

FOOD QUESTIONER

5. Not counting yourself, how many adults 18 years of age and older are living in your household?

None 1
 2 3
 4 5
 6 or more

- a. Do you live with a spouse or partner?

Yes No

6. How many children under 18 years of age are living in your household?

None (go to question 7)
 1 2
 3 4
 5 6 or more

- a. How many of those are 5 and under?

None 1
 2 3
 4 5

7. In a typical week, how often do you eat the following meals with one or more members of your household?

	0 - 1 days/week	2 - 3 days/week	4 - 5 days/week	6 - 7 days/week
Breakfast?				
Lunch?				

8. How often does a member of your household:

- | | | | | |
|--|-------|-----------|--------|-------|
| a. Compliment your attempts to eat a healthy diet? | Often | Sometimes | Seldom | Never |
| b. Make you feel guilty or pester you for not eating a healthy diet? | Often | Sometimes | Seldom | Never |
| c. Encourage you to eat vegetables? | Often | Sometimes | Seldom | Never |
| d. Encourage you to eat fruit? | Often | Sometimes | Seldom | Never |
| e. Talk about food and nutrition with you? | Often | Sometimes | Seldom | Never |
| f. Bring healthy foods home for you to try? | Often | Sometimes | Seldom | Never |
| g. Bring fruit home for you to try? | Often | Sometimes | Seldom | Never |
| h. Bring vegetables home for you to try? | Often | Sometimes | Seldom | Never |

FOOD QUESTIONER

9. In general, how willing are most other members of your household to eat fruits?

Extremely willing
 1 2 3 4 5
 Not at all willing

10. In general, how willing are most other members of your household to eat vegetable?

Extremely willing
 1 2 3 4 5
 Not at all willing

PERSONAL DIETARY ASSESSMENT

11. For each food listed, place X indicating how often on average you have used the amount specified during the past year.

Please try to average your seasonal use of foods over the entire year. For example, if a food such as peaches are eaten 4 times a week during the approximate 3 months that it is in season, then the average use would be once per week.

DAIRY FOODS	AVERAGE USE LAST YEAR								
	Never or less than once per month	1-3 per month	1 per week	2-4 per week	5-6 per week	1 per day	2-3 per day	4-5 per day	6+ per day
Skim or low fat milk (8 oz. glass) Whole milk (8 oz. glass)									
Yogurt (1 cup)									
Ice cream (1/2 cup)									
Cottage or ricotta cheese (1/2 cup)									
Other cheese, e.g., American, cheddar, etc., plain or as part of a dish (1 slice or 1 oz. serving)									
Margarine (pat), added to food or bread; exclude use in cooking									
Butter (pat), added to food or bread; exclude use in cooking									
FRUITS									
Fresh apples or pears (1)									
Oranges (1)									
Orange juice or grapefruit juice (small glass)									
Peaches, apricots or plums (1 fresh, or 1/2 cup canned) Bananas (1)									
Other fruits, fresh frozen, or canned (1/2 cup)									

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VEGETABLES																			
Tomatoes (1) or tomato juice (small glass) String beans (1/2 cup)																			
Broccoli (1/2 cup)																			
Cabbage, cauliflower, or Brussels sprouts (1/2 cup)																			
Carrots, raw (1/2 carrot or 2-4 sticks)																			
Carrots, cooked (1/2 cup)																			
Corn (1 ear or 1/2 cup frozen or canned)																			
Peas or lima beans (1/2 Cup fresh, frozen, canned) Yams or sweet potatoes (1/2 cup)																			
Spinach or collard greens, cooked (1/2 cup) Beans or lentils, baked or dried (1/2 cup)																			
Yellow (winter) squash (1/2 cup)																			
MEAT SWEETS, BAKED GOODS, CEREAL, MISC.																			
Eggs (1)																			
Chicken or turkey, with skin (4-6 oz.) Chicken or turkey, without skin (4-6 oz.) Bacon (2 slices)																			
Hot dogs (1)																			
Processed meat, e.g., sausage, salami, bologna, etc. (piece or slice)																			
Liver (3-4 oz.)																			
Hamburger (1 patty)																			
Beef, pork, or lamb as a sandwich or mixed dish, e.g., stew, casserole, lasagna, etc.																			
Beef, pork, or lamb as a main dish, e.g., steak, roast, ham, etc. (4-6 oz.)																			
Fish (3-5 oz.)																			
SWEETS, BAKED GOODS, CEREAL, MISC.																			
Chocolate (1 oz.)																			
Candy without chocolate (1 oz.) Pie, homemade (slice)																			
Pie, ready made (slice) Cake (slice)																			
Cookies (1)																			
Cold breakfast cereal (1 cup)																			
White bread (slice), including pita bread																			
Dark bread (slice), including wheat pita bread																			
French fried potatoes (4 oz.)																			
Potatoes, baked, boiled (1) or mashed (1 cup) Rice or pasta, e.g., spaghetti, noodles, etc. (1 cup)																			
Potato chips or corn chips (small bag or 1 oz.)																			
Nuts (small packet or 1 oz.)																			
Peanut butter (1 Tbs)																			
Oil and vinegar dressing, e.g., Italian (1 Tbs)																			
BEVERAGES																			
Coffee, not decaffeinated (1 cup)																			
Tea (1 cup), not herbal tea																			
Beer (1 glass, bottle, can)																			

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Wine (4 oz. glass)														
Liquor, e.g., whiskey, gin, etc. (1 drink or shot)														
Low calorie carbonated beverage, e.g., Diet Coke														
Carbonated beverage with sugar, e.g., Coke, Pepsi														
Hawaiian Punch, lemonade, or other fruit drinks														

12. How many teaspoons of sugar do you add to your beverages or food each day?
 ___ tsp.

13. Which cold breakfast cereal do you usually eat?
 Specify brand and type _____
 ___ Don't eat cold breakfast cereal

14. Do you take any vitamins on a daily basis? ___ Yes ___ No

15. How much of the visible fat on your beef, pork or lamb do you remove before eating?
 ___ Remove all visible fat
 ___ Remove most
 ___ Remove small part of fat
 ___ Remove none
 ___ Don't eat meat

16. What kind of fat do you usually use for frying and sautéing at home? (Exclude "Pam"-type spray)
 ___ Real butter
 ___ Regular margarine
 ___ Reduced-fat margarine
 ___ Vegetable oil
 ___ Vegetable shortening
 ___ Lard
 ___ Don't know/Don't cook

17. What kind of fat do you usually use for baking at home?
 ___ Real butter
 ___ Regular margarine
 ___ Reduced-fat margarine
 ___ Vegetable oil
 ___ Vegetable shortening
 ___ Lard
 ___ Don't know/Don't cook

18. How often do you eat food that is fried at home? (Exclude "Pam"-type spray)
 Less than once a week
 1-3 times per week
 4-6 times per week
 Daily

FOOD QUESTIONER

20. How often do you eat fried food away from home?
(e.g., french fries, fried chicken, fried fish)
- Less than once a week
 - 1-3 times per week
 - 4-6 times per week
 - Daily
21. Do you currently follow a special diet?
- Yes No
- If yes, for how many years? _____
If yes, what kind of diet do you follow?
(Select more than one if necessary.)
- Weight reduction (low calorie)
 - Diabetic
 - Ulcer
 - Low cholesterol
 - Low fat
 - High Potassium
 - Low sodium
 - Low triglyceride

PERSONAL EATING HABITS

22. How much responsibility do you have for:
- a. Food shopping?
 - Little or none
 - About half
 - Most or all
 - b. Planning meals?
 - Little or none
 - About half
 - Most or all
 - c. Preparing meals?
 - Little or none
 - About half
 - Most or all
23. In a typical week, where are most of your...
- At home Out Don't Eat Meal
- Breakfasts? _____
Lunches prepared? _____
Dinners prepared? _____

FOOD QUESTIONER

25. How much do you agree or disagree with the following statements?

	Strongly Agree	Agree	Disagree	Strongly Disagree
I can't get vegetables in restaurants				
Members of my household won't eat vegetables				
Fruit is available where I work				
I like most vegetables				
I don't like fruit				
I think vegetables are inexpensive				
I don't have time to prepare vegetables				
I usually keep fruit at home				
I usually buy lots of vegetables				
I can't afford to buy fruit				
I can't buy vegetables where I work				

26. Please think carefully about how you usually ate over the last year as you answer the following questions.

- a. When you ate bread, how often did you eat whole-grain rye, multigrain?
 - Almost always
 - Often
 - Sometimes
 - Seldom
 - Never
 - Don't eat bread
- b. When you ate breakfast cereal, how often did you eat brands that were high in fiber?
 - Almost always
 - Often
 - Sometimes
 - Seldom
 - Never
 - Don't eat cereal
 - Don't know
- c. When you drank milk as a beverage, was it usually:
 - Whole milk
 - 1% milk
 - 2% milk
 - Nonfat/skim milk
 - Don't drink milk

FOOD QUESTIONER

28. The next seven questions provide a simple way to measure how many servings of fruits and vegetables you normally eat. Please place an X in the answer showing how often you ate or drank each of these foods in the past month.

FOOD ITEM	Never	1-3 per month	1-2 per week	3-4 per week	5-6 per week	1 per day	2 per day	3 per day	4 per day	5+ per day
100% orange juice or grapefruit juice										
Other 100% fruit juices, not counting fruit drinks										
Green salad (with or without other vegetables)										
French fries or fried potatoes										
Baked, boiled or mashed potatoes										
About how many servings of vegetables did you eat NOT counting salad or potatoes?										
About how many servings of fruit did you eat NOT counting juices?										

29. How many servings of fruits and vegetables (including potatoes and 100% fruit juice) do you eat each day?

- 0
- 1-2
- 3-4
- 5-6
- 7-8
- 9-10
- 11 or more

30. About how long have you been eating this number of daily servings of fruits and vegetables?

- Less than 1 month
- Longer than 6 months
- 1-3 months
- 4-6 months

31. Are you seriously thinking about eating more servings of fruits and vegetables starting sometime in the next six months?

- Yes (go to question 29)
- No (go to question 30)

FOOD QUESTIONER

33. Are you planning to eat more servings of fruits and vegetables during the next month?

Yes

No

34. How many servings of fruits and vegetables do you think a person should eat each day for good health?

0

1-2

3-4

5-6

7-8

9-10

11 or more