

Name: _____



Dietary Adherence Questionnaire

- **ID:**
 - **School' name:**
 - **Age:**
 - **Birth month:**
 - ☐ January
 - ☐ February
 - ☐ March
 - ☐ April
 - ☐ May
 - ☐ June
 - ☐ July
 - ☐ August
 - ☐ September
 - ☐ October
 - ☐ November
 - ☐ December
 - **Birth year:**
 - ☐ 1999
 - ☐ 2000
 - ☐ 2001
 - ☐ Other: _____
 - **Grade:**
 - ☐ Grade 10
 - ☐ Grade 11
 - ☐ Grade 12
 - **Boy/girl:**
 - ☐ Boy
 - ☐ Girl
 - **Address (city/ village):**
- You are invited to participate in a scientific research conducted by Maastricht University in the Netherlands for the academic year 2016-2017.
 - The purpose of this study is to assess the dietary behavior of Lebanese adolescents
 - You will be asked to answer 30 questions regarding dietary adherence to nutritional recommendations. Completing the questionnaire will take approximately 20 minutes.
 - You are free to withdraw at any time. Participation is voluntary.
 - All the collected data will be anonymous, and answers will not be revealed.
 - Feel free to ask any additional question.
 - By filling this questionnaire, you agree to participate in this project.



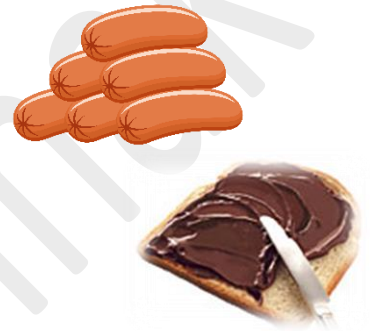
1. Yesterday, did you eat meat (like chopped meat in stews), chicken breast (grilled/boiled/not fried), or fish (grilled/boiled/not fried)?

- a. No, I did not eat any of the foods listed above
- b. Yes, I ate one of these foods once
- c. Yes, I ate one of these foods twice
- d. Yes, I ate one of these foods 3 times or more



2. Yesterday, did you eat fried chicken, chicken nuggets, fried fish, fried meat, hot dogs, sausage, mortadella, or ham?

- a. No, I did not eat any of the foods listed above
- b. Yes, I ate one of these foods once
- c. Yes, I ate one of these foods twice
- d. Yes, I ate one of these foods 3 times or more



3. Yesterday, did you eat chocolate cream or potato chips?

- a. No, I did not eat any of the foods listed above
- b. Yes, I ate one of these foods once
- c. Yes, I ate one of these foods twice
- d. Yes, I ate one of these foods 3 times or more



4. Yesterday, did you eat any of these foods? Labneh, shanklish, kareesha

- a. No, I did not eat any of the foods listed above
- b. Yes, I ate one of these foods once
- c. Yes, I ate one of these foods twice
- d. Yes, I ate one of these foods 3 times or more



5. Yesterday, did you eat any of these cheeses? Mozzarella, feta, akawi, baladiye, khadra

- a. No, I did not eat any of the foods listed above
- b. Yes, I ate one of these foods once
- c. Yes, I ate one of these foods twice
- d. Yes, I ate one of these foods 3 times or more



6. Yesterday, did you eat any of these foods? Cheddar cheese, gruyere, edam, goat cheese, gouda, parmesan, Roquefort, kashkawan, cream cheese, kishk

- a. No, I did not eat any of the foods listed above
- b. Yes, I ate one of these foods once
- c. Yes, I ate one of these foods twice
- d. Yes, I ate one of these foods 3 times or more



7. Yesterday, did you drink milk or laban?

- a. No, I did not eat any of the foods listed above
- b. Yes, I ate one of these foods once
- c. Yes, I ate one of these foods twice
- d. Yes, I ate one of these foods 3 times or more



8. Yesterday, did you drink skimmed milk (reduced or 0% fat) or skimmed laban?

- a. No, I did not eat any of the foods listed above
- b. Yes, I ate one of these foods once
- c. Yes, I ate one of these foods twice
- d. Yes, I ate one of these foods 3 times or more



9. Yesterday, did you eat white Arabic bread, kaak, franjeh bread?

- a. No, I did not eat any of the foods listed above
- b. Yes, I ate one of these foods once
- c. Yes, I ate one of these foods twice
- d. Yes, I ate one of these foods 3 times or more



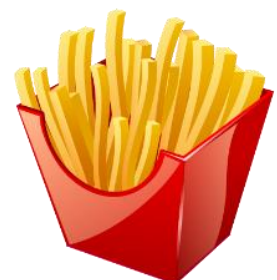
10. Yesterday, did you eat whole bread, oats bread, brown bread, tortillas?

- a. No, I did not eat any of the foods listed above
- b. Yes, I ate one of these foods once
- c. Yes, I ate one of these foods twice
- d. Yes, I ate one of these foods 3 times or more



11. Yesterday, did you eat French fries (fried potatoes)?

- a. No, I did not eat any of the foods listed above
- b. Yes, I ate one of these foods once
- c. Yes, I ate one of these foods twice
- d. Yes, I ate one of these foods 3 times or more



12. Yesterday, did you eat beans like lentils, white beans, fava beans (do not count green beans)?

- a. No, I did not eat any of the foods listed above
- b. Yes, I ate one of these foods once
- c. Yes, I ate one of these foods twice
- d. Yes, I ate one of these foods 3 times or more



13. Yesterday, did you eat any vegetables (do not count potatoes)?

- a. No, I did not eat any of the foods listed above
- b. Yes, I ate one of these foods once
- c. Yes, I ate one of these foods twice
- d. Yes, I ate one of these foods 3 times or more



14. Yesterday, did you eat fresh fruits? Do not count fruit juice and dried fruits.

- a. No, I did not eat any of the foods listed above
- b. Yes, I ate one of these foods once
- c. Yes, I ate one of these foods twice
- d. Yes, I ate one of these foods 3 times or more



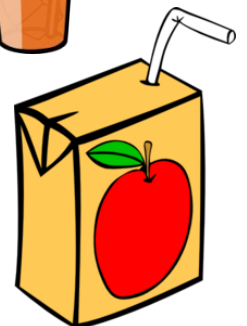
15. Yesterday, did you drink natural fruit juice?

- a. No, I did not eat any of the foods listed above
- b. Yes, I ate one of these foods once
- c. Yes, I ate one of these foods twice
- d. Yes, I ate one of these foods 3 times or more



16. Yesterday, did you drink commercial fruit juice?

- a. No, I did not eat any of the foods listed above
- b. Yes, I ate one of these foods once
- c. Yes, I ate one of these foods twice
- d. Yes, I ate one of these foods 3 times or more



17. Yesterday, did you drink soft drinks (Pepsi, 7up, Miranda, Sprite, Coca Cola, Fanta...)?

- a. No, I did not eat any of the foods listed above
- b. Yes, I ate one of these foods once
- c. Yes, I ate one of these foods twice
- d. Yes, I ate one of these foods 3 times or more



18. Yesterday, did you drink diet soft drinks (Pepsi diet, 7up diet, Coca Cola diet, ...)?

- a. No, I did not eat any of the foods listed above
- b. Yes, I ate one of these foods once
- c. Yes, I ate one of these foods twice
- d. Yes, I ate one of these foods 3 times or more



19. Yesterday, did you drink energy drinks (Red Bull, AMP, ...)?

- a. No, I did not eat any of the foods listed above
- b. Yes, I ate one of these foods once
- c. Yes, I ate one of these foods twice
- d. Yes, I ate one of these foods 3 times or more

20. Yesterday, did you eat any sweets such as sweet rolls, cookies, cakes, pies, brownies, cheesecake, doughnuts?

- a. No, I did not eat any of the foods listed above
- b. Yes, I ate one of these foods once
- c. Yes, I ate one of these foods twice
- d. Yes, I ate one of these foods 3 times or more



21. Yesterday, did you eat any Arabic sweets (namoura, knefeh, halewet el jibn, znood el sitt...)?

- a. No, I did not eat any of the foods listed above
- b. Yes, I ate one of these foods once
- c. Yes, I ate one of these foods twice
- d. Yes, I ate one of these foods 3 times or more



22. Yesterday, did you have breakfast?

- a. Yes
- b. No



23. Yesterday, how many meals did you eat (meals include breakfast, lunch, and dinner)?

- a. I did not have any meal
- b. I had 1 meal
- c. I had 2 meals
- d. I had 3 or more meals

24. Yesterday, did you have a snack? A snack is a food or drink (except for water) that you eat or drink between meals.

- a. No, I did not eat any snack
- b. Yes, I ate a snack once
- c. Yes, I ate a snack twice
- d. Yes, I ate a snack 3 times or more

25. Yesterday, how many times did you eat food from outside of your house? (restaurants, fast food restaurants, pizza places and cafeterias)

- a. No, I did not eat outside of the house
- b. Yes, I had 1 meal
- c. Yes, I had 2 meals
- d. Yes, I had 3 or more meals

26. Do you participate in physical education sessions at school?

- a. Yes
- b. No

27. Do you participate in any sports activity (other than physical education session at schools)?

- a. Yes
- b. No

28. How many hours per week do you exercise?

- a. 0
- b. 1-2
- c. 3-4
- d. >5

29. How many hours per day do you usually spend playing video games, watching TV, using tablets and chatting on the phone?

- a. 0hour
- b. 1hour
- c. 2hours
- d. 3hours
- e. 4hours
- f. 5hours
- g. 6hours
- h. >6hours

30. Do you smoke? (cigarettes and narjileh are included)

- a. Yes
- b. No
- c. Used to smoke

Adapted from SPANS 2010

