## Beverage and Snack Questionnaire

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</u> (or <u>drinks</u>).

How often did you drink these beverages in the past week?  (mark one in each row)								st week?	
Ty	pe of drink	Location	Never less th 1 pe	i <u>an</u> er <u>1</u> pe	r 2-4 pe	er <u>5-6</u> pe	r 1 per	2-3 per <b>day</b>	<u>4+</u> per <b>day</b>
<u>Q.1</u>	Orange juice, apple juice and	At School	O	O		0	0	0	0
	other 100% juices	Not at School	0	O		0	0	0	O
<u>Q.2</u>	Fruit drinks (such as Snapple, flavored teas,	At School	O	O	O	0	0	O	<b>O</b>
Capri Sun and K	Capri Sun and Kool-Aid)	Not at School	O	0	O	· · · · · · · · ·	0	O	O
<u>Q.3</u>	Sport drinks (such as Gatorade or PowerAde); these drinks usually <b>do not</b> have caffeine	At School	0	0	0	0	O	O	O
		Not at School	0	0	0	O -	O	O	<b>O</b>
<u>Q.4</u>	Flavored waters such as Propel or vitamin waters; these drinks usually <b>do not</b> have caffeine	At School	40	0		O -	O	O	<b>O</b>
		Not at School	0	0	O	o -	O	O	<b>O</b>
<u>Q.5</u>	Diet soda or pop (include all kinds such as Diet Pepsi, Pepsi One, Diet Coke, Diet 7-Up)	At School	0	0			O	O	O
Pep		Not at School	0	0	O	<b>o</b>	<b>O</b>	<b>o</b>	<b>o</b>
<u>Q.6</u>	Regular soda or pop (include all kinds such as Coke, Pepsi, 7-Up, Sprite, root beer)	At School	0	0	0	o -	O	O	O
		Not at School	0	O	<b>O</b>	o	<b>o</b>	o	<b>o</b>
<u>Q.7</u>	Energy drinks (such as Rockstar, Red Bull,	At School	0	o		O -	O	O	O
	Monster and Full Throttle); these drinks usually have caffeine	Not at School	o	o	o	o -	o	o	<b>O</b>
<u>Q.8</u>	1% or nonfat milk (sometimes called skim,	At School	o	o		O -	O	0	O
	fat-free, or low-fat milk; includes white and chocolate)	Not at School	0	o	O	o -	o	<b>O</b>	O
<u>Q.9</u>	Regular or 2% milk (sometimes called whole,	At School	o	o		O -	O	O	O
	reduced fat, or 4% milk fat; includes white and chocolate)	Not at School	O	o			O	o	O

This next section is about foods.

Type of food	How often did you eat these foods in the pa (mark <u>one in each row</u> )  Never or  less than 1 per 1 per 2-4 per 5-6 per 1 per 2-3 per week week week day day	
<u>Q.10</u> <u>Low-fat</u> or <u>non-fat</u> potato chips, tortilla chips and corn chips (such as Baked Lays, Reduced-	At School O O O O O O	O
fat Doritos, Fat-Free Pringles)	Not at School	O
<u>Q.11</u> Regular potato chips, tortilla chips, corn chips and puffs (such as all flavors of Ruffles, Lay's,	At School O O O O	O
Pringles, Doritos, Fritos, Cheetos)	Not at School - O O O O	O
Q.12 Other salty snacks (like cheese nibs, Chex mix,	At School O O O O	O
gold fish crackers, Ritz Bitz)	Not at School O O O O	O
<u>Q.13</u> Candy, including chocolate, candy bars, jelly bellies, gummies and Lifesavers ( <b>do not</b>	At School O O O O	O
include cookies)	Not at School O O O O	O

100a5, continued											
Type of food	Location	Nev less		or <u>ın</u>	per <b>per</b>	(ma	eat ark <u>d</u> per <b>eek</b>	one in ea	oods in ach row 1 per day	the pa ) 2-3 pe day	<b>st week?</b> r <u>4+</u> per <b>day</b>
Q.14 Doughnuts, pop tarts or other	At Schoo	l	0		0		0	<b>O</b>	O		
breakfast pastries	Not at Schoo	l	0		0 -		0	o	<b>O</b>	O -	O
Cookies, brownies, pies and cakes	At Schoo	l	0		0		0	<b>O</b>	<b>O</b>	O	O
Cookies, brownies, pies and cakes	Not at Schoo	l	0		0 -		0	O	<b>O</b>	O -	O
Q.16 Low or nonfat frozen desserts such as low fat	At Schoo	l	0		0		0	0	<b>O</b>	O	O
ice cream, frozen yogurt, popsicles, & sherbet	Not at Schoo	l	0		0		0	0	0	O	O
Q.17 Regular ice cream & milkshakes (include all	At Schoo	l	0		0		0	0			O
flavors)	Not at Schoo	l	0		0		0	0	O	0 -	O
O.18 How often did you eat a serving of vegetables	At Schoo	l	0		0 -		0	0	O	O	O
such as green salad, peas, green beans or corn ( <b>do not</b> count fried potatoes or French fries)	Not at Schoo	d	0		0 -		O	0	0	O -	O
How often did you eat a serving of fruit such	At Schoo	l	0		0		0	O	0	0 -	
as a banana, apple or grapes? ( <b>do not</b> count juices)	Not at Schoo	l	0		0		0	0	O	O -	O

This is the end, Thank You!



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