

## Qualitative Interview Guide: Link between childhood and adulthood eating behaviors

Date: 3/25/12

Time: 9pm

Place: Interviewer's house

Interviewee Characteristics: Male, Italian, 22yrs old

"I am researching how childhood eating behaviors effect eating patterns in adulthood. I would like to ask you a few questions about your childhood eating patterns and your adulthood eating patterns and compare the two. Everything you say will be kept confidential. You can choose to not participate and may stop at any time during the interview. Please answer to the best of your abilities and include as much detail as possible."

What was your family life like growing up? (siblings, parents etc)

1 older sister, 1 younger brother, 2 parents, middle child

What is the first experience that you had with food that you can remember and why was it significant?

- Scrambled eggs- disliked "tasted like Splinter" (cartoon character that he disliked)
- "Chocy"- chocolate milk, dog was named Chocy

What were the house rules (if any) about food that were established in the home?

- Didn't have to clean plate
- Had to ask to leave the dinner table
- Family ate dinner altogether
- Had to finish all of the cup of milk at dinner, usually 2% fat or less
- Not allowed to go into the pantry by self

What were common food behaviors that you and your family practiced? How does that affect eating behaviors now?

- Family ate dinner altogether and breakfast together on the weekends
- Middle school- mom put out healthy snacks for after school, homemade, the only sugary snacks eaten were fruit roll ups
- At grandparent's house- ate breakfast after chores were done in the morning (lived on a ranch)
  - Had to eat everything on plate
  - Served by grandma but asked how much wanted
- Never ate out except for with neighbors once in a while
- Ate out more often in the summer
- Ordered Chinese food and pizza occasionally
- Went out for birthdays (usually for pizza)
- Effects now: doesn't eat out a lot, cooks mostly, less junk food

What were some things that you were taught about food that you still implement into your daily life?

- Eating dinner before dessert
- Use bread to wipe up leftover sauce on plate

What types of food behaviors did/do you notice about older family members that you can see/not see yourself doing in adulthood?

- Does now: Dad used left hand to eat- important to be ambidextrous
- Does now: grandpa ate burritos by using the tortilla as a spoon to eat contents instead of wrapping it up
- Does now: Mom would make large quantities of spaghetti sauce and freeze for later use

Are there any foods that you would never touch as a child but now enjoy?

- Tomatoes, eggs

Are there any foods that you enjoyed as a child but no longer do?

- Sugary foods, ice cream, brownies etc

How do you feel that your childhood has influenced eating patterns in adulthood?

- Eat 3 square meals a day
- Breakfast is the most important meal of the day “If I don’t have breakfast I feel terrible”
- Always eat a big breakfast
- Eat fruits and vegetables everyday (now drinks V8 fusion)
- Don’t waste food

What is something that you think could have made your childhood experiences with food better/worse? (ex. Not being restricted from sweets)

- Good that learned how to be properly fed, especially before sporting events
- Always was active after eating
- Knowing how to fuel an active lifestyle
- Could have been better: learning how to cook earlier than right before college

Were you considered to be a picky eater? If so, what did your parents do to make you eat?

- Was a very picky eater, still picky
- Parents implemented no-thank-you bites
- Not allowed to watch television if didn’t eat food

As an adult, are you open to trying new foods or do you stick to what is familiar?

- Open to trying to things but sticks to what is familiar mostly
- Buys same ingredients for tried and true meals

Is there anything else you would like to add?

- Learned to be more conscientious to other peoples’ cooking because has had personal experience cooking now
- Eat when hungry, stop when full

Qualitative Interview Guide: Link between childhood and adulthood eating behaviors

Date: 3/26/12

Time: 7pm

Place: Interviewer’s house

Interviewee Characteristics: Female, Caucasian, 21yrs old

“I am researching how childhood eating behaviors effect eating patterns in adulthood. I would like to ask you a few questions about your childhood eating patterns and your adulthood eating patterns and compare the two. Everything you say will be kept confidential. You can choose to not participate and may stop at any time during the interview. Please answer to the best of your abilities and include as much detail as possible.”

What was your family life like growing up? (siblings, parents etc)

- 1 older sister, 1 younger adopted brother
- 2parents until 7yrs old they got divorced
- lived with mom during week and visited dad on weekends
- both parents remarried while in high school

What is the first experience that you had with food that you can remember and why was it significant?

- 4yrs old, remembers uncle and dad cooking huge meals in the kitchen together
- Monte Toyon Camp- eating camp food, burrito bar was favorite, had good dessert, applesauce cake with cream cheese frosting, breakfast burritos

What were the house rules (if any) about food that were established in the home?

- Not allowed to buy cereal that had more than 3grams of sugar per serving (usually bought Cheerios, Cornflakes, Chex). Got Kix on every once in a while
- Not much junk food in the house (no candy, cookies etc)
- Had to finish everything on plate
- Varied who served food onto plate
- Had to eat dessert after dinner

What were common food behaviors that you and your family practiced? How does that affect eating behaviors now?

- Family ate dinner altogether
- Packed lunch for school (typically peanut butter and jelly sandwiches), sometimes would buy lunch
- Rarely ate out, ate out more with dad on weekends
- Effects now: now cooks a lot and does not eat out a lot
- Snacks- allowed to get self but mom would ask if she was hungry or just bored
- Had cereal and cream of wheat with sprinkles for breakfast
- On weekends mom would make egg pancakes
- Effects now: typically eats same breakfast food but bigger breakfasts on the weekends, more time

What were some things that you were taught about food that you still implement into your daily life?

- Use lots of flavors
- Emphasis on spices and sauces (influence from dad)
- Eat balanced meals
- Buys fresh food, mom into organic
- Importance of vegetables- mom was more vegetarian

- Dad influenced more on meat but she rarely buys meat now

What types of food behaviors did/do you notice about older family members that you can see/not see yourself doing in adulthood?

- Does now: cooks a lot
- Does not do: grandparents eat lots of canned vegetables
- Does not do: mom thinks sugar is “the devil”

Are there any foods that you would never touch as a child but now enjoy?

- Tomatoes, mushrooms, avocado
- Still no brussel sprouts or pickles

Are there any foods that you enjoyed as a child but no longer do?

- Kraft macaroni and cheese

How do you feel that your childhood has influenced eating patterns in adulthood?

- Heavy influence on how, when and what she eats
- Stays away from processed foods (Candy etc)
- Fresh rather than canned or frozen foods
- Enjoys cooking

What is something that you think could have made your childhood experiences with food better/worse? (ex. Not being restricted from sweets)

- Good that junk was restricted even though wanted it back then, was special; now doesn't have it around all the time

As an adult, are you open to trying new foods or do you stick to what is familiar?

- Very open to trying new foods
- Much less picky now
- Loves experimenting with food and changing familiar recipes into newer ones

Qualitative Interview Guide: Link between childhood and adulthood eating behaviors

Date: 3/27/12

Time: 7pm

Place: Interviewer's house

Interviewee Characteristics: Male, , yrs old

“I am researching how childhood eating behaviors effect eating patterns in adulthood. I would like to ask you a few questions about your childhood eating patterns and your adulthood eating patterns and compare the two. Everything you say will be kept confidential. You can choose to not participate and may stop at any time during the interview. Please answer to the best of your abilities and include as much detail as possible.”

What was your family life like growing up? (siblings, parents etc)

- 2 siblings
- 2 parents

What is the first experience that you had with food that you can remember and why was it significant?

- Five years old, mom left him at boarding school and was crying. Women who ran the school gave him chocolate which made him feel better
- First time had chocolate ever

What were the house rules (if any) about food that were established in the home?

- No rules
- Eat until full

What were common food behaviors that you and your family practiced? How does that affect eating behaviors now?

- Mom served dad first and then everybody else
- Went out together on birthdays and other special occasions

What were some things that you were taught about food that you still implement into your daily life?

- Still go out as a family on special occasions
- Eats a lot of vegetables until full

What types of food behaviors did/do you notice about older family members that you can see/not see yourself doing in adulthood?

- No answer

Are there any foods that you would never touch as a child but now enjoy?

- Didn't like green peas but then mom started to add other vegetables to rice
- Likes it with peas, carrots, broccoli, onion and potatoes

Are there any foods that you enjoyed as a child but no longer do?

- NA

How do you feel that your childhood has influenced eating patterns in adulthood?

- Mom cooked a lot of vegetables and he still loves and eats lots of vegetables

What is something that you think could have made your childhood experiences with food better/worse? (ex. Not being restricted from sweets)

- Could have been better if mom made breakfast because she usually only had tea for breakfast
- Could have made it a better food experience

As an adult, are you open to trying new foods or do you stick to what is familiar?

- Likes trying new foods but is a vegetarian so sometimes not many options

Qualitative Interview Guide: Link between childhood and adulthood eating behaviors

Date: 3/27/12

Time: 5pm

Place: Interviewer's house

Interviewee Characteristics: Female, 22 years old

"I am researching how childhood eating behaviors effect eating patterns in adulthood. I would like to ask you a few questions about your childhood eating patterns and your

adulthood eating patterns and compare the two. Everything you say will be kept confidential. You can choose to not participate and may stop at any time during the interview. Please answer to the best of your abilities and include as much detail as possible.”

What was your family life like growing up? (siblings, parents etc)

- 3 siblings, 2 older, 1 younger
- 2 parents

What is the first experience that you had with food that you can remember and why was it significant?

- Candy- Easter candy was the best
- Always had Easter egg hunts, had jelly beans and other candy inside
- Has always had a sweet tooth
- Would share and trade with same-aged cousin

What were the house rules (if any) about food that were established in the home?

- Dessert after dinner
- Had to ask for snacks
- Didn't have to finish dinner plate but had to finish vegetables to get dessert
- Had to drink a glass of milk with dinner

What were common food behaviors that you and your family practiced? How does that affect eating behaviors now?

- Ate dinner altogether
- Went out for special occasions, after brother's sporting events and birthdays
- Got to choose where to go for birthdays
- Got donuts after church on most Sundays
- Dad would cook breakfast before church most Sundays
- Serve self portions for dinner, take less because can always have seconds

What were some things that you were taught about food that you still implement into your daily life?

- Eat a balanced diet
- 3 meals/day
- Dessert after dinner

What types of food behaviors did/do you notice about older family members that you can see/not see yourself doing in adulthood?

- My mom would like to snack on popcorn, picked up the habit
- Usually had popcorn when watched movies together at home
- Older brothers would eat really fast-didn't do the same

Are there any foods that you would never touch as a child but now enjoy?

- Brusselsprouts- still don't like
- Onions, tomatoes, peppers, mushrooms

Are there any foods that you enjoyed as a child but no longer do?

- Olives

How do you feel that your childhood has influenced eating patterns in adulthood?

- Always had 3 meals/day with snacks in between

- Try to make snacks healthy and filling- mom would put out fruit or other healthy snacks for after school
- Try not to eat out so much- had to bring lunch to school, still do sometimes
- Dinner always the biggest meal
- Mom would cycle through same recipes every month and sometimes add new ones
- Kept the new ones everyone liked

What is something that you think could have made your childhood experiences with food better/worse? (ex. Not being restricted from sweets)

- Was good that we ate together
- Could have been better if had made me try new foods
- Could have been better if had been taught to think about fullness and snacking from boredom

Were you considered a picky eater? If so, what did your parents do to make you eat?

- Yes, was very picky eater
- Would want me to try it and sometimes it worked, but sometimes had to make separate meal for her that was different from what others were eating

As an adult, are you open to trying new foods or do you stick to what is familiar?

- More open to trying new foods now but usually sticks to same recipes every month- easy to shop for groceries