

Name _____

Date _____



Food Frequency Assessment

Please circle one answer for each question below.

Do not leave any questions unanswered. Choose the answer that best describes your food choices over the last month.

In the PAST MONTH...				
1. When choosing or preparing foods, do you use olive oil as your main fat?	Yes		No	
2. How much olive oil do you consume in a given day, including oil used for frying, salads, out-of-home meals, etc?	None	About 1 teaspoon	2-3 teaspoons	More than 3 teaspoons
3. How many vegetable servings do you eat in a day? (1 serving is ½ cup cooked vegetables or 1 cup of salad or raw vegetables.)	Less than one per day	1-2	2-3	More than 3
4. How many servings of fruit do you eat in a day? (1 serving is one small fruit, ½ large fruit, about ¾ cups of fruit pieces, or ¼ cup dried fruit.)	Less than one per day	1-2	3-4	More than 4
5. How many servings of red meat, hamburger, or meat products such as ham, sausage, pepperoni, etc. do you eat in a day? (1 serving is about 3 ounces. A 6 ounce portion would count as 2 servings.)	Less than one per day	1 per day	2-3	More than 3
6. Do you choose chicken or turkey more often than beef, veal, pork, lamb, or sausage?	Yes	No		I eat neither poultry nor red meat.

OVER → → → → → → → → → → →

7. How many servings of fish or shellfish do you eat each week? (1 serving is 3 ounces. A 6 ounce portion would count as 2 servings.)	Less than one	1	2	3 or more
8. How many servings of butter, margarine, or cream do you consume per day? (1 serving is 1 tablespoon.)	Less than one	1	2-3	4 or more
9. How many servings of legumes such as pinto beans, chick peas, baked beans, lentils, etc. do you eat each week? (1 serving is ½ cup.)	Less than one	1	2-3	4 or more
10. How many times per week do you include commercial sweets, pastries, or candy, including cakes, cookies, biscuits, or pudding?	Less than once a week or never	1-2 times per week	3-5 times per week	One or more servings per day
11. How often do you drink sweetened drinks including soda, lemonade, sports drinks or flavored coffee or tea, but not diet or non-caloric drinks?	None or rarely	1-2 times per week	3-5 times per week	One or more servings per day
12. How many times per week do you drink one or two 4-5 ounce glasses of wine?	Never or rarely	1-2 times per week	3-7 times per week	More than 10 ounces in any one day
13. How many servings of nuts (including peanuts) do you eat each week? (1 serving is 1 ounce or about ¼ cup of nuts, or 2 tablespoons of peanut butter.)	None	One per week	2-3 per week	More than 3 servings per week
14. How many days per week do you include more than 2 servings of white bread, white rice, or pasta? (1 serving is ⅓ cup of rice, ½ cup of pasta, 1 slice of bread, ¼ bagel, 1 slice of pizza dough, ½ of a large roll, etc.)	Never or rarely	1-3 times per week	4-6 times per week	Daily
15. How many servings of whole grains do you eat each week? (1 serving is 1 slice of whole grain bread or ½ cup of whole grains such as brown rice, barley, or whole wheat pasta.)	Less than one a week	1-2 per week	3-5 per week	6 or more servings per week

