

Appendix A: Dining Out Questionnaire

1 What is your zip code? _____

Please circle your response.

2 Please indicate your gender.	Male	Female				
3 Please indicate your age range.	Less than 20	20 - 29	30 - 39	40 - 49	50 - 59	60+
4 Have you had a medical diagnosis for any of the following? (Circle all that apply.)	Diabetes	High Blood Pressure	Heart Disease	Overweight	Food Allergy	Other
					Please list:	Please list:
5 Have you ever received counseling by a health professional, (doctor, nurse, registered dietitian) on what diet changes might be beneficial to your health?	Yes	No				
6 Do you avoid eating out in order to meet your dietary needs?	Yes	No	Sometimes			
7 How would you prefer to see healthier menu items denoted or advertised? (Circle all that apply.)	Symbol on menu	Special section on menu	Daily specials board	Explained by server	Other Please list: _____	
	Advertised in weekend entertainment guide	Advertised in neighborhood paper	Restaurant's website	Link from restaurant reservation-finder website	Not Important	
8 What nutrient information, if any, would you like to have available on restaurant menus? (Circle all that apply.)	Serving size	Calories per serving	Sodium per serving	Fat per serving	Other Please list: _____	
	Carbohydrates per serving	Diabetic exchanges	Weight Watchers® points	Cholesterol per serving	Not Important	

9 What "healthier" food qualities, if any, do you look for when EATING AT HOME ?							
(Circle all that apply.)	Low calorie	Low sodium	Low fat	Low cholesterol	High fiber	Low carbohydrate	Organic ingredients
	Vegetarian	Vegan	Broiled vs. fried preparation	Allergen or other problematic ingredients	Other Please list: _____	Not important	
10 What "healthier" food qualities, if any, do you look for when EATING OUT ?							
(Circle all that apply.)	Low calorie	Low sodium	Low fat	Low cholesterol	High fiber	Low carbohydrate	Organic ingredients
	Vegetarian	Vegan	Broiled vs. fried preparation	Allergen or other problematic ingredients	Other Please list: _____	Not important	
11 In the past MONTH , how many times have you eaten out for the following reasons: (Indicate your answer by placing an X in the appropriate column.)							
	0 to 3 times	4 to 10 times	11 to 20 times	21+			
Celebration							
Business/Travel							
Vacation Travel							
Recreation or Socialization							
Difficulty preparing food at home							
Lack of time for preparing food at home							
12 How many people are normally in your party when you are eating out?	1	2	3 to 4	5 to 9	10 to 15	16+	
13 When you eat out, what is the average check size PER PERSON , including alcohol and gratuity?	Less than \$20	\$21 to \$40	\$41 to \$60	\$61+			

14 In the past **MONTH**, how many times have you:

(Indicate your answer by placing an **X** in the appropriate column.)

	never	1 to 3 times	4 to 10 times	11 to 15 times	16 to 20 times	21 +
a. eaten at a restaurant other than fast food?						
b. been concerned about choosing healthy food while eating out?						
c. chosen a restaurant because they offered healthier entrees?						
d. had difficulty determining which restaurant entrees were healthier choices?						
e. thought a restaurant's entrée portion size was too large?						
f. ordered an appetizer for your entrée to avoid eating too much?						
g. asked a waiter about ingredients or preparation of an entrée?						
h. asked to share a restaurant entrée with someone else at the table?						
i. asked for a 1/2 portion of a menu selection?						
j. asked for a take-home box for an unfinished restaurant entrée?						
k. wanted to know the nutrient information or serving size for a restaurant entrée?						

15 If a restaurant menu offered reduced calorie, reduced fat, reduced sodium, or otherwise healthier dishes, would you be willing to order those items?

Yes

No

Sometimes