

Nutritional Questionnaire

Please check box, which applies to you for each question.

1. How many servings of vegetables do you eat in a typical day?
 None One Two Three or more

2. How many servings of fruit (fresh, frozen, or canned) do you eat in a typical day? (A serving is usually one small piece or ½ cup)
 None One Two Three or more

3. How often does fish appear on your weekly menu?
 Never Rarely Once Two or more times

4. When you shop for bread, pasta, rice, cereals, or other grains, how often do you buy the whole-grain versions?
 Never Rarely Sometimes Always

5. Which of the following are you most likely to use for cooking?
 Butter / Margarine Canola, Olive Oil, Spray Oil Corn oil None

6. How would you rate your use of salt in cooking / eating?
 Often Sometimes Hardly ever Never

7. How often do you typically eat fried food in a week?
 More than 5 times per week Less than 3 times per week
 3-5 times per week Never

8. How many servings of sugar do you consume in an average day from regular soda, pastries, cookies, cake, and / or candy?
 More than 5 servings per day 1-2 servings per day
 3-4 servings per day None

9. How many times a week do you eat out / or get take out?
 5 or more 3-4 Never