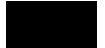


Pick a Protein

Please answer the questions below *before* you complete the *Pick a Protein* experience.

1. What is your name? _____

2. What is today's date? __/ __/ ____



Pick a Protein

Please answer the questions below after you complete the Pick a Protein experience.

1. What is your name? _____

2. Please circle the number that best represents your

of the topic below:

	Low	Medium		High	Not applicable	
The health benefits of eating meatless meals	1	2	3	4	5	6
Healthy portion sizes of foods high in protein	1	2	3	4	5	6

3. After participating in the Pick a Protein experience, please circle the number below that best represents that you can do the following: your

	Not at all confident	Somewhat confident		Very Confident	Not applicable	
Identify healthy foods that are high in protein	1	2	3	4	5	6
Incorporate meatless meals in your eating plan	1	2	3	4	5	6
Prepare a meatless meal that is high in protein	1	2	3	4	5	6

4. Please rate the

with the *Pick a Protein*. Circle your choice below.

Poor	Below Average	Average	Above Average	Excellent	Undecided
1	2	3	4	5	6

5. How likely are you to Circle your choice below. the Pick a Protein experience to a friend, family member, or co-worker?

Extremely unlikely	Unlikely	Neutral	Likely	Extremely likely	Undecided
1	2	3	4	5	6

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