

NutriSó Adherence Questionnaire

Thank you very much for coming this far :) The NutriSó intervention is about to end, but first, we want to ask you a few questions. This is not a test, so please answer as honestly as possible.

*Obligatorio

1. Correo *

2. Last name *

3. Mother's last name *

4. Name *

5. If you remember it, put your participant number please

Frequency of
food
consumption
and physical
activity

Here are some questions about your food consumption and physical activity during the last 2 months. Please answer as honestly as possible.

6. During the last 2 months, how often have you eaten the following food groups? *
- Foods in parentheses are examples. Please include all the food you eat. If you eat several within a group, add them please. For example, if you eat Mexican-style eggs on Monday and pozole on Sunday, you consume Mexican foods and dishes twice a week.

Marca solo un óvalo por fila.

	Never or almost never	1 to 3 times a month	1 time per week	2 to 4 times a week	5 to 6 times a week	Once a day	2 to 3 times a day	4 to 6 times a day
Mexican food and dishes (chilaquiles, Mexican style egg, menudo, quesadillas, tacos, sopes, tortas, tamles, flutes, toast, rice pudding, capitorada, tejuino)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Fruits (criolla plum, capulín, nance, papaya, guava, prickly pear, pitaya, soursop, pineapple, apple)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Vegetables (tomato, zucchini,	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

squash,
onion, green
tomato,
mushrooms,
huitlacoche,
chayote,
jicama)

Whole
grains and
tubers (corn
tortilla,
amaranth,
sweet
potato, rice,
pasta, whole
wheat
bread)

☐

☐

☐

☐

☐

☐

☐

☐

Legumes
(beans,
lentils,
chickpeas)

☐

☐

☐

☐

☐

☐

☐

☐

7. During the last 2 months, how often have you eaten the following food groups? *
- Foods in parentheses are examples. Please include all the food you eat. If you eat several within a group, add them please. For example, if you eat Mexican-style eggs on Monday and pozole on Sunday, you consume Mexican foods and dishes twice a week.

Marca solo un óvalo por fila.

	Never or almost never	1 to 3 times a month	1 time per week	2 to 4 times a week	5 to 6 times a week	Once a day	2 to 3 times a day	4 to 6 times a day	More than 6 times a day
Seeds and healthy fats (avocado, olive oil, chia, peanuts, pumpkin seed)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Dairy products (milk, yogurt, cottage cheese, fresh cheese, panela)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Eggs (whole chicken, egg whites)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Fish and shellfish (tilapia, leguado, octopus,	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

river
prawn)

Chicken
(in fillet,
in
pieces)

☐

☐

☐

☐

☐

☐

☐

☐

☐

☐

8. During the last 2 months, how often have you eaten the following food groups? *

Foods in parentheses are examples. Please include all the food you eat. If you eat several within a group, add them please. For example, if you eat Mexican-style eggs on Monday and pozole on Sunday, you consume Mexican foods and dishes twice a week.

Marca solo un óvalo por fila.

	Never or almost never	1 to 3 times a month	1 time per week	2 to 4 times a week	5 to 6 times a week	Once a day	2 to 3 times a day	4 to 6 times a day	7 or more times a day
Red and processed meats (beef, pork, sausage, ham)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Ultra-processed foods (soda, cookies, box cereal, instant soups, cupcakes, chips, snack chips)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Added sugar and foods high in trans and saturated fats (table sugar, fresh sweetened water, honey, jams,	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

vegetable
shortening,
margarine,
butter)

Alcoholic
beverages
(beer,
tequila, red
wine,
pulque)

☐

☐

☐

☐

☐

☐

☐

☐

Insects
(crickets,
worms)

☐

☐

☐

☐

☐

☐

☐

☐

9. On average, what portion of foods, dishes or drinks do you usually consume each time you consume them PER DAY? For example, if you eat 3 tortillas at breakfast, lunch and dinner, you eat 9 pieces per day *

Selecciona todos los que correspondan.

	0	1/4 piece, cup, or portion	1/2 piece, cup, or portion	1 piece, cup, tablespoon or portion	2 pieces, cups, tablespoons or portions	3 pieces, cups, tablespoons or portions	ta o
Tacos, sopes, enchiladas, flautas	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Tamales, tortas, tostadas	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Pozole, menudo, mole	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Fruits in pieces (apple, orange)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Chopped fruit or small pieces (melon, papaya, grapes)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	

10. On average, what portion of foods, dishes or drinks do you usually consume each time you consume them PER DAY? For example, if you eat 3 tortillas at breakfast, lunch and dinner, you eat 9 pieces per day *

Selecciona todos los que correspondan.

	0	1/4 piece, cup, or portion	1/2 piece, cup, or portion	1 piece, cup, tablespoon or portion	2 pieces, cups, tablespoons or portions	3 pieces, cups, tablespoons or portions	ta o
Vegetables in pieces (tomato, cucumber)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Vegetables in cups (lettuce, spinach)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Cereals in pieces (corn tortillas, box bread)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Cereals in cups (rice, pasta)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Legumes (beans, lentils)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	

11. On average, what portion of foods, dishes or drinks do you usually consume each time you consume them PER DAY? For example, if you eat 3 tortillas at breakfast, lunch and dinner, you eat 9 pieces per day *

Selecciona todos los que correspondan.

	0	1/4 piece, cup, or portion	1/2 piece, cup, or portion	1 piece, cup, tablespoon or portion	2 pieces, cups, tablespoons or portions	3 pieces, cups, tablespoons or portions	4 tablespoons or portions
Milk and yoghurt	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Cheeses	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Nuts and peanuts	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Chia and pumpkin seeds	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Egg and egg whites	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	

12. On average, what portion of foods, dishes or drinks do you usually consume each time you consume them PER DAY? For example, if you eat 3 tortillas at breakfast, lunch and dinner, you eat 9 pieces per day *

Selecciona todos los que correspondan.

	0	1/4 piece, cup, or portion	1/2 piece, cup, or portion	1 piece, cup, tablespoon or portion	2 pieces, cups, tablespoons or portions	3 pieces, cups, tablespoons or portions	4 p c table or p
Fish (80 g palm- sized portion)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Seafood (shrimp, octopus)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Chicken (piece or portion of 80 g of the size of the palm of the hand)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Beef or pork (palm- sized 80g portion)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Sweet bread (concha)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	

13. On average, what portion of foods, dishes or drinks do you usually consume each time you consume them PER DAY? For example, if you eat 3 tortillas at breakfast, lunch and dinner, you eat 9 pieces per day *

Selecciona todos los que correspondan.

	0	1/4 piece, cup, or portion	1/2 piece, cup, or portion	1 piece, cup, tablespoon or portion	2 pieces, cups, tablespoons or portions	3 pieces, cups, tablespoons or portions	4 (tabl or p
Sugar, jams, sweets	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Soft drinks, fruit juices	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Alcoholic drinks	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Natural water	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	

14. During the last 2 months, how many days a week did you do physical activity? (for example, walking, running, swimming, weights) *

Marca solo un óvalo.

☐ 0

☐ 1

☐ 2

☐ 3

☐ 4

☐ 5

☐ 6

☐ 7

15. During the last 2 months, what type of physical activity did you practice? *

Selecciona todos los que correspondan.

☐ To walk

☐ Jogging

☐ Run

☐ Aerobics, Zumba or dance

☐ Cycling

☐ Swimming

☐ Crossfit

☐ Weight lifting

☐ Multifunctional

☐ Calisthenics

☐ Focused exercises (write which ones, e.g. sit-ups, sit-ups, push-ups)

☐ I do not do physical activity

☐ Otro: _____

16. During the last 2 months, how many minutes of physical activity did you do per day, each time you did it? *

Marca solo un óvalo.

- ☐ 0
- ☐ 10
- ☐ 20
- ☐ 30
- ☐ 40
- ☐ 50
- ☐ 60
- ☐ 90
- ☐ 120
- ☐ 150
- ☐ 180
- ☐ 210
- ☐ 240 or more
- ☐ Otro: _____

17. At what intensity do you do it? *

Marca solo un óvalo.

- ☐ Mild (no labored breathing)
- ☐ Moderate (shakes breath)
- ☐ Intense (shakes your breath a lot)
- ☐ Otro: _____

Reasons for food consumption

Now, we want to know a little bit about the reasons why you chose to eat certain foods, or the reasons why you avoided eating others. Please answer as honestly as possible.

18. During the last 2 months, did you ever prefer to eat a particular food because of its environmental impact? *

Marca solo un óvalo.

☐ Yes

☐ No

☐ Otro: _____

19. If you answered yes, mention what food or foods, please *

20. During the last 2 months, did you ever avoid eating a particular food because of its environmental impact? *

Marca solo un óvalo.

☐ Yes

☐ No

☐ Otro: _____

21. If you answered yes, mention what food or foods, please *

22. Did you ever prefer to eat a particular food because of its impact on health and nutrition? *

Marca solo un óvalo.

☐ Yes

☐ No

☐ Otro: _____

23. If you answered yes, mention what food or foods, please *

24. During the last 2 months, did you ever avoid eating a particular food because of its impact on health and nutrition? *

Marca solo un óvalo.

☐ Yes

☐ No

☐ Otro: _____

25. If you answered yes, mention what food or foods, please *

26. During the last 2 months, on any occasion did you prefer to eat a particular food because of its role in the food culture of Mexico? *

Marca solo un óvalo.

☐ Yes

☐ No

☐ Otro: _____

27. If you answered yes, mention what food or foods, please *

28. During the last 2 months, did you ever avoid eating a particular food because of its role in the food culture of Mexico? *

Marca solo un óvalo.

☐ Yes

☐ No

☐ Otro: _____

29. If you answered yes, mention what food or foods, please *

30. During the last 2 months, did you ever prefer to eat a particular food because of its price? (for example, if it was very cheap) *

Marca solo un óvalo.

☐ Yes

☐ No

☐ Otro: _____

31. If you answered yes, mention what food or foods, please *

32. During the last 2 months, did you ever avoid eating a particular food because of its price? (for example, if it is expensive) *

Marca solo un óvalo.

☐ Yes

☐ No

☐ Otro: _____

33. If you answered yes, mention what food or foods, please *

Adequacy of the
eating plan and
physical activity

On this occasion, we want to know what you thought of the food plan that we prepared for you. Please answer honestly.

34. During the last 2 months, there was any food that you did not like and therefore did not consume it? *

Marca solo un óvalo.

☐ Yes

☐ No

☐ Otro: _____

35. If you answered yes, mention what food or foods, please *

36. From 1 to 5, how much would you say you followed the meal plan that was given to you? *

Marca solo un óvalo.

	1	2	3	4	5	
I didn't follow it at all	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	I fully followed

37. From 1 to 5, how satiated did you feel during the last 7 weeks? *

Marca solo un óvalo.

	1	2	3	4	5	
Very hungry	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	Very satiated

38. From 1 to 5, how much would you say you liked the meal plan? *

Marca solo un óvalo.

	1	2	3	4	5	
I did not like anything	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	I loved it

39. From 1 to 5, how did you feel during these last 7 weeks, regarding your energy levels? *

Marca solo un óvalo.

	1	2	3	4	5	
Very bad	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	Very well

40. From 1 to 5, during the last 7 weeks, did you experience anxiety about eating any particular food? *

Marca solo un óvalo.

	1	2	3	4	5	
No anxiety	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	A lot of anxiety

41. If the answer is yes, indicate what food or foods caused you anxiety *

Other habits

Here are some questions about other habits. Please answer honestly.

42. During the last 7 weeks, who cooked the food you ate? *

Selecciona todos los que correspondan.

- ☐ Me
- ☐ Some relative (mom, dad, aunt, uncle, grandmother, grandfather)
- ☐ Economic Kitchen
- ☐ Restaurants
- ☐ Somebody give it to me
- ☐ Home helper or cook
- ☐ Otro: _____

43. During the last 7 weeks, where did you buy your groceries most often? *

Marca solo un óvalo.

- ☐ Tianguis
- ☐ Market
- ☐ Retail supermercado (Soriana, Walmart)
- ☐ Wholesale supermarket (Sam's, Costco)
- ☐ Butcher shop
- ☐ Creamery
- ☐ Fruit store
- ☐ Otro: _____

Este contenido no ha sido creado ni aprobado por Google.

Google Formularios