Welcome	
This is a short survey for a study about how experiences you had in class this fall affect your eating habits. Your responses will be kept confidential	al.
We value your time and honesty. You have already been entered in a drawing for a \$500 prize for providing your email address to us. If you complete the survey, you will receive another entry in the drawing, doubling your chance to win.	

Dietary Habits

*1. Think back to the meals and snacks you have had in the last 7 days. At how many different times did you eat or drink any of the following items, including as part of a mixed dish? (For example, if you only eat fruit for breakfast, regardless of how many fruits you eat, you would report 1 time per day. If you ate spinach lasagna, it would count as a vegetable, a grain and a dairy product.) Please mark one choice for each row.

	5 or more times 3 a day	3 to 4 times per day	1 to 2 times per day	r 3 to 6 times per 1 week	to 2 times per week	Not last week but eat	Never
Grains (bread, pasta, rice, etc.)	0	0	0	0	0	0	0
Fruit	0	\odot	\odot	0	0	\circ	0
Vegetables	0	0	0	0	0	0	0
Dairy (milk products)	0	\odot	\odot	0	0	\circ	0
Red meat (beef, pork, etc.)	0	0	0	0	0	0	0
Poultry (chicken, turkey, etc.)	0	\odot	\odot	0	0	\circ	0
Fish or other seafood	0	0	0	0	0	0	0
Eggs	0	\circ	\circ	0	\circ	0	0
Beans, including soy product	s O	0	0	0	0	0	0
Sweets (candy, cookies, soda etc.)	, С	O	0	0	O	C	0
Caffeinated drinks	0	0	\circ	0	\odot	0	0

*2. Which of the following labels would you use to describe your current diet? Check all
that apply.
Atkins (eat low carbohydrate, high protein foods)
Paleolithic (consists of fish, meats, eggs, vegetables, fruits, fungi, roots, and nuts, trying to mimic the diet of paleolithic humans)
Halal (conforms to the regulations of Islamic Shari'ah)
☐ Kosher (conforms to the regulations of kashrut Jewish dietary law)
Mediterranean (primarily fruits and vegetables, whole grains, legumes, nuts, healthy fats (olive oil), red wine, herbs and spices instead of salt, some poultry and fish, limited red meat)
Pescetarian (eat fish, egg, and milk products, but no meat)
☐ Vegetarian (eat egg and milk products, but no meat or fish)
Vegan (eat no milk products, no egg, no fish, no chicken, and no other animal products, only plant-based products)
Meat reduction (attempting to reduce meat consumption)
Reduced fat
Reduced calorie
☐ Reduced salt
Reduced sugar
☐ No particular diet (no specific preferences or exclusions)
Another type of diet:

*3. Now, think back to the meals and snacks you had in a typical week 3 months ago. At how many different times did you eat or drink any of the following items, including as part of a mixed dish? (For example, if you only ate fruit for breakfast, regardless of how many fruits you ate, you would report 1 time per day. If you ate spinach lasagna, it would count as a vegetable, a grain and a dairy product.) Please mark one choice for each row.

	5 or more times a day	3 to 4 times per day	1 to 2 times per day	3 to 6 times per week	1 to 2 times per week	Not every week but eat	Never
Grains (bread, pasta, rice, etc.)	0	O	0	O	O	0	0
Fruit	0	0	0	0	0	0	0
Vegetables	0	0	0	0	0	0	0
Dairy (milk products)	0	0	0	0	0	0	0
Red meat (beef, pork, etc.)	O	0	0	0	0	0	0
Poultry (chicken, turkey, etc.)	0	0	0	0	0	0	0
Fish or other seafood	O	0	0	0	0	0	0
Eggs	0	0	0	0	0	0	0
Beans, including soy product	s O	0	0	0	0	0	0
Sweets (candy, cookies, soda etc.)	, 0	0	0	O	O	0	0
Caffeinated drinks	0	0	0	0	0	0	0

*4. Which of the following labels would you use to describe your diet 3 months ago? Check all that apply.	
Check all that apply.	
Atkins (eat low carbohydrate, high protein foods)	
Paleolithic (consists of fish, meats, eggs, vegetables, fruits, fungi, roots, and nuts, trying to mimic the diet of paleolithic humans)	
Halal (conforms to the regulations of Islamic Shari'ah)	
Kosher (conforms to the regulations of kashrut Jewish dietary law)	
Mediterranean (primarily fruits and vegetables, whole grains, legumes, nuts, healthy fats (olive oil), red wine, herbs and spices instead of salt, some poultry and fish, limited red meat)	f
Pescetarian (eat fish, egg, and milk products, but no meat)	
☐ Vegetarian (eat egg and milk products, but no meat or fish)	
Vegan (eat no milk products, no egg, no fish, no chicken, and no other animal products, only plant-based products)	
☐ Meat reduction (attempting to reduce meat consumption)	
Reduced fat	
Reduced calorie	
Reduced salt	
Reduced sugar	
No particular diet (no specific preferences or exclusions)	
☐ Another type of diet:	

5. If your diet changed over the last 3 months, which of the following reasons contributed
to the change? (Check all that apply.)
Health reasons (my idea)
Health reasons (my doctor's suggestion)
☐ Allergies
☐ Environmental reasons
☐ Animal cruelty
☐ Social justice
Religious reasons
Ethical reasons
Like the taste better
□ Cost
Convenience
Changed where I get food or who prepares food for me because of other life changes
Seasonal variation
Don't know
Not applicable: I did not change my diet
Other (please specify)

Suppl	lementa	l Infor	mation
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*6. Listed below are a few statements about your relationships with others. How much is each statement TRUE or FALSE for you?

	Definitely true	Mostly true	Don't know	Mostly false	Definitely false
I am always courteous even to people who are disagreeable.	О	О	C	О	O
There have been occasions when I took advantage of someone.	0	0	O	O	0
I sometimes try to get even rather than forgive and forget.	0	0	0	O	O
I sometimes feel resentful when I don't get my way.	O	0	O	0	O
No matter who I'm talking to, I am always a good listener.	0	О	0	O	O

7. For the following statements, please indicate the answer closest to your personal beliefs.

	Strongly disagree	Disagree	Neutral	Agree	Strongly agree	Not Applicable
I am thinking about making a change to my current diet		0	0	0	0	0
I have decided to make a change to my current diet, but not yet done so.	0	0	0	O	0	0
I make an effort to buy humanely-raised animal products.	0	O	O	0	0	O
Chickens have the ability to have an equally rich emotional life (complex and wide-ranging feelings) as dogs.	0	O	O	O	0	0
Chickens have the same ability to feel pain and pleasure as dogs.	0	0	0	O	0	0

Supplemental Information
8. Have you, in the last four years, lived with a pet that you interacted with regularly? Check all that apply.
□ Cat
□ Dog
Fish
☐ Bird
Rodent (gerbil, rat, etc.)
Reptile
Horse
Other (please specify)
9. If you currently eat meat, what are the main reasons that you are not vegetarian?
☐ I've never really thought about it.
☐ I wouldn't know what to eat.
☐ I think it would be inconvenient.
I don't feel it would make a difference.
My family would disapprove.
☐ My friends or boyfriend/girlfriend would disapprove.
☐ I'm not sure how it would affect my health.
☐ I would miss certain foods.
☐ It costs too much to be vegetarian.
☐ It's not cool/trendy.
Not applicable: I do not eat meat, chicken, or fish.
*10. Have you attended a presentation about factory farming this semester, including in a
class meeting?
C Yes
C No

Demographics	
11. What is your gender?	
C Female	
C Male	
12. What is your age?	
13. What is the name of your school?	
14. In what state do you go to school?	
	

Thank you for your time. I 2014.	f you give your email address b	pelow, you will receive tw	o entries in the raffle for	a \$500 prize to be drawn	on February 28,
15. Please fill in	your email address	s so that we car	contact you if	you win the priz	e.
16. May we cont one?	tact you in the futur	e with opportur	ities to fill out	surveys similar t	o this
O Yes					
O No					