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Appendix A: Screening Diabetes Dietary Tool

1. Thank you for responding to the flyer about the focus group to develop a diabetes meal plan questionnaire.
2. Tell me what dietary instructions you have been given by a diabetes educator or your health care provider. For example, have you been taught how to select certain types of food for meals and snacks or to count your carbohydrates?

3. Tell me about the food you ate yesterday. Please do not feel embarrassed about any food, as there are no “good” or “bad” foods. No one follows their diabetes meal plan perfectly all the time. Let’s start with the most recent snack or food you ate last night.

Food Item	Serving Size (approximate)	Time Consumed

4. Is participant following their prescribed meal plan? Yes/No
5. If yes, then inform the potential participant they are eligible for the study and ask if their contact information can be given to the Principal Investigator, Nancy A. Allen PhD, ANP-BC.
6. If no, then thank them for their time and ask them if they would be willing to be contacted for the second half of the study which will involve taking a couple of questionnaires about their confidence in their ability to follow their diet. Record their contact information if they express interest in the second part of the study.