

# BEHAVIOR QUESTIONNAIRE

1. How many servings of fruits and vegetables do you eat per day?

0      1      2      3+

2. How many caffeinated drinks (coffee, tea, cocoa, soft drinks) do you drink per day?

0      1-2      3-4      5+

3. How many glasses (8 ounces) of water do you drink per day?

0-3      4-5      6-7      8+

4. How many meals do you consume per day

1-2      3-4      5-6      7+

5. I cook with and eat fats:

- Nearly always cook/eat high fat foods (fried foods, shortening, butter, creams)
- Cook/eat mostly high fat
- Cook/eat both high and low fat foods
- Cook/eat mostly low fat
- Cook/eat only low fat

6. My bread/grain eating habit is:

- Nearly always eat refined (white bread, grains, rolls, crackers cereal)
- Eat mostly refined grain products
- Eat a mixture of refined and whole grain products
- Eat primarily whole grain products
- Eat only whole grain products

7. How often do you eat out:

- I eat out nearly every day
- I eat out several times each week
- I eat out a few times each month
- I seldom or never eat out

8. My salty food habit is: (check all that apply)

- I rarely eat salty foods (chips, pickles, soups, added salt)
- Occasionally I eat salty foods
- I regularly eat salty food
- I add salt to the foods I eat

9. During the past 30 days, did you diet to lose weight or to keep from gaining weight?

Yes      No

If Yes Explain: \_\_\_\_\_

10. My high fat snack eating habit is:

- I eat high fat snack foods (potato chips) 3 or more times daily
- I eat high fat snacks once or twice daily
- I eat high fat snacks a few times each week
- I rarely or never eat high fat snacks

11. How often do you eat red meat:

- I eat red meat nearly every day
- I eat red meat several times each week
- I eat red meat a few times each month
- I seldom or never eat red meat

12. How often do you eat cookies, cakes, sweets:

- I eat cookies, cakes, sweets nearly every day
- I eat cookies, cakes, sweets several times each week
- I eat cookies, cakes, sweets a few times each month
- I seldom or never eat cookies, cakes, sweets

13. How many alcoholic beverages do you consume per week?

0-3      4-5      6-7      8+

14. On average I sleep \_\_\_\_\_ hours a night.

3-4      5-6      7-8      8+

15. Outside of work, what physical and/or social activities do you engage in?

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