

Date Due _____

Name _____ Today's Date _____

Food Frequency Questionnaire #1 2 3 4

This questionnaire will give us information about your eating habits. There are no “right” or “wrong” answers. Accurate and thoughtful responses will allow us to pinpoint your good habits as well as the habits that you should consider changing.

- Use the **past month** as your standard for how you eat.
- Recall the times during the day when you ate, and what you had.
- Include snacks and “nibbles” as well as meals and beverages.
- If you ate out regularly or traveled, remember to include those foods too.
- Be sure to answer every item on this form. If you did not eat a food listed below — or ate it less than once a week — write a “0” in the space provided. Please do not leave blanks.

Part I. We want to know how often you ate certain foods. For each of the foods listed, please indicate how many servings per week you **usually** ate in the past month. (If you ate a food less than once a week, write a “0” in the space provided.) Where indicated, check whether your servings are large, small, or about average in size.

Food Item	Average Weekly Servings	Serving size:			Size of average serving	
		Lg.	Av.	Sm.		
Red meat (beef, pork and ham, veal, lamb)	_____	_____	_____	_____	4 ounces*	(1)
Meat dishes (casseroles, tacos, pizza, meat sauce)	_____	_____	_____	_____	1 cup casserole, 1 taco or pizza slice	(2)
Chicken or turkey	_____	_____	_____	_____	1 lg or 2 sm pieces	(3)
Fish or shellfish, including fish canned in water	_____	_____	_____	_____	4 ounces*, 1/2 can	(4)
Bacon, sausage	_____	_____	_____	_____	2 pieces	(5)
Luncheon meats (salami, bologna, hot dogs, etc. including turkey and chicken varieties)	_____	_____	_____	_____	1 piece	(6)
Low fat luncheon meats (at least 95% fat free)	_____	_____	_____	_____	1 piece	(7)
How many of the above servings are from fast food outlets (McDonald's, Taco Bell, etc.)?					_____	(8)

* 4 ounces of meat or fish is roughly the size of a deck of cards.

(OVER)

Food Item	Average Weekly Servings	Size of average serving	
Whole eggs or egg yolks	_____	1 egg or yolk	(9)
Milk, yogurt or cottage cheese	_____	1 cup (8 ounces)	(10)
Cheese or cream cheese	_____	1 ounce/slice	(11)
Ice cream	_____	1/2 cup (1 scoop)	(12)
Fruits, fresh or dried	_____	1 whole piece or 1 cup cut-up fruit	(13)
Fruit juice	_____	1/2 cup (4 ounces)	(14)
Vegetable salads or raw vegetables	_____	1 cup	(15)
Cooked vegetables (fresh, frozen, or canned)	_____	1/2 cup	(16)
Spaghetti, noodles or other pastas	_____	1 cup	(17)
Dried beans, split peas or lentils	_____	3/4 cup (cooked)	(18)
Potatoes, rice or bulgur	_____	3/4 cup or 1 potato	(19)
Bread, bagels, rolls, tortillas, English muffins, homemade low fat muffins	_____	1 piece	(20)
Biscuits, bakery muffins, croissants, flaky rolls	_____	1 piece or slice	(21)
Cold or hot breakfast cereals	_____	1 med. bowl	(22)
Salad dressing	_____	2 Tbsp.	(23)
Mayonnaise	_____	1 Tbsp.	(24)
Nuts, nut butters (like peanut butter)	_____	2 Tbsp.	(25)
Chips or French fries	_____	1 cup	(26)
Baked desserts and pastries (cake, cookies, etc.)	_____	1 slice or 2 cookies	(27)
Donuts or sweet rolls	_____	1 piece	(28)
Chocolate or candy bars	_____	1 candy bar	(29)
Alcoholic drinks	_____	1 drink, 1 can beer 1 glass wine	(30)
Sweetened beverages, not including diet drinks (soft drinks, fruit drinks, etc.)	_____	1 large glass, 1 can	(31)

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Part II. For each of the following items, check the **one** answer that best describes you. Use your eating habits of the past month as your standard.

Between butter and margarine, (32)

- ☐ 1 I almost always use butter.
- ☐ 2 I almost always use margarine.
- ☐ 3 I use both.
- ☐ 4 I don't use butter or margarine.

The person who cooks my food, (33)

- ☐ 1 almost always uses butter, shortening or lard for cooking and baking.
- ☐ 2 almost always uses vegetable oil or margarine for cooking and baking.
- ☐ 3 does both.
- ☐ 4 doesn't use any fat at all for cooking and baking.

When I use milk, (34)

- ☐ 1 I almost always use whole milk.
- ☐ 2 I use both whole and lowfat (2%) milk.
- ☐ 3 I almost always use lowfat (2%) milk.
- ☐ 4 I use both lowfat (2%) and nonfat (skim) milk, or 1% milk.
- ☐ 5 I almost always use nonfat (skim) milk.
- ☐ 6 I don't use milk.

When I eat chicken or turkey, (35)

- ☐ 1 I almost always eat the skin.
- ☐ 2 I almost never eat the skin.
- ☐ 3 I do both.
- ☐ 4 I don't eat chicken or turkey.

When I eat meat, fish or poultry, (36)

- ☐ 1 I almost always have it fried or cooked with oil or another fat, or with gravy.
- ☐ 2 I almost always have it broiled, baked, or stewed, and without any gravy or fat.
- ☐ 3 I do both.
- ☐ 4 I don't eat meat, fish or poultry.

When I eat cheese, (37)

- ☐ 1 I almost always have a "regular-fat" cheese (like Cheddar, Jack, Swiss, or cream cheese).
- ☐ 2 I almost always have a part-skim cheese (Mozzarella, Ricotta, Neufchatel, or Farmers).
- ☐ 3 I do both.
- ☐ 4 I don't eat cheese.



When I eat cooked vegetables, (38)

☐ 1 I almost always have them with butter, margarine or sauce; or cooked with butter, margarine, oil, or another fat.

☐ 2 I almost always have them without any of the fats listed above.

☐ 3 I do both.

☐ 4 I don't eat cooked vegetables.

When I eat potatoes, rice or bulgur, (39)

☐ 1 I almost always have them with butter, margarine, sour cream, gravy or sauce; or fried.

☐ 2 I almost always have them without any of the fats listed above.

☐ 3 I do both.

☐ 4 I don't eat potatoes, rice or bulgur.

When I eat pasta, (40)

☐ 1 I almost always have it with butter, margarine, cream or white sauce.

☐ 2 I almost always have it plain or with tomato sauce.

☐ 3 I do both.

☐ 4 I don't eat pasta.

When I eat bread, rolls or muffins, (41)

☐ 1 I almost always have them with butter, margarine or mayonnaise.

☐ 2 I almost always have them without butter, margarine or mayonnaise.

☐ 3 I do both.

☐ 4 I don't eat bread, rolls or muffins.

When I use salad dressing, (42)

☐ 1 I usually use a creamy or bleu cheese dressing.

☐ 2 I usually use an oil-based dressing.

☐ 3 I use both creamy and oil-based dressings.

☐ 4 I usually use low calorie or fat-free salad dressing.

☐ 5 I don't use salad dressing.

How many times did you eat out (restaurant, deli, fast food) in the last 7 days? _____ (43)

Please look over this form to be sure you answered every question. Do not leave any items blank.

Thank you!

Confidence Rating

Please rate your confidence that you can achieve and stick to the eating habits described below during the coming month. Rate your confidence for each of the 16 items with a number from the following scale:

0	10	20	30	40	50	60	70	80	90	100
Definitely can <u>not</u> do it		Probably can not			Maybe (50/50)			Probably can		Definitely can <u>do</u> it

CONFIDENCE
*Use a number
from 0 to 100*

1. I can limit the amount of red meat I eat to 2-3 small servings per week. _____
2. I can limit the amount of chicken I eat to 5 small servings a week or less. _____
3. I can limit how often I eat bacon and sausage to once a week or less. _____
4. I can limit how often I eat hot dogs and lunch meat to once a week or less. _____
5. I can limit fast foods to twice a week or less. _____
6. I can switch to nonfat or 1% fat milk and yogurt. _____
7. I can limit myself to 2 or fewer egg yolks per week. _____
8. I can limit how often I eat cheese to twice a week or less. _____
9. I can limit the amount of ice cream I eat to 2 servings a week or less. _____
10. I can limit rich breads (biscuits, croissants, bakery muffins) to once a week or less. _____
11. I can limit salad dressing to one serving (2 tablespoons) per day. _____
12. I can limit my use of spreads (butter, margarine, and mayonnaise) to 3 teaspoons per day. _____
13. I can limit how often I eat nuts or peanut butter to 3 times a week or less. _____
14. I can limit myself to 1-2 servings of chips and/or fries per week. _____
15. I can limit donuts and sweet rolls to once a week or less. _____
16. I can limit the amount of high fat sweets I eat to 2 per week or less (cookies, cakes, candy bars, etc.) _____

