

Self-efficacy survey

Subject ID: _____ Date: _____ Study week: _____

Below is a list of things people might do while trying to change their eating habits. We are mainly interested in salt and fat intake, rather than weight reduction.

Whether you are trying to change your eating habits or not, please rate how confident you are that you could *really motivate* yourself to do things like these consistently, *for at least six months*.

Please **circle one number for each item**:

How sure are you that you can do these things?

	I know I cannot	Maybe I can			I know I can	Does not apply
1. Stick to your low fat, low salt foods when you feel depressed, bored, or tense.	1	2	3	4	5	(8)
2. Stick to your low fat, low salt foods when there is high fat, high salt food readily available at a party.	1	2	3	4	5	(8)
3. Stick to your low fat, low salt foods when dining with friends or co-workers.	1	2	3	4	5	(8)
4. Stick to your low fat, low salt foods when the only snack close by is available from a vending machine.	1	2	3	4	5	(8)
5. Stick to your low fat, low salt foods when you are alone, and there is no one to watch you.	1	2	3	4	5	(8)
6. Eat smaller portions at dinner.	1	2	3	4	5	(8)
7. Cook smaller portions so there are no leftovers.	1	2	3	4	5	(8)
8. Eat lunch as your main meal of the day, rather than dinner.	1	2	3	4	5	(8)
9. Eat smaller portions of food at a party.	1	2	3	4	5	(8)

10. Eat salads for lunch.	1	2	3	4	5	(8)
11. Add less salt than the recipe calls for.	1	2	3	4	5	(8)
12. Eat unsalted peanuts, chips, crackers, and pretzels.	1	2	3	4	5	(8)
13. Avoid adding salt at the table.	1	2	3	4	5	(8)
14. Eat unsalted, unbuttered popcorn.	1	2	3	4	5	(8)
15. Keep the salt shaker off the kitchen table.	1	2	3	4	5	(8)
16. Eat meatless (vegetarian) entrees for dinner.	1	2	3	4	5	(8)
17. Substitute low or non-fat milk for whole milk at dinner.	1	2	3	4	5	(8)
18. Cut down on gravies and cream sauce.	1	2	3	4	5	(8)
19. Eat poultry and fish instead of red meat at dinner.	1	2	3	4	5	(8)
20. Avoid ordering red meat (beef, pork, ham, lamb) at restaurants.	1	2	3	4	5	(8)