

32-item AFCQ (Athlete Food Choice Questionnaire)

Please answer the following statements in relation to how much they influence your food choices.
This could be a single meal or individual food or drink (beverage).

My food choices can be influenced by:	Frequency				
Nutritional attributes of the food	Never	Rarely	Sometimes	Often	Always
The presence of vitamins and minerals in the food	1	2	3	4	5
The natural content of the food	1	2	3	4	5
The health or nutrition claims about the food	1	2	3	4	5
The nutritional content of the food (protein, fat carbohydrate)	1	2	3	4	5
Whether the food is a wholefood	1	2	3	4	5
Emotional influences	Never	Rarely	Sometimes	Often	Always
How sad I feel	1	2	3	4	5
How stressed I feel	1	2	3	4	5
How angry I feel	1	2	3	4	5
Eating to comfort my emotions	1	2	3	4	5
Food and health awareness	Never	Rarely	Sometimes	Often	Always
My ability to plan my foods ahead	1	2	3	4	5
My ability to cook for myself	1	2	3	4	5
My knowledge of nutritious foods	1	2	3	4	5
My awareness of the foods I already consumed today	1	2	3	4	5
Influence of others	Never	Rarely	Sometimes	Often	Always
What other athletes in my sport are eating	1	2	3	4	5
What my friends are eating	1	2	3	4	5
What my family is eating	1	2	3	4	5
Usual eating practices	Never	Rarely	Sometimes	Often	Always
How familiar the food is to me	1	2	3	4	5
The foods that I've grown up eating	1	2	3	4	5
My cultural style of eating (e.g. S. American, Indian, Western)	1	2	3	4	5
Weight control	Never	Rarely	Sometimes	Often	Always
If I am trying to lose or gain weight	1	2	3	4	5
If the food is beneficial for my weight goal	1	2	3	4	5
How happy I am with my current weight / body image	1	2	3	4	5
Whether I am in the off season (no competitions or intense training for a period of time)	1	2	3	4	5

My food choices can be influenced by:	Frequency				
Food values and beliefs	Never	Rarely	Sometimes	Often	Always
If the food aligns with my values for animal welfare (i.e. no animal products/vegan, cruelty-free raised animals)	1	2	3	4	5
My religious food beliefs	1	2	3	4	5
If the food is sustainably produced	1	2	3	4	5
Sensory appeal	Never	Rarely	Sometimes	Often	Always
The flavour of the food	1	2	3	4	5
The taste of the food	1	2	3	4	5
The sensory appeal of available foods	1	2	3	4	5
Performance	Never	Rarely	Sometimes	Often	Always
My need to fuel my body for competition	1	2	3	4	5
My need to feel energetic for training & competing	1	2	3	4	5
My need to fuel my body for recovery	1	2	3	4	5

Optional question items

Questions

The availability of food close to where I am
 How much money I have to spend on food
 How convenient the food is to prepare/eat
 Place where I am eating (i.e., at home, at training, at a cafeteria etc.)
 Concerns about foods causing positive doping results
 If the food might make my gut feel uncomfortable when training or competing (i.e., stomach upset)
 How hungry I am at the time
 The eating occasion (i.e., early morning, breakfast, mid-afternoon, supper etc)
 How busy my schedule is
 My food allergies or intolerances
 My medical condition
 The fibre content of the food
 The sodium (salt) content of the food

Reference the use of this instrument to:

THURECHT, R. L., and F. E. PELLY. The Athlete Food Choice Questionnaire (AFCQ): Validity and Reliability in a Sample of International High-Performance Athletes. *Med. Sci. Sports Exerc.*, Vol. 53, No. 7, 2021.