



What Factors Determine Your Food Choices?

| | Not significant at all | | | , | Very significant | |
|------------------------------|------------------------|---|---|---|------------------|---|
| Weight control | 0 | 1 | 2 | 3 | 4 | 5 |
| Health | 0 | 1 | 2 | 3 | 4 | 5 |
| Food costs | 0 | 1 | 2 | 3 | 4 | 5 |
| Convenience/Time | 0 | 1 | 2 | 3 | 4 | 5 |
| Family background | 0 | 1 | 2 | 3 | 4 | 5 |
| Advertisements (TV or radio) | 0 | 1 | 2 | 3 | 4 | 5 |
| Emotions | 0 | 1 | 2 | 3 | 4 | 5 |
| Peers (friends, co-workers) | 0 | 1 | 2 | 3 | 4 | 5 |
| Customs/Ethnic background | 0 | 1 | 2 | 3 | 4 | 5 |
| Physical activity level | 0 | 1 | 2 | 3 | 4 | 5 |
| Taste | 0 | 1 | 2 | 3 | 4 | 5 |

Interpretation

Take note of the factors that scored 4 or 5. These are your most significant influences. Next to these put a PLUS (+) or MINUS (-)sign to indicate whether you feel they have been a positive ornegative influence on your health.

Adapted from Contemporary Nutrition Issues and Insights, 1994.



In partnership with the HealthMatters Community Academic Partnership in the Rehabilitation Research and Training Center on Aging with Developmental Disabilities at the University of Illinois at Chicago (UIC).

