

APPENDIX 1

FOOD INTAKE QUESTIONNAIRE

FAT CONTROL QUESTIONNAIRE

How many times you eat in a FAST FOOD restaurant

1. Rarely or Never
2. Once a week
3. Over twice a week
4. Almost every day

How often do you eat butter, ham, bacon, salami, hot dogs, spam, meat with fat?

1. Rarely or Never
2. Once a week
3. Over twice a week
4. Almost every day

How often do you use MSG or eat in restaurants that use MSG?

1. Rarely or Never
2. Once a week
3. Over twice a week
4. Almost every day

How often do you eat fried foods including fried rice?

1. Rarely or Never
2. Once a week
3. Over twice a week
4. Almost every day

How often do you have sauces with your food, salad dressings, etc?

1. Rarely or Never
2. Once a week
3. Over twice a week
4. Almost every day

How often you consume salted peanuts, nuts or peanut butter

1. Rarely or Never
2. Once a week
3. Over twice a week
4. Almost every day

Fat Control Questionnaire Score. _____

DIET CONTROL QUESTIONNAIRE:

Which best describes your eating habits?

1. Stop eating when full
2. Continue eating after you are full
3. Keep eating out of love for food
4. Eat a lot and always have desert

How do you diet?

1. Cut down on meat, sauces, deserts, salad dressings
2. Limit portion sizes
3. No bread, white rice or potatoes
4. Diet for a couple of days and then eat more

Do you ever eat until you are uncomfortable?

1. Rarely or never
2. 1-2 times a month
3. Once a week
4. Every couple of days

How many sweets do you have? (candy, pastries, cookies, ice cream, deserts etc.)

1. Rarely or never
2. 1-2 times a month
3. Once a week
4. Every couple of days

How often do you have sodas? (coca cola, pepsi, drinks with sugar

1. Rarely or never
2. 1-2 times a month
3. Once a week

4. Every couple of days

How often do you consume whole grain and all bran products?

1. Every day
2. Twice a week
3. Once a week
4. Once a month

Diet Control Questionnaire Score. _____

CALORIE CONTROL QUESTIONNAIRE:

How often do you consume cheese and full cream milk / whipped cream or mayonnaise?

1. Rarely or Never
2. Once a week
3. Over twice a week
4. Almost every day

How often you have potato chips, corn chips, other fried / baked snacks?

1. Rarely or Never
2. Once a week
3. Over twice a week
4. Almost every day

How often you consume raw vegetables and fresh salads?

1. Every day
2. Twice a week
3. Once a week
4. Once a month

How often you consume at least two to three apples?

1. Every day
2. Twice a week
3. Once a week
4. Once a month

How much water do you drink per day?

1. 8 glasses
2. 5-6 glasses

3. 2-3 glasses

4. 1-2 glasses

How often do you drink freshly squeezed lemons without water or sugar?

1. Every day

2. Twice a week

3. Once a week

4. Once a month

Food Control Questionnaire Score. _____

Questionnaire Evaluation

Scoring Results

Excellent = 6-8 points

Good = 9-12 points. MAY CONSULT NUTRITIONIST

Fair = 13-16 points. MUST GET APPOINTMENT WITH NUTRITIONIST

Poor = 17-20 points MUST GET APPOINTMENT WITH NUTRITIONIST. - URGENT

Very poor = 21-24 points. MUST GET APPOINTMENT WITH NUTRITIONIST. - URGENT

Please input your questionnaire scores in the following format

• Score of Fat Consumption Questionnaire = _____

• Score of Fat Control Questionnaire = _____

• Score of Calorie ContrQuestionnaire = _____