

FAT & FIBER BEHAVIOR QUESTIONNAIRE

Please think about your food choices over the ***past three months*** and mark the answer to each question.

In the past three months...

1. Did you eat chicken?

- ☐ no (If no, go to Question 2)
☐ yes (If yes, go to Question 1a)

1a. When you ate chicken, how often was it fried?

- ☐ Usually ☐ Sometimes
☐ Often ☐ Rarely or Never

1b. When you ate chicken, how often did you take off the skin?

- ☐ Usually ☐ Sometimes
☐ Often ☐ Rarely or Never

2. Did you eat red meat such as beef, pork, lamb?

- ☐ no (If no, go to Question 3)
☐ yes (If yes, go to Question 2a)

2a. When you ate red meat, how often did you trim all the visible fat?

- ☐ Usually ☐ Sometimes
☐ Often ☐ Rarely or Never

3. Did you eat ground meat?

- ☐ no (If no, go to Question 4)
☐ yes (If yes, go to Question 3a)

3a. When you ate ground meat, how often did you choose extra lean ground beef, or ground turkey or chicken?

- ☐ Usually ☐ Sometimes
☐ Often ☐ Rarely or Never

4. Did you eat fish?

- ☐ no (If no, go to Question 5)
☐ yes (If yes, go to Question 4a)

4a. When you ate fish, how often was it fried?

- ☐ Usually ☐ Sometimes
☐ Often ☐ Rarely or Never

5. Did you have at least one vegetarian dinner or main meal, that is, without meat fish, eggs, or cheese?

- ☐ no (If no, go to Question 6)
☐ yes (If yes, go to Question 5a)

5a. How often did you have a vegetarian dinner?

- ☐ Usually ☐ Sometimes
☐ Often ☐ Rarely or Never

In the past three months...

6. Did you eat spaghetti or noodles?
- ☐ no (If no, go to Question 7)
- ☐ yes (If yes, go to Question 6a)
- 6a. When you ate spaghetti or noodles, how often did you eat them plain, or with a red sauce or tomato sauce without meat?
- ☐ Usually ☐ Sometimes
- ☐ Often ☐ Rarely or Never

7. Did you eat cooked vegetables?
- ☐ no (If no, go to Question 8)
- ☐ yes (If yes, go to Question 7a)
- 7a. When you ate cooked vegetables, how often did you add butter, margarine or other fat?
- ☐ Usually ☐ Sometimes
- ☐ Often ☐ Rarely or Never
- 7b. When you ate cooked vegetables, how often were they fried?
- ☐ Usually ☐ Sometimes
- ☐ Often ☐ Rarely or Never

8. Did you eat potatoes?
- ☐ no (If no, go to Question 9)
- ☐ yes (If yes, go to Question 8a)
- 8a. When you ate potatoes, how often were they fried, like French fries or hash browns?
- ☐ Usually ☐ Sometimes
- ☐ Often ☐ Rarely or Never

9. Did you eat boiled or baked potatoes?
- ☐ no (If no, go to Question 10)
- ☐ yes (If yes, go to Question 9a)
- 9a. When you ate boiled or baked potatoes, how often did you eat the **without** any butter, margarine, or sour cream?
- ☐ Usually ☐ Sometimes
- ☐ Often ☐ Rarely or Never

10. Did you eat green salads?
- ☐ no (If no, go to Question 11)
- ☐ yes (If yes, go to Question 10a)
- 10a. When you ate green salads, how often did you use no dressing?
- ☐ Usually ☐ Sometimes
- ☐ Often ☐ Rarely or Never
- 10b. When you ate green salads, how often did you use low-fat or non-fat salad dressing?
- ☐ Usually ☐ Sometimes
- ☐ Often ☐ Rarely or Never

In the past three months...

11. Did you eat bread, rolls, or muffins?

- ☐ no (If no, go to Question 12)
☐ yes (If yes, go to Question 11a)

11a. When you ate bread, rolls or muffins, how often did you eat them without butter or margarine?

- ☐ Usually ☐ Sometimes
☐ Often ☐ Rarely or Never

12. Did you drink milk or use milk on cereal?

- ☐ no (If no, go to Question 13)
☐ yes (If yes, go to Question 12a)

12a. When you had milk, how often was it 1% or nonfat milk?

- ☐ Usually ☐ Sometimes
☐ Often ☐ Rarely or Never

13. Did you eat cheese, including cheese on sandwiches or in cooking?

- ☐ no (If no, go to Question 14)
☐ yes (If yes, go to Question 13a)

13a. When you ate cheese, how often was it specially-made-low-fat or non-fat cheese?

- ☐ Usually ☐ Sometimes
☐ Often ☐ Rarely or Never

14. Did you eat dessert?

- ☐ no (If no, go to Question 15)
☐ yes (If yes, go to Question 14a)

14a. When you ate dessert, how often did you eat only fruit?

- ☐ Usually ☐ Sometimes
☐ Often ☐ Rarely or Never

15. Did you eat home-baked cookies, cakes or pies?

- ☐ no (If no, go to Question 16)
☐ yes (If yes, go to Question 15a)

15a. When you ate home-baked cookies, cakes or pies, how often were they made with less butter, margarine or oil than the recipe called for?

- ☐ Usually ☐ Sometimes
☐ Often ☐ Rarely or Never

In the past three months...

16. Did you eat frozen desserts like ice cream or sherbet?

☐ no (If no, go to Question 17)

☐ yes (If yes, go to Question 16a)

16a. When you ate frozen desserts, how often did you choose frozen yogurt, sherbet, or low-fat or non-fat ice cream?

☐ Usually ☐ Sometimes

☐ Often ☐ Rarely or Never

17. Did you eat snacks between meals?

☐ no (If no, go to Question 18)

☐ yes (If yes, go to Question 17a)

17a. When you ate between meal snacks, how often did you eat raw vegetables or fresh fruit?

☐ Usually ☐ Sometimes

☐ Often ☐ Rarely or Never

18. Did you sauté or pan fry any foods?

☐ no (If no, go to Question 19)

☐ yes (If yes, go to Question 18a)

18a. When you sautéed or pan fried foods, how often did you use Pam® or other non-stick spray instead of oil, margarine or butter?

☐ Usually ☐ Sometimes

☐ Often ☐ Rarely or Never

19. Did you use mayonnaise or mayonnaise-type spread?

☐ no (If no, go to Question 20)

☐ yes (If yes, go to Question 19a)

19a. When you used mayonnaise or mayonnaise-type spread, how often did you use low-fat or non-fat types?

☐ Usually ☐ Sometimes

☐ Often ☐ Rarely or Never

20. How often did you eat cold or hot cereal for breakfast?

☐ Usually ☐ Sometimes

☐ Often ☐ Rarely or Never

References:

Kristal, A. R., Curry, S. J., Shattuck, A. L., Feng, Z., & Li, S. (2000). A randomized trial of a tailored, self-help dietary intervention: The Puget Sound Eating Patterns Study. Preventive Medicine, 31, 380-389.

Kristal, A. R., Shattuck, A. L., & Henry, H. J. (1990). Patterns of dietary behavior associated with selecting diets low in fat: Reliability and validity of a behavioral approach to dietary assessment. Journal of the American Dietetic Association, 90(2), 214-220.