

# Dietary Adherence Questionnaire

Dear parents,

- 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 29 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.

Thank you for your support.

- **ID:**
- **Age:**
- **Birth month:**
  - ☐ January
  - ☐ February
  - ☐ March
  - ☐ April
  - ☐ May
  - ☐ June
  - ☐ July
  - ☐ August
  - ☐ September
  - ☐ October
  - ☐ November
  - ☐ December
- **Birth year:**
- **Man/woman:**
  - ☐ Man
  - ☐ Woman
- **Address (city/ village):**



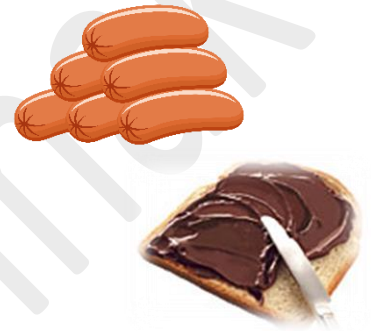
**1. Yesterday, did you eat meat (like chopped meat in stews), chicken breast (grilled/boiled/not fried), or fish (grilled/boiled/not fried)?**

- 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



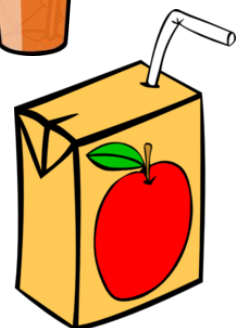
**15. Yesterday, did you drink natural fruit juice?**

- 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 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

**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 meals or more

**26. Do you practice physical activity regularly?**

- a. Yes
- b. No

**27. How many hours per week do you exercise?**

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

**28. 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

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

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

Adapted from SPANS 2010

