

The next few items are about

choosing foods.

If a person wanted to reduce the amount of fat in their diet, which would be the best choice?

(1) beef

(2) turkey

(3) chicken

(4) pork

(5) lamb

(6) fish

(7) eggs

(8) cheese

(9) butter

(10) cream

(11) margarine

(12) shortening

(13) lard

(14) oil

(15) fat

(16) sugar

(17) salt

(18) vinegar

(19) lemon juice

(20) ketchup

(21) mustard

(22) mayonnaise

(23) dressing

(24) sauce

(25) gravy

(26) butter

(27) margarine

(28) shortening

(29) lard

(30) oil

(31) fat

(32) sugar

(33) salt

(34) vinegar

(35) lemon juice

(36) ketchup

(37) mustard

(38) mayonnaise

(39) dressing

(40) sauce

(41) gravy

(42) butter

(43) margarine

(44) shortening

(45) lard

(46) oil

(47) fat

(48) sugar

(49) salt

(50) vinegar

(51) lemon juice

(52) ketchup

(53) mustard

(54) mayonnaise

(55) dressing

(56) sauce

(57) gravy

(58) butter

(59) margarine

(60) shortening

(61) lard

(62) oil

(63) fat

(64) sugar

(65) salt

(66) vinegar

(67) lemon juice

(68) ketchup

(69) mustard

(70) mayonnaise

(71) dressing

(72) sauce

(73) gravy

(74) butter

(75) margarine

(76) shortening

(77) lard

(78) oil

(79) fat

(80) sugar

(81) salt

(82) vinegar

(83) lemon juice

(84) ketchup

(85) mustard

(86) mayonnaise

(87) dressing

(88) sauce

(89) gravy

(90) butter

(91) margarine

(92) shortening

(93) lard

(94) oil

(95) fat

(96) sugar

(97) salt

(98) vinegar

(99) lemon juice

(100) ketchup

(101) mustard

(102) mayonnaise

(103) dressing

(104) sauce

(105) gravy

(106) butter

(107) margarine

(108) shortening

(109) lard

(110) oil

(111) fat

(112) sugar

(113) salt

(114) vinegar

(115) lemon juice

(116) ketchup

(117) mustard

(118) mayonnaise

(119) dressing

(120) sauce

(121) gravy

(122) butter

(123) margarine

(124) shortening

(125) lard

(126) oil

(127) fat

(128) sugar

(129) salt

(130) vinegar

(131) lemon juice

(132) ketchup

(133) mustard

(134) mayonnaise

(135) dressing

(136) sauce

(137) gravy

(138) butter

(139) margarine

(140) shortening

(141) lard

(142) oil

(143) fat

(144) sugar

(145) salt

(146) vinegar

(147) lemon juice

(148) ketchup

(149) mustard

(150) mayonnaise

(151) dressing

(152) sauce

(153) gravy

(154) butter

(155) margarine

(156) shortening

(157) lard

(158) oil

(159) fat

(160) sugar

(161) salt

(162) vinegar

(163) lemon juice

(164) ketchup

(165) mustard

(166) mayonnaise

(167) dressing

(168) sauce

(169) gravy

(170) butter

(171) margarine

(172) shortening

(173) lard

(174) oil

(175) fat

(176) sugar

(177) salt

(178) vinegar

(179) lemon juice

(180) ketchup

(181) mustard

(182) mayonnaise

(183) dressing

(184) sauce

(185) gravy

(186) butter

(187) margarine

(188) shortening

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(192) sugar

(193) salt

(194) vinegar

(195) lemon juice

(196) ketchup

(197) mustard

(198) mayonnaise

(199) dressing

(200) sauce

(201) gravy

(202) butter

(203) margarine

(204) shortening

(205) lard

(206) oil

(207) fat

(208) sugar

(209) salt

(210) vinegar

(211) lemon juice

(212) ketchup

(213) mustard

(214) mayonnaise

(215) dressing

(216) sauce

(217) gravy

(218) butter

(219) margarine

(220) shortening

(221) lard

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(225) salt

(226) vinegar

(227) lemon juice

(228) ketchup

(229) mustard

(230) mayonnaise

(231) dressing

(232) sauce

(233) gravy

(234) butter

(235) margarine

(236) shortening

(237) lard

(238) oil

(239) fat

(240) sugar

(241) salt

(242) vinegar

(243) lemon juice

(244) ketchup

(245) mustard

(246) mayonnaise

(247) dressing

(248) sauce

(249) gravy

(250) butter

(251) margarine

(252) shortening

(253) lard

(254) oil

(255) fat

(256) sugar

(257) salt

(258) vinegar

(259) lemon juice

(260) ketchup

(261) mustard

(262) mayonnaise

(263) dressing

(264) sauce

(265) gravy

(266) butter

(267) margarine

(268) shortening

(269) lard

(270) oil

(271) fat

(272) sugar

(273) salt

(274) vinegar

(275) lemon juice

(276) ketchup

(277) mustard

(278) mayonnaise

(279) dressing

(280) sauce

(281) gravy

(282) butter

(283) margarine

(284) shortening

(285) lard

(286) oil

(287) fat

(288) sugar

(289) salt

(290) vinegar

(291) lemon juice

(292) ketchup

(293) mustard

(294) mayonnaise

(295) dressing

(296) sauce

(297) gravy

(298) butter

(299) margarine

(300) shortening

(301) lard

(302) oil

(303) fat

(304) sugar

(305) salt

(306) vinegar

(307) lemon juice

(308) ketchup

(309) mustard

(310) mayonnaise

(311) dressing

(312) sauce

(313) gravy

(314) butter

(315) margarine

(316) shortening

(317) lard

(318) oil

(319) fat

(320) sugar

(321) salt

(322) vinegar

(323) lemon juice

(324) ketchup

(325) mustard

(326) mayonnaise

(327) dressing

(328) sauce

(329) gravy

(330) butter

4. Are you aware of any major health problems

6. What is your current health status?

7. How do you feel about your current health status?

8. How do you feel about your current health status?

sease?

Not
Sure

Finally, please take a few questions about yourself.

6. Are you most concerned?

(a) Male

(b) Female

eating more fibre

How old are you?

(e)

55-64

(f) 55-64

(g)

65-74

(b) more than 75

(c) 35-44

eating less

prescribed medicines

7. Do you think these help prevent heart disease?

Yes No

is more likely to raise

8. Which one of the