



**INSTRUCTIONS FOR COMPLETION OF QUESTION C1:**

- 1. GO TO BERKELEY NUTRITION SERVICES, ON-LINE FAT SCREENER FORM:  
<http://nutritionquest.com/wellness/free-assessment-tools-for-individuals/fat-intake-screener/>**
- 2. ENTER THE RESPONSES INDICATED BY THE PARTICIPANT FOR QUESTIONS B1 – B17 INTO THE FORM AND CLICK “SUBMIT QUESTIONNAIRE.”**
- 3. THE FIRST PARAGRAPH OF THE “FAT SCREENER RESULTS” WILL CONTAIN AN ESTIMATE OF THE PARTICIPANT’S FAT INTAKE.**
- 4. CIRCLE THE PARTICIPANT’S ESTIMATED FAT INTAKE BELOW IN C1.**
- 5. DATA ENTER FORM INTO APOLLO.**

C1. PERCENT FAT IN DIET:

<30% .....	0
30-35% .....	1
36-40% .....	2
>40% .....	3