

Name: _____

Date: _____

NWLRC Fat Intake Scale

Circle the answer which best describes the way you have been eating over the past month.

1. How many ounces of meat, fish, or poultry do you usually eat?

1. I do not eat meat, fish, or poultry.
2. I eat 3 ounces or less per day.
3. I eat 4-6 ounces per day.
4. I eat 7 or more ounces per day.

*3 ounces of meat, fish, or chicken is any **ONE** of the following: 1 regular hamburger, 1 chicken breast, 1 chicken leg (thigh and drumstick), 1 pork chop or 3 slices of pre-sliced lunch meat.

2. How much cheese do you eat per week?

1. I do not eat cheese.
2. I eat whole milk cheese less than once a week and/or use only low fat cheese such as diet cheese, low fat cottage cheese, or ricotta.
3. I eat whole milk cheese once or twice per week (such as cheddar, Swiss, Monterey jack).
4. I eat whole milk cheese three or more times per week.

3. What type of milk do you use?

1. I use only skim or 1% milk, or don't use milk.
2. I usually use skim milk or 1% milk, but use others occasionally.
3. I usually use 2% or whole milk.

4. How many visible egg yolks do you use per week?

1. I avoid all egg yolks or use less than one per week and/or use only egg substitutes.
2. I eat 1-2 egg yolks per week.
3. I eat 3 or more egg yolks per week.

5. How often do you eat these meats: regular hamburger, bologna, salami, hot dogs, corned beef, spareribs, sausage, bacon, braunsweiger, or liver? Do not count others.

1. I do not eat any of these meats.
2. I eat them about once per week or less.
3. I eat them about 2 to 4 times per week.
4. I eat more than 4 servings per week.

- 6. How many commercial baked goods and how much regular ice cream do you usually eat? (Examples: cake, cookies, coffee cake, sweet roles, donuts, etc. Do not count low fat versions).**
1. I do not eat commercial baked goods and ice cream.
 2. I eat commercial baked goods or ice cream once per week or less.
 3. I eat commercial baked goods or ice cream 2 to 4 times per week.
 4. I eat commercial baked goods or ice cream more than 4 times per week.
- 7. What is the main type of fat you cook with?**
1. I use nonstick spray or I do not use fat in cooking.
 2. I use canola, peanut, or olive oil.
 3. I use margarine or safflower, sunflower, cottonseed, soybean, and corn oil.
 4. I use butter, shortening, bacon drippings, lard, or tropical oils (Examples: coconut, palm, or palm kernel oil).
- 8. How often do you eat snack foods such as chips, fries, or party crackers?**
1. I do not eat these snack foods.
 2. I eat one serving of these snacks per week.
 3. I eat these snacks 2 to 4 times per week.
 4. I eat these snack foods more than four times per week.
- 9. What spread do you usually use on bread, vegetables, etc.?**
1. I do not use any spreads.
 2. I use diet or light margarine.
 3. I use margarine.
 4. I use butter.
- 10. How often do you eat as a snack candy bars, chocolate, or nuts?**
1. Less than once per week.
 2. One to 3 times per week.
 3. More than 3 times per week.
- 11. When you use recipes or convenience foods, how often are they low fat?**
1. Almost always.
 2. Usually.
 3. Sometimes.
 4. Seldom or never.
- 12. When you eat away from home, how often do you choose low fat foods?**
1. Almost always.
 2. Usually.
 3. Sometimes.
 4. Seldom or never.