

## Kristal FFB Scoring

**Kristal's dimensions:** (High score = worse) Take average of items

**Substitute** specially manufactured low-fat foods

Items 10b, 12a, 13a, 15a, 16a, 18a, 19a

**Modify meat** to be low in fat. Items 1b, 2a

**Avoid frying.** Items 6a (reverse order), 9a (reverse order), 12b (reverse order), 13a (reverse order)

**Avoid fat as flavoring**

Items 11a, 12a (reverse order), 14a, 15a, 16a

**Fruits and Veggie items from Njeri**

Items 10a, 26, 27, 28, 29, 30, 31, 32

I. **Scoring for Fat Areas** (higher score is worse)

Usually = 1

Often = 2

Sometimes = 3

Rarely or Never = 4

II. **Scoring for Fruits & Veggies** (higher score is better)

(Items 26, and 28 through 32)

Usually = 4

Often = 3

Sometimes = 2

Rarely or Never = 1

III. **Item 27 Scoring** (higher score is better)

1 or less serving = 1    2 - 4 servings = 2

5 - 8 servings = 3    9 or more servings = 4

**Here are the SPSSX compute statements for the Kristal Food Habits Questionnaire.**

Variable labels

chicken1 'kristal did you eat chicken last 3 mo--initial'  
 frcfreq1 'kristal how often was chicken fried--initial'  
 skinfreq1 'kristal how often take skin off chicken--initial'  
 redmeat1 'kristal eat read meat beef last 3 mos--initial'  
 trmft1 'kristal how often trim all vis fat--initial'  
 grdmeat1 'kristal eat ground meat last 3 mo initial'  
 xtrlean1 'kristal how oft chose extra lean initial'  
 fish1 'kristal did you eat fish lst 3 mo initial'  
 fryfish1 'kristal how often fry fish--initial'  
 vegdin1 'kristal on vegie dinner last 3 mo initial'  
 vegfreq1 'kristal how often vegie dinner initial'  
 noodle1 'kristal did you eat pasta last 3 mo initial'  
 plainod1 'kristal how oft eat pasta plain initial'  
 cookveg1 'kristal did you eat cooked vegies last 3 mo initial'  
 butrveg1 'kristal how oft add butter to cooked vegies initial'  
 fryveg1 'kristal how oft fry cooked vegies initial'  
 potato1 'kristal did you eat potatoes lst 3 mos initial'  
 frypot1 'kristal how oft fry potatoes initial'  
 boilpot1 'kristal did you eat boiled or baked potatoes init'  
 butrpot1 'kristal how oft eat potatoes without butter init'  
 salad1 'kristal did you eat green salad lst 3 mos initial'  
 nodress1 'kristal how oft use no dressing on salad initial'  
 nfdress1 'kristal how oft use low or non fat salad dressing initial'  
 bread1 'kristal did you eat bread rolls last 3 mos initial'  
 butrbrd1 'kristal how oft eat bread without butter initial'  
 milk1 'kristal did you drink milk last 3 mos initial'  
 lfmilk1 'kristal of oft 1% or nf milk initial'  
 cheese1 'kristal eat cheese in last 3 most initial'  
 nfchees1 'kristal how oft non fat cheese initial'  
 dessert1 'kristal did you eat dessert last 3 mos init'  
 fruit1 'kristal how oft eat only fruit dessert init'  
 cakes1 'kristal did you eat cookies cakes pies lst 3 mos init'  
 lfingrd1 'kristal how oft modify butter in recipe init'  
 frozdes1 'kristal did you eat ice cream or sherbert lst 3 m init'  
 frozyog1 'kristal how oft frozen yogurt or nf ice cream init'  
 snacks1 'kristal did you eat betw meal snacks initia'  
 rawveg1 'kristal how oft snacks were raw veg or fruit initial'  
 saute1 'kristal did you saute or pan fry foods initial'  
 nonstic1 'kristal how oft use pam or nonstick spray initial'  
 mayo1 'kristal did you use mayonnaise initial'  
 lfmayo1 'kristal how oft use lf or nf mayo initial'  
 cereal1 'kristal how oft eat cereal bkfast initial'

### Comment computing Kristal summary scores

```
compute substut1 =mean.1 (nfdress1,lfmilk1,nfchees1,lfingrd1,  
  frozyog1,nonstic1,lfmayo1)
```

```
compute modmeat1 = mean.1 (skinfrq1, trmft1,xtrlean1)
```

```
compute avfry1 = mean.1 ((5-frcfrq1), (5-fryfish1),(5-fryveg1),(5-frypot1))
```

```
compute fatflav1 = mean.1 (plainod1,(1-butrvég1),butrpót1,nodress1,butrbrd1)
```

```
compute incfrt1 = mean.1(vegfrq1,fruit1,rawveg1)
```

```
compute kristal1 = mean.1(substut1,modmeat1,avfry1,fatflav1,incfrt1)
```

```
compute kristr1 =mean.1(substut1,modmeat1,avfry1,fatflav1)
```

```
variable label
```

```
  substut1      'kristal sub special manufactured lf foods initial'  
  modmeat1      'krstal score modify meat to be low in fat initial'  
  avfry1        'krstal score for avoid frying initial'  
  fatflav1      'krstal score for avoid fat as flavoring initial'  
  fruitvg1      'kristal score increase fruits and vegetables initial'
```

```
  incfrt1      'kristal increase fruit sum score initial'
```

```
  kristal1     'kristal total score initial'
```

```
  kristr1      'kristal tot sat fat score only initial'
```

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