

## Dietary Fat Questionnaire

The aim is to raise awareness about how much fat you are consuming and what foods it is coming from. Not all fats and oils are bad for us. However, fats are generally high in energy (kilojoules) which can contribute to excess weight. Although the score does not reflect good fats and bad fats it is a useful tool for you to compare in the future.

For questions **1 to 12** give yourself a score according to the table to the right. Where a question has choices (e.g. pasties, cakes..) please circle the relevant choice/s.

For questions **13 to 17** choose the score below the statement which best describes you.

Enter results in the "Score" column and total.

Frequency	Score
Six or more times per week	4
3 to 5 times per week	3
1 to 2 times per week	2
1 to 3 times per month	1
Very rarely	0

	Score
1. How often do you eat fried food with a batter or breadcrumb coating?	
2. How often do you eat gravy (from dripping), cream sauces or cheese sauces?	
3. How often do you add butter, margarine, or sour cream to vegetables, rice or spaghetti? Details (e.g. type of margarine):	
4. How often do you eat vegetables that are fried or roasted with fat or oil? What type of fat or oil:	
5. How often do you eat sausages, devon, salami, meat pies, hamburgers or bacon?	
6. How often do you eat chips or french fries?	
7. How often do you eat pastries, cakes, sweet biscuits or croissants?	
8. How often do you eat chocolate, chocolate biscuits or sweet snack bars?	
9. How often do you eat potato crisps or corn chips?	
10. How often do you eat cream?	
11. How often do you eat ice-cream?	
12. How often do you eat cheddar, edam or other hard cheese, cream cheese or cheese like camembert?	
13. What type of milk do you drink or use in cooking or tea and coffee? Condensed = 4    Full Cream = 3    Reduced Fat = 1    Skim/Shape or none = 0 Details:	
14. How much of the skin on your chicken do you eat? Most or all of the skin = 2    Some of the skin = 1    None of the skin = 0	
15. How much of the visible fat on your meat do you eat? Most or all of the fat = 2    Some of the fat = 1    None of the fat = 0	
16. How is your meat usually cooked?    Fried = 3    Roasted with added fat or oil = 2 Grilled or roasted - no added fat or oil = 1    Eat meat occasionally or never = 0	
17. How do you spread butter/margarine? Thickly = 3    Medium = 2    Thinly = 1    Don't use butter or margarine = 0 Details (e.g. type of margarine):	
<b>Total:</b>	