

# Dietary Questionnaire

## **Instructions:**

The 9-item diet questionnaire will ask the participants basic questions about food and drink habits over the past few months, because diet impacts development and severity of type 2 diabetes.

**Instructions:** Please select the option that represents the best answer for each question. Over the last few months:

- 1. How many times a week did you eat fast food meals or snacks?**
  - Less than 1 time
  - 1 - 3 times
  - 4 or more times
  - Prefer not to say
- 2. How many servings of fruit did you eat each day?**
  - 5 or more
  - 3- 4
  - 2 or less
  - Prefer not to say
- 3. How many servings of vegetables did you eat each day?**
  - 5 or more
  - 3- 4
  - 2 or less
  - Prefer not to say
- 4. How many regular sodas or glasses of sweet tea did you drink each day?**
  - Less than 1
  - 1- 2
  - 3 or more
  - Prefer not to say
- 5. How many times a week did you eat beans (like pinto or black beans), chicken, or fish?**
  - 3 or more times
  - 1 - 2 times
  - Less than 1 time
  - Prefer not to say
- 6. How many times a week did you eat regular snack chips or crackers (not low-fat)?**
  - 1 time or less
  - 2 - 3 times
  - 4 or more times
  - Prefer not to say
- 7. How many times a week did you eat desserts and other sweets (not the low-fat kind)?**

- 1 time or less
- 2 - 3 times
- 4 or more times
- Prefer not to say

**8. How much margarine, butter, or meat fat do you use to season vegetables or put on potatoes, bread or corn?**

- Very little
- Some
- A lot
- Prefer not to say

**9. How many servings of fruit juice did you drink each day?**

- Less than 1
- 1- 2
- 3 or more
- Prefer not to say