

Dietary Fat Stage of Change

Do you consistently avoid eating high fat foods?

PLEASE:

* **Fill in one circle completely.**

* **Erase all changes completely.**

NO, and I do NOT intend to in the next six months

NO, but I intend to in the next six months.

NO, but I intend to in the next 30 days.

YES, and I have been, but for LESS than 6 months.

YES, and I have been for MORE than 6 months.

<input type="radio"/>
<input type="radio"/>
<input type="radio"/>
<input type="radio"/>
<input type="radio"/>

Dietary Fat Change Strategies

The following are activities, thoughts, and feelings people use to help them change their dietary fat intake. Think of any similar experiences you may be having or have had in the past month. Then rate HOW OFTEN you do each of the following.

PLEASE:

* Fill in each circle completely.

* Erase all changes completely.

	Never 1	Almost Never 2	Sometimes 3	Often 4	Many Times 5
1. I set goals to eat low-fat foods.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
2. I say positive things to myself about eating low-fat foods.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
3. I put reminders around my home to eat low-fat foods.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
4. I do things to make low-fat foods more enjoyable.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
5. I think about the benefits I will get from eating low-fat foods.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
6. I keep track of how much high fat food I eat.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
7. I find ways to get around the things that get in the way of eating low-fat foods.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
8. When I get off track from my low-fat eating goals, I tell myself I can start again and get right back on track.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
9. I look for information about eating low-fat foods.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
10. I try to think more about the benefits of eating low-fat foods and less about the hassles to healthy eating.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
11. I reward myself for eating low-fat foods.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
12. I have a friend or family member who encourages me to eat low-fat foods.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
13. I try different kinds of low-fat foods so that I have more options to choose from.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
14. I think about how my surrounding affect the high fat food I eat. (Surroundings are things like fast food restaurants and pre-packaged foods in the store.)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
15. I make back-up plans to be sure I eat low-fat foods.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Dietary Fat Pros & Cons

The following statements are different beliefs about eating foods that are high in fat. Please rate **HOW IMPORTANT** each statement is to your decision to eat high fat foods. Use the following scale:

PLEASE:

- * Fill in each circle completely.
- * Erase all changes completely.

HOW IMPORTANT IS EACH STATEMENT TO YOU WHEN DECIDING WHETHER OR NOT TO EAT HIGH FAT FOODS?

	1	2	3	4	5
Not Important		Slightly Important		Very Important	
Extremely Important					
1. It bothers other people when I eat a lot of high fat foods.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
2. Eating my favorite high fat foods is a quick way to satisfy my hunger.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
3. People close to me disapprove of my eating foods that are too high in fat.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
4. I am happier and more fun to be around when I'm free to eat high fat foods.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
5. My family and friends like me better when I am happy and eating high fat foods rather than miserable and watching what I eat.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
6. Foods high in fat taste better than low-fat foods.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
7. Eating high fat foods now can mean health problems for me in the future.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
8. I feel good when I'm eating the high fat foods I enjoy.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Dietary Fat Confidence

There are many things that can get in the way of choosing to eat a diet in low-fat foods. Rate **HOW SURE** you are that you can do the following in each situation. Please answer **ALL** questions.

PLEASE:

* Fill in each circle completely.

* Erase all changes completely.

		1	2	3	4	5
		I'm sure I can't	I probably can't	Neutral	I probably can	I'm sure I can
1. Ask someone in you family to buy low fat foods at the grocery store?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
2. Choose low fat foods during those times when I feel depressed about something?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
3. Choose low fat foods even when it has been a while since I had a high fat snack or meal?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
4. Choose low fat items like grilled chicken instead of a cheeseburger at a restaurant?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
5. Choose low fat foods when others around me are eating high fat foods?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
6. Eat low fat snacks like pretzels or popcorn without butter instead of high fat snacks?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
7. Choose low fat foods when I am craving high fat food?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
8. Ask someone in your family to prepare meals that are low in fat?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Dietary Fat Friend Support

During a typical week, how often:

PLEASE:

* Fill in each circle completely.

* Erase all changes completely.

	Never	1-2 days	3-4 days	5-6 days	Every day
	1	2	3	4	5
1. Do you encourage your friends to eat low-fat foods?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
2. Do your friends eat low-fat foods with you?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
3. Do your friends encourage you to eat low-fat foods?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
4. Do other kids tease you for eating low-fat foods?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Dietary Fat Family Support

During a typical week, how many days has a member of your household:

(For example, your father, mother, brother, sister, grandparent, or other relatives)

	Never	1-2 days	3-4 days	5-6 days	Every day
	1	2	3	4	5
1. Provided low-fat foods as a snack or part of a meal?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
2. Encouraged you to eat lower fat foods?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
3. Eaten low-fat foods with you?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
4. Told you that you are doing a good job at eating low-fat foods?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>