APPENDIX B

Table 6: Received Nutrition Counseling

Response		Male	Female	Gender Not Specified	Total
Yes		22	9	1	32
No		38	11	2	51
No Response		1	0	0	1
	n=	61	20	3	84

Table 7: Avoid Eating Out to Meet Dietary Needs

Response	Male	Female	Gender Not Specified	*p*
Yes & Sometimes	26	13	0	0.049
No	35	6	3	NS
No Response	0	1	0	NS
n=	61	20	3	

NS = no significance

Table 8: Preferences for Denotation of Healthier Menu Items

Methods	Male n=61	Female n=20	Gender Not Specified	*p*
Symbol on Menu	35	11	1	NS
Weekend Entertainment Guide	0	0	0	NS
Special Section on Menu	25	15	2	0.008
Neighborhood Newspaper	4	0	0	NS
Daily Specials Board	10	1	0	NS
Restaurant's Website	15	7	1	NS
Explained by Server	12	0	2	NS
Link from Reservation-Finder Website	1	0	1	NS
Other	0	1	0	NS
Not Important	9	1	1	NS

NS = no significance

Table 9: Nutrition Information Desired on Menus

	Male n=61	Female n=20	Gender Not Specified	*p*
Serving Size	19	14	2	0.002
Carbohydrates per Serving	10	9	1	0.009
Calories per Serving	33	14	2	NS
Diabetic Exchanges	6	2	0	NS
Sodium per Serving	13	6	2	NS
Weight Watchers® Points	3	7	0	<0.001
Fat per Serving	28	9	1	NS
Cholesterol per Serving	17	2	0	NS
Other	4	1	1	NS
Not Important	10	0	1	NS

NS = no significance

Table 10: Healthier Food Qualities Desired When Eating at Home (by Gender)

Healthier Food Quality	Male n=60	Female n=20	Gender Not Specified	*p*
Low Calorie	19	9	2	NS
Low Sodium	18	9	2	NS
Low Fat	28	10	3	NS
Low Cholesterol	20	4	3	NS
High Fiber	18	12	1	0.016
Low Carbohydrates	7	10	1	<0.001
Organic	9	6	0	NS
Vegetarian	4	1	0	NS
Vegan	0	2	0	NS
Not Fried	19	11	1	NS
Allergen-Free	1	1	0	NS
Other	6	0	0	NS
Not Important	2	0	0	NS

NS = no significance

Table 11: Healthier Food Qualities Desired When Eating Out (by Gender)

Healthier Food Quality	Male n=60	Female n=19	Gender Not Specified	*p*
Low Calorie	6	9	0	<0.001
Low Sodium	10	2	1	NS
Low Fat	19	9	1	NS
Low Cholesterol	9	1	0	NS
High Fiber	5	2	0	NS
Low Carbohydrate	10	8	0	0.021
Organic	4	1	0	NS
Vegetarian	4	2	0	NS
Vegan	0	3	0	NS
Not Fried	25	10	2	NS
Allergen-Free	1	0	0	NS
Other	3	1	0	NS
Not Important	16	2	1	NS

NS = no significance

Table 12: Healthier Food Qualities Desired When Eating at Home (by Dining-out Frequency)

Healthier Food Quality	Ate Out 0-3 times/month n=13	Ate Out 4 or more times/month n=70	*p*
Low Calorie	3	12	NS
Low Sodium	1	12	NS
Low Fat	3	26	NS
Low Cholesterol	0	10	NS
High Fiber	1	6	NS
Low Carbohydrates	3	15	NS
Organic	0	5	NS
Vegetarian	1	5	NS
Vegan	2	1	NS
Not Fried	6	31	NS
Allergen-Free	0	1	NS
Other	0	4	NS
Not Important	4	15	NS

Table 13: Number Times per Month Eating Out for Celebration

Number of Times Eaten Out	Male	Female	Gender Not Specified	Total
0 to 3	49	18	3	70
4 to 10	9	2	0	11
11 to 20	1	0	0	1
21+	1	0	0	1
n=	60	20	3	83

Table 14: Number Times per Month Eating Out for Business/Travel

Number of Times Eaten Out	Male	Female	Gender Not Specified	Total
0 to 3	23	18	1	42
4 to 10	17	2	2	21
11 to 20	14	0	0	14
21+	6	0	0	6
n=	60	20	3	83

Table 15: Number Times per Month Eating Out for Vacation Travel

Number of Times Eaten Out	Male	Female	Gender Not Specified	Total
0 to 3	49	16	2	67
4 to 10	8	4	1	13
11 to 20	2	0	0	2
21+	1	0	0	1
n=	60	20	3	83

Table 16: Number Times per Month Eating Out for Recreation/Socialization

Number of Times Eaten Out	Male	Female	Gender Not Specified	Total
0 to 3	30	15	2	47
4 to 10	25	3	1	29
11 to 20	3	1	0	4
21+	2	1	0	3
n=	60	20	3	83

Table 17: Number Times per Month Eating Out Due to Difficulties Preparing Food at Home

Number of Times Eaten Out	Male	Female	Gender Not Specified	Total
0 to 3	52	17	3	72
4 to 10	5	1	0	6
11 to 20	3	1	0	4
21+	0	1	0	1
n=	60	20	3	83

Table 18: Number Times per Month Eating Out Due to Lack of Time to Prepare Food at Home

Number of Times Eaten Out	Male	Female	Gender Not Specified	Total
0 to 3	43	11	3	57
4 to 10	11	5	0	16
11 to 20	5	1	0	6
21+	1	3	0	4
n=	60	20	3	83

Table 19: Number of People Normally in Party When Eating Out

Number in Party	Male	Female	Gender Not Specified	Total
1 Person	3	0	0	3
2 People	23	8	1	32
3 to 4 People	27	8	2	37
5 to 9 People	6	2	0	8
10 to 15 People	0	0	0	0
16+ People	0	1	0	1
n=	59	19	3	81

Table 20: Average Check Size per Person Including Alcohol & Gratuity

Price Range	Male	Female	Gender Not Specified	Total
< $20	24	12	1	37
$21 to $40	27	7	2	36
$41 to $60	4	1	0	5
$61+	2	0	0	2
n=	57	20	3	80

Table 21: Number Times Eaten Out in Past Month at a Restaurant Other than Fast Food

	Male	Female	Gender Not Specified	Total
Never	4	2	0	6
1 to 3 times	13	10	2	25
4 or more times	43	7	1	51
n=	60	19	3	82

Table 22: Number Times Eaten Out in Past Month at a Restaurant Other than Fast Food
Entire Sample versus Most Frequent Diners

	Entire Sample	Most Frequent Diners (4 or more times/month)
Never	6	3
1 to 3 Times	25	15
4 or more times/month	51	50
n=	82	68

Table 23: Number Times in the Past Month Concerned about Choosing Healthy Food While Eating Out (by Gender)

Number of Times Concerned about Healthy Food	Male	Female	Gender Not Specified	Total
Never	17	2	1	20
1 to 3 Times	17	6	1	24
4 to 10 Times	19	8	1	28
11 to 15 Times	5	1	0	6
16 to 20 Times	3	1	0	4
21+ Times	0	0	0	0
n=	61	18	3	82

Table 24: Number Times in the Past Month Concerned about Choosing Healthy Food While Eating Out (by Dining-out Frequency)

Number of Times Conerned about Choosing Healthy Foods	Dined Out 0 to 3 times/month	Dined out 4 or more times/month
Never	6	14
1 or more times/month	7	55

p =0.046

Table 25: Number Times in the Past Month a Restaurant Was Chosen because Healthier Entrées Were Offered (by Gender)

Number of Times Restaurant Chosen for Healthier Entrées	Male	Female	Gender Not Specified	Total
Never	27	3	1	31
1 to 3 Times	17	8	1	26
4 to 10 Times	12	5	1	18
11 to 15 Times	4	1	0	5
16 to 20 Times	1	1	0	2
21+ Times	0	0	0	0
n=	61	18	3	82

Table 26: Number Times in the Past Month a Restaurant Was Chosen because Healthier Entrées Were Offered (by Dining-out Frequency)

Number of Times Restaurant Chosen for Healthier Entrées	Male	Female
Never	27	3
1 or more times/month	34	15

p=0.034

Table 27: Number Times in the Past Month Had Difficulity Determining which Restaurant Entrées Were Healthier

Number of Times Difficulty Determining Healthier Entrées	Male	Female	Gender Not Specified	Total
Never	31	5	1	37
1 to 3 Times	12	6	2	20
4 to 10 Times	15	6	0	21
11 to 15 Times	1	1	0	2
16 to 20 Times	1	0	0	1
21+ Times	1	0	0	1
n=	61	18	3	82

Table 28: Number Times in the Past Month Portion Size Was Considered Too Large

Number of Times Portion Size Too Large	Male	Female	Gender Not Specified	Total
Never	24	3	1	28
1 to 3 Times	17	10	1	28
4 to 10 Times	17	3	1	21
11 to 15 Times	3	2	0	5
16 to 20 Times	0	0	0	0
21+ Times	0	0	0	0
n=	61	18	3	82

Table 29: Number Times in the Past Month Appetizer Ordered Instead of Entrée To Avoid Overeating

Number of Times Appetizer Ordered Instead of Entrée	Male	Female	Gender Not Specified	Total
Never	35	9	2	46
1 to 3 Times	21	6	1	28
4 to 10 Times	5	2	0	7
11 to 15 Times	0	1	0	1
16 to 20 Times	0	0	0	0
21+ Times	0	0	0	0
n=	61	18	3	82

Table 30: Number Times in Past Month Asked Server About Ingredients or Preparation

Number of Times Server Was Asked About Ingredients or Preparation	Male	Female	Gender Not Specified	Total
Never	37	14	2	53
1 to 3 Times	14	2	1	17
4 to 10 Times	8	1	0	9
11 to 15 Times	1	1	0	2
16 to 20 Times	0	0	0	0
21+ Times	0	0	0	0
n=	60	18	3	81

Table 31: Number Times in Past Month Asked to Share an Entrée

Number of Times Asked to Share Entrée	Male	Female	Gender Not Specified	Total
Never	30	5	1	36
1 to 3 Times	24	10	2	36
4 to 10 Times	6	1	0	7
11 to 15 Times	0	2	0	2
16 to 20 Times	0	0	0	0
21+ Times	1	0	0	1
n=	61	18	3	82

Table 32: Number Times in Past Month Asked for Half Portion of an Entrée

Number of Times Asked for Half Portion	Male	Female	Gender Not Specified	Total
Never	52	15	3	70
1 to 3 Times	8	2	0	10
4 to 10 Times	0	0	0	0
11 to 15 Times	0	1	0	1
16 to 20 Times	0	0	0	0
21+ Times	1	0	0	1
n=	61	18	3	82

Table 33: Number Times in Past Month Asked for a Take-Home Box

Number of Times Asked for Take-Home Box	Male	Female	Gender Not Specified	Total
Never	10	2	0	12
1 to 3 Times	36	11	3	50
4 to 10 Times	12	2	0	14
11 to 15 Times	1	2	0	3
16 to 20 Times	0	1	0	1
21+ Times	2	0	0	2
n=	61	18	3	82

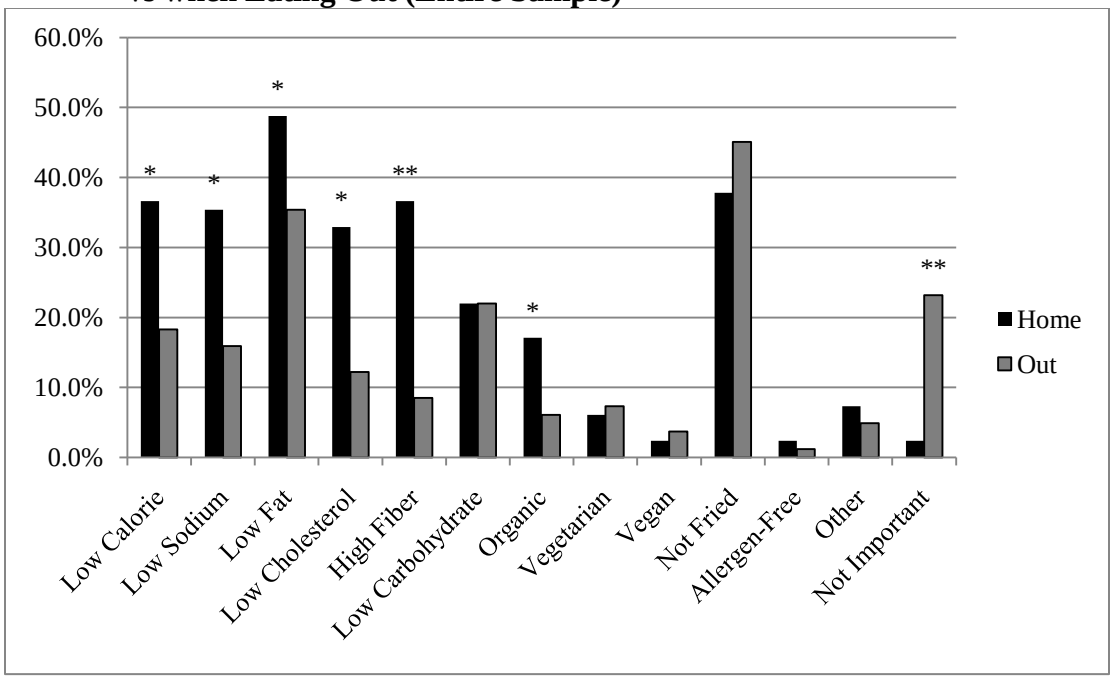
Table 34: Number Times in Past Month Wanted to Know Nutrient Information or Serving Size of an Entrée

Number of Times Serving Size Information Was Wanted	Male	Female	Gender Not Specified	Total
Never	46	10	3	59
1 to 3 Times	11	4	0	15
4 to 10 Times	4	2	0	6
11 to 15 Times	0	1	0	1
16 to 20 Times	0	0	0	0
21+ Times	0	1	0	1
n=	61	18	3	82

Table 35: Willingness to Order Healthier Entrees if Offered on Restaurant Menus

Willingness to Order Healthier Entrées	Male	Female	Gender Not Specified	Total
Yes	36	16	2	54
No	5	1	0	6
Sometimes	19	2	1	22
n=	60	19	3	82

Figure 21: Comparison of Food Qualities Desired when Eating at Home vs when Eating Out (Entire Sample)



$p<0.05$
**$p<0.001$