



HCHS/SOL- Family Lifestyle Outcomes Research

Home Food Inventory Questionnaire (HFIE)

QXQ

4/16/2019

General Instructions

Participant should look throughout their home for where food is stored when completing this form. Throughout food categories and types listed on the form, lower fat products will be labeled as “reduced-fat”, “low-fat”, “light”, “nonfat” or “skim” on product and can be interchangeable.

QxQ Instructions

Questions 1 – 5: Select one answer for each item. If food in that category is not present in the home, select No and move on to the next food category. Answer choices are:

0=No
1=Yes

1. Do you have **Cheese** in your home?

If Yes, specify type you have at home

- a. Shredded or block regular cheese (example: American, cheddar)
- b. Sliced regular cheese (example: American, cheddar)
- c. Shredded or block of reduced-fat cheese (example: low fat cheddar)
- d. Sliced reduced-fat cheese (example: low fat cheddar, low fat swiss)
- e. String cheese
- f. Mozzarella cheese
- g. Regular ricotta or cottage cheese (minimum of 4% fat)
- h. Reduced-fat ricotta or cottage cheese (2% or low fat on label)
- i. Regular cream cheese
- j. Reduced-fat cream cheese or neufchatel
- k. Cheez Whiz, Velveeta, canned cheese or other similar cheese

2. Do you have **Milk/Dairy** in your home (see the “other beverage” section for non-dairy beverages)

If Yes, indicate which ones you have

- a. Skim milk
- b. 1% or 2% low fat milk
- c. Whole milk
- d. Half and half, whipping cream or heavy cream
- e. Sour cream or sour cream/cheese dips
- f. Reduced-fat sour cream or low fat sour cream/cheese dips
- g. Chocolate or flavored milk
- h. Reduced-fat yogurt (with or without fruit)
- i. Regular yogurt (made from whole milk, with or without fruit)
- j. Reduced-fat yogurt drinks



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3. Do you have **Butter, Margarine,** and **Oils** in your home?

If Yes, indicate which ones you have

- a. Regular butter
- b. Light butter
- c. Regular margarine or butter substitute
- d. Light margarine or butter substitute
- e. Olive oil
- f. Vegetable oil (example: canola oil, corn oil)
- g. Seed oil (example: sunflower oil, sesame oil)
- h. Lard or shortening

4. Do you have **Salad Dressing** in your home?

If Yes, indicate which ones you have

- a. Regular dressing (e.g., blue cheese dressing, Caesar, ranch)
- b. Light/reduced fat dressing (example: light blue cheese, light Italian)

5. Do you have **Condiments** in your home?

If Yes, indicate which ones you have

- a. Regular mayonnaise
- b. Light/reduced fat mayonnaise
- c. Miracle Whip or other sandwich spread
- d. Mustard
- e. Ketchup

Question 6: If Yes on Q5, record how many other types of condiments are present.

6. How many other types of **condiments** (e.g., BBQ sauce, horseradish sauce, tartar sauce, steak sauce) do you estimate you have in your home? (mark only one response)

0=None

1=1 to 5

2=6-10

3=More than 10 types

Questions 7 – 15: Select one answer for each item. If food in that category is not present in the home, select No and move on to the next food category. Answer choices are:



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0=No

1=Yes

7. Do you have **Vegetables** in your home?

If Yes, indicate which ones you have

- a. Asparagus
- b. Beets
- c. Bell peppers (e.g. green, red)
- d. Broccoli
- e. Cabbage
- f. Cauliflower
- g. Carrots
- h. Celery
- i. Corn
- j. Cucumbers
- k. Green beans
- l. Lettuce (example: romaine, endive)
- m. Mushrooms
- n. Peas
- o. Potatoes
- p. Spinach/other greens (collard)
- q. Squash (example: butternut, zucchini)
- r. Sweet Potatoes
- s. Tomatoes
- t. Mixed vegetables
- u. Pumpkin
- v. Plantains

8. Do you have **Fruit** in your home?

If Yes, indicate which ones you have

- a. Apples
- b. Apple sauce
- c. Apricots
- d. Avocado
- e. Bananas
- f. Blueberries
- g. Cranberries
- h. Grapes (red or green)
- i. Grapefruit
- j. Tangerines/clementines
- k. Strawberries
- l. Papaya



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m. Oranges

9. Do you have **Deli, Luncheon, Sandwich Meat and Sausage** in your home?

If Yes, indicate which ones you have

- a. Sliced turkey or chicken deli meat
- b. Sliced ham, roast beef
- c. Bologna
- d. Salami, summer sausage, pepperoni
- e. Bacon, breakfast sausage

10. Do you have **Meats and Other Protein (Fresh, frozen, canned or jar)** in your home?

If Yes, indicate which ones you have

- a. Chicken/turkey (example: burgers, breasts, whole)
- b. Beef, pork, lamb (example: burgers, steaks, roasts, chops)
- c. Tofu, seitan, tempe, textured vegetable protein (TVP)
- d. Veggie burgers
- e. Fish (e.g., canned, packet, fresh or frozen tuna, salmon, cod)
- f. Shellfish (example: shrimp, scallops, crab)
- g. Lentils
- h. Beans (example: black beans, pinto beans, kidney beans)
- i. Peanut butter or other nut butter
- j. Eggs

11. Do you have **Frozen Desserts (Ice cream/yogurt type only)** in your home?

If Yes, indicate which ones you have

- a. Regular ice cream (any flavor)
- b. Reduced-fat ice cream (any flavor)
- c. Frozen yogurt (any flavor)
- d. Frozen treats made with ice cream or pudding
- e. Frozen treats made with ice milk, frozen yogurt, sherbet, sorbet
- f. Frozen fruit juice bars
- g. Frozen soy or rice desserts

12. Do you have **Microwavable or Quick-Cook Frozen Foods** in your home?

If Yes, indicate which ones you have

- a. Pizza (any variety)
- b. Hot Pockets (any flavor)



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If Yes, indicate which ones you have

- c. Pizza rolls or bagel snacks (any flavor)
- d. Burritos or other Mexican snacks
- e. Chicken nuggets
- f. French fries or tater tots
- g. Egg rolls
- h. Ramen noodles

13. Do you have **Bread** in your home?

If Yes, indicate which ones you have

- a. Wheat bread or rolls
- b. White bread/rolls (example: baguette)
- c. English muffins (wheat)
- d. English muffins (white)
- e. Bagels (wheat)
- f. Bagels (white, any flavor)
- g. Tortillas (wheat, sprout)
- h. Tortillas (flour, any flavors)
- i. Tortillas (corn)
- j. Pita bread (wheat, sprout)
- k. Pita bread (white, any flavor)
- l. Croissants

14. Do you have **Prepared Desserts (do not count boxed mixes that are not prepared)** in your home?

If Yes, indicate which ones you have

- a. Regular cookies (any flavor/variety)
- b. Reduced-fat cookies (any flavor/variety)
- c. Regular cake/cupcakes (any flavor)
- d. Reduced-fat cake/cupcakes (any flavor)
- e. Regular muffins (any flavor/variety)
- f. Brownies/bars (any variety)
- g. Other snack cakes (any variety)
- h. Pastry, sweet rolls, donuts

15. Do you have **Chips, Crackers and Other Snack Foods** in your home?

If Yes, indicate which ones you have

- a. Whole grain snack crackers (labeled "whole grain" or "whole wheat", example: Triscuit)
- b. Regular snack crackers (example: Saltines, Wheat Thins, soda crackers)



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If Yes, indicate which ones you have

- c. Reduced-fat snack crackers (example: Reduced fat Wheat Thins)
- d. Regular potato chips
- e. Reduced-fat potato chips (example: Baked Lays)
- f. Corn chips (example: Fritos)
- g. Tortilla chips
- h. Reduced-fat tortilla chips (example: baked tortilla chips)
- i. Cheese curls or puffs
- j. Reduced-fat cheese curls or puffs (example: baked Cheetos)
- k. Regular bagel chips
- l. Reduced-fat bagel chips
- m. Graham crackers
- n. Pretzels, any shape
- o. Popcorn (microwave bags or bags of prepared popcorn)
- p. Peanuts, cashews or other nuts
- q. Regular granola bars, sports bars
- r. Reduced-fat granola bars, sports bars

Question 16: If Yes on Q15, are any in single serving packages?

16. Are any of the **chips, crackers or other snacks** checked above in prepackaged snack size or single size portions (do not count granola, sports bars, meal supplement bars)?

0=No

1=Yes

17. Do you have **Dry Breakfast Cereal** in your home?

0=No

1=Yes

Questions 18 – 20: If Yes on Q17, select one answer for each question. Answer choices are:

0=None

1=One

2=Two or three

3=Four or more

18. How many **ready-to-eat cereals** do you have that are labeled “whole grain”, “whole wheat” or have **at least 3 grams of fiber** per serving? (Check one response)

19. How many ready-to-eat cereals indicate on the nutrition label that they have **less than 6 grams of sugar per serving**? (Check one response)



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20. How many ready-to-eat cereals indicate on the nutrition label that they have **6 or more grams of sugar** per serving? (Check one response)

Questions 21 – 22: Select one answer for each item. If food in that category is not present in the home, select No and move on to the next food category. Answer choices are:

0=No
1=Yes

21. Do you have **Beverages (do not include alcoholic beverages)** in your home?

If Yes, indicate which ones you have

- a. Regular soda pop (any variety, flavor)
- b. Diet soda pop (any variety, flavor)
- c. Prepared iced teas or lemonade (e.g., Snapple)
- d. Prepared light iced teas or lemonade (example: diet Snapple)
- e. Sports drinks (example: Gatorade)
- f. 100% fruit juice (labeled as 100% juice)
- g. Fruit drinks (example: less than 100% juice, Capri Sun)
- h. Bottled water (unsweetened, any variety, flavor)
- i. Soy milk, rice milk (any variety, flavor)

22. Do you have **Candy** in your home?

If Yes, indicate which ones you have

- a. Chocolate candy (any variety, except chocolate exclusively for baking)
- b. Hard candy
- c. Gummies
- d. Fruit rollups, fruit snacks or other fruit based candy
- e. Chewy candy (example: Skittles, caramel)

Questions 23 – 24: Select one answer for each item. Answer choices are:

0=No
1=Yes

23. Now please look around your kitchen (countertop, top of refrigerator, table) and indicate which of the following items are **visible and readily accessible without moving the items around**.

Indicate which items you can see

- a. Fresh fruit
- b. Canned or dried fruit
- c. Fresh vegetables
- d. Regular snack crackers, pretzels, chips, popcorn
- e. Reduced-fat snack crackers, pretzels, chips, popcorn



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- f. Dry cereal
- g. Bread or rolls
- h. Regular soda pop
- i. Diet soda pop
- j. Candy
- k. Regular cookies, cake, cupcakes, muffins
- l. Reduced-fat cookies, cake, cupcakes, muffins

24. Now please open your refrigerator. Which of the following items are **visible and readily available, without moving the items around?**

Indicate which items you can see

- a. Skim milk (any flavor)
- b. 1% or 2% low fat milk (any flavor)
- c. Whole milk (any flavor)
- d. 100 % fruit juice (any flavor)
- e. Fruit drinks/sports drinks (not 100% juice)
- f. Regular soda pop
- g. Diet soda pop
- h. Bottled/contained water
- i. Regular cheese (example: american, cheddar, swiss, parmesan)
- j. Reduced-fat cheese (example: low fat cheddar, low fat Swiss)
- k. Reduced-fat yogurt (with or without fruit)
- l. Regular yogurt (made from whole milk, with or without fruit)
- m. Reduced-fat yogurt drinks
- n. Fresh ready-to-eat vegetables
- o. Fresh ready-to-eat fruit