

**WOMEN'S INTERAGENCY HIV STUDY  
INTENSIVE PK STUDY  
FORM PK08: DIETARY FAT PERCENTAGE QUESTIONNAIRE**

A1. PARTICIPANT ID:                   |\_|-|\_|\_|\_|-|\_|\_|\_|\_|\_|-|\_|\_|

A2. LAST WIHS CORE VISIT #:        \_\_\_ \_\_\_

A3. VERSION DATE                    0 5 / 1 4 / 0 3

A4. DATE OF COMPLETION:            \_\_\_ \_\_\_ / \_\_\_ \_\_\_ / \_\_\_ \_\_\_  
  M            D            Y

A5. INTERVIEWER'S INITIALS         \_\_\_ \_\_\_ \_\_\_

**HAND PARTICIPANT RESPONSE CARD PK08**

Think about your eating habits over the last year or so. About how often do you eat each of the following foods? Remember to include breakfast, lunch, dinner, snacks and eating out.

	1 TIME PER MONTH OR LESS	2-3 TIMES PER MONTH	1-2 TIMES PER WEEK	3-4 TIMES PER WEEK	MORE THAN 5 TIMES/WEEK
B1. Hamburgers, ground beef, meat burritos, tacos	1	2	3	4	5
B2. Beef or pork, such as steaks, roasts, ribs, or in sandwiches	1	2	3	4	5
B3. Fried chicken	1	2	3	4	5
B4. Hot dogs, Polish or Italian sausage	1	2	3	4	5
B5. Cold cuts, lunch meats, ham (not low-fat)	1	2	3	4	5
B6. Bacon or breakfast sausage	1	2	3	4	5
B7. Salad dressings (not low-fat)	1	2	3	4	5
B8. Margarine, butter or mayo on bread or potatoes	1	2	3	4	5
B9. Margarine, butter or oil in cooking	1	2	3	4	5
B10. Eggs (not Egg Beaters or just egg whites)	1	2	3	4	5
B11. Pizza	1	2	3	4	5
B12. Cheese, cheese spread (not low-fat)	1	2	3	4	5
B13. Whole milk	1	2	3	4	5
B14. French fries or fried potatoes	1	2	3	4	5
B15. Corn chips, potato chips, popcorn, crackers	1	2	3	4	5
B16. Doughnuts, pastries, cake, cookies (not low-fat)	1	2	3	4	5
B17. Ice cream (not sherbet or non-fat)	1	2	3	4	5

**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