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| **English version of the questionnaire** |
| Note: this is a translated version of the original and validated questionnaire in the portuguese language. This English version of the questionnaire has not been validated. |

**Nutrition Questionnaire in Nutrition for Adults**

1. In your opinion, what major disease or diseases are related to what people eat and drink?

Diabetes Hypertension

1. Which of these attitude or attitudes help you reduce your chances of having these diseases(*you may answer more than one item*):
	1. Eat more fiber
	2. Eat less fat
	3. Eat more fruits and vegetables
2. How many times per day should you consume fruit (eg, na Apple or a slice of pineapple) and vegetables (eg, 2 tablespoons of sugar beets,2 tablespoons of kale, 4 tomato slices) to have good health?
	1. Fruits: \_\_\_\_\_\_\_\_\_\_\_\_
	2. Vegetables: \_\_\_\_\_\_\_\_\_\_\_
3. Which type or types of fat should be avoided in the diet? (*you can select more than one item*)
	1. Monounsaturated
	2. Polyunsaturated
	3. Trans
4. Thefollowingfoodshavetrans fats?

|  |  |  |  |
| --- | --- | --- | --- |
|  | yes | no | Don’tknow/notsure |
| 1. Icecream
 | ( ) | ( ) | ( ) |
| 1. egg
 | ( ) | ( ) | ( ) |
| 1. oreo type cookie
 | ( ) | ( ) | ( ) |
| 1. soyabean oil
 | ( ) | ( ) | ( ) |
| 1. olive oil
 | ( ) | ( ) | ( ) |

1. Thefollowingfoodsare richorpoor insalt?

|  |  |  |  |
| --- | --- | --- | --- |
|  | rich | poor | Don’tknow/notsure |
| 1. Ketchup
 | ( ) | ( ) | ( ) |
| 1. Ham
 | ( ) | ( ) | ( ) |
| 1. Cooked vegetable
 | ( ) | ( ) | ( ) |
| 1. Instant noodle
 | ( ) | ( ) | ( ) |
| 1. Ricota cheese
 | ( ) | ( ) | ( ) |
| 1. Industrialized seasoning
 | ( ) | ( ) | ( ) |
| 1. Oregano, fresh parsley
 | ( ) | ( ) | ( ) |

1. Under Brazilian law,"0% trans fat" on the label means that the food does not have this type of fat as one of its ingredients.

( ) right ( ) wrong ( ) don’t know/I am not sure

1. All *diet* and *light* foods are healthier.

( ) right ( ) wrong ( ) don’t know/I am not sure

1. On the food label, the percentage of daily reference value (% DV) indicates how much energy and nutrients the serving of the food contains in relation to a diet of 2000 calories (Kcal).

( ) right ( ) wrong ( ) don’t know/I am not sure