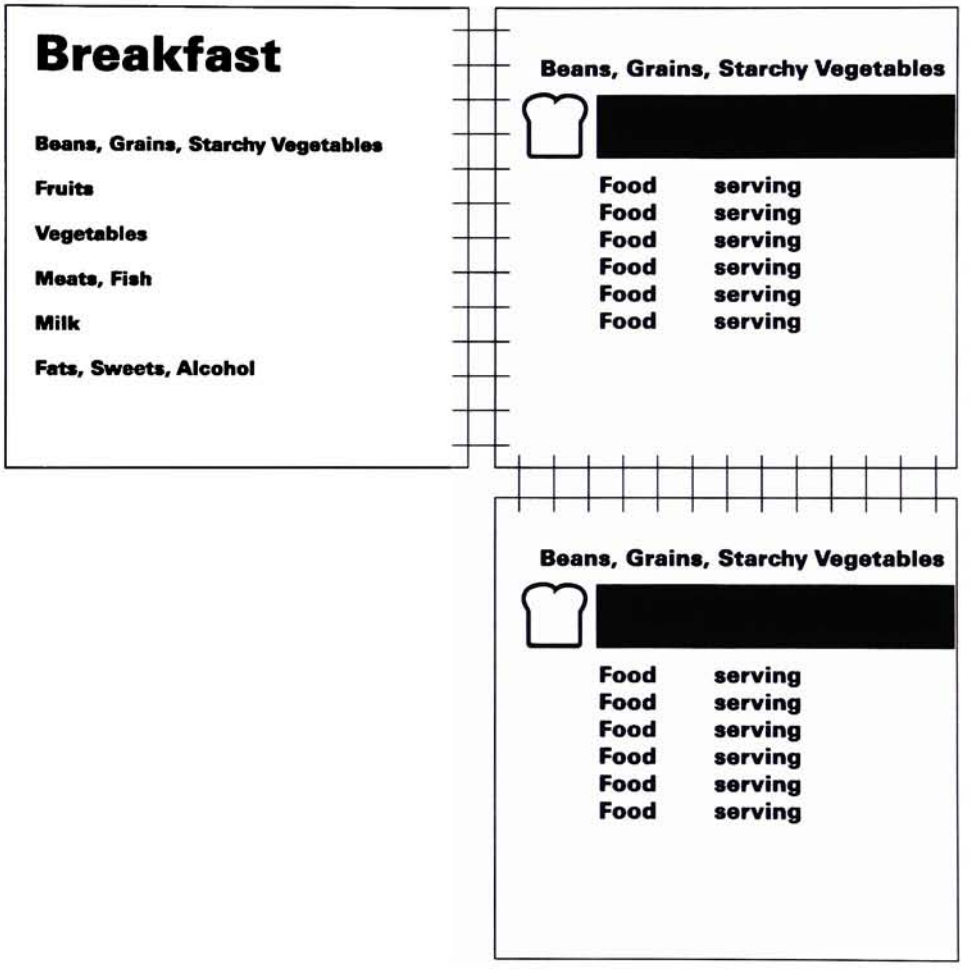
Pictograms would be used in conjunction with color-coding to strengthen this meal planning system. Food groups would be categorized by three characteristic: verbal content, designated color, and pictogram.

The designer also considered limiting the number of typefaces. Different typefaces would be used to depict headings and sub-headings, numerical values, and food choices. Limiting the typeface to Univers would help the user distinguish different areas of information if space or color should prove to be a problem with the user.

The designer developed this system to solve portability and privacy issues. The survey stated that privacy was an important issue and that portability would somewhat enhance the meal planning process. A double spiral bind would allow this system to fold into one compact square booklet. This portable size would fit within small bags and an inconspicuous cover would retain a user's privacy.

For this application to function as a portable system, some features were sacrificed. The spiral binding would give this application a cleaner fold making it thinner and lighter in weight. This feature, however, does not allow for any of the individual pieces or pages to be removed. An example sketch of this application is shown below.

- Folding Meal Plan Approach

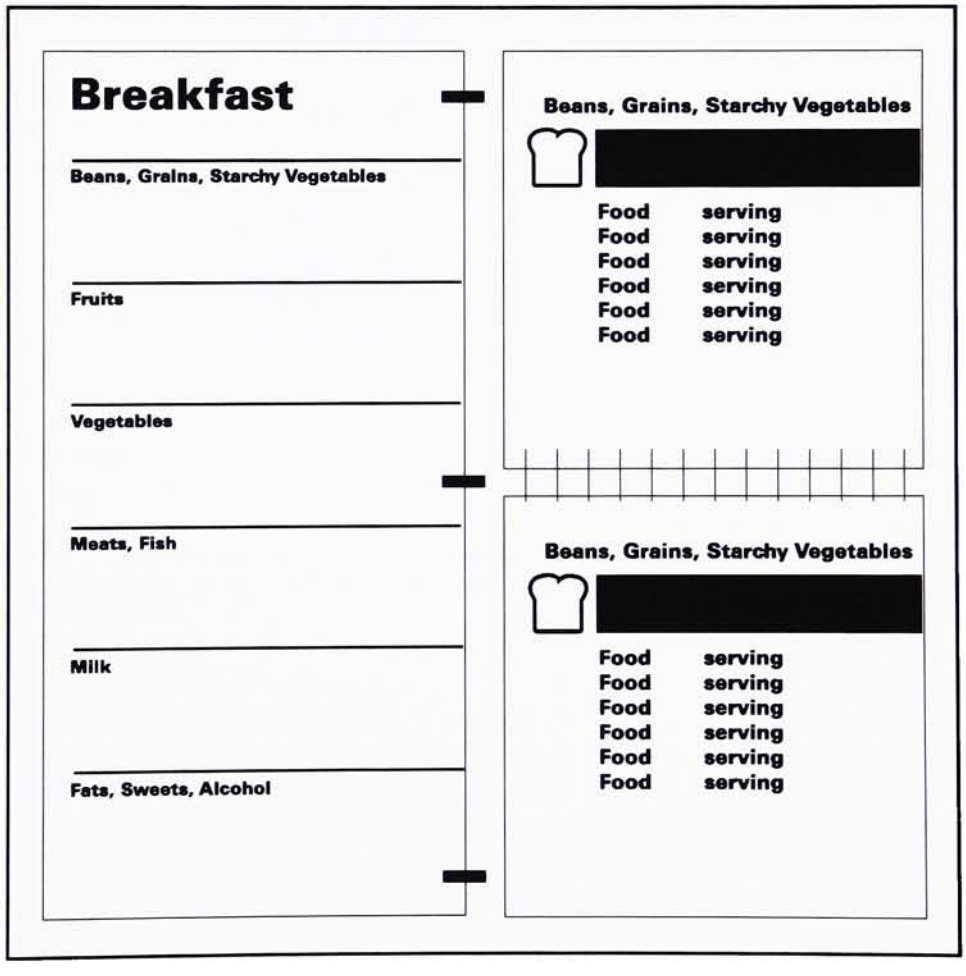


Portable Pieces Plan

The designer's second application possibility used the same characteristics as the previous application. Some minor changes were added to satisfy other user needs that could not be addressed previously.

The binding of this application makes this system different. All other physical and visual features were the same as the previous meal planning system. The change in binding allows this system to include portable individual pages. This was necessary due to the increased weight and width of the application due to the metal ring binding. Therefore, only certain parts of this application are portable. The system was not designed to be portable. This could create problems for users who are new to the meal planning process.

- Portable Pieces Approach



Portable Card Booklet

The third proposed application is a book of cards. This application is similar to the two previous proposed applications. Based on the user needs survey results from page twenty four, the designer incorporated two formats, card and book. The cards are held together by a grommet to satisfy the needs of users who prefer books. The pages of the book can also be used as cards to satisfy the needs of other users. The individual pages have a width of eight inches and a height of four inches. The small size of this booklet of cards ensure portability. When used in public places the size of this format also satisfies privacy issues.

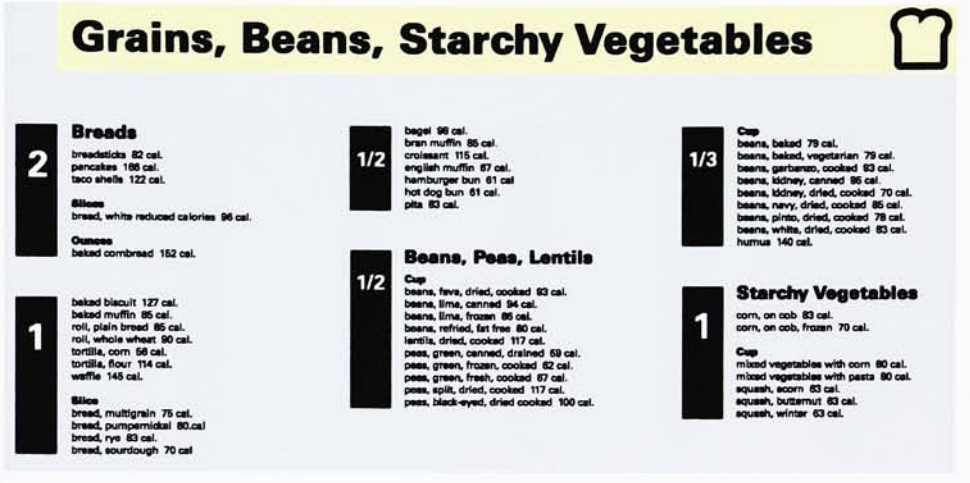
The cards are group by food groups and their respective colors based on the color correlation survey results on page thirty two. Color is used on the daily meal schedule cards. Six separate daily meal schedule cards represent each food group. These cards do not used the same vertical colored typographic rule on the menu cards. The entire card is colored to help users quickly find each daily meal schedule card. A visual example is shown on page fifty.

Typographic rules are used to group information in a simple manner. The designer limited the number of typographic rules in this application. The typographic rules differ in color, weight and orientation. This enhances information hierarchy. A colored horizontal rule highlights the various food groups. Black vertical rules separate grouped data, such as food kinds and serving amounts. A visual example is shown on the following page.

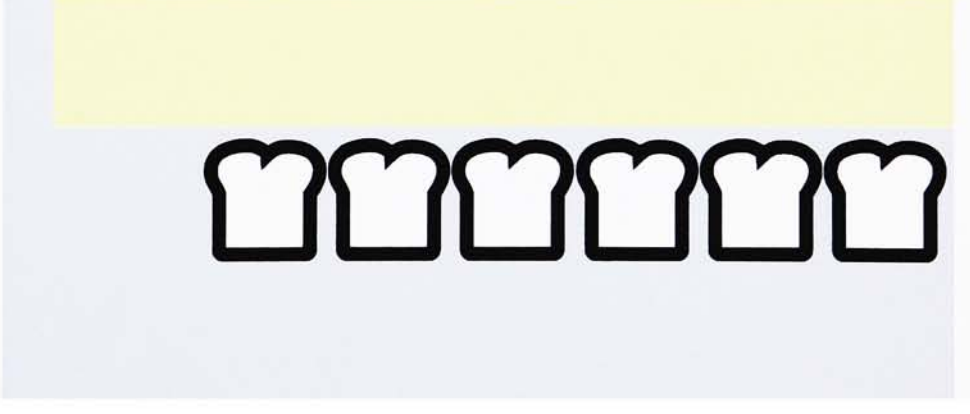
Imagery is another feature users feel enhances the meal planning process. Pictograms are located on the front and back of each card and identify serving amounts per group. For instance, six servings are suggested within the grains, beans and starchy vegetables group. Therefore six of these pictograms are included to reinforce the suggested serving amount. This increases serving amount comprehension and recognition of food groups within this meal planning system. These six pictograms, along with the six chosen colors, help visually reinforce all food groupings. Visual examples of this approach are shown on the following page.

- Portable Card Booklet Approach

Front Food Group Card



Back Food Group Card



- Portable Card Booklet Approach continued

Daily Meal Schedule Card

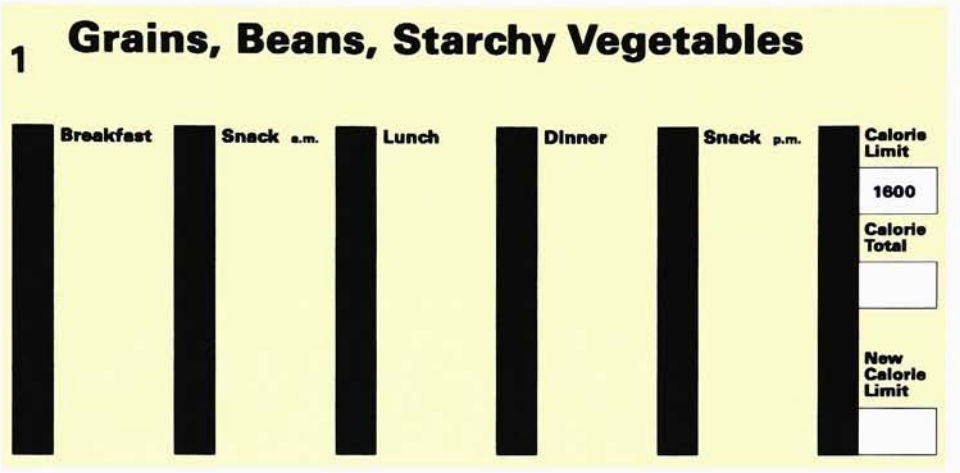
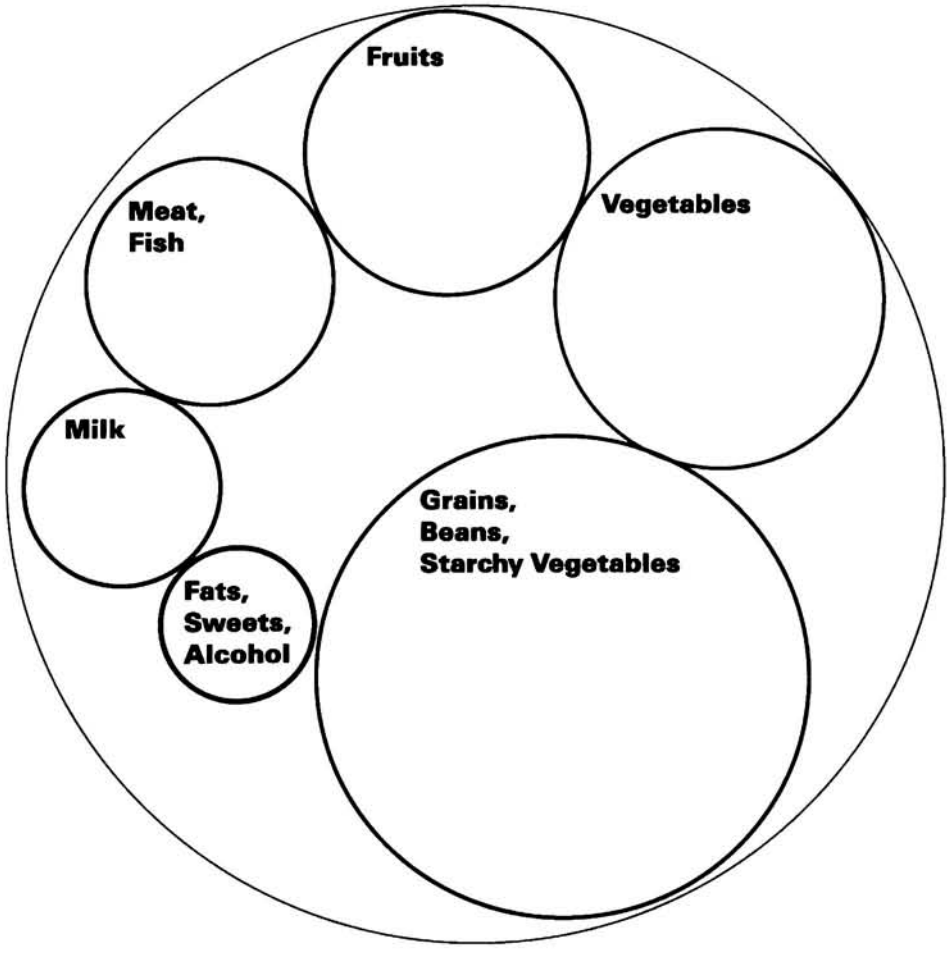


Plate Insert

The final proposed application is a departure from the previously discussed applications. This application is not a book format, but a plate insert. This insert must be used with a specific transparent, lightweight plastic plate. Unique in nature, this application attempts to achieve the same goals.

This application condenses information to its simplest form. Information was simplified into the six basic food groups. The size of each circle would represent the actual serving suggestion of each food group. This would help users who have problems measurement and portion problems. Color and text were added to heighten food group recognition. The insert is portable, however, the glass plate with which this insert works with, would not be considered portable. This plate insert was intended for home use and therefore privacy is not a main concern. This application is targeted toward more advanced users due to its condensed content. An example of this plate insert is shown below.

- Plate Insert Approach



Intermediate Evaluation

Designer

The information from the research and ideation process of this thesis study helped the designer develop the final thesis application. The designer used skills and knowledge gained from academic studies and experiences to chose the strongest ideas.

The designer simplified text data. To avoid information overload text was condensed. Essential information such as food group, and food kind were simplified to simple, short terms. Sentences and long laborious text were eliminated. Numbers rather then words were used to enhance information distinction and comprehension.

The designer grouped information according to three main attributes. The most important attribute is considered food group, followed by food kind and serving amount. Food group is the primary attribute for grouping information because this is this method most widely recognized by potential users. Food kind is the secondary attribute because this will help users quickly organize and find foods. For example all breads kinds such as white, wheat, and rye are group together. To further help users find information, all food are arranged in alphabetical order. Foods kinds are further grouped based on serving amount. Serving amount is essential to meal planning because users are allowed specific serving amounts per food group.

The designer carefully chose the strongest color palette to strengthen associations with meal planning content. Colors were chosen based on the color correlation survey results found on page thirty two. Palette two found on page forty was considered the strongest due to its minimal associations with child and gay related issues.

The designer chose the revised pictogram set found on page forty three. This set was selected over others because of its simplistic and systematic approach. When reduced in size the set of pictograms are still distinctive. The pictograms chosen reinforced the system design of the application. Repetition of shapes help unify the pictograms with the application. The application uses the same systematic approach such as repetition of colors, typographic rules and typefaces.

The designer used horizontal and vertical typographic rules to highlight important information. Colored horizontal typographic rules were used to highlight food groups and vertical black rules were used to highlight serving information. The vertical black rules were also used to group similar information and separate different content.

Thesis Committee

The designer used the expertise and knowledge of his thesis committee members to evaluate and suggest changes concerning the proposed final application. There were several suggestions made to improve the structure of the application.

The committee members of this thesis study added to the designer's simple approach in designing this application. Suggestions were made addressing the removal of unnecessary information and design elements. A remaining calories tally of previous food groups was incorporated into this application. It was a suggestion that this be eliminated as it may cause more confusion for the user. A tally of each food group was suggested as being sufficient.

Typographic rules were another area of suggested change in the daily menu portion of this meal planning system. Committee members suggested adding thin hairline rules to guide users writing on the cards. Colored rules used in the food menu portion of this application were incorporated on the cover. This would strengthen the system by repeating shapes, which was a method used previously in designing the pictograms for this system.

Committee members also felt that the imagery used within this meal planning system should be more apparent. Suggestions were made to repeat the pictogram throughout the entire system. Another suggestion was made to use pictograms based on the number of suggested servings.

ViaHealth Survey

Patrons of ViaHealth along with licensed nutritionists received a prototype application and the survey shown below. This survey was developed based on the issues of the user needs survey. A total of twelve evaluation surveys were anonymously completed. The results from this survey found in Appendix G indicated that users feel the application met their privacy and user interaction needs. Two of the twelve users felt the presented design approach is not organized. All participants of this survey expressed that this application was easy to understand and had a sufficient menu selection. Users felt that the movable pages in this meal planning system would help their meal planning process. All survey participants felt that the designer's choices of color, pictograms and format were successful. All users also considered this application to be a quick reference meal planning system. From the suggestion part of this evaluation survey, three users recommended making only the daily meal schedule portable. Two users suggested incorporating all food groups into the daily meal schedule.

The designer made several changes to this meal planning systems according to the evaluation survey results and thesis committee suggestions. The menu pages were reorganized by grouping food further based on their kind. Typographic rules were also repositioned. Rules were changed from vertical to horizontal orientation. The final adjustment was on the daily meal schedule card, which was changed to focus more on meals and included all food groups.

Survey Example

Intermediate Evaluation Survey

Please answer the following questions

With respect to this meal planning system :		
Does this sytem satisfy your need for privacy ?	yes	no
Does this system satisfy your user interaction needs ?	yes	no
Is the information in this meal planning system organized ?	yes	no
Is this meal planning system easy to understand ?	yes	no
Is a sufficient menu selection included in this meal planning system ?	yes	no
Do these movable, individual pages help your meal planning process ?	yes	no
Do these colors enhance your meal planning process ?	yes	no
Do these pictograms help your meal planning process ?	yes	no
Does this format satisfy your meal planning needs ?	yes	no
Can you use this meal planning system for quick reference ?	yes	no

Please write any suggestions you may have.

Implementation

Content

The content included in this meal planning system was simplified to avoid information overload and support the application's systematic design approach. The application was titled *Personal MP.* This title is an example of simplifying content information. The title was condensed from *Personal Meal Plan.* Condensing the title adheres to the simplified system design of the final application. Those surveyed stated that ease of understanding and organization is very important. Simplifying the amount of text in this tool would eliminate all unnecessary information and enhance user comprehension. Unnecessary measurement values were replaced with one unit, the calorie. This system was designed to meet the needs of users, other units of measurement can replace the calorie if needed. The designer reduced information to simple words and short terms. Food groups were simplified to singular rather then plural tenses, and the fats, sweets, alcohol group was changed to the fat, sweet group. This change was made after analyzing the consumption surveys found in Appendix E, which showed alcohol was not widely consumed. This would increase the amount of space available on each card. Reducing terminology allowed the inclusion of more foods increasing the menu selection. This is something that users stated was very important.

Foods are grouped according to their respective nutritional groups. This was the first method used to group data. The second method used to categorize information is serving amounts. Amounts are shown numerically and in descending order. For example, foods with the highest numerical values per serving are listed first. Foods with the smallest numeric values are listed last. Within this numeric grouping, foods are grouped again based on kind. For example, all kinds of breads are grouped together under the grains, beans, and starchy vegetables group. This is consistent throughout all other food groups. Categorizing foods based on their nutritional groups, serving size, and kind will help the user find desired foods, and serving amounts in a few simple steps. A visual example is shown on page fifty eight.

Format

A laminated portable book of cards format was chosen to accomplish several goals. Based on the user needs survey results on page twenty four, there was a slight preference for a book format over cards. To satisfy the needs of both preferences, the designer developed a book of cards. This format is portable and includes individual, movable pages and would satisfy portability issues.

Pages were laminated to increase durability and allow the user to write on the daily meal schedule card. The user would be able to mark each pictograms, notate and tally caloric values and write each consumed food on the daily meal schedule card. Lamination allows the card to be reused and enhances durability. An example of the daily meal schedule is shown on page fifty eight.

Size

The size of the meal planning system was designed to be hand-held and portable. The final size of the cards would be eight inches wide and four inches high. This size ensures portability and privacy. A grommet binding the food group cards would keep them in an organized manner. This size ensures portability and privacy. This format also satisfies the needs of users who feel that movable, individual pages would aid meal planning because the cards are not permanently bound. These cards are durable enough to withstand extended physical handling and increased user interaction. Most people stated that the intended use of this book would be a quick reference guide. Users would quickly thumb through this application, thus durability was essential.

Typography

To systematically relate physical and informational attributes to visual attributes, the designer had to employ simplification methods. Typography is limited to Univers 75 Black for headings and subheadings, Univers 65 Bold for numbers, and Univers 55 Regular for individual foods on the food group pages. The designer feels that using these three typestyles is sufficient in maintaining typographic hierarchy. Typographic hierarchy is achieved through varying type size and bold typefaces. A visual example is shown on page fifty eight.

Typographic rules were also limited to horizontal orientation. All vertical rules were eliminated. This enhanced the simple approach of limiting visual elements. A typographic rule was place at the top, flush right of each food group card. The typographic rule was colored according to food group. It also featured a pictogram and numerical serving amount to enforce information content. This system was also used in the daily meal schedule card with the exception of numerical notations. Visual examples are shown on page fifty eight.

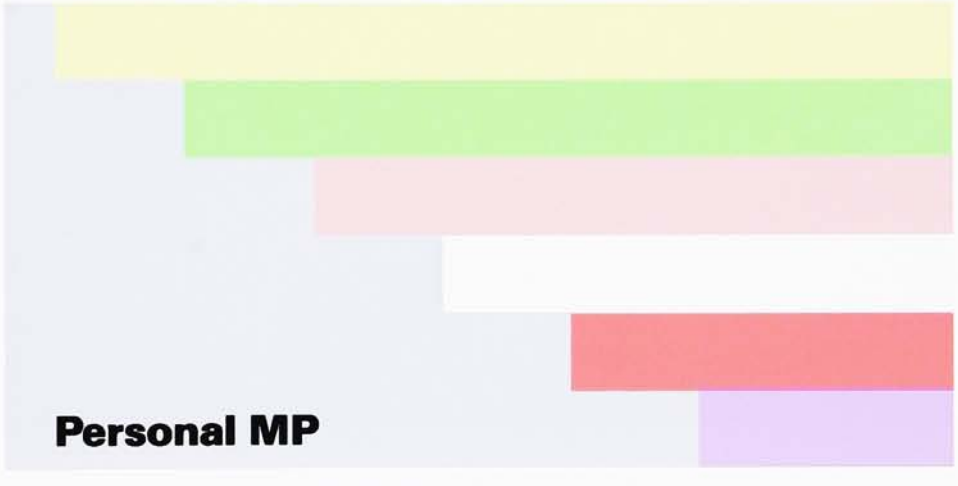
Imagery

Pictograms are used on every page of this application with the exception of the front cover, found on the following page. The pictograms are used to reinforce meal planning information. The pictograms used aid quick reference purposes and help those with color acuity or english problems. The pictograms are large and will remain visible which aids quick reference purposes. Color is not used in the pictograms. People with color acuity or language problems can rely on the pictograms as a visual aid for food group distinction. The pictograms are used in the daily meal schedule card in a slightly different manner. The number of pictograms shown are based on suggested servings. Six grain, bean, starchy vegetable pictograms are shown to represent each suggested serving. A visual example can be found on page fifty eight.

Color

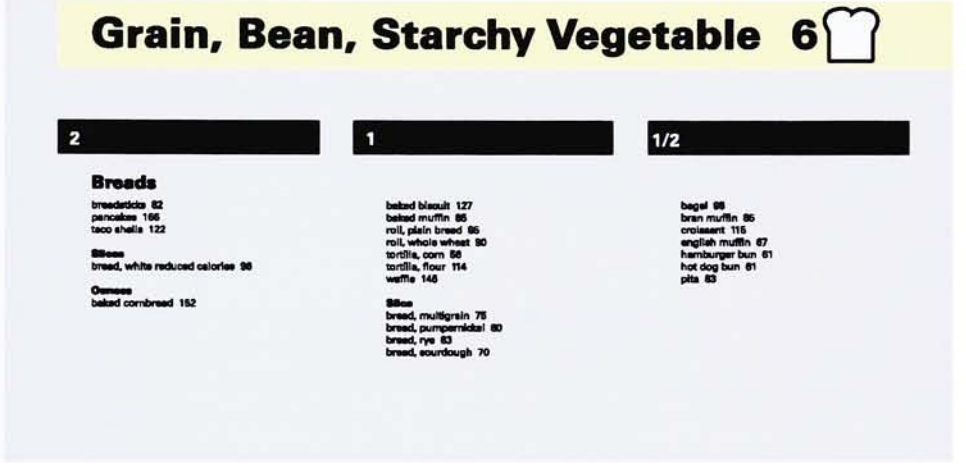
Colors were implemented based on the color correlation survey results found on page thirty two. Color was used to highlight and group meal planning information. Typographic rules were the only instance where color was implemented. The text was placed over the colored typographic rule to emphasize the food group name. The cover of this system does not use text with typographic rules. Typographic rules are used without text. This was done to retain the user's privacy. Limited use of color would help the user visually distinguish different food groups. A visual example of the application cover is shown below.

- Application Cover

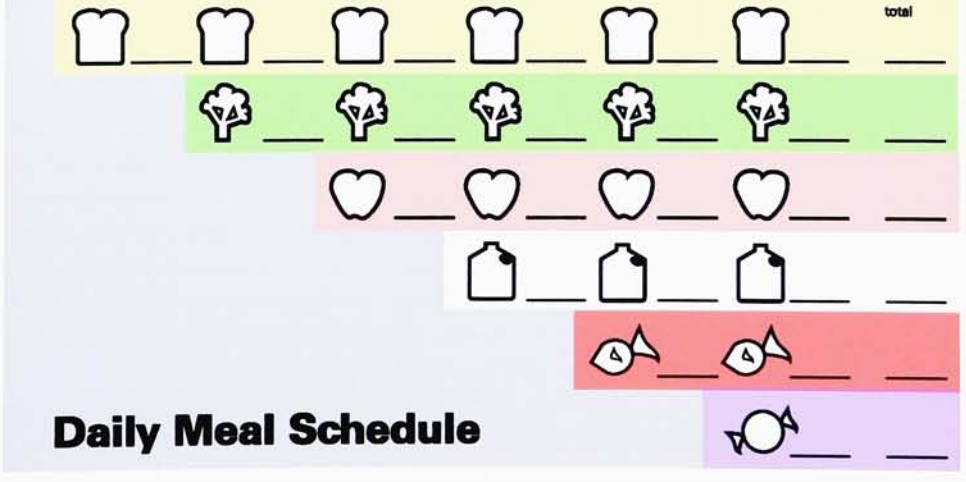


A limited color palette complemented the limited use of color in this application. Color was implemented on the food group pages and the daily meal schedule card. Yellow was used to represent the grain, bean, and starchy vegetable group. Green was used to represent the vegetable group. Orange was used to represent the fruit group. Red was used for the meat, fish group. White was used to represent the milk group and purple was used for the sweet, fat group. A visual can be found below on the daily meal schedule card.

- Food Group Page



- Daily Meal Schedule Card



Dissemination

Short Term

2004 Thesis Exhibit

Sample pieces of the final application were presented as a work in progress for the first time at the second thesis exhibition of 2004 at Rochester Institute of Technology's Bevier Gallery on March 29, 2004.

Panels were designed and installed in March to help viewers understand the process involved in developing the final application. The panels focused on explaining a need to design a new solution for current meal planning systems. The panels showcased sample pieces of the final application: a sample menu and a sample daily meal plan. The sample daily meal plan was filled out to show how this system would eventually be used.

Nutrition Centers

Personal MP is designed with the intention of improving the quality of life for its users, a user's health and extend their life. Users can be reached through various nutrition centers, such as ViaHealth and The Diabetes Association of America. These facilities serve the needs of diabetics and other health conscious individuals.

The designer intends to offer *Personal MP* to these facilities. The intention of the designer was not to make money from this application. The designer's main concern was helping the intended users. This meal planning system will be used in these facilities on a trial basis for a month. This will be sufficient time to introduce the user to proper and efficient meal planning. Patrons of these facilities will then return the application to the establishment upon completion. Users will then comment on the success of this meal planning system. This will help the designer implement necessary changes to improve the meal planning system for future users.

Long Term

In the future *Personal MP* could be used as a teaching tool to promote healthier eating choices. High school professors could teach students the basics of proper meal planning. Students who learn about healthy meal planning will make wiser consumption decisions. *Personal MP* could also be incorporated into Health curriculums in grade school. Homework assignments could focus on meal planning as a family. This would get parents more involved in preparing healthier meals for their family. This process can be passed onto future generations promoting healthy eating habits. *Personal Mp* can extend the lives of its users, enhancing the quality of life.

Retrospective Evaluation

Evaluation

The final application enhances the meal planning process of people concerned with nutrition consumption by clarifying meal planning information. The information included in this meal planning system helps the user focus on information that is essential to meal planning. Information is reduced to simple words rather than sentences. The calorie is used to represent the nutritional value of each food.

The colors used are closely associated with each food group. Color is incorporated on each page. This serves as a visual reminder for quick reference purposes. Color also makes the user less reliant on the text information as the primary method of food group recognition.

The typeface is sophisticated and clean. This eases strain on the user's eyes and promotes efficient reading. The varying sizes of type are used to group information in a logical hierarchal manner. Bold typography is used to highlight major headings which promotes rapid visual groupings.

The pictograms serve as a visual aid for quick reference purposes. The pictograms also make users less reliant on the text information as a method of distinguishing different food groups. This will reach more users from different backgrounds.

Typographic rules separate and highlight important information. Space is also used for a similar purpose. This prevents information overload. This also presents information in manner that will cause less confusion, be clearer and more direct.

The size, format and material of each card promotes portability and privacy. The cards are small enough to be carried. The back of each page is simple in design and content which ensures a user's privacy. Each card is laminated which makes the cards durable. Lamination allows each card to be written on and to withstand stains and handling.

The cards are designed and manufactured to fulfill the needs and exceed the expectations of the user. This meal planning system was made to help improve the lives of its users. Rather than cause more stress and strain on the user, this meal planning system makes the act of food consumption more efficient, and more pleasant. This application successfully fulfills the needs of the user by clarifying meal planning information.

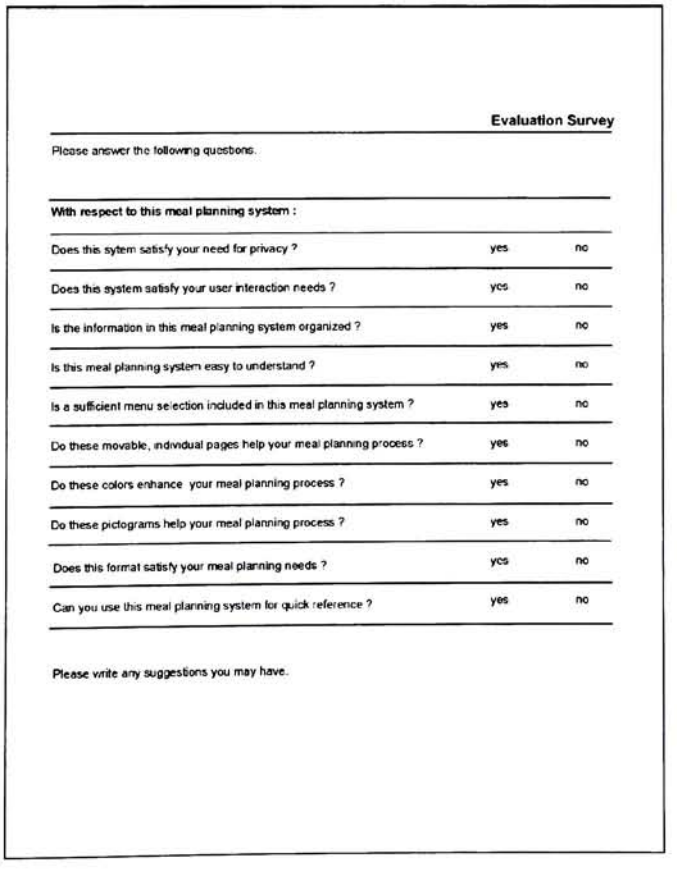
External Evaluation

The final application was evaluated by four patrons of ViaHealth. The designer used the same survey that was used for the intermediate evaluation shown below. Using the same survey made it possible to focus on the same issues that troubled other users. The suggestion portion of this survey allows the user to include additional comments.

Based on survey results, users expressed that this is a much stronger application than the previous design. All feedback from this evaluation is positive with respect to the previous survey.

All four surveyed users expressed that this application fully satisfied their privacy and user interaction needs. Users also felt the application was organized and easy to understand. This feedback was different from the previous evaluation. Changes made based on previous feedback helped strengthen the application. When asked if there was a sufficient menu selection, all users unanimously answered yes. Movable, individual pages help a user's meal planning process, as indicated by this survey. The use of color and pictograms in this application also received positive feedback. The booklet of cards format also satisfied the needs of the users. Finally when asked about the application use all respondents stated that this is a quick reference meal planning guide. No suggestions were made according to this final survey.

Example Survey



Evaluation Survey

Please answer the following questions.

With respect to this meal planning system :		
Does this sytem satisfy your need for privacy ?	yes	no
Does this system satisfy your user interaction needs ?	yes	no
Is the information in this meal planning system organized ?	yes	no
Is this meal planning system easy to understand ?	yes	no
Is a sufficient menu selection included in this meal planning system ?	yes	no
Do these movable, individual pages help your meal planning process ?	yes	no
Do these colors enhance your meal planning process ?	yes	no
Do these pictograms help your meal planning process ?	yes	no
Does this format satisfy your meal planning needs ?	yes	no
Can you use this meal planning system for quick reference ?	yes	no

Please write any suggestions you may have.

Conclusion

Diabetes is a powerful and mysterious disease that continues to ellude the medical profession. Very little is known about the origin of the disease. People who are diagnosed with diabetes can control the affects of this disease through insulin injections and proper nutrition management. Daily meal planning is essential to a diabetics well-being. Current meal planning tools that are available do not communicate to the users in an efficient manner

The development of the final application required research, synthesis, ideation, implementation as well as dissemination. During this process the designer learned to brainstorm and organize research terms and improve Internet and library research methods. The designer also learned to develop matrices as a way to compare and analyze research information. The designer gained knowledge in the areas of field research through numerous survey sessions. The design stages of this application helped the designer develop a tool that diabetics and other health-conscious people could use to improve the quality of their lives.

The final application focuses on essential meal planning information based on user preferences and needs. This tool clarifies meal planning information by eliminating superfluous details, emphasizing important information and reorganizing text content. Color and typographic hierarchy helped organize the information in a manner that decreased quantity of information included without affecting the quality of communication goals. Systems design made it easier for the user to locate major headings and understand the layout of *Personal MP*. Information was grouped based on the same criteria for each card. Meal planning informationsuch as food group and suggested servings were placed in the same manner and location on each card.

In retrospect, the designer would appraoch this thesis study differently. The designer would work more directly with several nutritionist and dietitians and attend meal planning classes with potential users. The designer would also enlist one focus group to work with to strengthen the evaluation process and get more detail feedback. Finally the designer would work with other nutrition centers across the state. This would help the designer uncover areas of geographic obstacles. This would help the designer develop a simplified system that reached people from other geographic locations.

This thesis project was an essential step in strengthening the designer's skills and understanding the importance of good design. The designer increased his knowledge of typographic hierarchy, systems design, and color theory, through the design and development of the final meal planning system.

The development of this thesis impacts design by focusing on the importance of information design and its ability to improve the quality of life. Information design has the potential to save or extend a user's life. This reinforces the power of design. Design is a force that can make things aesthetically pleasing and can change people for the better, mentally and physically. In clarifying meal planning information, design eases the stress that diabetics and health conscious people have concerning nutrition management. This results in better health of the users and an improved quality of life.

Glossary of Terms

General Terms	Cultural Barriers	Customary beliefs, social forms, and material traits that prevent or hinder communication.
	Linguistic	Relating to verbal and visual aspects of language.
	Primary Audience	A group of listeners, spectators, or viewers of first rank, importance, or value.
	Secondary Audience	A group of listeners, spectators, or viewers of second rank, importance, or value.
	Visual Information	Knowledge attained or maintained by sight.
Design Terms	Brainstorming	A design process tool used to freely generate a range of ideas.
	Comparative Matrices	A design process tool that is used to cross-reference characteristics of a certain subject, creating a wider range of possible design solutions.
	Pictograms	Symbols belonging to a pictorial graphic system.
	Typographic Hierarchy	A typographic system of order, usually ranked by degree of importance (primary, secondary, tertiary).
	Wurman's Hatracks	A design tool which involves organizing and re-organizing information based on observations. According to Richard Saul Wurman, the five possible ways to organize information called "hatracks" include alphabetical, location, time, category, and magnitude.

Health Terms	Carbohydrate	Any various neutral compounds of carbon, hydrogen, and oxygen (sugars, starches, and cellulose), most of which are formed by green plants and which constitute a major class of animal foods.
	Diabetic Meal Planning	An essential part of a diabetic food consumption due to the chemical limitations of the body.
	Diabetes	A variable disorder of carbohydrate metabolism caused by a combination of hereditary and environmental factors that is usually characterized by inadequate secretion or use of insulin, by excessive urine production, by excessive amounts of sugar in the blood and urine.
	Glucose	An optically active sugar that has an aldehydic carbonyl.
	Insulin	A protein pancreatic hormone secreted by the islets of Langerhans that is essential in breaking down ingested sugars.
	Type 1 Diabetes	A condition characterized by high blood glucose levels caused by a total lack of insulin. Occurs when the body's immune system attacks the insulin-producing beta cells in the pancreas and destroys them. The pancreas then produces little or no insulin.
	Type 2 Diabetes	The most common form of diabetes where the body does not produce enough insulin or the cells ignore the insulin.

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Websites

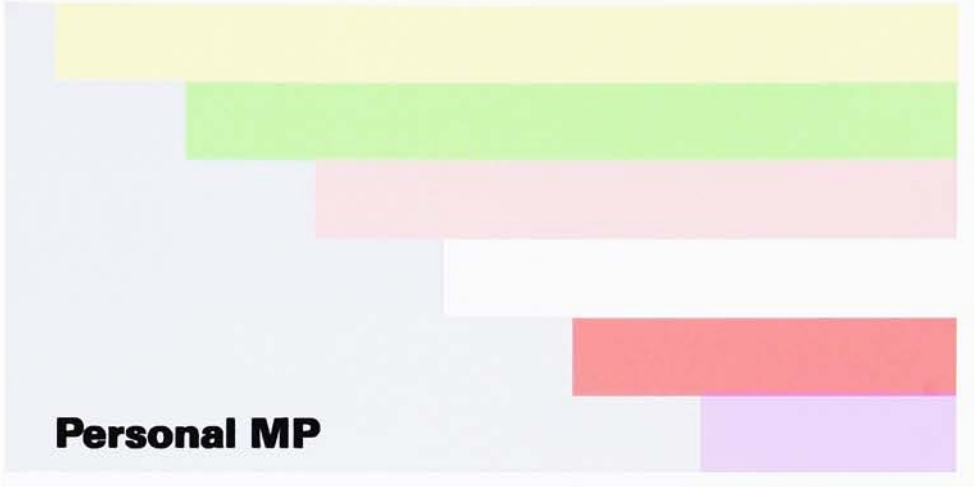
American Diabetes Association
www.diabetes.org 5-1-2004

IDF - International Diabetes Federation
www.idf.org 5-11-2004

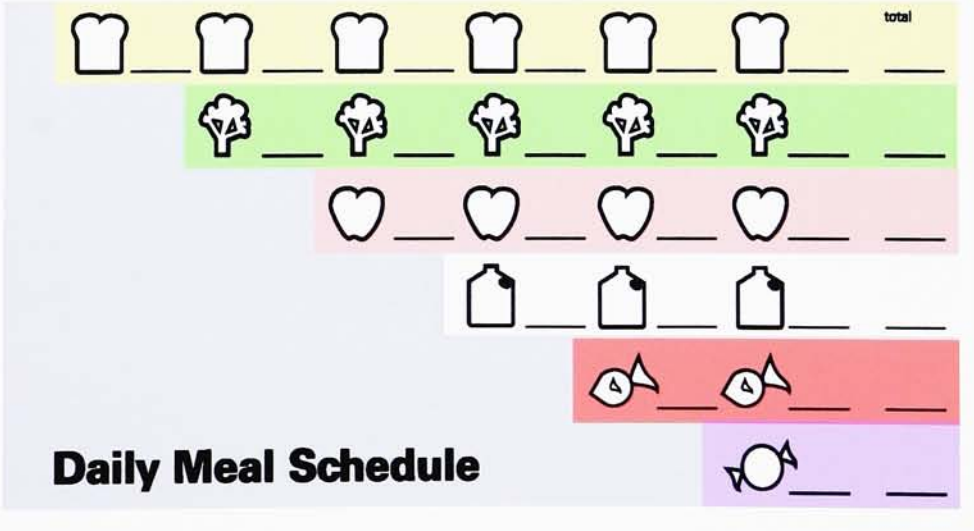
Appendix A

- **Final Design Application**

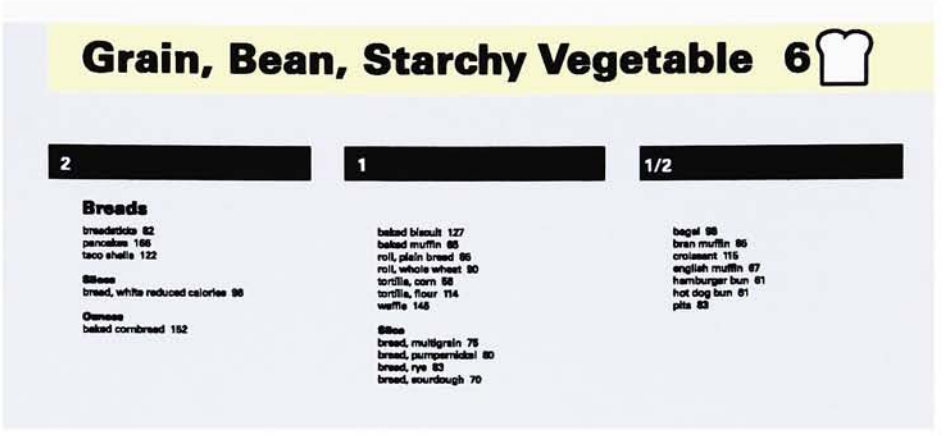
Application Cover



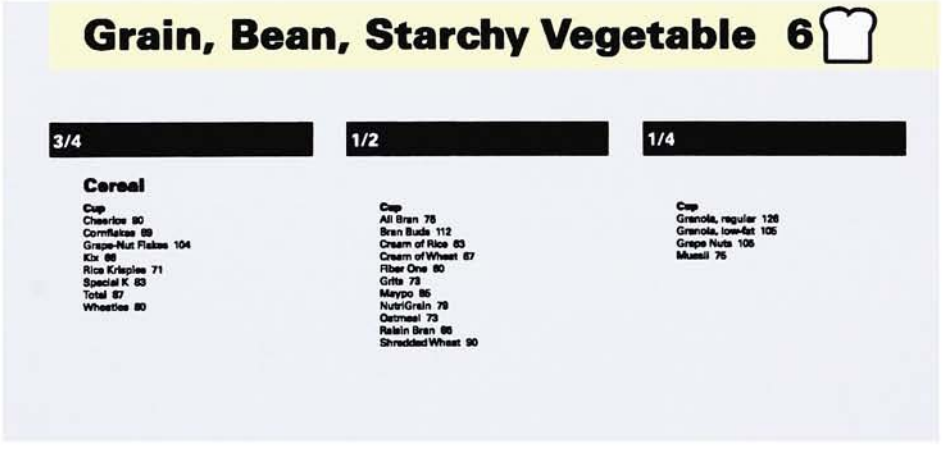
Daily Meal Schedule Card



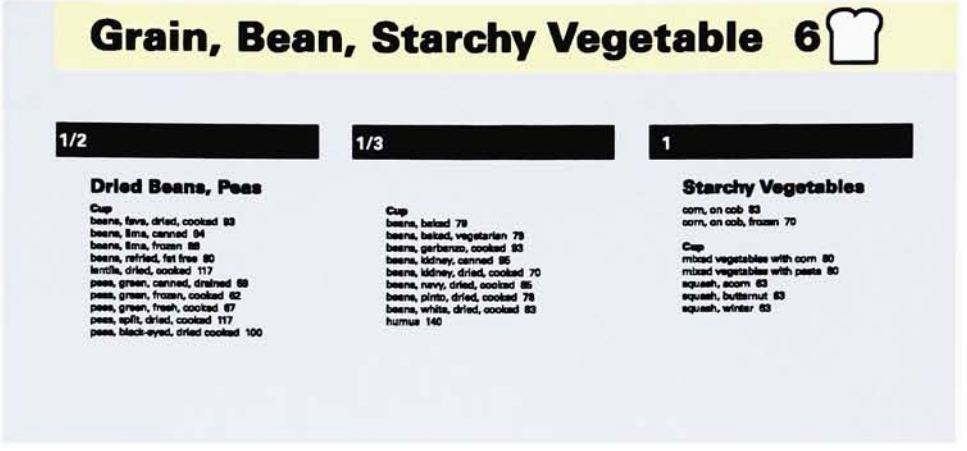
Front Grain, Bean, Starchy Vegetable Card 1



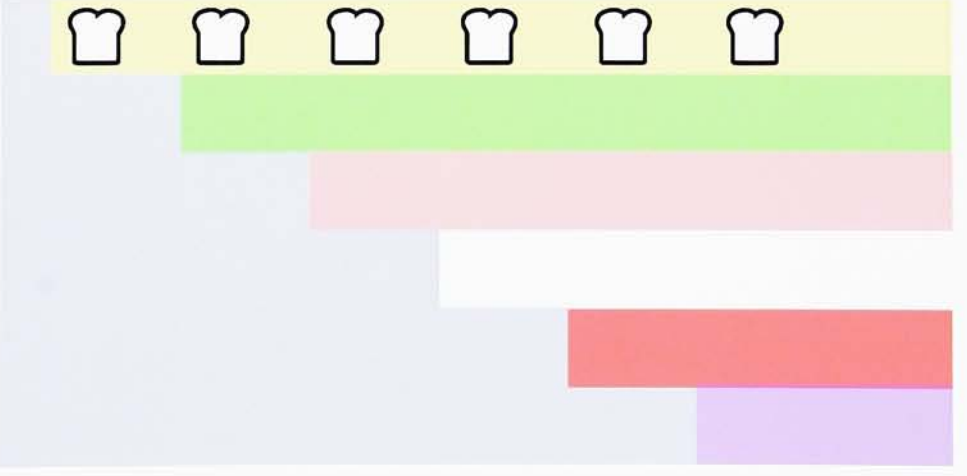
Front Grain, Bean, Starchy Vegetable Card 2



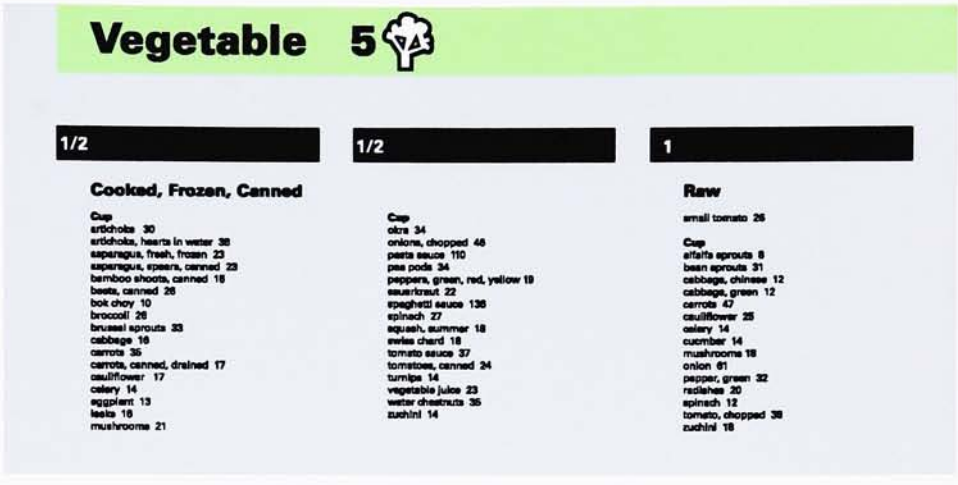
Front Grain, Bean, Starchy Vegetable Card 3



Back Grain, Bean, Starchy Vegetable Card

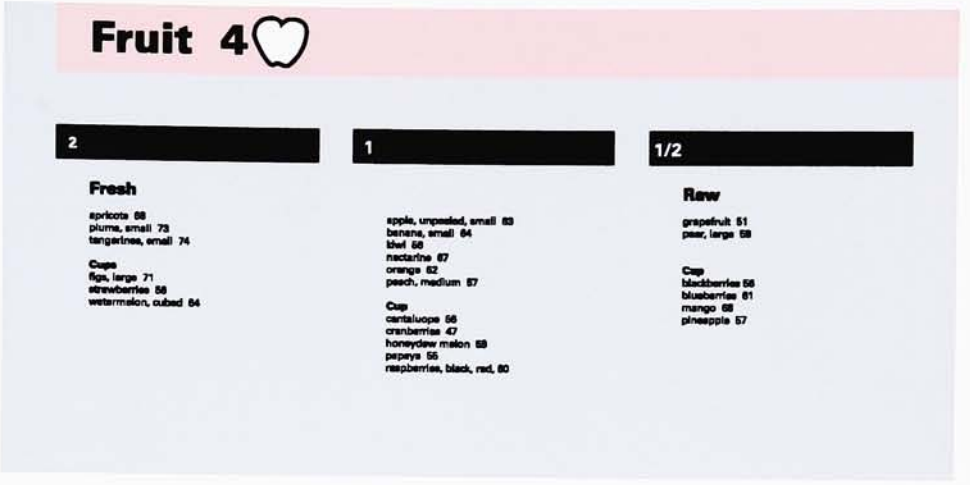


Front Vegetable Card



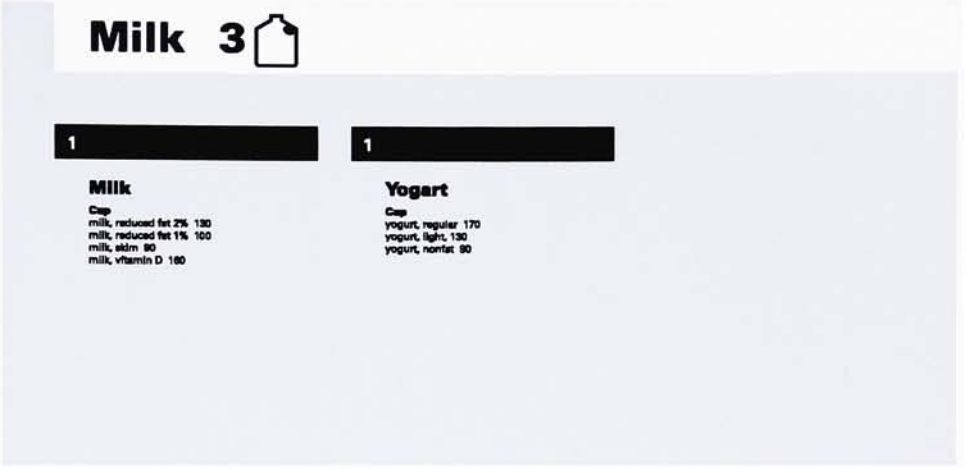
Back Vegetable Card

Front Fruit Card



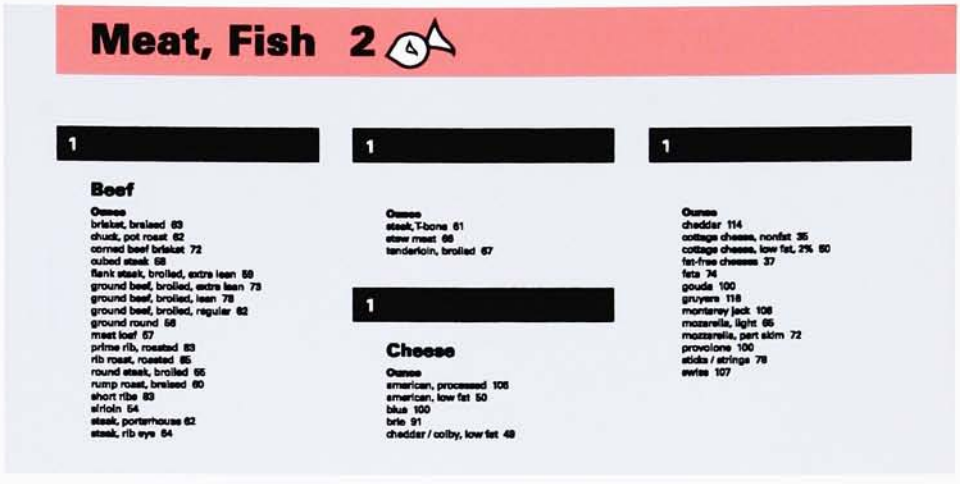
Back Fruit Card

Front Milk Card

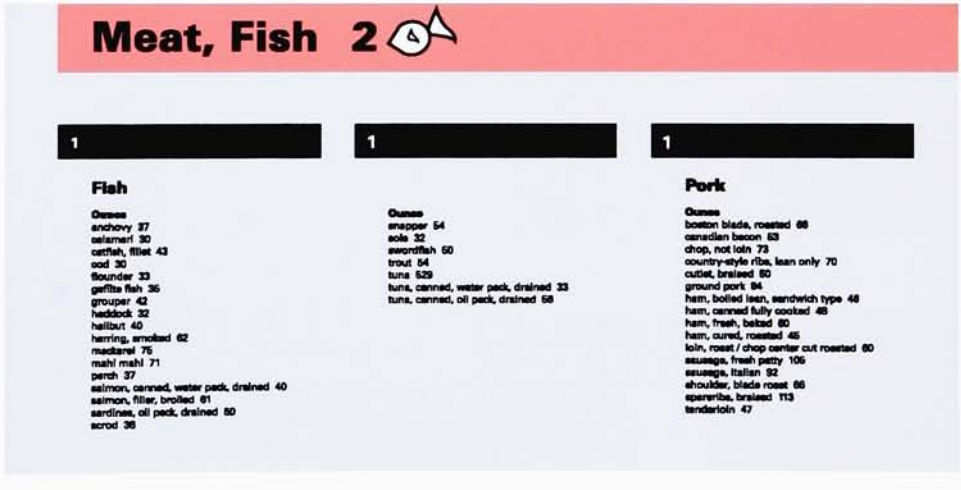


Back Milk Card

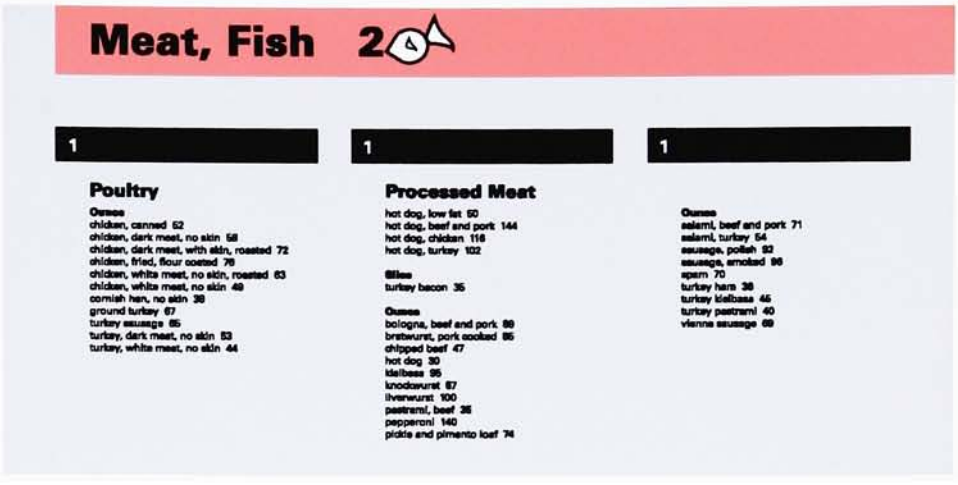
Front Meat, Fish Card 1



Front Meat, Fish Card 2

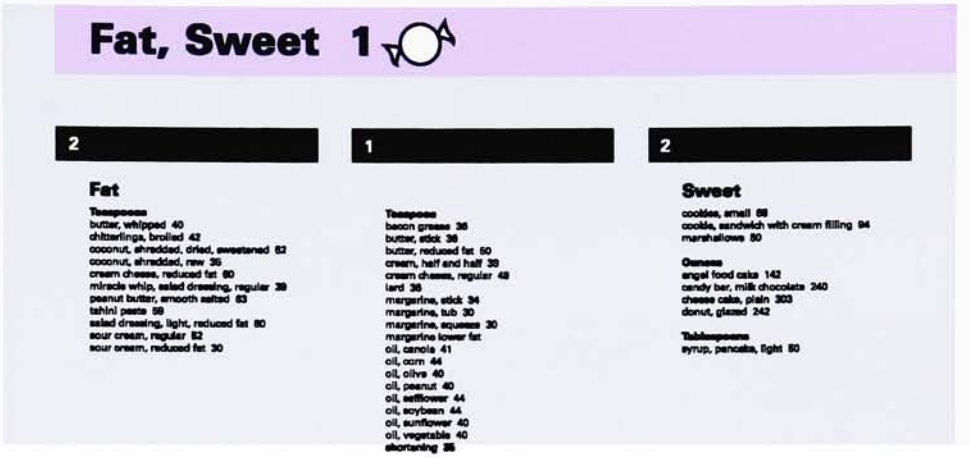


Front Meat, Fish Card 3

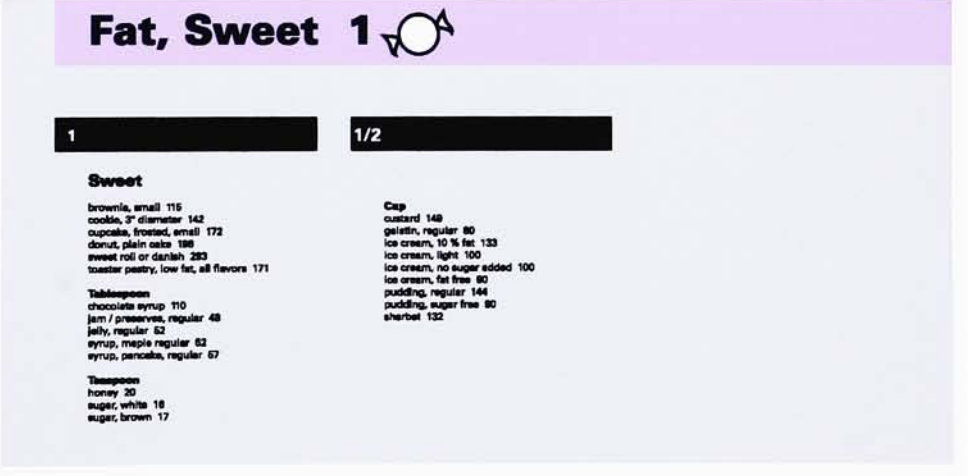


Back Meat, Fish Card

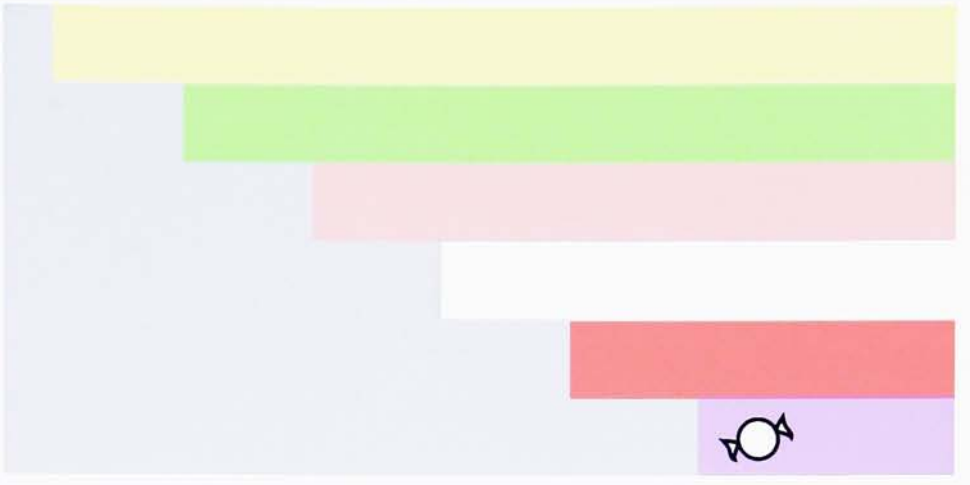
Front Fat, Sweet Card 1



Front Fat, Sweet Card 2



Back Fat, Sweet Card



Appendix B

- User Needs Survey

Nutrition Survey
User Needs

Please circle your preferences and needs by answering the following questions.

With respect to your meal planning systems :

Is privacy important ?	yes	somewhat	no
Is user interaction important ?	yes	somewhat	no
Is information organization important ?	yes	somewhat	no
Is ease of understanding important ?	yes	somewhat	no
Is a large menu selection important ?	yes	somewhat	no
Will movable, individual pages or pieces help your meal planning process ?	yes	somewhat	no
Will use of color enhance your meal planning process ?	yes	somewhat	no
Will use of pictures and graphics help your meal planning process ?	yes	somewhat	no

With respect to your individual needs :

Which format would best serve your meal planning needs ?	poster	book
	pamphlet	card / cards

It is most likely that you will use which kind of meal planning system ?	quick reference guide
	detailed information guide

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Which format would best serve your meal planning needs ?	poster	book
	pamphlet	card / cards

It is most likely that you will use which kind of meal planning system ?	quick reference guide
	detailed information guide

Nutrition Survey
User Needs

Please circle your preferences and needs by answering the following questions.

With respect to your meal planning systems :

Is privacy important ?	yes	somewhat	no
Is user interaction important ?	yes	somewhat	no
Is information organization important ?	yes	somewhat	no
Is ease of understanding important ?	yes	somewhat	no
Is a large menu selection important ?	yes	somewhat	no
Will movable, individual pages or pieces help your meal planning process ?	yes	somewhat	no
Will use of color enhance your meal planning process ?	yes	somewhat	no
Will use of pictures and graphics help your meal planning process ?	yes	somewhat	no

With respect to your individual needs :

Which format would best serve your meal planning needs ?	poster pamphlet	book card / cards
It is most likely that you will use which kind of meal planning system ?	quick reference guide detailed information guide	

Appendix C

- **Literature Evaluation Survey**

Nutrition Survey
Literature Evaluation page 1

Please circle Yes or No to the following questions.

Serving Information

Does your meal planning system clearly explain your required daily intake of each food group ? **Yes** **No**

Does your meal planning system clearly explain necessary serving amounts per meal ? **Yes** **No**

Does your meal planning system clearly explain serving amounts for each type of food ? **Yes** **No**

Food Group Information

Can you quickly distinguish different food groups within your meal planning system ? **Yes** **No**

Can you easily link specific foods to their respective food groups within your meal planning system ? **Yes** **No**

Time

Does your meal planning system clearly explain designated times for your meals and snacks ? **Yes** **No**

Language

Does your meal planning system use words that are easy to understand ? **Yes** **No**

Is your meal planning system written in a manner that is easy to understand ? **Yes** **No**

Nutrition Survey
Literature Evaluation page 2

Please circle Yes or No to the following questions.

Typography

Does your meal planning system use legible text and numbers ?	**Yes**	**No**
Does your meal planning system clearly highlight important text, headings, or sub-headings ?	**Yes**	**No**

Imagery

Does your meal planning system use pictures or graphic imagery ?	**Yes**	**No**
If your meal planning system uses images, do these images realte to the text ?	**Yes**	**No**

Portability

Is your meal planning system mobile or portable ?	**Yes**	**No**
Does your meal planning system use mobile or portable pieces ?	**Yes**	**No**

Clarity

Is your meal planning system designed in an organized manner ?	**Yes**	**No**
Is your meal planning system easy to understand and follow ?	**Yes**	**No**

Nutrition Survey
Literature Evaluation page 1

Please circle Yes or No to the following questions.

Serving Information

Does your meal planning system clearly explain your required daily intake of each food group ?	Yes	No
Does your meal planning system clearly explain necessary serving amounts per meal ?	Yes	No
Does your meal planning system clearly explain serving amounts for each type of food ?	Yes	No

Food Group Information

Can you quickly distinguish different food groups within your meal planning system ?	Yes	No
Can you easily link specific foods to their respective food groups within your meal planning system ?	Yes	No

Time

Does your meal planning system clearly explain designated times for your meals and snacks ?	Yes	No

Language

Does your meal planning system use words that are easy to understand ?	Yes	No
Is your meal planning system written in a manner that is easy to understand ?	Yes	No

Nutrition Survey
Literature Evaluation page 2

Please circle Yes or No to the following questions.

Typography

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Does your meal planning system clearly highlight important text, headings, or sub-headings ?	**Yes**	**No**

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Clarity

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Is your meal planning system easy to understand and follow ?	**Yes**	**No**

Nutrition Survey
Literature Evaluation page 1

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Language

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Nutrition Survey
Literature Evaluation page 2

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Nutrition Survey
Literature Evaluation page 1

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Nutrition Survey
Literature Evaluation page 2

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Clarity

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Is your meal planning system easy to understand and follow ?	**Yes**	**No**

Nutrition Survey
Literature Evaluation page 1

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Nutrition Survey
Literature Evaluation page 2

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If your meal planning system uses images, do these images realte to the text ?	**Yes**	**No**

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Does your meal planning system use mobile or portable pieces ?	**Yes**	**No**

Clarity

Is your meal planning system designed in an organized manner ?	**Yes**	**No**
Is your meal planning system easy to understand and follow ?	**Yes**	**No**

Nutrition Survey
Literature Evaluation page 1

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Time

Does your meal planning system clearly explain designated times for your meals and snacks ? **Yes** **No**

Language

Does your meal planning system use words that are easy to understand ? **Yes** **No**

Is your meal planning system written in a manner that is easy to understand ? **Yes** **No**

Nutrition Survey
Literature Evaluation page 2

Please circle Yes or No to the following questions.

Typography

Does your meal planning system use legible text and numbers ?	Yes	(No)
Does your meal planning system clearly highlight important text, headings, or sub-headings ?	Yes	(No)

Imagery

Does your meal planning system use pictures or graphic imagery ?	(Yes)	No
If your meal planning system uses images, do these images realte to the text ?	(Yes)	No

Portability

Is your meal planning system mobile or portable ?	(Yes)	No
Does your meal planning system use mobile or portable pieces ?	Yes	(No)

Clarity

Is your meal planning system designed in an organized manner ?	(Yes)	No
Is your meal planning system easy to understand and follow ?	Yes	(No)

Nutrition Survey
Literature Evaluation page 1

Please circle Yes or No to the following questions.

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Time

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Language

Does your meal planning system use words that are easy to understand ? **Yes** **No**

Is your meal planning system written in a manner that is easy to understand ? **Yes** **No**

Nutrition Survey
Literature Evaluation page 2

Please circle Yes or No to the following questions.

Typography

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Does your meal planning system clearly highlight important text, headings, or sub-headings ? Yes No

Imagery

Does your meal planning system use pictures or graphic imagery ? Yes No

If your meal planning system uses images, do these images realte to the text ? Yes No

Portability

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Does your meal planning system use mobile or portable pieces ? Yes No

Clarity

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Is your meal planning system easy to understand and follow ? Yes No

Nutrition Survey
Literature Evaluation page 1

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Language

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Is your meal planning system written in a manner that is easy to understand ? **Yes** **No**

Nutrition Survey
Literature Evaluation page 2

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Clarity

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Nutrition Survey
Literature Evaluation page 1

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Is your meal planning system written in a manner that is easy to understand ?	Yes	No

Nutrition Survey
Literature Evaluation page 2

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Nutrition Survey
Literature Evaluation page 1

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Nutrition Survey
Literature Evaluation page 2

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Nutrition Survey
Literature Evaluation page 1

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Nutrition Survey
Literature Evaluation page 2

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Nutrition Survey
Literature Evaluation page 1

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Nutrition Survey
Literature Evaluation page 2

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Nutrition Survey
Literature Evaluation page 1

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Nutrition Survey
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Nutrition Survey
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Nutrition Survey
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Nutrition Survey
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Nutrition Survey
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Nutrition Survey
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Nutrition Survey
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Nutrition Survey
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Food Group Information

Can you quickly distinguish different food groups within your meal planning system ? **Yes** **No**

Can you easily link specific foods to their respective food groups within your meal planning system ? **Yes** **No**

Time

Does your meal planning system clearly explain designated times for your meals and snacks ? **Yes** **No**

Language

Does your meal planning system use words that are easy to understand ? **Yes** **No**

Is your meal planning system written in a manner that is easy to understand ? **Yes** **No**

Nutrition Survey
Literature Evaluation page 2

Please circle Yes or No to the following questions.

Typography

Does your meal planning system use legible text and numbers ?	**Yes**	**No**
Does your meal planning system clearly highlight important text, headings, or sub-headings ?	**Yes**	**No**

Imagery

Does your meal planning system use pictures or graphic imagery ?	**Yes**	**No**
If your meal planning system uses images, do these images realte to the text ?	**Yes**	**No**

Portability

Is your meal planning system mobile or portable ?	**Yes**	**No**
Does your meal planning system use mobile or portable pieces ?	**Yes**	**No**

Clarity

Is your meal planning system designed in an organized manner ?	**Yes**	**No**
Is your meal planning system easy to understand and follow ?	**Yes**	**No**

Appendix D

- **Consumption Survey**

Nutrition Survey
Consumption

Which foods do you consume most, from each group ?

Fats, Sweets, Alcohol

ice cream

Milk

milk

Meat, Fish

chicken

Fruits

cherries

Vegetables

broccoli

Grains, Beans, Starchy Vegetables

bread

Nutrition Survey
Consumption

Which foods do you consume most, from each group ?

Fats, Sweets, Alcohol Candy

Milk Milk

Meat, Fish Fish

Fruits Apple

Vegetables Brocolli

Grains, Beans, Starchy Vegetables Bread

Nutrition Survey
Consumption

Which foods do you consume most, from each group ?

Fats, Sweets, Alcohol

beer

Milk

milk

Meat, Fish

fish

Fruits

orange

Vegetables

broccoli

Grains, Beans, Starchy Vegetables

bread

Nutrition Survey
Consumption

Which foods do you consume most, from each group ?

Fats, Sweets, Alcohol

Candy

Milk

Milk

Meat, Fish

beef

Fruits

Apple

Vegetables

Potatoes

Grains, Beans, Starchy Vegetables

Pasta

Nutrition Survey
Consumption

Which foods do you consume most, from each group ?

Fats, Sweets, Alcohol

cake

Milk

milk

Meat, Fish

chicken

Fruits

orange

Vegetables

lettuce

Grains, Beans, Starchy Vegetables

bread

Nutrition Survey
Consumption

Which foods do you consume most, from each group ?

Fats, Sweets, Alcohol

Candy

Milk

Milk

Meat, Fish

Beef

Fruits

Apple

Vegetables

Broccoli

Grains, Beans, Starchy Vegetables

Bread

Nutrition Survey
Consumption

Which foods do you consume most, from each group ?

Fats, Sweets, Alcohol

candy

Milk

milk

Meat, Fish

beef

Fruits

apple

Vegetables

broccoli

Grains, Beans, Starchy Vegetables

pasta

Nutrition Survey
Consumption

Which foods do you consume most, from each group ?

Fats, Sweets, Alcohol

cake

Milk

milk

Meat, Fish

pork

Fruits

cherries

Vegetables

broccoli

Grains, Beans, Starchy Vegetables

bread

Nutrition Survey
Consumption

Which foods do you consume most, from each group ?

Fats, Sweets, Alcohol

candy

Milk

milk

Meat, Fish

chicken

Fruits

apple

Vegetables

broccoli

Grains, Beans, Starchy Vegetables

bread

Nutrition Survey
Consumption

Which foods do you consume most, from each group ?

Fats, Sweets, Alcohol

CANDY

Milk

MILK

Meat, Fish

FISH

Fruits

APPLE

Vegetables

BROCCOLLI

Grains, Beans, Starchy Vegetables

BREAD

Nutrition Survey
Consumption

Which foods do you consume most, from each group ?

Fats, Sweets, Alcohol

Beer

Milk

Milk

Meat, Fish

Fish

Fruits

Orange

Vegetables

Broccoli

Grains, Beans, Starchy Vegetables

Bread

Nutrition Survey
Consumption

Which foods do you consume most, from each group ?

Fats, Sweets, Alcohol

CAKE

Milk

MILK

Meat, Fish

BEEF

Fruits

ORANGE

Vegetables

POTATOS

Grains, Beans, Starchy Vegetables

PASTA

Nutrition Survey
Consumption

Which foods do you consume most, from each group ?

Fats, Sweets, Alcohol

Candy

Milk

Milk

Meat, Fish

beef

Fruits

Apple

Vegetables

Broccolli

Grains, Beans, Starchy Vegetables

Pasta

Nutrition Survey
Consumption

Which foods do you consume most, from each group ?

Fats, Sweets, Alcohol

icecream

Milk

milk

Meat, Fish

beef

Fruits

apple

Vegetables

potatoes

Grains, Beans, Starchy Vegetables

bread

Nutrition Survey
Consumption

Which foods do you consume most, from each group ?

Fats, Sweets, Alcohol

Beer

Milk

Milk

Meat, Fish

beef

Fruits

Apple

Vegetables

Broccoli

Grains, Beans, Starchy Vegetables

Pasta

Nutrition Survey
Consumption

Which foods do you consume most, from each group ?

Fats, Sweets, Alcohol

cake

Milk

milk

Meat, Fish

pork

Fruits

Apple

Vegetables

potatoes

Grains, Beans, Starchy Vegetables

pasta

Nutrition Survey
Consumption

Which foods do you consume most, from each group ?

Fats, Sweets, Alcohol

ICE CREAM

Milk

Milk

Meat, Fish

Beef

Fruits

Apple

Vegetables

Potatoes

Grains, Beans, Starchy Vegetables

Pasta

Nutrition Survey
Consumption

Which foods do you consume most, from each group ?

Fats, Sweets, Alcohol

COOKIES

Milk

MILK

Meat, Fish

FISH

Fruits

ORANGE

Vegetables

Potatoes

Grains, Beans, Starchy Vegetables

PASTA

Nutrition Survey
Consumption

Which foods do you consume most, from each group ?

Fats, Sweets, Alcohol

Candy

Milk

milk

Meat, Fish

pork

Fruits

orange

Vegetables

lettuce

Grains, Beans, Starchy Vegetables

bread

Nutrition Survey
Consumption

Which foods do you consume most, from each group ?

Fats, Sweets, Alcohol

Cookies

Milk

Milk

Meat, Fish

Fish

Fruits

Orange

Vegetables

potatos

Grains, Beans, Starchy Vegetables

pasta

Nutrition Survey
Consumption

Which foods do you consume most, from each group ?

Fats, Sweets, Alcohol

beer

Milk

Milk

Meat, Fish

beef

Fruits

Apple

Vegetables

potatoes

Grains, Beans, Starchy Vegetables

pasta

Nutrition Survey
Consumption

Which foods do you consume most, from each group ?

Fats, Sweets, Alcohol

Beer

Milk

Milk

Meat, Fish

Beef

Fruits

Apple

Vegetables

Broccoli

Grains, Beans, Starchy Vegetables

Pasta

Nutrition Survey
Consumption

Which foods do you consume most, from each group ?

Fats, Sweets, Alcohol

candy

Milk

milk

Meat, Fish

fish

Fruits

apple

Vegetables

broccoli

Grains, Beans, Starchy Vegetables

bread

Nutrition Survey
Consumption

Which foods do you consume most, from each group ?

Fats, Sweets, Alcohol

Candy

Milk

Milk

Meat, Fish

Pork

Fruits

Orange

Vegetables

Lettuce

Grains, Beans, Starchy Vegetables

Bread

Nutrition Survey
Consumption

Which foods do you consume most, from each group ?

Fats, Sweets, Alcohol

ice cream

Milk

MiLK

Meat, Fish

Beef

Fruits

Apple

Vegetables

Broccoli

Grains, Beans, Starchy Vegetables

Pasta

Nutrition Survey
Consumption

Which foods do you consume most, from each group ?

Fats, Sweets, Alcohol

Candy

Milk

Milk

Meat, Fish

Fish

Fruits

Apple

Vegetables

Broccoli

Grains, Beans, Starchy Vegetables

Bread

Nutrition Survey
Consumption

Which foods do you consume most, from each group ?

Fats, Sweets, Alcohol

Cookies

Milk

milk

Meat, Fish

beef

Fruits

banana

Vegetables

onions

Grains, Beans, Starchy Vegetables

bread

Nutrition Survey
Consumption

Which foods do you consume most, from each group ?

Fats, Sweets, Alcohol

ice cream

Milk

milk

Meat, Fish

beef

Fruits

apple

Vegetables

potato

Grains, Beans, Starchy Vegetables

pasta

Nutrition Survey
Consumption

Which foods do you consume most, from each group ?

Fats, Sweets, Alcohol

CANDY

Milk

MILK

Meat, Fish

CHICKEN

Fruits

Apple

Vegetables

BROCCOLI

Grains, Beans, Starchy Vegetables

BREAD

Nutrition Survey
Consumption

Which foods do you consume most, from each group ?

Fats, Sweets, Alcohol

CAKE

Milk

Milk

Meat, Fish

PORK

Fruits

APPLE

Vegetables

POTATOES

Grains, Beans, Starchy Vegetables

PASTA

Nutrition Survey
Consumption

Which foods do you consume most, from each group ?

Candy

Fats, Sweets, Alcohol

Milk

Milk

Fish

Meat, Fish

Apple

Fruits

Onions - fried

Vegetables

Bread

Grains, Beans, Starchy Vegetables

Nutrition Survey
Consumption

Which foods do you consume most, from each group ?

Candies

Fats, Sweets, Alcohol

Milk

Milk

Fish

Meat, Fish

Apple

Fruits

Lettuce

Vegetables

Beans

Grains, Beans, Starchy Vegetables

Nutrition Survey
Consumption

Which foods do you consume most, from each group ?

Candy

Fats, Sweets, Alcohol

Milk

Milk

Fish

Meat, Fish

Apples

Fruits

Lettuce

Vegetables

Bread

Grains, Beans, Starchy Vegetables

Nutrition Survey
Consumption

Which foods do you consume most, from each group ?

Candies

Fats, Sweets, Alcohol

Milk

Milk

Fish

Meat, Fish

Apples

Fruits

Lettuce

Vegetables

Bread

Grains, Beans, Starchy Vegetables

Nutrition Survey
Consumption

Which foods do you consume most, from each group ?

Cookies

Fats, Sweets, Alcohol

Milk

Milk

Chicken

Meat, Fish

Apples

Fruits

Broccoli

Vegetables

Bread

Grains, Beans, Starchy Vegetables

Nutrition Survey
Consumption

Which foods do you consume most, from each group ?

Cookies

Fats, Sweets, Alcohol

Milk

Milk

Pork

Meat, Fish

Oranges

Fruits

Broccoli

Vegetables

Pasta

Grains, Beans, Starchy Vegetables

Nutrition Survey
Consumption

Which foods do you consume most, from each group ?

Beer - Light

Fats, Sweets, Alcohol

Milk

Milk

Pork

Meat, Fish

Bananas

Fruits

Tomatoes

Vegetables

Rice

Grains, Beans, Starchy Vegetables

Nutrition Survey
Consumption

Which foods do you consume most, from each group ?

Chocolate Cake

Fats, Sweets, Alcohol

Milk

Milk

Pork

Meat, Fish

Apple

Fruits

Broccoli

Vegetables

Pasta

Grains, Beans, Starchy Vegetables

Nutrition Survey
Consumption

Which foods do you consume most, from each group ?

Snickers

Fats, Sweets, Alcohol

Milk - Skim

Milk

Chicken - white meat only

Meat, Fish

Apples

Fruits

Broccoli

Vegetables

Pasta

Grains, Beans, Starchy Vegetables

Nutrition Survey
Consumption

Which foods do you consume most, from each group ?

Candy

Fats, Sweets, Alcohol

Milk

Milk

Fish

Meat, Fish

Apple

Fruits

Lettuce

Vegetables

Bread

Grains, Beans, Starchy Vegetables

Nutrition Survey
Consumption

Which foods do you consume most, from each group ?

Candies

Fats, Sweets, Alcohol

Milk

Milk

Fish

Meat, Fish

Apple

Fruits

Cauliflower

Vegetables

Bread

Grains, Beans, Starchy Vegetables

Nutrition Survey
Consumption

Which foods do you consume most, from each group ?

Candies

Fats, Sweets, Alcohol

Milk

Milk

Fish

Meat, Fish

Apples

Fruits

Cauliflower

Vegetables

Bread

Grains, Beans, Starchy Vegetables

Nutrition Survey
Consumption

Which foods do you consume most, from each group ?

Candies

Fats, Sweets, Alcohol

Milk

Milk

Fish

Meat, Fish

Apple

Fruits

Tomatoes

Vegetables

Bread

Grains, Beans, Starchy Vegetables

Nutrition Survey
Consumption

Which foods do you consume most, from each group ?

Candy

Fats, Sweets, Alcohol

Milk

Milk

Pork

Meat, Fish

Apples

Fruits

Lettuce

Vegetables

Rice

Grains, Beans, Starchy Vegetables

Nutrition Survey
Consumption

Which foods do you consume most, from each group ?

Cake

Fats, Sweets, Alcohol

Milk

Milk

Chicken

Meat, Fish

Banana

Fruits

Tomatoes

Vegetables

Bread

Grains, Beans, Starchy Vegetables

Nutrition Survey
Consumption

Which foods do you consume most, from each group ?

Cake

Fats, Sweets, Alcohol

Milk

Milk

Chicken

Meat, Fish

Peaches

Fruits

Carrots

Vegetables

Bread

Grains, Beans, Starchy Vegetables

Nutrition Survey
Consumption

Which foods do you consume most, from each group ?

Cookies

Fats, Sweets, Alcohol

Milk

Milk

—

Meat, Fish

Bananas

Fruits

Tomatoes

Vegetables

Bread

Grains, Beans, Starchy Vegetables

Nutrition Survey
Consumption

Which foods do you consume most, from each group ?

Ice Cream

Fats, Sweets, Alcohol

Milk - 2%

Milk

Chicken

Meat, Fish

Cherries

Fruits

Cauliflower

Vegetables

Bread - wheat

Grains, Beans, Starchy Vegetables

Nutrition Survey
Consumption

Which foods do you consume most, from each group ?

Cookies

Fats, Sweets, Alcohol

Milk

Milk

Chicken

Meat, Fish

Bananas

Fruits

Cauliflower

Vegetables

Bread

Grains, Beans, Starchy Vegetables

Nutrition Survey
Consumption

Which foods do you consume most, from each group ?

Cake

Fats, Sweets, Alcohol

Milk

Milk

—

Meat, Fish

Strawberries

Fruits

Peas

Vegetables

Bread

Grains, Beans, Starchy Vegetables

Nutrition Survey
Consumption

Which foods do you consume most, from each group ?

Beer

Fats, Sweets, Alcohol

Milk

Milk

Chicken

Meat, Fish

Bananas

Fruits

Lettuce - Romaine

Vegetables

Pasta

Grains, Beans, Starchy Vegetables

Nutrition Survey
Consumption

Which foods do you consume most, from each group ?

Cake

Fats, Sweets, Alcohol

Milk

Milk

Chicken

Meat, Fish

Cheese

Fruits

Cauliflower

Vegetables

Beans

Grains, Beans, Starchy Vegetables

Nutrition Survey
Consumption

Which foods do you consume most, from each group ?

Ice Cream

Fats, Sweets, Alcohol

Cheese

Milk

Fish (Tuna)

Meat, Fish

Watermelon

Fruits

Tomatoes (cherry)

Vegetables

Pasta (Linguine)

Grains, Beans, Starchy Vegetables

Nutrition Survey
Consumption

Which foods do you consume most, from each group ?

Coors Light

Fats, Sweets, Alcohol

Cheddar Cheese

Milk

Pork

Meat, Fish

Banana

Fruits

Vidalia Onions

Vegetables

Pasta

Grains, Beans, Starchy Vegetables

Nutrition Survey
Consumption

Which foods do you consume most, from each group ?

Candy

Fats, Sweets, Alcohol

Milk

Milk

Beef

Meat, Fish

Apple

Fruits

Broccoli

Vegetables

Bread

Grains, Beans, Starchy Vegetables

Nutrition Survey
Consumption

Which foods do you consume most, from each group ?

Beer

Fats, Sweets, Alcohol

Milk

Milk

—

Meat, Fish

Kiwi

Fruits

Spinach

Vegetables

Bread

Grains, Beans, Starchy Vegetables

Nutrition Survey
Consumption

Which foods do you consume most, from each group ?

Cake

Fats, Sweets, Alcohol

Cheese

Milk

Beef

Meat, Fish

Apple

Fruits

Potatoes

Vegetables

Bread - wheat

Grains, Beans, Starchy Vegetables

Nutrition Survey
Consumption

Which foods do you consume most, from each group ?

Salad Dressing

Fats, Sweets, Alcohol

Yogurt

Milk

—

Meat, Fish

Apples

Fruits

Broccoli

Vegetables

Bread

Grains, Beans, Starchy Vegetables

Nutrition Survey
Consumption

Which foods do you consume most, from each group ?

Cookies

Fats, Sweets, Alcohol

Chocolate Milk

Milk

Chicken

Meat, Fish

Oranges

Fruits

Red Leaf Lettuce

Vegetables

Bread

Grains, Beans, Starchy Vegetables

Nutrition Survey
Consumption

Which foods do you consume most, from each group ?

Cake

Fats, Sweets, Alcohol

Milk

Milk

Fish (Tuna)

Meat, Fish

Cherries

Fruits

Broccoli

Vegetables

Bread

Grains, Beans, Starchy Vegetables

Appendix E

- Color Correlation Survey

Nutrition Survey
Color Correlations

Pease circle the color that relates to each food group ?

Fats, Sweets, Alcohol	red	green	black
	orange	blue	white
	yellow	purple	
Milk	red	green	black
	orange	blue	white
	yellow	purple	
Meat, Fish	red	green	black
	orange	blue	white
	yellow	purple	
Fruits	red	green	black
	orange	blue	white
	yellow	purple	
Vegetables	red	green	black
	orange	blue	white
	yellow	purple	
Grains, Beans, Starchy Vegetables	red	green	black
	orange	blue	white
	yellow	purple	

Nutrition Survey
Color Correlations

Pease circle the color that relates to each food group ?

Fats, Sweets, Alcohol	red	green	black
	orange	blue	white
	yellow	purple	
Milk	red	green	black
	orange	blue	white
	yellow	purple	
Meat, Fish	red	green	black
	orange	blue	white
	yellow	purple	
Fruits	red	green	black
	orange	blue	white
	yellow	purple	
Vegetables	red	green	black
	orange	blue	white
	yellow	purple	
Grains, Beans, Starchy Vegetables	red	green	black
	orange	blue	white
	yellow	purple	

Nutrition Survey
Color Correlations

Pease circle the color that relates to each food group ?

Fats, Sweets, Alcohol	red	green	black
	orange	blue	white
	yellow	purple	
Milk	red	green	black
	orange	blue	white
	yellow	purple	
Meat, Fish	red	green	black
	orange	blue	white
	yellow	purple	
Fruits	red	green	black
	orange	blue	white
	yellow	purple	
Vegetables	red	green	black
	orange	blue	white
	yellow	purple	
Grains, Beans, Starchy Vegetables	red	green	black
	orange	blue	white
	yellow	purple	

Nutrition Survey
Color Correlations

Pease circle the color that relates to each food group ?

Fats, Sweets, Alcohol	red	green	black
	(orange)	blue	white
	yellow	purple	
Milk	red	green	black
	orange	blue	(white)
	yellow	purple	
Meat, Fish	red	green	black
	orange	blue	white
	yellow	(purple)	
Fruits	red	(green)	black
	orange	blue	white
	yellow	purple	
Vegetables	red	green	black
	orange	blue	(white)
	yellow	purple	
Grains, Beans, Starchy Vegetables	red	green	black
	(orange)	blue	white
	yellow	purple	

Nutrition Survey
Color Correlations

Pease circle the color that relates to each food group ?

Fats, Sweets, Alcohol	red	green	black
	orange	blue	white
	yellow	purple	
Milk	red	green	black
	orange	blue	white
	yellow	purple	
Meat, Fish	red	green	black
	orange	blue	white
	yellow	purple	
Fruits	red	green	black
	orange	blue	white
	yellow	purple	
Vegetables	red	green	black
	orange	blue	white
	yellow	purple	
Grains, Beans, Starchy Vegetables	red	green	black
	orange	blue	white
	yellow	purple	

Nutrition Survey
Color Correlations

Pease circle the color that relates to each food group ?

Fats, Sweets, Alcohol	red	green	black
	orange	blue	white
	yellow	purple	
Milk	red	green	black
	orange	blue	white
	yellow	purple	
Meat, Fish	red	green	black
	orange	blue	white
	yellow	purple	
Fruits	red	green	black
	orange	blue	white
	yellow	purple	
Vegetables	red	green	black
	orange	blue	white
	yellow	purple	
Grains, Beans, Starchy Vegetables	red	green	black
	orange	blue	white
	yellow	purple	

Nutrition Survey
Color Correlations

Pease circle the color that relates to each food group ?

Fats, Sweets, Alcohol	red	green	black
	orange	blue	white
	yellow	purple	
Milk	red	green	black
	orange	blue	white
	yellow	purple	
Meat, Fish	red	green	black
	orange	blue	white
	yellow	purple	
Fruits	red	green	black
	orange	blue	white
	yellow	purple	
Vegetables	red	green	black
	orange	blue	white
	yellow	purple	
Grains, Beans, Starchy Vegetables	red	green	black
	orange	blue	white
	yellow	purple	

Nutrition Survey
Color Correlations

Pease circle the color that relates to each food group ?

Fats, Sweets, Alcohol	red	green	black
	orange	blue	white
	yellow	purple	
Milk	red	green	black
	orange	blue	white
	yellow	purple	
Meat, Fish	red	green	black
	orange	blue	white
	yellow	purple	
Fruits	red	green	black
	orange	blue	white
	yellow	purple	
Vegetables	red	green	black
	orange	blue	white
	yellow	purple	
Grains, Beans, Starchy Vegetables	red	green	black
	orange	blue	white
	yellow	purple	

Nutrition Survey
Color Correlations

Pease circle the color that relates to each food group ?

Fats, Sweets, Alcohol	red	green	black
	orange	blue	white
	yellow	purple	
Milk	red	green	black
	orange	blue	white
	yellow	purple	
Meat, Fish	red	green	black
	orange	blue	white
	yellow	purple	
Fruits	red	green	black
	orange	blue	white
	yellow	purple	
Vegetables	red	green	black
	orange	blue	white
	yellow	purple	
Grains, Beans, Starchy Vegetables	red	green	black
	orange	blue	white
	yellow	purple	

Nutrition Survey
Color Correlations

Pease circle the color that relates to each food group ?

Fats, Sweets, Alcohol	red	green	black
	orange	blue	white
	yellow	purple	
Milk	red	green	black
	orange	blue	white
	yellow	purple	
Meat, Fish	red	green	black
	orange	blue	white
	yellow	purple	
Fruits	red	green	black
	orange	blue	white
	yellow	purple	
Vegetables	red	green	black
	orange	blue	white
	yellow	purple	
Grains, Beans, Starchy Vegetables	red	green	black
	orange	blue	white
	yellow	purple	

Nutrition Survey
Color Correlations

Pease circle the color that relates to each food group ?

Fats, Sweets, Alcohol	red	green	black
	orange	blue	white
	yellow	purple	
Milk	red	green	black
	orange	blue	white
	yellow	purple	
Meat, Fish	red	green	black
	orange	blue	white
	yellow	purple	
Fruits	red	green	black
	orange	blue	white
	yellow	purple	
Vegetables	red	green	black
	orange	blue	white
	yellow	purple	
Grains, Beans, Starchy Vegetables	red	green	black
	orange	blue	white
	yellow	purple	

Nutrition Survey
Color Correlations

Pease circle the color that relates to each food group ?

Fats, Sweets, Alcohol	red	green	black
	orange	blue	white
	yellow	purple	
Milk	red	green	black
	orange	blue	white
	yellow	purple	
Meat, Fish	red	green	black
	orange	blue	white
	yellow	purple	
Fruits	red	green	black
	orange	blue	white
	yellow	purple	
Vegetables	red	green	black
	orange	blue	white
	yellow	purple	
Grains, Beans, Starchy Vegetables	red	green	black
	orange	blue	white
	yellow	purple	

Nutrition Survey
Color Correlations

Pease circle the color that relates to each food group ?

Fats, Sweets, Alcohol	red	green	black
	orange	blue	white
	yellow	purple	
Milk	red	green	black
	orange	blue	white
	yellow	purple	
Meat, Fish	red	green	black
	orange	blue	white
	yellow	purple	
Fruits	red	green	black
	orange	blue	white
	yellow	purple	
Vegetables	red	green	black
	orange	blue	white
	yellow	purple	
Grains, Beans, Starchy Vegetables	red	green	black
	orange	blue	white
	yellow	purple	

Nutrition Survey
Color Correlations

Pease circle the color that relates to each food group ?

Fats, Sweets, Alcohol	red	green	black
	orange	blue	white
	yellow	purple	
Milk	red	green	black
	orange	blue	white
	yellow	purple	
Meat, Fish	red	green	black
	orange	blue	white
	yellow	purple	
Fruits	red	green	black
	orange	blue	white
	yellow	purple	
Vegetables	red	green	black
	orange	blue	white
	yellow	purple	
Grains, Beans, Starchy Vegetables	red	green	black
	orange	blue	white
	yellow	purple	

Nutrition Survey
Color Correlations

Pease circle the color that relates to each food group ?

Fats, Sweets, Alcohol	red	green	black
	orange	blue	white
	yellow	purple	
Milk	red	green	black
	orange	blue	white
	yellow	purple	
Meat, Fish	red	green	black
	orange	blue	white
	yellow	purple	
Fruits	red	green	black
	orange	blue	white
	yellow	purple	
Vegetables	red	green	black
	orange	blue	white
	yellow	purple	
Grains, Beans, Starchy Vegetables	red	green	black
	orange	blue	white
	yellow	purple	

Nutrition Survey
Color Correlations

Pease circle the color that relates to each food group ?

Fats, Sweets, Alcohol	red	green	black
	orange	blue	white
	yellow	purple	
Milk	red	green	black
	orange	blue	white
	yellow	purple	
Meat, Fish	red	green	black
	orange	blue	white
	yellow	purple	
Fruits	red	green	black
	orange	blue	white
	yellow	purple	
Vegetables	red	green	black
	orange	blue	white
	yellow	purple	
Grains, Beans, Starchy Vegetables	red	green	black
	orange	blue	white
	yellow	purple	

Nutrition Survey
Color Correlations

Pease circle the color that relates to each food group ?

Fats, Sweets, Alcohol	red	green	black
	orange	blue	white
	yellow	purple	
Milk	red	green	black
	orange	blue	white
	yellow	purple	
Meat, Fish	red	green	black
	orange	blue	white
	yellow	purple	
Fruits	red	green	black
	orange	blue	white
	yellow	purple	
Vegetables	red	green	black
	orange	blue	white
	yellow	purple	
Grains, Beans, Starchy Vegetables	red	green	black
	orange	blue	white
	yellow	purple	

Nutrition Survey
Color Correlations

Pease circle the color that relates to each food group ?

Fats, Sweets, Alcohol	red	green	black
	orange	blue	white
	yellow	purple	
Milk	red	green	black
	orange	blue	white
	yellow	purple	
Meat, Fish	red	green	black
	orange	blue	white
	yellow	purple	
Fruits	red	green	black
	orange	blue	white
	yellow	purple	
Vegetables	red	green	black
	orange	blue	white
	yellow	purple	
Grains, Beans, Starchy Vegetables	red	green	black
	orange	blue	white
	yellow	purple	

Nutrition Survey
Color Correlations

Pease circle the color that relates to each food group ?

Fats, Sweets, Alcohol	red	green	black
	orange	blue	white
	yellow	purple	
Milk	red	green	black
	orange	blue	white
	yellow	purple	
Meat, Fish	red	green	black
	orange	blue	white
	yellow	purple	
Fruits	red	green	black
	orange	blue	white
	yellow	purple	
Vegetables	red	green	black
	orange	blue	white
	yellow	purple	
Grains, Beans, Starchy Vegetables	red	green	black
	orange	blue	white
	yellow	purple	

Nutrition Survey
Color Correlations

Pease circle the color that relates to each food group ?

Fats, Sweets, Alcohol	red	green	black
	orange	blue	white
	yellow	purple	
Milk	red	green	black
	orange	blue	white
	yellow	purple	
Meat, Fish	red	green	black
	orange	blue	white
	yellow	purple	
Fruits	red	green	black
	orange	blue	white
	yellow	purple	
Vegetables	red	green	black
	orange	blue	white
	yellow	purple	
Grains, Beans, Starchy Vegetables	red	green	black
	orange	blue	white
	yellow	purple	

Nutrition Survey
Color Correlations

Pease circle the color that relates to each food group ?

Fats, Sweets, Alcohol	red	green	black
	orange	blue	white
	yellow	purple	
Milk	red	green	black
	orange	blue	white
	yellow	purple	
Meat, Fish	red	green	black
	orange	blue	white
	yellow	purple	
Fruits	red	green	black
	orange	blue	white
	yellow	purple	
Vegetables	red	green	black
	orange	blue	white
	yellow	purple	
Grains, Beans, Starchy Vegetables	red	green	black
	orange	blue	white
	yellow	purple	

Nutrition Survey
Color Correlations

Pease circle the color that relates to each food group ?

Fats, Sweets, Alcohol	red	green	black
	orange	blue	white
	yellow	purple	
Milk	red	green	black
	orange	blue	white
	yellow	purple	
Meat, Fish	red	green	black
	orange	blue	white
	yellow	purple	
Fruits	red	green	black
	orange	blue	white
	yellow	purple	
Vegetables	red	green	black
	orange	blue	white
	yellow	purple	
Grains, Beans, Starchy Vegetables	red	green	black
	orange	blue	white
	yellow	purple	

Nutrition Survey
Color Correlations

Pease circle the color that relates to each food group ?

Fats, Sweets, Alcohol	red	green	black
	orange	blue	white
	yellow	purple	
Milk	red	green	black
	orange	blue	white
	yellow	purple	
Meat, Fish	red	green	black
	orange	blue	white
	yellow	purple	
Fruits	red	green	black
	orange	blue	white
	yellow	purple	
Vegetables	red	green	black
	orange	blue	white
	yellow	purple	
Grains, Beans, Starchy Vegetables	red	green	black
	orange	blue	white
	yellow	purple	

Nutrition Survey
Color Correlations

Pease circle the color that relates to each food group ?

Fats, Sweets, Alcohol	red	green	black
	orange	blue	white
	yellow	purple	
Milk	red	green	black
	orange	blue	white
	yellow	purple	
Meat, Fish	red	green	black
	orange	blue	white
	yellow	purple	
Fruits	red	green	black
	orange	blue	white
	yellow	purple	
Vegetables	red	green	black
	orange	blue	white
	yellow	purple	
Grains, Beans, Starchy Vegetables	red	green	black
	orange	blue	white
	yellow	purple	

Nutrition Survey
Color Correlations

Pease circle the color that relates to each food group ?

Fats, Sweets, Alcohol	red	green	black
	orange	blue	white
	yellow	purple	
Milk	red	green	black
	orange	blue	white
	yellow	purple	
Meat, Fish	red	green	black
	orange	blue	white
	yellow	purple	
Fruits	red	green	black
	orange	blue	white
	yellow	purple	
Vegetables	red	green	black
	orange	blue	white
	yellow	purple	
Grains, Beans, Starchy Vegetables	red	green	black
	orange	blue	white
	yellow	purple	

Nutrition Survey
Color Correlations

Pease circle the color that relates to each food group ?

Fats, Sweets, Alcohol	red	green	black
	orange	blue	white
	yellow	purple	
Milk	red	green	black
	orange	blue	white
	yellow	purple	
Meat, Fish	red	green	black
	orange	blue	white
	yellow	purple	
Fruits	red	green	black
	orange	blue	white
	yellow	purple	
Vegetables	red	green	black
	orange	blue	white
	yellow	purple	
Grains, Beans, Starchy Vegetables	red	green	black
	orange	blue	white
	yellow	purple	

Nutrition Survey
Color Correlations

Pease circle the color that relates to each food group ?

Fats, Sweets, Alcohol	red	green	black
	orange	blue	white
	yellow	purple	
Milk	red	green	black
	orange	blue	white
	yellow	purple	
Meat, Fish	red	green	black
	orange	blue	white
	yellow	purple	
Fruits	red	green	black
	orange	blue	white
	yellow	purple	
Vegetables	red	green	black
	orange	blue	white
	yellow	purple	
Grains, Beans, Starchy Vegetables	red	green	black
	orange	blue	white
	yellow	purple	

Nutrition Survey
Color Correlations

Pease circle the color that relates to each food group ?

Fats, Sweets, Alcohol	red	green	black
	orange	blue	white
	(yellow)	purple	
Milk	red	green	black
	orange	blue	(white)
	yellow	purple	
Meat, Fish	(red)	green	black
	orange	blue	white
	yellow	purple	
Fruits	red	green	black
	(orange)	blue	white
	yellow	purple	
Vegetables	red	(green)	black
	orange	blue	white
	yellow	purple	
Grains, Beans, Starchy Vegetables	red	green	black
	orange	blue	(white)
	yellow	purple	

Nutrition Survey
Color Correlations

Pease circle the color that relates to each food group ?

Fats, Sweets, Alcohol	red	green	black
	orange	blue	white
	yellow	purple	
Milk	red	green	black
	orange	blue	white
	yellow	purple	
Meat, Fish	red	green	black
	orange	blue	white
	yellow	purple	
Fruits	red	green	black
	orange	blue	white
	yellow	purple	
Vegetables	red	green	black
	orange	blue	white
	yellow	purple	
Grains, Beans, Starchy Vegetables	red	green	black
	orange	blue	white
	yellow	purple	

Nutrition Survey
Color Correlations

Pease circle the color that relates to each food group ?

Fats, Sweets, Alcohol	red	green	black
	orange	blue	white
	(yellow)	purple	
Milk	red	green	black
	orange	blue	(white)
	yellow	purple	
Meat, Fish	red	green	black
	(orange)	blue	white
	yellow	purple	
Fruits	(red)	green	black
	orange	blue	white
	yellow	purple	
Vegetables	red	(green)	black
	orange	blue	white
	yellow	purple	
Grains, Beans, Starchy Vegetables	red	green	black
	orange	blue	(white)
	yellow	purple	

Nutrition Survey
Color Correlations

Pease circle the color that relates to each food group ?

Fats, Sweets, Alcohol	red	green	black
	orange	blue	white
	yellow	purple	
Milk	red	green	black
	orange	blue	white
	yellow	purple	
Meat, Fish	red	green	black
	orange	blue	white
	yellow	purple	
Fruits	red	green	black
	orange	blue	white
	yellow	purple	
Vegetables	red	green	black
	orange	blue	white
	yellow	purple	
Grains, Beans, Starchy Vegetables	red	green	black
	orange	blue	white
	yellow	purple	

Nutrition Survey
Color Correlations

Pease circle the color that relates to each food group ?

Fats, Sweets, Alcohol	red	green	black
	orange	blue	white
	yellow	purple	
Milk	red	green	black
	orange	blue	white
	yellow	purple	
Meat, Fish	red	green	black
	orange	blue	white
	yellow	purple	
Fruits	red	green	black
	orange	blue	white
	yellow	purple	
Vegetables	red	green	black
	orange	blue	white
	yellow	purple	
Grains, Beans, Starchy Vegetables	red	green	black
	orange	blue	white
	yellow	purple	

Nutrition Survey
Color Correlations

Pease circle the color that relates to each food group ?

Fats, Sweets, Alcohol	red	green	black
	orange	blue	white
	yellow	purple	
Milk	red	green	black
	orange	blue	white
	yellow	purple	
Meat, Fish	red	green	black
	orange	blue	white
	yellow	purple	
Fruits	red	green	black
	orange	blue	white
	yellow	purple	
Vegetables	red	green	black
	orange	blue	white
	yellow	purple	
Grains, Beans, Starchy Vegetables	red	green	black
	orange	blue	white
	yellow	purple	

Nutrition Survey
Color Correlations

Pease circle the color that relates to each food group ?

Fats, Sweets, Alcohol	red	green	black
	orange	blue	white
	yellow	purple	
Milk	red	green	black
	orange	blue	white
	yellow	purple	
Meat, Fish	red	green	black
	orange	blue	white
	yellow	purple	
Fruits	red	green	black
	orange	blue	white
	yellow	purple	
Vegetables	red	green	black
	orange	blue	white
	yellow	purple	
Grains, Beans, Starchy Vegetables	red	green	black
	orange	blue	white
	yellow	purple	

Nutrition Survey
Color Correlations

Pease circle the color that relates to each food group ?

Fats, Sweets, Alcohol	red	green	black
	orange	blue	white
	yellow	purple	
Milk	red	green	black
	orange	blue	white
	yellow	purple	
Meat, Fish	red	green	black
	orange	blue	white
	yellow	purple	
Fruits	red	green	black
	orange	blue	white
	yellow	purple	
Vegetables	red	green	black
	orange	blue	white
	yellow	purple	
Grains, Beans, Starchy Vegetables	red	green	black
	orange	blue	white
	yellow	purple	

Nutrition Survey
Color Correlations

Pease circle the color that relates to each food group ?

Fats, Sweets, Alcohol	red	green	black
	orange	blue	white
	(yellow)	purple	
Milk	red	green	black
	orange	blue	(white)
	yellow	purple	
Meat, Fish	(red)	green	black
	orange	blue	white
	yellow	purple	
Fruits	(red)	green	black
	orange	blue	white
	yellow	purple	
Vegetables	red	(green)	black
	orange	blue	white
	yellow	purple	
Grains, Beans, Starchy Vegetables	red	(green)	black
	orange	blue	white
	yellow	purple	

Nutrition Survey
Color Correlations

Pease circle the color that relates to each food group ?

Fats, Sweets, Alcohol	red	green	black
	(orange)	blue	white
	yellow	purple	
Milk	red	green	black
	orange	blue	(white)
	yellow	purple	
Meat, Fish	(red)	green	black
	orange	blue	white
	yellow	purple	
Fruits	(red)	green	black
	orange	blue	white
	yellow	purple	
Vegetables	red	(green)	black
	orange	blue	white
	yellow	purple	
Grains, Beans, Starchy Vegetables	red	(green)	black
	orange	blue	white
	yellow	purple	

Nutrition Survey
Color Correlations

Pease circle the color that relates to each food group ?

Fats, Sweets, Alcohol	red	green	black
	orange	blue	white
	(yellow)	purple	
Milk	red	green	black
	orange	blue	(white)
	yellow	purple	
Meat, Fish	(red)	green	black
	orange	blue	white
	yellow	purple	
Fruits	red	(green)	black
	orange	blue	white
	yellow	purple	
Vegetables	red	(green)	black
	orange	blue	white
	yellow	purple	
Grains, Beans, Starchy Vegetables	red	green	black
	orange	blue	white
	yellow	(purple)	

Nutrition Survey
Color Correlations

Pease circle the color that relates to each food group ?

Fats, Sweets, Alcohol	red	green	black
	orange	blue	white
	yellow	purple	
Milk	red	green	black
	orange	blue	white
	yellow	purple	
Meat, Fish	red	green	black
	orange	blue	white
	yellow	purple	
Fruits	red	green	black
	orange	blue	white
	yellow	purple	
Vegetables	red	green	black
	orange	blue	white
	yellow	purple	
Grains, Beans, Starchy Vegetables	red	green	black
	orange	blue	white
	yellow	purple	

Nutrition Survey
Color Correlations

Pease circle the color that relates to each food group ?

Fats, Sweets, Alcohol	red	green	black
	orange	blue	white
	yellow	purple	
Milk	red	green	black
	orange	blue	white
	yellow	purple	
Meat, Fish	red	green	black
	orange	blue	white
	yellow	purple	
Fruits	red	green	black
	orange	blue	white
	yellow	purple	
Vegetables	red	green	black
	orange	blue	white
	yellow	purple	
Grains, Beans, Starchy Vegetables	red	green	black
	orange	blue	white
	yellow	purple	

Nutrition Survey
Color Correlations

Pease circle the color that relates to each food group ?

Fats, Sweets, Alcohol	red	green	black
	orange	blue	white
	yellow	purple	
Milk	red	green	black
	orange	blue	white
	yellow	purple	
Meat, Fish	red	green	black
	orange	blue	white
	yellow	purple	
Fruits	red	green	black
	orange	blue	white
	yellow	purple	
Vegetables	red	green	black
	orange	blue	white
	yellow	purple	
Grains, Beans, Starchy Vegetables	red	green	black
	orange	blue	white
	yellow	purple	

Nutrition Survey
Color Correlations

Pease circle the color that relates to each food group ?

Fats, Sweets, Alcohol	red	green	black
	orange	blue	white
	yellow	purple	
Milk	red	green	black
	orange	blue	white
	yellow	purple	
Meat, Fish	red	green	black
	orange	blue	white
	yellow	purple	
Fruits	red	green	black
	orange	blue	white
	yellow	purple	
Vegetables	red	green	black
	orange	blue	white
	yellow	purple	
Grains, Beans, Starchy Vegetables	red	green	black
	orange	blue	white
	yellow	purple	

Nutrition Survey
Color Correlations

Pease circle the color that relates to each food group ?

Fats, Sweets, Alcohol	red	green	black
	orange	blue	white
	yellow	purple	
Milk	red	green	black
	orange	blue	white
	yellow	purple	
Meat, Fish	red	green	black
	orange	blue	white
	yellow	purple	
Fruits	red	green	black
	orange	blue	white
	yellow	purple	
Vegetables	red	green	black
	orange	blue	white
	yellow	purple	
Grains, Beans, Starchy Vegetables	red	green	black
	orange	blue	white
	yellow	purple	

Nutrition Survey
Color Correlations

Pease circle the color that relates to each food group ?

Fats, Sweets, Alcohol	red	green	black
	orange	blue	white
	yellow	purple	
Milk	red	green	black
	orange	blue	white
	yellow	purple	
Meat, Fish	red	green	black
	orange	blue	white
	yellow	purple	
Fruits	red	green	black
	orange	blue	white
	yellow	purple	
Vegetables	red	green	black
	orange	blue	white
	yellow	purple	
Grains, Beans, Starchy Vegetables	red	green	black
	orange	blue	white
	yellow	purple	

Nutrition Survey
Color Correlations

Pease circle the color that relates to each food group ?

Fats, Sweets, Alcohol	red	green	black
	orange	blue	white
	yellow	purple	
Milk	red	green	black
	orange	blue	white
	yellow	purple	
Meat, Fish	red	green	black
	orange	blue	white
	yellow	purple	
Fruits	red	green	black
	orange	blue	white
	yellow	purple	
Vegetables	red	green	black
	orange	blue	white
	yellow	purple	
Grains, Beans, Starchy Vegetables	red	green	black
	orange	blue	white
	yellow	purple	

Nutrition Survey
Color Correlations

Pease circle the color that relates to each food group ?

Fats, Sweets, Alcohol	red	green	black
	orange	blue	white
	yellow	purple	
Milk	red	green	black
	orange	blue	white
	yellow	purple	
Meat, Fish	red	green	black
	orange	blue	white
	yellow	purple	
Fruits	red	green	black
	orange	blue	white
	yellow	purple	
Vegetables	red	green	black
	orange	blue	white
	yellow	purple	
Grains, Beans, Starchy Vegetables	red	green	black
	orange	blue	white
	yellow	purple	

Nutrition Survey
Color Correlations

Pease circle the color that relates to each food group ?

Fats, Sweets, Alcohol	red	green	black
	orange	blue	white
	yellow	purple	
Milk	red	green	black
	orange	blue	white
	yellow	purple	
Meat, Fish	red	green	black
	orange	blue	white
	yellow	purple	
Fruits	red	green	black
	orange	blue	white
	yellow	purple	
Vegetables	red	green	black
	orange	blue	white
	yellow	purple	
Grains, Beans, Starchy Vegetables	red	green	black
	orange	blue	white
	yellow	purple	

Nutrition Survey
Color Correlations

Pease circle the color that relates to each food group ?

Fats, Sweets, Alcohol	red	green	black
	orange	blue	white
	yellow	purple	
Milk	red	green	black
	orange	blue	white
	yellow	purple	
Meat, Fish	red	green	black
	orange	blue	white
	yellow	purple	
Fruits	red	green	black
	orange	blue	white
	yellow	purple	
Vegetables	red	green	black
	orange	blue	white
	yellow	purple	
Grains, Beans, Starchy Vegetables	red	green	black
	orange	blue	white
	yellow	purple	

Nutrition Survey
Color Correlations

Pease circle the color that relates to each food group ?

Fats, Sweets, Alcohol	red	green	black
	orange	blue	white
	(yellow)	purple	
Milk	red	green	black
	orange	blue	(white)
	yellow	purple	
Meat, Fish	(red)	green	black
	orange	blue	white
	yellow	purple	
Fruits	(red)	green	black
	orange	blue	white
	yellow	purple	
Vegetables	red	(green)	black
	orange	blue	white
	yellow	purple	
Grains, Beans, Starchy Vegetables	red	(green)	black
	orange	blue	white
	yellow	purple	

Nutrition Survey
Color Correlations

Pease circle the color that relates to each food group ?

Fats, Sweets, Alcohol	red	green	black
	orange	blue	white
	yellow	purple	
Milk	red	green	black
	orange	blue	white
	yellow	purple	
Meat, Fish	red	green	black
	orange	blue	white
	yellow	purple	
Fruits	red	green	black
	orange	blue	white
	yellow	purple	
Vegetables	red	green	black
	orange	blue	white
	yellow	purple	
Grains, Beans, Starchy Vegetables	red	green	black
	orange	blue	white
	yellow	purple	

Nutrition Survey
Color Correlations

Pease circle the color that relates to each food group ?

Fats, Sweets, Alcohol	red	green	black
	orange	blue	white
	yellow	purple	
Milk	red	green	black
	orange	blue	white
	yellow	purple	
Meat, Fish	red	green	black
	orange	blue	white
	yellow	purple	
Fruits	red	green	black
	orange	blue	white
	yellow	purple	
Vegetables	red	green	black
	orange	blue	white
	yellow	purple	
Grains, Beans, Starchy Vegetables	red	green	black
	orange	blue	white
	yellow	purple	

Nutrition Survey
Color Correlations

Pease circle the color that relates to each food group ?

Fats, Sweets, Alcohol	red	green	black
	orange	blue	white
	yellow	purple	
Milk	red	green	black
	orange	blue	white
	yellow	purple	
Meat, Fish	red	green	black
	orange	blue	white
	yellow	purple	
Fruits	red	green	black
	orange	blue	white
	yellow	purple	
Vegetables	red	green	black
	orange	blue	white
	yellow	purple	
Grains, Beans, Starchy Vegetables	red	green	black
	orange	blue	white
	yellow	purple	

Nutrition Survey
Color Correlations

Pease circle the color that relates to each food group ?

Fats, Sweets, Alcohol	red	green	black
	orange	blue	white
	yellow	purple	
Milk	red	green	black
	orange	blue	white
	yellow	purple	
Meat, Fish	red	green	black
	orange	blue	white
	yellow	purple	
Fruits	red	green	black
	orange	blue	white
	yellow	purple	
Vegetables	red	green	black
	orange	blue	white
	yellow	purple	
Grains, Beans, Starchy Vegetables	red	green	black
	orange	blue	white
	yellow	purple	

Nutrition Survey
Color Correlations

Pease circle the color that relates to each food group ?

Fats, Sweets, Alcohol	red	green	black
	orange	blue	white
	yellow	purple	
Milk	red	green	black
	orange	blue	white
	yellow	purple	
Meat, Fish	red	green	black
	orange	blue	white
	yellow	purple	
Fruits	red	green	black
	orange	blue	white
	yellow	purple	
Vegetables	red	green	black
	orange	blue	white
	yellow	purple	
Grains, Beans, Starchy Vegetables	red	green	black
	orange	blue	white
	yellow	purple	

Nutrition Survey
Color Correlations

Pease circle the color that relates to each food group ?

Fats, Sweets, Alcohol	red	green	black
	orange	blue	white
	yellow	purple	
Milk	red	green	black
	orange	blue	white
	yellow	purple	
Meat, Fish	red	green	black
	orange	blue	white
	yellow	purple	
Fruits	red	green	black
	orange	blue	white
	yellow	purple	
Vegetables	red	green	black
	orange	blue	white
	yellow	purple	
Grains, Beans, Starchy Vegetables	red	green	black
	orange	blue	white
	yellow	purple	

Nutrition Survey
Color Correlations

Pease circle the color that relates to each food group ?

Fats, Sweets, Alcohol	red	green	black
	orange	blue	white
	yellow	purple	
Milk	red	green	black
	orange	blue	white
	yellow	purple	
Meat, Fish	red	green	black
	orange	blue	white
	yellow	purple	
Fruits	red	green	black
	orange	blue	white
	yellow	purple	
Vegetables	red	green	black
	orange	blue	white
	yellow	purple	
Grains, Beans, Starchy Vegetables	red	green	black
	orange	blue	white
	yellow	purple	

Nutrition Survey
Color Correlations

Pease circle the color that relates to each food group ?

Fats, Sweets, Alcohol	red	green	black
	orange	blue	white
	yellow	purple	
Milk	red	green	black
	orange	blue	white
	yellow	purple	
Meat, Fish	red	green	black
	orange	blue	white
	yellow	purple	
Fruits	red	green	black
	orange	blue	white
	yellow	purple	
Vegetables	red	green	black
	orange	blue	white
	yellow	purple	
Grains, Beans, Starchy Vegetables	red	green	black
	orange	blue	white
	yellow	purple	

Nutrition Survey
Color Correlations

Pease circle the color that relates to each food group ?

Fats, Sweets, Alcohol	red	green	black
	orange	blue	white
	yellow	purple	
Milk	red	green	black
	orange	blue	white
	yellow	purple	
Meat, Fish	red	green	black
	orange	blue	white
	yellow	purple	
Fruits	red	green	black
	orange	blue	white
	yellow	purple	
Vegetables	red	green	black
	orange	blue	white
	yellow	purple	
Grains, Beans, Starchy Vegetables	red	green	black
	orange	blue	white
	yellow	purple	

Nutrition Survey
Color Correlations

Pease circle the color that relates to each food group ?

Fats, Sweets, Alcohol	red	green	black
	orange	blue	white
	yellow	purple	
Milk	red	green	black
	orange	blue	white
	yellow	purple	
Meat, Fish	red	green	black
	orange	blue	white
	yellow	purple	
Fruits	red	green	black
	orange	blue	white
	yellow	purple	
Vegetables	red	green	black
	orange	blue	white
	yellow	purple	
Grains, Beans, Starchy Vegetables	red	green	black
	orange	blue	white
	yellow	purple	

Nutrition Survey
Color Correlations

Pease circle the color that relates to each food group ?

Fats, Sweets, Alcohol	red	green	black
	orange	blue	white
	yellow	purple	
Milk	red	green	black
	orange	blue	white
	yellow	purple	
Meat, Fish	red	green	black
	orange	blue	white
	yellow	purple	
Fruits	red	green	black
	orange	blue	white
	yellow	purple	
Vegetables	red	green	black
	orange	blue	white
	yellow	purple	
Grains, Beans, Starchy Vegetables	red	green	black
	orange	blue	white
	yellow	purple	

Nutrition Survey
Color Correlations

Pease circle the color that relates to each food group ?

Fats, Sweets, Alcohol	red	green	black
	orange	blue	white
	yellow	purple	
Milk	red	green	black
	orange	blue	white
	yellow	purple	
Meat, Fish	red	green	black
	orange	blue	white
	yellow	purple	
Fruits	red	green	black
	orange	blue	white
	yellow	purple	
Vegetables	red	green	black
	orange	blue	white
	yellow	purple	
Grains, Beans, Starchy Vegetables	red	green	black
	orange	blue	white
	yellow	purple	

Nutrition Survey
Color Correlations

Pease circle the color that relates to each food group ?

Fats, Sweets, Alcohol	red	green	black
	orange	blue	white
	yellow	purple	
Milk	red	green	black
	orange	blue	white
	yellow	purple	
Meat, Fish	red	green	black
	orange	blue	white
	yellow	purple	
Fruits	red	green	black
	orange	blue	white
	yellow	purple	
Vegetables	red	green	black
	orange	blue	white
	yellow	purple	
Grains, Beans, Starchy Vegetables	red	green	black
	orange	blue	white
	yellow	purple	

Nutrition Survey
Color Correlations

Pease circle the color that relates to each food group ?

Fats, Sweets, Alcohol	red	green	black
	orange	blue	white
	yellow	purple	
Milk	red	green	black
	orange	blue	white
	yellow	purple	
Meat, Fish	red	green	black
	orange	blue	white
	yellow	purple	
Fruits	red	green	black
	orange	blue	white
	yellow	purple	
Vegetables	red	green	black
	orange	blue	white
	yellow	purple	
Grains, Beans, Starchy Vegetables	red	green	black
	orange	blue	white
	yellow	purple	

Nutrition Survey
Color Correlations

Pease circle the color that relates to each food group ?

Fats, Sweets, Alcohol	red	green	black
	orange	blue	white
	yellow	purple	
Milk	red	green	black
	orange	blue	white
	yellow	purple	
Meat, Fish	red	green	black
	orange	blue	white
	yellow	purple	
Fruits	red	green	black
	orange	blue	white
	yellow	purple	
Vegetables	red	green	black
	orange	blue	white
	yellow	purple	
Grains, Beans, Starchy Vegetables	red	green	black
	orange	blue	white
	yellow	purple	

Appendix F

- **Intermediate Evaluation Survey**

Nutrition Survey
Evaluation Survey

Please circle answer the following questions.

With respect to this meal planning systems :			
Does this system satisfy your need for privacy ?	yes	somewhat	no
Does this system satisfy your user interaction needs ?	yes	somewhat	no
Is the information in this meal planning system organized ?	yes	somewhat	no
Is this meal planning system easy to understand ?	yes	somewhat	no
Is a sufficient menu selection included in this meal planning system ?	yes	somewhat	no
Will these movable individual pages help your meal planning process ?	yes	somewhat	no
Will this use of color enhance your meal planning process ?	yes	somewhat	no
Will this use of pictograms help your meal planning process ?	yes	somewhat	no
Does this format satisfy your meal planning needs ?	yes	somewhat	no
Can you use this meal planning system for quick reference ?	yes	somewhat	no

Please write any suggestions you may have.

Nutrition Survey
Evaluation Survey

Please circle answer the following questions.

With respect to this meal planning systems :			
Does this system satisfy your need for privacy ?	yes	somewhat	no
Does this system satisfy your user interaction needs ?	yes	somewhat	no
Is the information in this meal planning system organized ?	yes	somewhat	no
Is this meal planning system easy to understand ?	yes	somewhat	no
Is a sufficient menu selection included in this meal planning system ?	yes	somewhat	no
Will these movable individual pages help your meal planning process ?	yes	somewhat	no
Will this use of color enhance your meal planning process ?	yes	somewhat	no
Will this use of pictograms help your meal planning process ?	yes	somewhat	no
Does this format satisfy your meal planning needs ?	yes	somewhat	no
Can you use this meal planning system for quick reference ?	yes	somewhat	no

Please write any suggestions you may have.

Nutrition Survey
Evaluation Survey

Please circle answer the following questions.

With respect to this meal planning systems :			
Does this system satisfy your need for privacy ?	yes	somewhat	no
Does this system satisfy your user interaction needs ?	yes	somewhat	no
Is the information in this meal planning system organized ?	yes	somewhat	no
Is this meal planning system easy to understand ?	yes	somewhat	no
Is a sufficient menu selection included in this meal planning system ?	yes	somewhat	no
Will these movable individual pages help your meal planning process ?	yes	somewhat	no
Will this use of color enhance your meal planning process ?	yes	somewhat	no
Will this use of pictograms help your meal planning process ?	yes	somewhat	no
Does this format satisfy your meal planning needs ?	yes	somewhat	no
Can you use this meal planning system for quick reference ?	yes	somewhat	no

Please write any suggestions you may have.

Nutrition Survey
Evaluation Survey

Please circle answer the following questions.

With respect to this meal planning systems :

Does this system satisfy your need for privacy ?	yes	somewhat	no
Does this system satisfy your user interaction needs ?	yes	somewhat	no
Is the information in this meal planning system organized ?	yes	somewhat	no
Is this meal planning system easy to understand ?	yes	somewhat	no
Is a sufficient menu selection included in this meal planning system ?	yes	somewhat	no
Will these movable individual pages help your meal planning process ?	yes	somewhat	no
Will this use of color enhance your meal planning process ?	yes	somewhat	no
Will this use of pictograms help your meal planning process ?	yes	somewhat	no
Does this format satisfy your meal planning needs ?	yes	somewhat	no
Can you use this meal planning system for quick reference ?	yes	somewhat	no

Please write any suggestions you may have.

Nutrition Survey
Evaluation Survey

Please circle answer the following questions.

With respect to this meal planning systems :			
Does this system satisfy your need for privacy ?	yes	somewhat	no
Does this system satisfy your user interaction needs ?	yes	somewhat	no
Is the information in this meal planning system organized ?	yes	somewhat	no
Is this meal planning system easy to understand ?	yes	somewhat	no
Is a sufficient menu selection included in this meal planning system ?	yes	somewhat	no
Will these movable individual pages help your meal planning process ?	yes	somewhat	no
Will this use of color enhance your meal planning process ?	yes	somewhat	no
Will this use of pictograms help your meal planning process ?	yes	somewhat	no
Does this format satisfy your meal planning needs ?	yes	somewhat	no
Can you use this meal planning system for quick reference ?	yes	somewhat	no

Please write any suggestions you may have.

Nutrition Survey
Evaluation Survey

Please circle answer the following questions.

With respect to this meal planning systems :			
Does this system satisfy your need for privacy ?	yes	somewhat	no
Does this system satisfy your user interaction needs ?	yes	somewhat	no
Is the information in this meal planning system organized ?	yes	somewhat	no
Is this meal planning system easy to understand ?	yes	somewhat	no
Is a sufficient menu selection included in this meal planning system ?	yes	somewhat	no
Will these movable individual pages help your meal planning process ?	yes	somewhat	no
Will this use of color enhance your meal planning process ?	yes	somewhat	no
Will this use of pictograms help your meal planning process ?	yes	somewhat	no
Does this format satisfy your meal planning needs ?	yes	somewhat	no
Can you use this meal planning system for quick reference ?	yes	somewhat	no

Please write any suggestions you may have.

Nutrition Survey
Evaluation Survey

Please circle answer the following questions.

With respect to this meal planning systems :			
Does this system satisfy your need for privacy ?	yes	somewhat	no
Does this system satisfy your user interaction needs ?	yes	somewhat	no
Is the information in this meal planning system organized ?	yes	somewhat	no
Is this meal planning system easy to understand ?	yes	somewhat	no
Is a sufficient menu selection included in this meal planning system ?	yes	somewhat	no
Will these movable individual pages help your meal planning process ?	yes	somewhat	no
Will this use of color enhance your meal planning process ?	yes	somewhat	no
Will this use of pictograms help your meal planning process ?	yes	somewhat	no
Does this format satisfy your meal planning needs ?	yes	somewhat	no
Can you use this meal planning system for quick reference ?	yes	somewhat	no

Please write any suggestions you may have.

Nutrition Survey
Evaluation Survey

Please circle answer the following questions.

With respect to this meal planning systems :			
Does this system satisfy your need for privacy ?	yes	somewhat	no
Does this system satisfy your user interaction needs ?	yes	somewhat	no
Is the information in this meal planning system organized ?	yes	somewhat	no
Is this meal planning system easy to understand ?	yes	somewhat	no
Is a sufficient menu selection included in this meal planning system ?	yes	somewhat	no
Will these movable individual pages help your meal planning process ?	yes	somewhat	no
Will this use of color enhance your meal planning process ?	yes	somewhat	no
Will this use of pictograms help your meal planning process ?	yes	somewhat	no
Does this format satisfy your meal planning needs ?	yes	somewhat	no
Can you use this meal planning system for quick reference ?	yes	somewhat	no

Please write any suggestions you may have.

- Can the daily schedule be portable?

Nutrition Survey
Evaluation Survey

Please circle answer the following questions.

With respect to this meal planning systems :			
Does this system satisfy your need for privacy ?	yes	somewhat	no
Does this system satisfy your user interaction needs ?	yes	somewhat	no
Is the information in this meal planning system organized ?	yes	somewhat	no
Is this meal planning system easy to understand ?	yes	somewhat	no
Is a sufficient menu selection included in this meal planning system ?	yes	somewhat	no
Will these movable individual pages help your meal planning process ?	yes	somewhat	no
Will this use of color enhance your meal planning process ?	yes	somewhat	no
Will this use of pictograms help your meal planning process ?	yes	somewhat	no
Does this format satisfy your meal planning needs ?	yes	somewhat	no
Can you use this meal planning system for quick reference ?	yes	somewhat	no

Please write any suggestions you may have.

- Also make daily schedule portable.

Nutrition Survey
Evaluation Survey

Please circle answer the following questions.

With respect to this meal planning systems :			
Does this system satisfy your need for privacy ?	yes	somewhat	no
Does this system satisfy your user interaction needs ?	yes	somewhat	no
Is the information in this meal planning system organized ?	yes	somewhat	no
Is this meal planning system easy to understand ?	yes	somewhat	no
Is a sufficient menu selection included in this meal planning system ?	yes	somewhat	no
Will these movable individual pages help your meal planning process ?	yes	somewhat	no
Will this use of color enhance your meal planning process ?	yes	somewhat	no
Will this use of pictograms help your meal planning process ?	yes	somewhat	no
Does this format satisfy your meal planning needs ?	yes	somewhat	no
Can you use this meal planning system for quick reference ?	yes	somewhat	no

Please write any suggestions you may have.

- Is it possible to have a portable daily schedule?
- Please include all food group on daily schedule.

Nutrition Survey
Evaluation Survey

Please circle answer the following questions.

With respect to this meal planning systems :			
Does this system satisfy your need for privacy ?	yes	somewhat	no
Does this system satisfy your user interaction needs ?	yes	somewhat	no
Is the information in this meal planning system organized ?	yes	somewhat	no
Is this meal planning system easy to understand ?	yes	somewhat	no
Is a sufficient menu selection included in this meal planning system ?	yes	somewhat	no
Will these movable individual pages help your meal planning process ?	yes	somewhat	no
Will this use of color enhance your meal planning process ?	yes	somewhat	no
Will this use of pictograms help your meal planning process ?	yes	somewhat	no
Does this format satisfy your meal planning needs ?	yes	somewhat	no
Can you use this meal planning system for quick reference ?	yes	somewhat	no

Please write any suggestions you may have.

: Include all food group on daily schedule card.

Nutrition Survey
Evaluation Survey

Please circle answer the following questions.

With respect to this meal planning systems :

Does this system satisfy your need for privacy ?	yes	somewhat	no
Does this system satisfy your user interaction needs ?	yes	somewhat	no
Is the information in this meal planning system organized ?	yes	somewhat	no
Is this meal planning system easy to understand ?	yes	somewhat	no
Is a sufficient menu selection included in this meal planning system ?	yes	somewhat	no
Will these movable individual pages help your meal planning process ?	yes	somewhat	no
Will this use of color enhance your meal planning process ?	yes	somewhat	no
Will this use of pictograms help your meal planning process ?	yes	somewhat	no
Does this format satisfy your meal planning needs ?	yes	somewhat	no
Can you use this meal planning system for quick reference ?	yes	somewhat	no

Please write any suggestions you may have.

Appendix G

- Retrospective Evaluation Survey

Nutrition Survey
Evaluation Survey 2

Please circle answer the following questions.

With respect to this meal planning systems :			
Does this system satisfy your need for privacy ?	yes	somewhat	no
Does this system satisfy your user interaction needs ?	yes	somewhat	no
Is the information in this meal planning system organized ?	yes	somewhat	no
Is this meal planning system easy to understand ?	yes	somewhat	no
Is a sufficient menu selection included in this meal planning system ?	yes	somewhat	no
Will these movable individual pages help your meal planning process ?	yes	somewhat	no
Will this use of color enhance your meal planning process ?	yes	somewhat	no
Will this use of pictograms help your meal planning process ?	yes	somewhat	no
Does this format satisfy your meal planning needs ?	yes	somewhat	no
Can you use this meal planning system for quick reference ?	yes	somewhat	no

Please write any suggestions you may have.

Nutrition Survey
Evaluation Survey 2

Please circle answer the following questions.

With respect to this meal planning systems :

Does this system satisfy your need for privacy ?	yes	somewhat	no
Does this system satisfy your user interaction needs ?	yes	somewhat	no
Is the information in this meal planning system organized ?	yes	somewhat	no
Is this meal planning system easy to understand ?	yes	somewhat	no
Is a sufficient menu selection included in this meal planning system ?	yes	somewhat	no
Will these movable individual pages help your meal planning process ?	yes	somewhat	no
Will this use of color enhance your meal planning process ?	yes	somewhat	no
Will this use of pictograms help your meal planning process ?	yes	somewhat	no
Does this format satisfy your meal planning needs ?	yes	somewhat	no
Can you use this meal planning system for quick reference ?	yes	somewhat	no

Please write any suggestions you may have.

Nutrition Survey
Evaluation Survey 2

Please circle answer the following questions.

With respect to this meal planning systems :

Does this system satisfy your need for privacy ?	yes	somewhat	no
Does this system satisfy your user interaction needs ?	yes	somewhat	no
Is the information in this meal planning system organized ?	yes	somewhat	no
Is this meal planning system easy to understand ?	yes	somewhat	no
Is a sufficient menu selection included in this meal planning system ?	yes	somewhat	no
Will these movable individual pages help your meal planning process ?	yes	somewhat	no
Will this use of color enhance your meal planning process ?	yes	somewhat	no
Will this use of pictograms help your meal planning process ?	yes	somewhat	no
Does this format satisfy your meal planning needs ?	yes	somewhat	no
Can you use this meal planning system for quick reference ?	yes	somewhat	no

Please write any suggestions you may have.

Nutrition Survey
Evaluation Survey 2

Please circle answer the following questions.

With respect to this meal planning systems :

Does this system satisfy your need for privacy ?	yes	somewhat	no
Does this system satisfy your user interaction needs ?	yes	somewhat	no
Is the information in this meal planning system organized ?	yes	somewhat	no
Is this meal planning system easy to understand ?	yes	somewhat	no
Is a sufficient menu selection included in this meal planning system ?	yes	somewhat	no
Will these movable individual pages help your meal planning process ?	yes	somewhat	no
Will this use of color enhance your meal planning process ?	yes	somewhat	no
Will this use of pictograms help your meal planning process ?	yes	somewhat	no
Does this format satisfy your meal planning needs ?	yes	somewhat	no
Can you use this meal planning system for quick reference ?	yes	somewhat	no

Please write any suggestions you may have.