

Appendix.

Dietary Risk Screener (DRS) in English and Chinese.

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| Dietary Risk Screener Questionnaire (DRS) | 膳食风险筛选问卷 (DRSQ) |
| Name | 名字 : |
| For the following foods, please select the frequency that best describes how often you eat each food or group of foods in a normal week | 在以下的食物中, 请选择最接近您平常一个星期里会吃这种或这类食物的次数。 |
| Daily | 每天 |
| 2-3 times per week | 每个星期2-3次 |
| 1 time per week | 每个星期1次 |
| Never | 从不食用 |
| Fast food-type meals, sit down or take out meals, frozen dinners, including pizza | 快餐类食品, 坐下用餐或外卖餐, 冷冻晚餐, 包括披萨 |
| Bread, rolls, sandwiches | 面包, 面包卷, 三明治 |
| Chips, popcorn, pretzels, snack mixes, crackers | 薯片, 爆米花, 椒盐脆饼, 杂物零食, 饼干 |
| Sausage, cured or deli meats, hot dogs | 香肠, 腌制或熟食肉, 热狗 |
| Regular soda, sweetened iced tea, juice, flavored milk or flavored coffee drinks | 普通汽水, 含糖冰茶, 果汁, 调味牛奶或调味咖啡饮料 |
| Peanuts, tree nuts, seeds, peanut butter or other nut butter | 花生, 坚果, 种子, 花生酱或其他坚果酱 |
| Fish or shellfish | 鱼或贝类海鲜 |
| Vegetables (not including potatoes, peas, corn or beans) | 蔬菜 (不包括土豆, 豌豆, 玉米或豆类) |
| Fruit (fresh, canned or dried; not including juice) | 水果 (新鲜, 罐头或干果; 不包括果汁) |
| “Thank you for completing the Dietary Risk Screener Questionnaire.” | “感谢您填写膳食风险筛选问卷。” |