

Dietary Adherence MMAS (DA-MMAS-8)

Preface

You said you are trying to follow a healthy eating plan for your health. Many people find it hard to stick to this every day. We'd like to know about your experience. Please answer honestly, thinking about the past 2 weeks.

1. Do you sometimes forget that you're trying to eat healthier?
☐ Yes ☐ No
2. People sometimes eat off-plan for reasons other than forgetting. In the past 2 weeks, were there any days when you did not follow your eating plan?
☐ Yes ☐ No
3. Have you ever eaten something unhealthy without telling anyone because it made you feel better in the moment?
☐ Yes ☐ No
4. When you are busy, out, or with others, do you sometimes forget to follow your eating plan?
☐ Yes ☐ No
5. Did you follow your healthy eating plan the last time you ate?
☐ Yes ☐ No
6. When you feel your health is improving, do you sometimes relax and eat things you shouldn't?
☐ Yes ☐ No
7. Some people feel eating healthy is hard to keep up with. Do you ever feel it's too difficult to stick with your eating plan?
☐ Yes ☐ No
8. How often do you have trouble remembering your plan to eat healthy?
☐ Never ☐ Rarely ☐ Sometimes ☐ Often ☐ Always