

**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      → When you ate fish, how often was it:

<input type="checkbox"/>	<input type="checkbox"/>	(answer	a. broiled, baked or poached?	1	2	3	4
		both)	b. fried?	1	2	3	4



2. Did you eat chicken?

No      Yes      → When you ate chicken, how often did you:

<input type="checkbox"/>	<input type="checkbox"/>	a. have it broiled, or baked?	1	2	3	4
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	(answer	b. fried?	1	2	3	4
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	all three)	c. take off the skin?	1	2	3	4
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3. Did you eat spaghetti or noodles?

No      Yes      → When you ate spaghetti or noodles, how

<input type="checkbox"/>	<input type="checkbox"/>	often did you eat them plain or with a	1	2	3	4
		tomato sauce without meat?				



4. Did you eat red meat (beef, pork, lamb)?

No      Yes      → When you ate red meat, how often did you

<input type="checkbox"/>	<input type="checkbox"/>	trim all the visible fat?	1	2	3	4
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Fat-Related Diet Habits Questionnaire Eating Pattern Score Sheet

	QUESTION	RESPONSE
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	$\frac{\sum \text{Factors}}{5}$	= _____

\*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 scored as a 3, and so on.  
 Items 14, 17, 20, 21, and 22 are used for vegetable-related dietary patterns. See: Satia JA, et al, Nutrition, 18: 247-54, 2002, for more information.

## 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.
2. Kristal AR, White E, Shattuck AL, et al. Long-term maintenance of a low-fat diet: durability of fat-related dietary habits in the Women's Health Trial. *J Am Diet Assoc* 1992;92:553-9.
3. Kristal AR, Beresford SA, and Lazovich D. Assessing change in diet-intervention research. *Am J Clin Nutr* 1994;59:185S-9S.
4. Glasgow R, Perry JD, Toobert DJ, and Hollis JF. Brief assessments of dietary behavior in field settings. *Addict Behav* 1996;21:239-47.
5. Shannon J, Kristal AR, Curry SJ, and Beresford SA. Application of a behavioral approach to measuring dietary change: the fat- and fiber-related diet behavior questionnaire. *Cancer Epidemiol Biomarkers Prev* 1997;6:355-61.
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.