

## Fat-Related Diet Habits Questionnaire

### I. Interviewer Administered Format

Please consider your food choices over the past MONTH

**In the past month...**

			Usually	Often	Some- times	Rarely or Never	REF
1.	Did you eat chicken?						
	1 YES →	When you ate chicken					
	2 NO	1a. How often was it fried?					
	3 NA/REF	(READ 1 – 4)	1	2	3	4	ref
		1b. How often did you remove the skin?					
		(READ 1 – 4)	1	2	3	4	ref
2.	Did you eat red meat such as beef, pork or lamb?						
	1 YES →	When you ate red meat					
	2 NO	2a. How often did you trim all the visible fat?					
	3 NA/REF	(READ RESPONSES IF NECESSARY)	1	2	3	4	ref
3.	Did you eat ground meat?						
	1 YES →	When you ate ground meat					
	2 NO	3a. How often was it extra lean?					
	3 NA/REF		1	2	3	4	ref
4.	Did you eat fish?						
	1 YES →	When you ate fish					
	2 NO	4a. How often was it fried?					
	3 NA/REF		1	2	3	4	ref
5.	Did you have at least one vegetarian dinner or main meal – that is, without meat, fish, eggs or cheese?						
	1 YES →	5a. How often did you have a vegetarian dinner?					
	2 NO		1	2	3	4	ref
	3 NA/REF						
6.	Did you eat spaghetti or noodles?						
	1 YES →	When you ate spaghetti or noodles					
	2 NO	6a. Were they plain, or with a red or tomato sauce without meat?					
	3 NA/REF		1	2	3	4	ref
7.	Did you eat cooked vegetables?						
	1 YES →	When you ate cooked vegetables					
	2 NO	7a. How often did you add butter, margarine or other fat?					
	3 NA/REF		1	2	3	4	ref
		7b. How often were they fried?					
			1	2	3	4	ref

**In the past month...**

			Usually	Often	Sometimes	Rarely or Never	REF
8.	Did you eat potatoes?						
	1 YES	→ When you ate potatoes					
	2 NO	8a. How often were they fried, like					
	3 NA/REF	French fries or hash browns?	1	2	3	4	ref
9.	Did you eat baked or boiled potatoes?						
	1 YES	→ When you ate baked or boiled					
	2 NO	potatoes					
	3 NA/REF	9a. How often did you eat them					
		without any butter, margarine or					
		sour cream?	1	2	3	4	ref
10.	Did you eat green salads?						
	1 YES	→ When you ate green salads					
	2 NO	10a. How often did you use no					
	3 NA/REF	dressing?	1	2	3	4	ref
		10b. How often did you use low-fat					
		or non-fat dressing?	1	2	3	4	ref
11.	Did you eat bread, rolls or muffins?						
	1 YES	→ When you ate bread, rolls or muffins					
	2 NO	11a. How often did you eat them					
	3 NA/REF	without butter or margarine?	1	2	3	4	ref
12.	Did you drink milk or use milk on cereal?						
	1 YES	→ When you had milk					
	2 NO	12a. How often was it 1% or nonfat					
	3 NA/REF	milk?	1	2	3	4	ref
13.	Did you eat cheese, including on sandwiches or in cooking?						
	1 YES	→ When you ate cheese					
	2 NO	13a. How often was it specially-made					
	3 NA/REF	low-fat cheese??	1	2	3	4	ref
14.	Did you eat dessert?						
	1 YES	→ When you ate dessert					
	2 NO	14a. How often did you eat only					
	3 NA/REF	fruit?	1	2	3	4	ref

**In the past month...**

			Usually	Often	Some- times	Rarely or Never	REF
15.	Did you eat home-baked cookies, cakes or pies?						
	1 YES	→ When you ate home-baked cookies,					
	2 NO	cakes or pies					
	3 NA/REF	15a. How often were they made with less butter, margarine or oil than the recipe called for?	1	2	3	4	ref
16.	Did you eat frozen desserts like ice cream or sherbet?						
	1 YES	→ When you ate frozen desserts					
	2 NO	16a. How often did you choose					
	3 NA/REF	frozen yogurt, sherbet or low-fat or non-fat ice cream?	1	2	3	4	ref
17.	Did you eat snacks between meals?						
	1 YES	→ When you ate snacks between meals					
	2 NO	17a. How often did you eat raw					
	3 NA/REF	vegetables or fresh fruit?	1	2	3	4	ref
18.	Did you sauté or pan fry any foods?						
	1 YES	→ When you sautéed or pan fried foods					
	2 NO	18a. How often did you use Pam® or					
	3 NA/REF	other non-stick spray instead of oil, margarine or butter?	1	2	3	4	ref
19.	Did you use mayonnaise or mayonnaise-type spread?						
	1 YES	→ When you used mayonnaise or					
	2 NO	mayonnaise type spread					
	3 NA/REF	19a. How often did you choose low- fat or nonfat types?	1	2	3	4	ref
20.	Did you eat breakfast?						
	1 YES	→ When you ate breakfast					
	2 NO	20a. How often did you have fresh					
	3 NA/REF	fruit?	1	2	3	4	ref
21.	Did you eat lunch?						
	1 YES	→ When you ate lunch					
	2 NO	21a. How often did you have one or					
	3 NA/REF	more vegetables, not including potatoes or salad?	1	2	3	4	ref
22.	At dinner (or your main meal), how often did you have two or more vegetables, not including potatoes or salad?		1	2	3	4	ref

**Fat-Related Diet Habits Questionnaire**  
**II. Example of Self-Administered Format**

**MEAT, FISH AND MAIN DISHES**

IN THE PAST 3 MONTHS...

			Usually or Always	Often	Sometimes	Rarely or Never
1.	Did you eat fish?					
	No	Yes				
	<input type="checkbox"/>	<input type="checkbox"/>				
		→ When you ate fish, how often was it:				
		(answer a. broiled, baked or poached?	1	2	3	4
		both) b. fried?	1	2	3	4
		↓				
2.	Did you eat chicken?					
	No	Yes				
	<input type="checkbox"/>	<input type="checkbox"/>				
		→ When you ate chicken, how often did you:				
		a. have it broiled, or baked?	1	2	3	4
		(answer b. fried?	1	2	3	4
		all three) c. take off the skin?	1	2	3	4
		↓				
3.	Did you eat spaghetti or noodles?					
	No	Yes				
	<input type="checkbox"/>	<input type="checkbox"/>				
		→ When you ate spaghetti or noodles, how				
		often did you eat them plain or with a				
		tomato sauce without meat?	1	2	3	4
		↓				
4.	Did you eat red meat (beef, pork, lamb)?					
	No	Yes				
	<input type="checkbox"/>	<input type="checkbox"/>				
		→ When you ate red meat, how often did you				
		trim all the visible fat?	1	2	3	4
		↓				

Fat-Related Diet Habits Questionnaire Eating Pattern Scoresheet

	<u>Question</u>	<u>Response</u>	
Factor 1 (substitution)	10 <sub>b</sub>	_____	
	12 <sub>a</sub>	_____	
	13 <sub>a</sub>	_____	
	15 <sub>a</sub>	_____	
	16 <sub>a</sub>	_____	
	18 <sub>a</sub>	_____	
	19 <sub>a</sub>	_____	
	TOTAL	_____	÷ number answered = Factor 1 score _____
Factor 2 (Modify meat)	1 <sub>b</sub>	_____	
	2 <sub>a</sub>	_____	
	3 <sub>a</sub>	_____	
	TOTAL	_____	÷ number answered = Factor 2 score _____
Factor 3 (Avoid frying)	1 <sub>a</sub> *	_____	
	4 <sub>a</sub> *	_____	
	7 <sub>b</sub> *	_____	
	8 <sub>a</sub> *	_____	
	TOTAL	_____	÷ number answered = Factor 3 score _____
Factor 4 (Replacement)	5 <sub>a</sub>	_____	
	14 <sub>a</sub>	_____	
	17 <sub>a</sub>	_____	
	TOTAL	_____	÷ number answered = Factor 4 score _____
Factor 5 (Avoid fat)	6 <sub>a</sub>	_____	
	7 <sub>a</sub> *	_____	
	9 <sub>a</sub>	_____	
	10 <sub>a</sub>	_____	
	11 <sub>a</sub>	_____	
	TOTAL	_____	÷ number answered = Factor 5 score _____
Summary score	$\frac{\Sigma \text{ Factors}}{5}$	= _____	

\*Reverse order scoring, done as follows: 1=4, 2=3, 3=2, 4=1. For example, a recorded score of 1 will be noted as a 4 on this score sheet, a 2 will be score 3, etc. Items 14, 17, 20, 21 and 22 are used for vegetable-related dietary patterns. [Satia, JA, et al, Nutrition, 18: 247-54, 2002]

References:

1. Kristal AR, Shattuck AL, and Henry HJ. Patterns of dietary behavior associated with selecting diets low in fat: reliability and validity of a behavioral approach to dietary assessment. *J Am Diet Assoc* 1990;90:214-20.
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3. Kristal AR, Beresford SA, and Lazovich D. Assessing change in diet-intervention research. *Am J Clin Nutr* 1994;59:185S-9S.
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6. Kristal AR, Shattuck AL, and Patterson RE. Differences in fat-related dietary patterns between black, Hispanic, and white women: Results from the Women's Health Trial Feasibility Study in Minority Populations. *Public Health Nutr* 1999;2:273-6.
7. Kristal AR, Curry SJ, Shattuck AL, Feng Z, and Li S. A randomized trial of a tailored, self-help dietary intervention: The Puget Sound Eating Patterns Study. *Prev Med* 2000;31:380-9.