Revised Scoring Percent Energy
From NCI Fat Screener

1. **Convert reported frequency category to average daily number of times consumed:**

   - Convert each frequency response category to the midpoint of that frequency range, and standardize to times per day:
     - Never = 0
     - Less than once a month = .018
     - 1-3 times per month = .066
     - 1-2 times per week = .214
     - 3-4 times per week = .499
     - 5-6 times per week = .784
     - 1 time per day = 1
     - 2 or more times per day = 2

2. **Estimate the individual's percent energy from fat, by applying regression coefficients to each food item:**

   a) First, estimate how much of the fat added to foods is regular fat. Add the responses for the 3 fat added questions in the grid, then apply the information in Q2 about how often the fat added was reduced fat. You can use the following code:

   totfat = sum(marg on bread, marg on veg, marg on rice);
   If q2 in (1,2) then regfat=totfat;
   else if q2 eq 3 then regfat=totfat*.75;
   else if q2 eq 4 then regfat=totfat*.5;
   else if q2 eq 5 then regfat=totfat*.25;
   else if q2 eq 6 then regfat=0;

   b) The dependent variable, percent energy from fat, is then estimated by the following equation:

   estpcalfat=31.84935 - (.93376*cereal) + (2.31628*eggs) - (2.38211*citrusjuice) + (6.32391*hotdogs) + (2.00977*cheese) + (3.73339*friedpot) - (2.58347*skim milk) + (4.1064*sausage) – (1.71212*fruit) + (3.37789*mayo) + (5.92817*salad dressing) + (1.95707*reg.fat) - (2.86065*rice);

   Note that the last question is not used in this scoring. Question 3 by itself was correlated with percent energy from fat, but it is unnecessary if the other questions are used to more precisely estimate the individual's percent energy from fat.