**FOOD QUESTIONNAIRE**

**RESPONDENT ID #**

**TODAY'S DATE**

- Jan
- Feb
- Mar
- Apr
- May
- Jun
- Jul
- Aug
- Sep
- Oct
- Nov
- Dec

**PLEASE DO NOT WRITE IN THIS AREA**

---

**ABOUT YOU**

- **SEX**
  - Male
  - Female

- **AGE**

- **WEIGHT** pounds

- **HEIGHT** ft. in.

- **If female, are you pregnant or breast feeding?**
  - No
  - Yes
  - Not female

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**INSTRUCTIONS**

There are usually two kinds of questions to answer for each food:

1. **HOW OFTEN**, on average, did you eat the food during the past year?
   - *Please DO NOT SKIP any foods. Mark “Never” if you didn’t eat any of the food in the question.*

2. **HOW MUCH** did you usually eat of the food?
   - *Sometimes we ask how many you eat, such as 1 egg, 2 eggs, etc., ON THE DAYS YOU EAT IT.*
   - *Sometimes we ask “how much” as A, B, C or D. LOOK AT THE ENCLOSED PICTURES.

For each food, pick the picture (bowls or plates) that looks the most like the serving size you usually eat. (If you don’t have pictures: A = 1/4 cup, B = 1/2 cup, C = 1 cup, D = 2 cups.)

3. **EXAMPLE:**
   - This person drank apple juice twice a week, and had one glass each time.
   - Once a week he ate a “C”-sized serving of rice (about 1 cup).

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**ABOUT THIS SURVEY**

This form is about the foods you usually eat. It will take about 30 - 40 minutes to complete. Please answer each question as best you can. Estimate if you aren’t sure.

- **USE ONLY A NO. 2 PENCIL.**
- **Fill in the circles completely, and erase completely if you make any changes.**

Please write your name in this box.

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<table>
<thead>
<tr>
<th>FOOD</th>
<th>HOW OFTEN IN THE PAST YEAR</th>
<th>HOW MUCH ON THOSE DAYS</th>
</tr>
</thead>
<tbody>
<tr>
<td>Apple Juice</td>
<td></td>
<td></td>
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<tr>
<td>Rice</td>
<td></td>
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</tbody>
</table>
This section is about your usual eating habits in the past year or so. This includes all meals or snacks, at home or in a restaurant or carry-out. We will ask you about different TYPES (low-fat, low-carb) at the end of the survey. Include all types (like low-fat, sugar-free). Later you can tell us which type you usually eat.

<table>
<thead>
<tr>
<th>HOW OFTEN</th>
<th>NEVER</th>
<th>A FEW TIMES PER YEAR</th>
<th>2-3 TIMES PER WEEK</th>
<th>2 TIMES PER WEEK</th>
<th>3-4 TIMES PER WEEK</th>
<th>5-6 TIMES PER WEEK</th>
<th>EVERY DAY</th>
</tr>
</thead>
<tbody>
<tr>
<td>Breakfast sandwiches with eggs, like Egg McMuffins</td>
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<tr>
<td>Other eggs like scrambled, boiled or omelets (not egg substitutes)</td>
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<tr>
<td>Breakfast sausage, including in sausage biscuits, or in breakfast sandwiches</td>
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<tr>
<td>Bacon</td>
<td></td>
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<td></td>
</tr>
<tr>
<td>Pancakes, waffles, French toast or Pop Tarts</td>
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<tr>
<td>Cooked cereals like oatmeal, grits or cream of wheat</td>
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<tr>
<td>Cold cereals, ANY KIND, like corn flakes, fiber cereals, or sweetened cereals</td>
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<tr>
<td>Milk or milk substitutes on cereal</td>
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<tr>
<td>Yogurt or frozen yogurt</td>
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<tr>
<td>Cheese, sliced cheese or cheese spread, including on sandwiches</td>
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</tr>
</tbody>
</table>

How often do you eat the following foods all year round? Estimate your average for the whole year.

<table>
<thead>
<tr>
<th>Food</th>
<th>NEVER</th>
<th>A FEW TIMES PER YEAR</th>
<th>2-3 TIMES PER WEEK</th>
<th>2 TIMES PER WEEK</th>
<th>3-4 TIMES PER WEEK</th>
<th>5-6 TIMES PER WEEK</th>
<th>EVERY DAY</th>
</tr>
</thead>
<tbody>
<tr>
<td>Bananas</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
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<tr>
<td>Apples or pears</td>
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<tr>
<td>Oranges or tangerines</td>
<td></td>
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<tr>
<td>Grapefruit</td>
<td></td>
<td></td>
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</tr>
<tr>
<td>Peaches or nectarines, fresh</td>
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<tr>
<td>Other fresh fruits like grapes, plums, honeydew, mango</td>
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<tr>
<td>Canned fruit like applesauce, fruit cocktail, canned peaches or canned pineapple</td>
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</tbody>
</table>

How often do you eat each of the following 3 fruits, just during the summer months when they are in season?

<table>
<thead>
<tr>
<th>Fruit</th>
<th>NEVER</th>
<th>A FEW TIMES PER YEAR</th>
<th>2-3 TIMES PER WEEK</th>
<th>2 TIMES PER WEEK</th>
<th>3-4 TIMES PER WEEK</th>
<th>5-6 TIMES PER WEEK</th>
<th>EVERY DAY</th>
</tr>
</thead>
<tbody>
<tr>
<td>Cantaloupe, in season</td>
<td></td>
<td></td>
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<tr>
<td>Strawberries or other berries, in season</td>
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<tr>
<td>Watermelon, in season</td>
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</tbody>
</table>

How often do you eat each of the following vegetables all year round, including fresh, frozen, canned or in stir-fry, at home or in a restaurant?

<table>
<thead>
<tr>
<th>Vegetable</th>
<th>NEVER</th>
<th>A FEW TIMES PER YEAR</th>
<th>2-3 TIMES PER WEEK</th>
<th>2 TIMES PER WEEK</th>
<th>3-4 TIMES PER WEEK</th>
<th>5-6 TIMES PER WEEK</th>
<th>EVERY DAY</th>
</tr>
</thead>
<tbody>
<tr>
<td>Broccoli</td>
<td></td>
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<tr>
<td>Carrots, or mixed vegetables with carrots</td>
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<tr>
<td>Corn</td>
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</tr>
<tr>
<td>Food Item</td>
<td>How much</td>
<td>A</td>
<td>B</td>
<td>C</td>
<td>D</td>
<td>Once per week</td>
<td>Twice per week</td>
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<tr>
<td>--------------------------------------------------------------------------</td>
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<tr>
<td>Green beans or green peas</td>
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<td></td>
<td></td>
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<tr>
<td>Spinach (cooked)</td>
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<tr>
<td>Greens like collards, turnip greens, mustard greens</td>
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<tr>
<td>Sweet potatoes, yams</td>
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<tr>
<td>French fries, home fries, hash browns</td>
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<tr>
<td>Potatoes not fried, including mashed, boiled, baked, or potato salad</td>
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<tr>
<td>Cole slaw, cabbage, Chinese cabbage</td>
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<tr>
<td>Green salad, lettuce salad</td>
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<tr>
<td>Salad dressing, any kind, regular or low-fat</td>
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<tr>
<td>Any other vegetable, like squash, cauliflower, okra, cooked peppers</td>
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<tr>
<td>Refried beans or bean burritos</td>
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<tr>
<td>Pinto beans, black beans, chili with beans, baked beans</td>
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<tr>
<td>Vegetable stew (without meat)</td>
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<tr>
<td>Vegetable soup, vegetable-beef soup, or tomato soup</td>
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<tr>
<td>Split pea, bean or lentil soup</td>
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<tr>
<td>Any other soup including chicken noodle, cream soups, Cup-A-Soup, ramen</td>
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<tr>
<td>Pizza</td>
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<tr>
<td>Spaghetti, lasagna or other pasta with tomato sauce</td>
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<tr>
<td>Macaroni and cheese</td>
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<tr>
<td>Other noodles like egg noodles, pasta salad, sopa seca</td>
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<td>Tofu or tempeh</td>
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<tr>
<td>Meat substitutes like veggie burgers, veggie chicken, vegetarian hot dogs or vegetarian lunch meats</td>
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<tr>
<td>Do you ever eat chicken, meat or fish?</td>
<td>Yes</td>
<td></td>
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<tr>
<td>Hamburger, cheeseburger, or home or in a restaurant</td>
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<tr>
<td>Hot dogs, or sausage like Polish, Italian or chorizo</td>
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</tbody>
</table>

**Note:** How much and which bowl are decided based on the portion size.
<table>
<thead>
<tr>
<th>Meal Type</th>
<th>A Few Times Per Year</th>
<th>2-3 Times Per Month</th>
<th>Once Per Month</th>
<th>Once Per Week</th>
<th>2 Times Per Week</th>
<th>3-4 Times Per Week</th>
<th>5-6 Times Per Week</th>
<th>Every Day</th>
</tr>
</thead>
<tbody>
<tr>
<td>Lunch meat like bologna, sliced ham, turkey bologna, or any other lunch meat</td>
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<tr>
<td>Meat loaf, meat balls</td>
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<tr>
<td>Steak, roast beef, or beef in frozen dinners or sandwiches</td>
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<tr>
<td>Tacos, burritos, enchiladas, tamales, with meat or chicken</td>
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<tr>
<td>Ribs, spareribs</td>
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<tr>
<td>Pork chops, pork roasts, cooked ham (including for breakfast)</td>
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<tr>
<td>Veal, lamb, deer meat</td>
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<tr>
<td>Liver, including chicken livers or liverwurst</td>
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<tr>
<td>Pigs feet, neck bones, oxtails, tongue</td>
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<tr>
<td>Menudo, pozole, caldo de res, sancocho, ajiaco</td>
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<tr>
<td>Any other beef or pork dish, like beef stew, beef pot pie, corned beef hash, Hamburger Helper</td>
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<tr>
<td>Fried chicken, including chicken nuggets, wings, chicken patty</td>
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<tr>
<td>Roasted or broiled chicken or turkey</td>
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<tr>
<td>Any other chicken dish, like chicken stew, chicken with noodles, chicken salad, Chinese chicken dishes</td>
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<tr>
<td>Oysters</td>
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<tr>
<td>Shellfish like shrimp, scallops, crabs</td>
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<tr>
<td>Tuna, tuna salad, tuna casseroles</td>
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<tr>
<td>Fried fish or fish sandwich</td>
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<tr>
<td>Other fish, not fried</td>
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<tr>
<td><strong>BREADS</strong></td>
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<tr>
<td>Biscuits, muffins, croissants (not counting breakfast sandwiches with eggs)</td>
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<tr>
<td>Hamburger buns, hotdog buns, hot dog buns, subs, submarines</td>
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<td></td>
<td></td>
<td></td>
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<tr>
<td>Bagels, English muffins, dinner rolls</td>
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<tr>
<td>Tortillas (not counting those eaten in tacos or burritos)</td>
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<tr>
<td>Cornbread, corn muffins, hush puppies</td>
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<tr>
<td>Any other bread or toast, including white, dark, whole wheat, and what you have in sandwiches</td>
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<tr>
<td>Rice, or dishes made with rice</td>
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</tr>
</tbody>
</table>

**HOW MUCH ON THOSE DAYS**

See Portion Size Pictures for A-B-C-D
<table>
<thead>
<tr>
<th>Item</th>
<th>A Few Times per Year</th>
<th>1-2 Times per Month</th>
<th>Once per Month</th>
<th>2-3 Times per Week</th>
<th>Once per Week</th>
<th>2-4 Times per Week</th>
<th>Once per Week</th>
<th>3-5 Times per Week</th>
<th>Once per Week</th>
<th>4-6 Times per Week</th>
<th>Once per Week</th>
<th>Every Day</th>
</tr>
</thead>
<tbody>
<tr>
<td>Margarine (not butter) on bread or on vegetables</td>
<td></td>
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<tr>
<td>Butter (not margarine) on bread or on vegetables</td>
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<tr>
<td>Energy bars, like Power Bars, Clif bars, Balance, Luna, Atkins bars</td>
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<tr>
<td>Breakfast bars, cereal bars, granola bars (not energy bars)</td>
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<tr>
<td>Peanuts, sunflower seeds, other nuts or seeds</td>
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<tr>
<td>Peanut butter</td>
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<tr>
<td>Snack chips like potato chips, tortilla chips, Fritos, Doritos, popcorn (not pretzels)</td>
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<tr>
<td>Crackers, like Saltines, Cheez-Its, or any other snack cracker</td>
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<tr>
<td>Jelly, jam</td>
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<tr>
<td>Mayonnaise, sandwich spreads</td>
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<tr>
<td>Catsup, salsa or chile peppers</td>
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<tr>
<td>Mustard, barbecue sauce, soy sauce, gravy, other sauces</td>
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<tr>
<td>Donuts</td>
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<tr>
<td>Cake, or snack cakes like cupcakes, Ho-Hos, Entenmann's, or any other pastry</td>
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<tr>
<td>Cookies</td>
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<tr>
<td>Ice cream, ice cream bars</td>
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<tr>
<td>Chocolate syrup or sauce (like in milk or on ice cream)</td>
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<tr>
<td>Pumpkin pie, sweet potato pie</td>
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<tr>
<td>Any other pie including fast food pies or snack pies</td>
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<tr>
<td>Chocolate candy like candy bars, M&amp;Ms, Reeses</td>
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<tr>
<td>Any other candy, not chocolate, like hard candy, Lifesavers, Skittles, Starburst</td>
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<tr>
<td>Glasses of milk (any kind, including soy), not counting on cereal or coffee</td>
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<tr>
<td>Drinks like Slim Fast, Sego, Slimster, Ensure or Atkins</td>
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<tr>
<td>Tomato juice or V-8 juice</td>
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<tr>
<td>Real 100% orange juice or grapefruit juice. Don't count orange soda or Sunny Delight</td>
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<tr>
<td>Apple juice, grape juice, pineapple juice or fruit smoothies</td>
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</tbody>
</table>

**HOW MUCH ON THOSE DAYS**

See portion size pictures for A-B-C-D

**HOW MUCH on the days you drink it?**
### HOW MUCH on the days you drink it?

<table>
<thead>
<tr>
<th>Drink Description</th>
<th>NEVER</th>
<th>A FEW TIMES a YEAR</th>
<th>ONCE a MONTH</th>
<th>2-3 TIMES a MONTH</th>
<th>ONCE a WEEK</th>
<th>2-3 TIMES a WEEK</th>
<th>5-6 TIMES a WEEK</th>
<th>EVERY DAY</th>
</tr>
</thead>
<tbody>
<tr>
<td>Hi-C, Cranberry Juice Cocktail, Hawaiian Punch, Tang</td>
<td></td>
<td></td>
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<tr>
<td>Drinks with some juice, like Sunny Delight, Knudsen</td>
<td></td>
<td></td>
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<tr>
<td>Iced tea, homemade, instant, or bottled like Nestea, Lipton, Snapple, Tazo</td>
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<tr>
<td>Kool-Aid, lemonade, sports drinks like Gatorade, or fruit flavored drinks (not including iced teas)</td>
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<tr>
<td>Any kind of soft drink, like cola, Sprite, orange soda, regular or diet</td>
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<tr>
<td>Beer or non-alcoholic beer</td>
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<td></td>
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<tr>
<td>Wine or wine coolers</td>
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<td></td>
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<tr>
<td>Liquor or mixed drinks</td>
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<tr>
<td>Glasses of water, tap or bottled</td>
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<td></td>
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<tr>
<td>Coffee, regular or decaf</td>
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<tr>
<td>Hot tea (not including herbal teas)</td>
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</tr>
</tbody>
</table>

### How much in a day?

<table>
<thead>
<tr>
<th>Drink Description</th>
<th>How many GLASSES</th>
<th>How many GLASSES</th>
<th>How many GLASSES OR BOTTLES</th>
</tr>
</thead>
<tbody>
<tr>
<td>Kool-Aid, lemonade, sports drinks like Gatorade, or fruit flavored drinks (not including iced teas)</td>
<td>1/2</td>
<td>1/2</td>
<td>1/2</td>
</tr>
<tr>
<td>Any kind of soft drink, like cola, Sprite, orange soda, regular or diet</td>
<td>1/2</td>
<td>1/2</td>
<td>1/2</td>
</tr>
<tr>
<td>Wine or wine coolers</td>
<td>1/2</td>
<td>1/2</td>
<td>1/2</td>
</tr>
<tr>
<td>Kool-Aid, lemonade, sports drinks like Gatorade, or fruit flavored drinks (not including iced teas)</td>
<td>1/2</td>
<td>1/2</td>
<td>1/2</td>
</tr>
<tr>
<td>Any kind of soft drink, like cola, Sprite, orange soda, regular or diet</td>
<td>1/2</td>
<td>1/2</td>
<td>1/2</td>
</tr>
<tr>
<td>Wine or wine coolers</td>
<td>1/2</td>
<td>1/2</td>
<td>1/2</td>
</tr>
</tbody>
</table>

### What do you usually add to coffee? MARK ONLY ONE:

<table>
<thead>
<tr>
<th>Option</th>
</tr>
</thead>
<tbody>
<tr>
<td>Cream or half &amp; half</td>
</tr>
<tr>
<td>Non-dairy creamer</td>
</tr>
<tr>
<td>Milk</td>
</tr>
<tr>
<td>None of these</td>
</tr>
<tr>
<td>Don't drink it</td>
</tr>
</tbody>
</table>

### What do you usually add to tea? MARK ONLY ONE:

| Option                      | |
|-----------------------------||
| Cream or half & half        |
| Non-dairy creamer           |
| Milk                        |
| None of these               |
| Don't drink it              |

### Do you usually add sugar (or honey) to coffee? Yes or No

<table>
<thead>
<tr>
<th>Yes/No</th>
<th>How many teaspoons each cup</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>1/2</td>
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<td>1/2</td>
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<td>1/2</td>
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<td>1/2</td>
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<tr>
<td></td>
<td>1/2</td>
</tr>
</tbody>
</table>

### Do you usually add sugar (or honey) to tea? Yes or No

<table>
<thead>
<tr>
<th>Yes/No</th>
<th>How many teaspoons each cup</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>1/2</td>
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<td></td>
<td>1/2</td>
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<td>1/2</td>
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<td>1/2</td>
</tr>
</tbody>
</table>

### About how many servings of vegetables do you eat, per day or per week, not counting salad or potatoes?

<table>
<thead>
<tr>
<th>Rarely</th>
<th>1-2 PER WEEK</th>
<th>3-4 PER WEEK</th>
<th>5-6 PER WEEK</th>
<th>1 PER DAY</th>
<th>1 1/2 PER DAY</th>
<th>2 PER DAY</th>
<th>3 PER DAY</th>
<th>4+ PER DAY</th>
</tr>
</thead>
<tbody>
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</tbody>
</table>

### About how many servings of fruit do you eat, not counting juices?

<table>
<thead>
<tr>
<th>Rarely</th>
<th>1-2 PER WEEK</th>
<th>3-4 PER WEEK</th>
<th>5-6 PER WEEK</th>
<th>1 PER DAY</th>
<th>1 1/2 PER DAY</th>
<th>2 PER DAY</th>
<th>3 PER DAY</th>
<th>4+ PER DAY</th>
</tr>
</thead>
<tbody>
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</tbody>
</table>

### How often do you use fat or oil in cooking?

<table>
<thead>
<tr>
<th>Rarely</th>
<th>1-2 PER WEEK</th>
<th>3-4 PER WEEK</th>
<th>5-6 PER WEEK</th>
<th>1 PER DAY</th>
<th>1 1/2 PER DAY</th>
<th>2 PER DAY</th>
<th>3 PER DAY</th>
<th>4+ PER DAY</th>
</tr>
</thead>
<tbody>
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</tr>
</tbody>
</table>

### PLEASE DO NOT WRITE IN THIS AREA

Serial #
If you eat the following foods, what type do you usually eat?  **MARK ONLY ONE ANSWER FOR EACH QUESTION**

<table>
<thead>
<tr>
<th>Food</th>
<th>Options</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Milk</strong></td>
<td>Whole milk  Reduced-fat 2% milk  Low-fat 1% milk  Soy milk  Rice milk  Don't drink</td>
</tr>
<tr>
<td><strong>Slim Fast, Sego, Slender or Ensure</strong></td>
<td>Low-Carb like Atkins  Regular  Don't drink</td>
</tr>
<tr>
<td><strong>Orange juice</strong></td>
<td>Calcium-fortified  Not calcium-fortified  I don't know  Don't drink</td>
</tr>
<tr>
<td><strong>Soda or pop</strong></td>
<td>Diet soda, low-calorie  Regular  Don’t drink</td>
</tr>
<tr>
<td><strong>Iced tea</strong></td>
<td>Homemade, no sugar  Homemade, w/sugar  Bottled, no sugar  Bottled, regular  Don’t drink</td>
</tr>
<tr>
<td><strong>Beer</strong></td>
<td>Regular beer  Light beer  Low-Carb beer  Non-alcoholic beer  Don’t drink</td>
</tr>
<tr>
<td><strong>Hamburgers or cheeseburgers</strong></td>
<td>Hamburgers  Cheeseburgers  Don’t eat</td>
</tr>
<tr>
<td><strong>Hot dogs</strong></td>
<td>Low fat or turkey dogs  Regular hot dogs  Don’t eat</td>
</tr>
<tr>
<td><strong>Lunch meats</strong></td>
<td>Low-fat or turkey lunch meats  Regular lunch meats  Don’t eat</td>
</tr>
<tr>
<td><strong>Spaghetti or lasagna</strong></td>
<td>Meatless  With meat sauce or meatballs  Don’t eat</td>
</tr>
<tr>
<td><strong>Cheese</strong></td>
<td>Low Fat  Not Low Fat  Don’t eat</td>
</tr>
<tr>
<td><strong>Salad dressing</strong></td>
<td>Low-Carb  Low-fat  Regular  Don’t use</td>
</tr>
<tr>
<td><strong>Energy bars like Power Bar, Clif, Atkins</strong></td>
<td>Low-Carb, low sugar  Low-fat  Regular  Don’t eat</td>
</tr>
<tr>
<td><strong>Breakfast bars, cereal bars, or granola bars</strong></td>
<td>Low-Carb, low sugar  Low-fat  Regular  Don’t eat</td>
</tr>
<tr>
<td><strong>Bread</strong></td>
<td>100% whole wheat  Low-Carb  Regular  Don’t eat</td>
</tr>
<tr>
<td><strong>Tortillas</strong></td>
<td>Corn  Flour  Don’t know or don’t eat</td>
</tr>
<tr>
<td><strong>Chocolate candy or chocolate candy bars</strong></td>
<td>Low-Carb, low sugar  Low-fat  Regular  Don’t eat</td>
</tr>
<tr>
<td><strong>Cookies</strong></td>
<td>Low-Carb, low sugar  Low-fat  Regular  Don’t eat</td>
</tr>
<tr>
<td><strong>Cake, snack cakes, and other pastries</strong></td>
<td>Low-Carb, low sugar  Low-fat  Regular  Don’t eat</td>
</tr>
<tr>
<td><strong>Ice cream</strong></td>
<td>Low-Carb, low sugar  Low-fat or ice milk  Regular  Don’t eat</td>
</tr>
<tr>
<td><strong>Jelly or jam</strong></td>
<td>Low-Carb, low sugar  Regular  Don’t use</td>
</tr>
<tr>
<td><strong>Beef or pork</strong></td>
<td>Avoid eating the fat  Sometimes eat the fat  Often eat the fat  Don’t eat</td>
</tr>
<tr>
<td><strong>Chicken or Turkey</strong></td>
<td>Avoid eating the skin  Sometimes eat the skin  Often eat the skin  Don’t eat</td>
</tr>
</tbody>
</table>

**What kinds of fat or oil do you usually use in cooking?  **MARK ONLY ONE OR TWO**

<table>
<thead>
<tr>
<th>Options</th>
</tr>
</thead>
<tbody>
<tr>
<td>Don’t know, or Pam  Butter  Butter/margarine blend  Stick margarine  Soft tub/margarine  Low-fat margarine  Corn oil, vegetable oil  Olive oil or canola oil  Lard, fatback, bacon fat  Other fiber fats  like Raisin Bran, Fruit-n-Fiber  Sweetened fats  like Frost Flakes, Froot Loops  Other cold fats, like Corn Flakes, Rice Krispies, Special K</td>
</tr>
</tbody>
</table>

If you eat cold cereals, what do you eat?  Choose one or two that you eat most often.  (If you usually just eat one kind, just choose one.)

<table>
<thead>
<tr>
<th>Options</th>
</tr>
</thead>
<tbody>
<tr>
<td>Low-carb cereals like Atkins,  Low-Carb Special K  Teen Cereal  Cheerios, Grape Nuts, Shredded Wheat, Wheaties, Wheat Chex  Total  Fiber One  Product 19, Complete  All Bran, Bran Buds  Other fiber cereals like Raisin Bran, Fruit-n-Fiber  Sweetened cereals like Frost Flakes, Froot Loops  Other cold cereals, like Corn Flakes, Rice Krispies, Special K</td>
</tr>
</tbody>
</table>
**What vitamin supplements do you take fairly regularly?**

<table>
<thead>
<tr>
<th>Multiple Vitamins. Did you take...</th>
</tr>
</thead>
<tbody>
<tr>
<td>Prenatal vitamins</td>
</tr>
<tr>
<td>Regular Once-A-Day, Centrum, Theragran, “senior” vitamins or house brands of multiple vitamins</td>
</tr>
<tr>
<td>Stress-tabs or B-Complex type</td>
</tr>
</tbody>
</table>

**Single Vitamins, not part of multiple vitamins**

<table>
<thead>
<tr>
<th>Vitamin A (not beta-carotene)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Beta-carotene</td>
</tr>
<tr>
<td>Vitamin C</td>
</tr>
<tr>
<td>Vitamin E</td>
</tr>
<tr>
<td>Folic Acid, Folate</td>
</tr>
<tr>
<td>Calcium or Tums</td>
</tr>
<tr>
<td>Vitamin D, alone or combined with calcium</td>
</tr>
<tr>
<td>Zinc</td>
</tr>
<tr>
<td>Iron</td>
</tr>
<tr>
<td>Selenium</td>
</tr>
<tr>
<td>Omega-3, fish oil, flax seed oil</td>
</tr>
</tbody>
</table>

**HOW OFTEN**

<table>
<thead>
<tr>
<th>A FEW DAYS PER MONTH</th>
<th>1-3 DAYS PER WEEK</th>
<th>4-6 DAYS PER WEEK</th>
<th>EVERY DAY</th>
</tr>
</thead>
</table>

**FOR HOW MANY YEARS?**

<table>
<thead>
<tr>
<th>LESS THAN 1 YEAR</th>
<th>1 YEAR</th>
<th>2 YEARS</th>
<th>3-4 YEARS</th>
<th>5-9 YEARS</th>
<th>10+ YEARS</th>
</tr>
</thead>
</table>

If you took Once-a-day, Centrum or Thera-type multiple vitamins, did you usually take types that
- contain minerals, iron, zinc, etc.
- do not contain minerals
- Don't know

If you took vitamin C, how many milligrams of **vitamin C** did you usually take, on the days you took it?
- 100
- 250
- 500
- 750
- 1000
- 1500
- 2000
- 3000
- Don't know

If you took vitamin E, how many IUs of **vitamin E** did you usually take, on the days you took it?
- 100
- 200
- 300
- 400
- 600
- 800
- 1000
- 2000
- 2000+
- Don't know

Did you take any of these supplements at least once a week?
- Ginkgo
- St. John’s Wort
- Echinacea
- GABA
- Ginseng
- Kava Kava
- Melatonin
- Glucosamine/Chondroitin
- Didn’t take these

**SOME LAST QUESTIONS ABOUT YOU**

Would you say your health is
- Excellent
- Very good
- Good
- Fair
- Poor

Are you currently trying to lose weight?
- Yes
- No

Was there ever a time in your life when you often drank more beer, wine or liquor than you do now?
- Yes
- No

Do you smoke cigarettes now?
- Yes
- No

**IF YES**, on average about how many cigarettes a day do you smoke now?
- 1-5
- 6-14
- 15-24
- 25-34
- 35+

Are you
- Hispanic or Latino
- Not Hispanic or Latino

What race do you consider yourself to be? (MARK ALL THAT APPLY)
- White
- Black or African American
- Asian
- American Indian or Alaska Native
- Native Hawaiian or Other Pacific Islander
- Do not wish to provide this information

**Thank you very much for filling out this questionnaire.**

Please take a minute to go back and fill in anything you may have skipped.