

Questionnaire: Pickles & Achar

Age: _____ Gender: M/F

1. How often do you eat pickled food?

- ☐ Often (5 or more times a week)
- ☐ Less often (1 to 4 times a week)
- ☐ Rarely (Less than once a week)
- ☐ Never

2. Do you like food containing oil?

3. Do you think you eat a:

- ☐ minimum amount of salt
- ☐ moderate amount of salt
- ☐ maximum amount of salt?

4. Why do you choose the brand of pickled foods that you buy?

- ☐ Price
- ☐ Brand name
- ☐ Health reasons/ingredients

5. Which brand of pickled food do you buy?

6. Do you read the nutritional information before you buy a food product?

7. Where do you get your pickled food?

- ☐ Grocery store
- ☐ Home made
- ☐ Farm stall

8. Are you intolerant/allergic to spices?

9. Do you think that pickles and atchar are a healthy food choice?

10. Do you think you eat too much salt?

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