



Specialized Diets – Survey Questions

Questions were answered by parents with children age 13-18.

Q1. In the past two years, has your teen tried any of the following diets:

	Yes	No	Don't know
1. Gluten-free			
2. Vegan			
3. Vegetarian			
4. Paleo			

Q2. Why did your teen try the diet?

1. Health-related reasons
2. Friends suggested it
3. Family member on the diet
4. Good for the environment

Q3. When your teen started the diet, did you:

	Yes	No
1. Take teen to health care provider		
2. Do your own research about the diet		
3. Have your teen take vitamins or supplements		
4. Forbid teen from going on the diet		

Q4. How did the diet affect the health of your teen?

1. Positive impact on health
2. Negative impact on health
3. No impact

Q5. What challenges did you have when your teen was on the diet?

	Major challenge	Minor challenge	Not a challenge
Cost of groceries for the diet			
Finding places to eat out as a family			
Stress of family members eating different foods			
Time required to make special food			
Conflict at holidays and family gatherings			

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