

## 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.

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.



**\*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:



**\*4. Which of the following labels would you use to describe your diet 3 months ago?**

**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)
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- 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)



## 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?**

- Yes
- No



## Demographics

### 11. What is your gender?

Female

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. If you give your email address below, you will receive two entries in the raffle for a \$500 prize to be drawn on February 28, 2014.

**15. Please fill in your email address so that we can contact you if you win the prize.**

**16. May we contact you in the future with opportunities to fill out surveys similar to this one?**

- Yes
- No