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[<<< Return >>>](#)

Eating Patterns

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C. Eating Patterns

Thinking about your usual or normal week...

1. How many days out of the 7-day week do you eat breakfast?

epbrfst7 days/wk

2. How many days out of the 7-day week do you eat lunch/brunch?

eplunch7 days/wk

3. How many days out of the 7-day week do you eat dinner?

epdinner7 days/wk

4. Counting all meals and any snacks you may have, how many times a day do you usually eat?

epeatcount times

5. How many days a week do you eat out at?

	<u>breakfast</u>	<u>lunch</u>	<u>dinner</u>
a. Fast food restaurants for:	<u>epffbrfst</u>	<u>epfflunch</u>	<u>epffdinner</u>
b. Other types of restaurants for:	<u>epobrfst</u>	<u>epolunch</u>	<u>epodinner</u>

6. In the past 6 months, have you experienced any food cravings (i.e., intense desires to eat a specific food)?

epcrave6

1 Yes
2 No

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