## Beverage and Snack Questionnaire 2

Adapted from original by Network for a Healthy California

## This questionnaire asks a few questions about the food you ate over the past week.

Please think about what you ate during the past week, while you were at school, and while you were not at school. Not at school includes all of the rest of the time, for example when you are at home, at a friend's house, or at a restaurant. You are going to mark the column that shows, on average, how many times you ate the food at school and not at school. If you did not eat this food or drink this beverage during the past week, please mark "never or less than 1 per week."

This first section is about <u>beverages (or drinks)</u>.

	). F. S		How often did you drink these beverages in the past week?  (mark <u>one in each row</u> )								
Ту	pe of drink	Location	Neve less t 1 p	<u>han</u> er	1 per	· <u>2-4</u>	per <b>eek</b>		1 per	2-3 per <b>day</b>	<u>4+</u> per <b>day</b>
Q.1	Orange juice, apple juice and other 100% juices	At Schoo			0 -		0	0	0	0	· O
		Not at Schoo	l C		O -		0	0	· O	0	O
<u>Q.2</u>	Fruit drinks (such as Snapple, flavored teas, Capri Sun and Kool-Aid)	At Schoo	I C	)	- O -		0	0	0	O	· · · · · O
		Not at Schoo	I C		0	1	0	O	y - O	O	O
Q.3	Sport drinks (such as Gatorade or PowerAde); these drinks usually <b>do not</b> have caffeine	At Schoo	l- C	)	0 -		0		· O	O	O
		Not at Schoo	I - C		0 -		0	O	· O	O	O
Q.4	Flavored waters such as Propel or vitamin waters; these drinks usually <b>do not</b> have caffeine	At Schoo	I C		- 0 -		0	O	· O	O	· · · · · O
		Not at Schoo	I C	)	O -		0	O	O	O	O
Q.5	Unflavored bottled water, tap water, water from a drinking fountain, or other unflavored water	At Schoo	l C		0		0	O	· O	O	· O
		Not at Schoo	IC	)	O -		0	O	O	O	O
Q.6	Diet soda or pop (include all kinds such as Diet Pepsi, Pepsi One, Diet Coke, Diet 7-Up)	At Schoo	i- C	)	O -		O	O	O	O	O
		Not at Schoo	I C	)	0		O	O	O	O	O
Q.7	Regular soda or pop (include all kinds such as Coke, Pepsi, 7-Up, Sprite, root beer)	, At Schoo	I C		O -		O	O	O	O	O
		Not at Schoo	I C	)	O -		O	O	O	O	O
Q.8	Energy drinks (such as Rockstar, Red Bull, Monster and Full Throttle); these drinks usually have caffeine	At Schoo	I C	)	O -		0	O	O	O	· O
		Not at Schoo	I C		O -		0	O	O	O	O
Q.9	Sweetened coffee or tea drinks like a Frappuccino, Frappe, or Chai ( <b>do not</b> include unsweetened coffee or tea)	At Schoo	I C		0 -		0	O	· O	O	O
		Not at Schoo	I C	)	0	1	<u> </u>	O	· O	O	O
Q.10	1% or nonfat <b>flavored</b> milk (sometimes called skim, fat-free, or low-fat milk; includes chocolate and other flavors but <b>not</b> unflavored, white milk)	At Schoo	I C		- O -		0	O	O	O	O
		Not at Schoo	l C		0 -		0	O	O	O	· · · · · ·
Q.11	Regular or 2% <b>flavored</b> milk (sometimes called whole, reduced fat, or 4% milk fat; includes chocolate and other flavors but <b>not</b> unflavored, white milk)	At Schoo	I C	)	0 -		0	O	· O	O	O
		Not at Schoo	I C	)	0 -		O	O	O	O	O
Q.12	1% or nonfat white milk (sometimes called skim, fat-free, or low-fat milk; <b>do not</b> include chocolate or other flavored milks)	At Schoo	I C	)	0		O	O	· O	O	· O
		Not at Schoo	l C	)	O -		O	O	O	O	O
Q.13	Regular or 2% white milk (sometimes called whole, reduced fat, or 4% milk fat; <b>do not</b> include chocolate or other flavored milks)	At Schoo	I C	)	0 -		0	O	· O	O	O
		Not at Schoo	I C		0 -		O	O	· O	O	

_	ipe of food	How often did you eat these foods in the past week? (mark <u>one in each row</u> ) Never or								
ly		Location	less than 1 per week	<u>1</u> per <b>week</b>	<u>2-4</u> per <b>week</b>	<u>5-6</u> per <b>week</b>	<u>1</u> per <b>day</b>	2-3 per <b>day</b>	4+ pe <b>day</b>	
<u>14</u>	<u>Low-fat</u> or <u>non-fat</u> potato chips, tortilla chips and corn chips (such as Baked Lays, Reduced-fat	At School		O	O	O	O	O	O	
_	Doritos, Fat-Free Pringles)	Not at School	O	O	O	O	O	O	O	
<u> 2.15</u>	Regular potato chips, tortilla chips, corn chips and puffs (such as all flavors of Ruffles, Lay's, Pringles, Doritos, Fritos, Cheetos)	At School	0	O	O	O	O	O	O	
		Not at School	O	O	O	0	O	O	O	
	Other salty snacks (like cheese nibs, Chex mix, gold fish crackers, Ritz Bitz)	At School	O	· O	O	· O	O	O	O	
		Not at School	O	· O	0	0 -/-		O	O	
<u>17</u>	Candy, including chocolate, candy bars, jelly bellies, gummies and Lifesavers ( <b>do not</b> include cookies)	At School	O	· O	O	0	0 -	0	O	
	gummles and Lifesavers ( <b>do not</b> include cookies)	Not at School		O	O	0	0 -	O	O	
<u>18</u>	Doughnuts, pop tarts or other	At School		0	O	0	0	O	O	
	breakfast pastries	Not at School	0	O	0		O	O	O	
<u>19</u>	Cookies, brownies, pies and cakes	At School	0	0		0	O	O	O	
		Not at School	0	0	0	O	O	O	O	
	Low or nonfat frozen desserts such as low fat ice	At School	0	O	O	O	O	O	O	
	cream, frozen yogurt, popsicles, & sherbet	Not at School	Q	O	O	O	O	O	O	
<u>21</u>	Regular ice cream & milkshakes (include all flavors)	At School	0	· · · · · · · · · · · · · · · · · · ·	O	O	O	O	O	
		Not at School		· O	O	O	O	O	O	
.22	How often did you eat a serving of vegetables such as green salad, peas, green beans or corn? ( <b>do not</b> count fried potatoes or French fries)	At School	0	· O	O	O	O	O	O	
		Not at School	0	· O	O	O	O	O	O	
. <u>23</u>	How often did you eat a serving of fruit such as a banana, apple or grapes? (do not count juices)	At School	0	· O	O	O	O	O	O	
		Not at School	0	· O	O	O	0	O		

This is the end, Thank You!

Contact nasr@fredhutch.org for permission to use this form.

For information about our services, visit <u>fredhutch.org/nasr</u>.