

- 1) GPA – numerical, actual GPA
- 2) Gender (1 – Female and 2 – Male)
- 3) Breakfast (the participants are shown the following pictures and asked which one of these pictures they associate with the word “breakfast), 1 – cereal option and 2 – donut option



- 4) calories_chicken - guessing calories in chicken piadina:
 - 1 - 265
 - 2 - 430
 - 3 - 610
 - 4 – 720(the variable shows the actual number of calories participants selected)

- 5) calories_day - Importance of consuming calories per day
 - 1 - i dont know how many calories i should consume
 - 2 - it is not at all important
 - 3 - it is moderately important
 - 4 - it is very important

- 6) calories_scone - Guessing calories in a scone from starbucks
 - 1 - 107 cal
 - 2 - 315 cal
 - 3 - 420 cal
 - 4 - 980 cal(the variable shows the actual number of calories participants selected)

- 7) coffee – which of the two pictures you associate with the word coffee?
 - 1 – creamy frapuccino

2 – espresso shown



8) comfort_food - List 3-5 comfort foods that come to mind.
Open ended (perfect for NLP)

9) comfort_food_reasons - What are some of the reasons that make you eat comfort food?
(i.e., anger, sadness, happiness, boredom, etc) - list up to three
Open ended (perfect for NLP)

10) comfort_food_reasons_coded
(the one mentioned first)

- 1 – stress
- 2 – boredom
- 3 – depression/sadness
- 4 – hunger
- 5 – laziness
- 6 – cold weather
- 7 – happiness
- 8- watching tv
- 9 – none

11) cook – how often do you cook?

- 1 - Every day
- 2 - A couple of times a week
- 3 - Whenever I can, but that is not very often
- 4 - I only help a little during holidays
- 5 - Never, I really do not know my way around a kitchen

12) cuisine – what type of cuisine did you eat growing up?

1 – American

2 – Mexican.Spanish

3 – Korean/Asian

4 – Indian

5 – American inspired international dishes

6 – other

(lots of cleaning needed for this variable)

13) diet_current – describe your current diet

open ended – ideal for NLP

14) diet_current_coded

(based on words used to describe the diet)

1 – healthy/balanced/moderated/

2 – unhealthy/cheap/too much/random/

3 – the same thing over and over

4 – unclear

15) which picture do you associate with the word “drink”?

1 – orange juice

2 – soda





16) eating_changes - Describe your eating changes since the moment you got into college?

Open ended

17) eating_changes_coded

- 1 – worse
- 2 – better
- 3 – the same
- 4 – unclear

18) eating_changes_coded1

- 1 – eat faster
- 2 – bigger quantity
- 3 – worse quality
- 4 – same food
- 5 – healthier
- 6 – unclear
- 7 – drink coffee
- 8 – less food
- 9 – more sweets
- 10 – timing
- 11 – more carbs or snacking
- 12 – drink more water
- 13 – more variety

19) eating_out - frequency of eating out in a typical week

- 1 - Never
- 2 - 1-2 times
- 3 - 2-3 times
- 4 - 3-5 times
- 5 - every day

20) employment – do you work?

- 1 - yes full time

- 2 - yes part time
- 3 - no
- 4 - other

21) ethnic_food - How likely to eat ethnic food

- 1 - very unlikely
- 2 - unlikely
- 3 - neutral
- 4 - likely
- 5 - very likely

22) exercise – how often do you exercise in a regular week?

- 1 - Everyday
- 2 - Twice or three times per week
- 3 - Once a week
- 4 - Sometimes
- 5 – Never

23) father_education –

- 1 - less than high school
- 2 - high school degree
- 3 - some college degree
- 4 - college degree
- 5 - graduate degree

24) father_profession – what is your father profession?

Open ended

25) fav_cuisine - What is your favorite cuisine?

Open ended

26) fav_cuisine_coded

0-none

- 1 – Italian/French/greek
- 2 – Spanish/mexican
- 3 – Arabic/Turkish
- 4 – asian/chinese/thai/nepal
- 5 – American
- 6 – African
- 7 – Jamaican
- 8 – indian

27) fav_food - was your favorite food cooked at home or store bought?

1 - cooked at home

2 - store bought

3 - both bought at store and cooked at home

28) food_childhood – what was your favorite childhood food?

Open ended

29) which of these pictures you associate with word fries?

1 – Mcdonald's fries

2 – home fries



30) fruit_day - How likely to eat fruit in a regular day

1 - very unlikely

2 - unlikely

3 - neutral

4 - likely

5 - very likely

31) grade_level –

1 - freshman

2 -Sophomore

3 - Junior

4 - Senior

32) greek_food - How likely to eat greek food when available?

1 - very unlikely

2 - unlikely

3 - neutral

4 - likely

5 - very likely

33) healthy_feel – how likely are you to agree with the following statement: “I feel very healthy!” ?

1 to 10 where 1 is strongly agree and 10 is strongly disagree - scale

34) healthy_meal – what is a healthy meal? Describe in 2-3 sentences.

Open ended

35) ideal_diet – describe your ideal diet in 2-3 sentences

Open ended

36) Ideal_diet_coded

1 – portion control

2 – adding veggies/eating healthier food/adding fruit

3 – balance

4 – less sugar

5 – home cooked/organic

6 – current diet

7 – more protein

8 – unclear

37) income

1 - less than \$15,000

2 - \$15,001 to \$30,000

3 - \$30,001 to \$50,000

4 - \$50,001 to \$70,000

5 - \$70,001 to \$100,000

6 - higher than \$100,000

38) indian_food – how likely are you to eat indian food when available

1 - very unlikely

2 - unlikely

3 - neutral

4 - likely

5 - very likely

39) Italian_food – how likely are you to eat Italian food when available?

1 - very unlikely

2 - unlikely

3 - neutral

4 - likely

5 - very likely

40) life_rewarding – how likely are you to agree with the following statement: “I feel life is very rewarding!” ?

1 to 10 where 1 is strongly agree and 10 is strongly disagree - scale

41) marital_status

- 1 -Single
- 2 - In a relationship
- 3 - Cohabiting
- 4 - Married
- 5 - Divorced
- 6 - Widowed

42) meals_dinner_friend – What would you serve to a friend for dinner?

Open ended

43) mothers_education

- 1 - less than high school
- 2 - high school degree
- 3 - some college degree
- 4 - college degree
- 5 - graduate degree

44) mothers_profession – what is your mother’s profession?

45) nutritional_check - checking nutritional values frequency

- 1 - never
- 2 - on certain products only
- 3 - very rarely
- 4 - on most products
- 5 - on everything

46) on_off_campus – living situation

- 1 - On campus
- 2 - Rent out of campus
- 3 - Live with my parents and commute
- 4 - Own my own house

47) parents_cook - Approximately how many days a week did your parents cook?

- 1 - Almost everyday
- 2 - 2-3 times a week
- 3 - 1-2 times a week
- 4 - on holidays only
- 5 - never

48) pay_meal_out - How much would you pay for meal out?

- 1 - up to \$5.00
- 2 - \$5.01 to \$10.00
- 3 - \$10.01 to \$20.00
- 4 - \$20.01 to \$30.00
- 5 - \$30.01 to \$40.00
- 6 - more than \$40.01

49) Persian_food - How likely to eat persian food when available?

- 1 - very unlikely
- 2 - unlikely
- 3 - neutral
- 4 - likely
- 5 - very likely

50) self_perception_weight - self perception of weight

- 6 - i dont think myself in these terms
- 5 - overweight
- 4 - slightly overweight
- 3 - just right
- 2 - very fit
- 1 - slim

51) Which of the two pictures you associate with the word soup?

- 1 – veggie soup
- 2 – creamy soup



52) sports - sports – do you do any sporting activity?

- 1 - Yes
- 2 - No

99 – no answer

53) thai_food - How likely to eat thai food when available?

- 1 - very unlikely
- 2 - unlikely
- 3 - neutral
- 4 - likely
- 5 - very likely

54) tortilla_calories - guessing calories in a burrito sandwich from Chipolte?

- 1 - 580
- 2 - 725
- 3 - 940
- 4 - 1165

55) turkey_calories - Can you guess how many calories are in the foods shown below?
(Panera Bread Roasted Turkey and Avocado BLT)

- 1 - 345
- 2 - 500
- 3 - 690
- 4 - 850

56) type_sports – what type of sports are you involved?
Open-ended

57) veggies_day - How likely to eat veggies in a day?

- 1 - very unlikely
- 2 - unlikely
- 3 - neutral
- 4- likely
- 5 - very likely

58) vitamins – do you take any supplements or vitamins?

- 1 – yes
- 2 – no

59) waffle_calories - guessing calories in waffle potato sandwich

- 1 - 575
- 2 - 760
- 3 - 900
- 4 - 1315

60) weight – what is your weight in pounds?

