The following was used as a flexible guide for sample questions. In keeping with good qualitative research methods, the interviewer used probes as necessary and covered topics as they emerged in the conversation.

- Can you tell me about food and eating for you currently?
  - Please go through a typical day.
  - Is it different on week-ends? How?
  - Other places you eat?
  - Places you would never eat?
  - What are your holiday traditions?
  - What are your favorite foods?
  - What are some foods you especially dislike?
  - Any personal rules about food and eating?
  - Any difficulties/struggles with food and eating?

- Where did you live as a child?
- Who lived with you?
- What were meals like when you were a child growing up?
  - Who did the cooking in your childhood home?
  - How were you involved?
  - Who decided what was to be eaten, when and with whom?
  - Where did food come from? (garden, farm, store, hunting, barter)
  - What are some of the reasons for that?
  - Who was there at mealtimes, not there?
  - What else was going on at the time?
  - Tell me about your earliest food memories and associations.
  - What food was not eaten, eaten by others (but not you)?
  - What were the family rules or practices about eating?
  - What were your personal rules about food and eating within the family structure? Were the rules about food and eating different for different family members?

- What was going on with your family then?
- What did your parents (or other significant people) think was important about food?
- Was anyone trying to teach you anything about food?
- How was food and eating organized?
- How did you feel about food and eating then?
- Were there any problems about food and eating then?
- What was going on with your health then?
- Did health have any relevance to food and eating for you (or anyone) at that time?
- What were the expectations about eating?
- What types of roles related to food were you involved with then?
- What kind of eater were you? What type of eater did people say you were? Did other people comment on your eating habits in any way?
- What did you wish could be different about food and eating?

Tell me about food and eating when you left home and were out on your own for the first time. What were you doing (work, marriage, etc)

Tell me about food and eating when you first lived with your spouse.
- Partner
- Roommate.

Tell me about food and eating when you first had children in your household.

How long did eating go on this way?

Where else did you eat during that time?
- Did you eat out at all? Where?
- What was that like? How was that different?
- Did you have any rules/guidelines or policies for those situations?

What perceptions do you have about your weight now? At other times?

How would you define healthy eating for you?
- What gets in the way of this kind of eating?
- What helps you eat this way?

What would you eat more of (or less of) now if there was more money?
- What would you eat more of (or less of) now if there was more time?
- What would you eat more of (or less of) now if you lived with someone (or lived alone)?

How do you perceive yourself eating in the future?
- When do you expect things to change?
Events: last birthday, last meal with only one adult, last meal with no children, last time going to eat at a friend's

- When did the way you eat begin to change?
  - When did this pattern start? Why did you change it?
  - Who, what, where when, why?
  - What else was going on in your life?
  - What were some of the reasons for that change?
  - What was going on around you?
- What happened after that? After that?