

DIETARY RULES INVENTORY (DRI)

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The following questions cover the last four weeks (28 days). Read each question carefully and put a tick in \

HOW MANY TIMES OVER THE LAST 28 DAYS HAVE YOU INTENTIONALLY TRIED					
	Never	Rarely	Sometimes	Often	Always
1. Not to eat after a certain time					
2. To delay mealtimes					
3. To eat the same foods					
4. Not to eat outside of main meals					
5. To eat the lowest calorie foods					
6. To eat less than the others with you					
7. Not to eat in front of other people					
8. Not to eat when meeting up with other people					
9. Not to eat foods considered fattening					
10. Not to eat foods considered unhealthy					
11. Not to have dessert at the end of a meal					
12. Not to drink sugary drinks					
13. Not to use condiments					
14. Not to eat foods whose ingredients, calorie content or precise quantity are unknown					
15. To restrict previous meals if you plan to eat away from home					
16. Not to accept invitations to lunch or dinner					
17. Not to eat certain food groups (e.g., carbohydrates, fats, proteins, other)					
18. To cook separate from others					
19. Not to eat food prepared by others					
20. Not to eat condiments left on the plate					
21. To leave pieces of food on the plate					
22. Not to have seconds					
23. Not to eat if you haven't burned enough					
24. Not to taste food while cooking					
25. To establish a fixed calorie limit for the day					

26. To establish a fixed calorie limit for an individual meal					
27. To establish a fixed number of pieces of food to eat					
28. To have small portions					