Food Habits Questionnaire (FHQ)

The **Food Habits Questionnaire (FHQ)** is a 20 item self-report questionnaire that measures food intake habits. Questions are about typical eating patterns over the past month, and are rated on a 4-point Likert scale from 1 “Never or Rarely” to 4 “Usually or Always”, or “Not applicable”. Fat intake is assessed by focusing on four food selection behaviors: excluding high-fat ingredients and high-fat cooking methods, choosing specially manufactured low-fat food products instead of high-fat ones, replacing high-fat foods with low-fat substitutes, and modifying high-fat foods.

**Authors**

Kristal, Shattuck & Henry, 1990

**Reliability and Validity**

Internal consistency reliability for the total scale score of the FHQ was $\alpha = .73$ (Birkett & Boulet, 1995). Test-retest reliability for the total scale across a nine month time span was also good ($r = .74$) (Spoon et al., 2002). The FHQ also demonstrated adequate concurrent validity as it was significantly correlated with measures of fat and energy intake derived from food records.

**Administration, Analysis and Reporting**

Statistics Solutions consists of a team of professional methodologists and statisticians that can assist the student or professional researcher in administering the survey instrument, collecting the data, conducting the analyses and explaining the results.

For additional information on these services, [click here.](#)

**References**

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