

Are you currently trying to eat [more fruit OR vegetables OR grain and cereal foods /OR less saturated fat ]?

Yes → Meets dietary goal → Action stage

No (go to next question) → Does not meet dietary goal → Action stage

Do you plan to eat [...] in the next month?

Yes → Meets dietary goal → Preparation stage

No (go to next question) → Does not meet dietary goal → Preparation stage

Do you plan to eat [...] in the next 6 months?

Yes → Meets dietary goal → Contemplation stage

→ Does not meet dietary goal → Contemplation stage

No → Meets dietary goal → Maintenance stage

→ Does not meet dietary goal AND correct self-rating of dietary inadequacy → Precontemplation stage

→ Does not meet dietary goal AND incorrect self-rating of dietary adequacy (i.e. misconception of dietary adequacy) → Precontemplation Unaware stage