

TOPIC	In an average week, how often do you:	Usually/ Often	Sometimes	Rarely/ Never	Does not Apply to me
SNACKS	15. Eat <u>regular potato chips, nacho chips, corn chips, crackers, regular popcorn, nuts</u> instead of pretzels, low-fat chips or low-fat crackers, air-popped popcorn?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	Rarely eat these snack foods <input type="radio"/>
FATS AND OILS	16. Use <u>regular salad dressing & mayonnaise</u> instead of low-fat or fat-free salad dressing and mayonnaise?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	Rarely use dressing/mayo <input type="radio"/>
	17. Add <u>butter, margarine or oil</u> to bread, potatoes, rice or vegetables at the table?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	
	18. <u>Cook with oil, butter or margarine</u> instead of using non-stick sprays like Pam or cooking without fat?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	Rarely cook <input type="radio"/>
SWEETS	19. Eat <u>regular sweets</u> like cake, cookies, pastries, donuts, muffins, and chocolate instead of <u>low fat or fat-free</u> sweets?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	Rarely eat sweets <input type="radio"/>
	20. Eat <u>regular ice cream</u> instead of sherbet, sorbet, low fat or fat-free ice cream, frozen yogurt, etc.?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	Rarely eat frozen desserts <input type="radio"/>
	21. Eat <u>sweets</u> like cake, cookies, pastries, donuts, muffins, chocolate and candies more than 2 times per day.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	Rarely eat sweets <input type="radio"/>
SOFT DRINKS	22. <u>Drink 16 ounces or more</u> of non-diet soda, fruit drink/punch or Kool-Aid a day? Note: 1 can of soda = 12 ounces	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	
SODIUM	23. Eat high sodium <u>processed foods</u> like canned soup or pasta, frozen/package meals (TV dinners, etc.), chips?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	
	24. <u>Add salt</u> to foods during cooking or at the table?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	
ALCOHOL	25. Drink <u>more than</u> 1-2 alcoholic drinks a day? (One drink = 12 oz. beer, 5 oz. Wine, one shot of hard liquor or mixed drink with 1 shot)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	
ACTIVITY	26. Do <u>less than</u> 30 total minutes of physical activity 3 days a week or more? (Examples: walking briskly, gardening, golf, jogging, swimming, biking, dancing, etc.)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	
	27. Watch <u>more than</u> 2 hours of television or videos a day?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	
Do you....			Yes		No
28. Usually shop and prepare your own food?			<input type="radio"/>		<input type="radio"/>
29. Ever have trouble being able to shop or cook?			<input type="radio"/>		<input type="radio"/>
30. Follow a special diet, eat or limit certain foods for health or other reasons?			<input type="radio"/>		<input type="radio"/>
31. How willing are you to make changes in what, how or how much you eat in order to eat healthier? (Circle the number that best describes how you feel)					
Very willing 5		4	3	2	Not at all willing 1