

Canadian Study of Diet and Health



Memorial University of Newfoundland

Who this questionnaire is for and what it asks about:

This questionnaire is to be completed by the person taking part in this study:

Part I asks about the foods you ate **OVER THE PAST 12 MONTHS**.

Part II asks about vitamins and other dietary supplements that you may have used.

If possible, please return this questionnaire within two weeks.

The completed questionnaire should be sealed in the pre-paid envelope and mailed back to:

**Health Research Unit,
Room 2801A, Division of Community Health & Humanities,
Medicine, Health Science Centre,
300 Prince Phillip Drive,
St. John's, NL, Canada, A1B 3V6**

If you have any questions about this form or the study, please do not hesitate to contact with us with **709-777-2043**; leave your question when the answering machine indicates and someone will get back to you within the day.

The information given to us in this questionnaire will be kept confidential.

Thank you for your time and assistance.

HOW TO COMPLETE THIS QUESTIONNAIRE

We would like to know how often you ate certain foods **OVER THE PAST 12 MONTHS**, and their amounts.

Section A (*lists foods and portion sizes*)

Amounts are described in various ways, including the number of:

cups, teaspoons (tsp), ounces (oz), inches ("), pieces (e.g., 1 apple)
grams (gm), tablespoons (tbsp), millilitres (ml), centimetres (cm).

We want to know the **Portion Size** of your **USUAL SERVING**. We have given an example of an average portion size in the attached pamphlet. If your portion size was different than the average, you can indicate this by putting an **X** or in the circles for **Smaller** or **Larger** portion sizes. **Smaller** than average is about 25% or less than the average portion size, while **Larger** than average is about 25% or more than the average size. Leave the circle blank if your typical portion size was average.

One part of the attached pamphlet shows small, medium and large portion sizes for vegetables, meat and chicken. Some questions ask you to refer to the photos to help you figure out correct **Food Portion Size**.

Section B (*asks about how often you ate certain foods OVER THE PAST 12 MONTHS*)

For each food item listed, choose **one** column (Per Day, Per Week, Per Month, or Never / Rarely) that best describes **HOW OFTEN** you ate or drank that item. For example, if you ate CREAM CHEESE 3 times a month during the year of interest, you would write (3) in the **PER MONTH** column. If you ate SWEET POTATOES only 2 times during the year of interest, you can place a checkmark () in the **NEVER OR RARELY** column.

Section C (*To be completed only for seasonal foods*)

Some foods (for example fresh fruit and vegetables) are not available throughout the year. **For foods that you do not eat all year round** (i.e. in season only), indicate the number of months of the year that you ate them.

Please complete each question as best you can. We know that it is difficult to recall exactly how often you ate something. If you are not certain, try to give your best estimate. If you need help completing the FFQ please call **(709)-777-2043**. If the call is outside the St. John's area you can call collect.

EXAMPLE Section A				Section B OVER THE PAST 12 MONTHS				Section C
FOOD	Average Portion Size	Your Portion Size, if NOT Average		HOW OFTEN? (Complete one column only)				If Ate Food in Season Only
		Smaller	Larger	per DAY (enter a number)	per WEEK (enter a number)	per MONTH (enter a number)	NEVER or RARELY (check)	enter Months per Year
1 CREAM CHEESE	2 tbsp/ 30 ml/ 1 oz	<input type="radio"/>	<input type="radio"/>			3		
2 CANTELOUPE	1/8 or 1 slice	<input type="radio"/>	<input type="radio"/>	1				4
3 SWEET POTATOES	1 medium/ ½ cup	<input type="radio"/>	<input type="radio"/>				<input checked="" type="checkbox"/>	

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		Smaller	Larger	per DAY (enter a number)	per WEEK (enter a number)	per MONTH (enter a number)	NEVER or RARELY (check)	
Beverages								
1	WHOLE MILK (any, include if in cereal & drinks)	1 cup/ 250 ml	<input type="radio"/>	<input type="radio"/>				
2	2% MILK, 2% Evaporated milk (any, if in cereal & drinks)	1 cup/ 250 ml	<input type="radio"/>	<input type="radio"/>				
3	SKIM MILK, 1% MILK (any, include if in cereal & drinks)	1 cup/ 250 ml	<input type="radio"/>	<input type="radio"/>				
4	MILK SHAKE	1 cup/ 250 ml	<input type="radio"/>	<input type="radio"/>				
5	YOGURT DRINK	1 cup/ 250 ml	<input type="radio"/>	<input type="radio"/>				
6	COFFEE (not decaffeinated)	1 cup/ 250 ml	<input type="radio"/>	<input type="radio"/>				
7	COFFEE (decaffeinated)	1 cup/ 250 ml	<input type="radio"/>	<input type="radio"/>				
8	TEA (not herbal)	1 cup/ 250 ml	<input type="radio"/>	<input type="radio"/>				
9	TEA (herbal)	1 cup/ 250 ml	<input type="radio"/>	<input type="radio"/>				
10	SUGAR (in tea and coffee)	1tsp or 1 cube	<input type="radio"/>	<input type="radio"/>				
11	COCA COLA, PEPSI, OTHER COLA	1 cup/ 250 ml	<input type="radio"/>	<input type="radio"/>				
12	DIET SOFT DRINKS	1 cup/ 250 ml	<input type="radio"/>	<input type="radio"/>				
13	OTHER SOFT DRINKS (not dietetic or cola)	1 cup/ 250 ml	<input type="radio"/>	<input type="radio"/>				
14	ORANGE or GRAPEFRUIT JUICE	¾ cup/ 175 ml	<input type="radio"/>	<input type="radio"/>				
15	APPLE or GRAPE JUICE	¾ cup/ 175 ml	<input type="radio"/>	<input type="radio"/>				
16	OTHER FRUIT JUCES (pineapple, cranberry, etc)	¾ cup/ 175 ml	<input type="radio"/>	<input type="radio"/>				
17	FRUIT DRINK/ LEMONADE	¾ cup/ 175 ml	<input type="radio"/>	<input type="radio"/>				
18	FRUIT DRINKS, ICED TEA	¾ cup/ 175 ml	<input type="radio"/>	<input type="radio"/>				
19	VEGETABLE JUICES	¾ cup/ 175 ml	<input type="radio"/>	<input type="radio"/>				
20	BEER or ALE	335 ml/ 1 bottle	<input type="radio"/>	<input type="radio"/>				
21	WHITE WINE	150 ml / 5 oz	<input type="radio"/>	<input type="radio"/>				
22	RED WINE, SHERRY, PORT (or other fortified wine)	150 ml / 5 oz	<input type="radio"/>	<input type="radio"/>				

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		Smaller	Larger	per DAY (enter a number)	per WEEK (enter a number)	per MONTH (enter a number)	NEVER or RARELY (check)	
23	LIQUOR (for example, whiskey, rum etc)	45 ml/ 1.5 oz	<input type="radio"/>	<input type="radio"/>				
Dairy Products								
24	EGG (boiled, poached)	1 medium	<input type="radio"/>	<input type="radio"/>				
25	EGG (fried, scrambled, omelette)	1 medium	<input type="radio"/>	<input type="radio"/>				
26	CREAM CHEESE, Regular fat	2 tbsp/ 30 ml/ 1 oz	<input type="radio"/>	<input type="radio"/>				
27	CHEESE, Regular fat (such as cheddar, Swiss, processed)	1 slice/ 30 g/ 1oz	<input type="radio"/>	<input type="radio"/>				
28	CHEESE, Light (6-15% fat, such as cream cheese, cheddar)	1 slice/ 30 g/ 1oz	<input type="radio"/>	<input type="radio"/>				
29	CHEESE, Ultra Light (5% fat or less, such as cheddar)	1 slice/ 30 g/ 1oz	<input type="radio"/>	<input type="radio"/>				
30	COTTAGE or RICOTTA CHEESE	125 ml/ ½ cup	<input type="radio"/>	<input type="radio"/>				
31	CREAM (coffee, whipping, sour or regular)	1 tbsp/ 15 ml	<input type="radio"/>	<input type="radio"/>				
32	CREAM (half and half, light sour cream)	1 tbsp/ 15 ml	<input type="radio"/>	<input type="radio"/>				
33	COFFEE WHITENER (non-dairy)	1 tbsp/ 15 ml	<input type="radio"/>	<input type="radio"/>				
34	YOGURT, Regular (plain, 2.4% fat or more)	6 oz/ 170 g	<input type="radio"/>	<input type="radio"/>				
35	YOGURT, Light (plain, less than 2.4% fat)	6 oz/ 170 g	<input type="radio"/>	<input type="radio"/>				
36	YOGURT, Regular (fruit flavoured or frozen, 2.4% fat or more)	6 oz/ 170 g	<input type="radio"/>	<input type="radio"/>				
37	YOGURT, Light (fruit flavoured or frozen, less than 2.4% fat)	6 oz/ 170 g	<input type="radio"/>	<input type="radio"/>				
Mixed Dishes								
38	SOUPS (creamed)	1 cup/ 250 ml	<input type="radio"/>	<input type="radio"/>				
39	SOUPS (non-creamed)	1 cup/ 250 ml	<input type="radio"/>	<input type="radio"/>				
40	PEA SOUP	1 cup/ 250 ml	<input type="radio"/>	<input type="radio"/>				
41	PASTA with meat sauce (spaghetti, lasagna)	1 cup/ 250 ml	<input type="radio"/>	<input type="radio"/>				
42	PASTA with tomato sauce (spaghetti)	1 cup/ 250 ml	<input type="radio"/>	<input type="radio"/>				
43	MIXED DISHES with cheese or cheese sauce (macaroni and cheese)	1 cup/ 250 ml	<input type="radio"/>	<input type="radio"/>				
44	PIZZA with meat	1 medium slice	<input type="radio"/>	<input type="radio"/>				

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		Smaller	Larger	per DAY (enter a number)	per WEEK (enter a number)	per MONTH (enter a number)	NEVER or RARELY (check)	
45	PIZZA with vegetable only	1 medium slice	<input type="radio"/>	<input type="radio"/>				
46	MEAT STEW with carrots, other vegetables	1 cup/ 250 ml/ photo A, medium	<input type="radio"/>	<input type="radio"/>				
47	CHILI with meat or Con Carne	1 cup/ 250 ml	<input type="radio"/>	<input type="radio"/>				
Vegetables								
48	POTATOES (mashed, boiled, baked etc)	1 medium/ ½ cup/ 125 ml	<input type="radio"/>	<input type="radio"/>				
49	FRENCH FRIES or FRIED POTATOES	1 cup/ 250 ml	<input type="radio"/>	<input type="radio"/>				
50	CARROTS (raw or cooked)	1 medium/ ½ cup /125 ml	<input type="radio"/>	<input type="radio"/>				
51	BROCCOLI	1 cup/ 250 ml	<input type="radio"/>	<input type="radio"/>				
52	CABBAGE, COLESLAW	½ cup/ 125 ml	<input type="radio"/>	<input type="radio"/>				
53	CAULIFLOWER	½ cup/125 ml	<input type="radio"/>	<input type="radio"/>				
54	CORN	1 ear / ½ cup	<input type="radio"/>	<input type="radio"/>				
55	PEAS or LIMA BEANS	½ cup/125 ml	<input type="radio"/>	<input type="radio"/>				
56	GREEN or YELLOW BEANS	½ cup/125 ml	<input type="radio"/>	<input type="radio"/>				
57	BEANS or LENTILS (baked or boiled beans, kidney beans, chickpeas)	½ cup/125 ml cooked	<input type="radio"/>	<input type="radio"/>				
58	SPINACH and other green leafy vegetables (greens, collards, kale, mustard greens etc)	½ cup cooked or 1 cup raw	<input type="radio"/>	<input type="radio"/>				
59	GREEN SALAD (with lettuce)	1 cup/ 250 ml	<input type="radio"/>	<input type="radio"/>				
60	CUCUMBER	½ cup/ 125 ml sliced	<input type="radio"/>	<input type="radio"/>				
61	TOMATOES (fresh)	1 medium/ ½ cup/ 125 ml	<input type="radio"/>	<input type="radio"/>				
62	TOMATOES (canned, pureed or sauce)	½ cup/125 ml	<input type="radio"/>	<input type="radio"/>				
63	ONIONS (raw or cooked)	½ cup/125 ml	<input type="radio"/>	<input type="radio"/>				
64	BEETS (boiled or pickled)	½ cup/125 ml	<input type="radio"/>	<input type="radio"/>				
65	TURNIPS or RUTABAGAS	1 medium/ ½ cup/125 ml	<input type="radio"/>	<input type="radio"/>				
66	OTHER ROOT VEGETABLES (sweet potatoes, yams, radish, etc)	½ cup/125 ml	<input type="radio"/>	<input type="radio"/>				

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		Smaller	Larger	per DAY (enter a number)	per WEEK (enter a number)	per MONTH (enter a number)	NEVER or RARELY (check)		
67	YELLOW SQUASH (winter type)	½ cup/125 ml	<input type="radio"/>	<input type="radio"/>					
68	ZUCCHINI or EGGPLANT	½ cup/125 ml	<input type="radio"/>	<input type="radio"/>					
69	SWEET PEPPER (green, red or yellow)	½ cup/125 ml	<input type="radio"/>	<input type="radio"/>					
70	ASPARAGUS or BRUSSEL SPROUTS	½ cup/125 ml	<input type="radio"/>	<input type="radio"/>					
71	BEAN SPROUTS, ALFALFA SPROUTS	½ cup/125 ml	<input type="radio"/>	<input type="radio"/>					
72	PICKLES, RELISH	1 dill/ 2 tbsp	<input type="radio"/>	<input type="radio"/>					
73	AVOCADO	½ medium	<input type="radio"/>	<input type="radio"/>					
74	OTHER VEGETABLES (celery, mushrooms, etc., raw or cooked)	½ cup/125 ml	<input type="radio"/>	<input type="radio"/>					
Meats and Fish									
75	GROUND BEEF, Regular (hamburger, meat loaf, in casseroles etc)	85 g/ 3 oz/ 3" patty	<input type="radio"/>	<input type="radio"/>					
			2 oz	4 oz					
76	GROUND BEEF, Medium (hamburger, meat loaf, in casseroles etc)	85 g/ 3 oz/ 3" patty	<input type="radio"/>	<input type="radio"/>					
			2 oz	4 oz					
77	GROUND BEEF, Lean (hamburger, meat loaf, in casseroles etc)	85 g/ 3 oz/ 3" patty	<input type="radio"/>	<input type="radio"/>					
			2 oz	4 oz					
78	ROAST BEEF	photo B, medium	<input type="radio"/>	<input type="radio"/>					
79	STEAK	photo B, medium	<input type="radio"/>	<input type="radio"/>					
80	PORK CHOP	photo B, medium	<input type="radio"/>	<input type="radio"/>					
81	ROAST PORK	photo B, medium	<input type="radio"/>	<input type="radio"/>					
82	BAKED HAM	photo B, medium	<input type="radio"/>	<input type="radio"/>					
83	BACON	2 slices	<input type="radio"/>	<input type="radio"/>					
84	VEAL	photo B, medium	<input type="radio"/>	<input type="radio"/>					
85	LAMB	photo B, medium	<input type="radio"/>	<input type="radio"/>					
86	HOT DOG or WIENER (Enter buns/rolls under item 116)	1 hot dog/ 2 oz	<input type="radio"/>	<input type="radio"/>					
87	SAUSAGE	85 g/ 3 oz	<input type="radio"/>	<input type="radio"/>					
88	CORNED BEEF	1 slice	<input type="radio"/>	<input type="radio"/>					

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89	COLDCUTS (ham, salami, bologna, etc)	1 medium slice/ 30g/ 1 oz	<input type="radio"/>	<input type="radio"/>					
90	LIVER	85 g/ 3 oz	<input type="radio"/>	<input type="radio"/>					
91	FRIED CHICKEN	photo C, medium	<input type="radio"/>	<input type="radio"/>					
92	CHICKEN / TURKEY (roasted or stewed)	photo C, medium	<input type="radio"/>	<input type="radio"/>					
93	CHICKEN / TURKEY, SKIN REMOVED	photo C, medium	<input type="radio"/>	<input type="radio"/>					
94	SALTED/ DRIED MEAT	photo C, small	<input type="radio"/>	<input type="radio"/>					
95	PICKLED MEAT (brined)	photo C, small	<input type="radio"/>	<input type="radio"/>					
96	SHELLFISH (shrimp, lobster, crab)	85 g/ 3 oz/ photo C, small	<input type="radio"/>	<input type="radio"/>					
97	FRIED FISH	170 g/ 6 oz/ photo B, medium	<input type="radio"/>	<input type="radio"/>					
98	FISH (baked or broiled)	170 g/ 6 oz/ photo B, medium	<input type="radio"/>	<input type="radio"/>					
99	CANNED FISH (tuna, salmon)	½ can/ 48 ml/ 1.7 oz	<input type="radio"/>	<input type="radio"/>					
100	SMOKED FISH or LOX	85 g/ 3 oz/ photo C, small	<input type="radio"/>	<input type="radio"/>					
101	SALTED/ DRIED FISH	85 g/ 3 oz/ photo C, small	<input type="radio"/>	<input type="radio"/>					
102	PICKLED FISH	85 g/ 3 oz/ photo C, small	<input type="radio"/>	<input type="radio"/>					
103	SEA-BIRDS, SEAL	85 g/ 3 oz/ photo C, small	<input type="radio"/>	<input type="radio"/>					
104	CARIBOU, MOOSE	85 g/ 3 oz/ photo C, small	<input type="radio"/>	<input type="radio"/>					
105	PARTRIDGE, OTHER WILD BIRDS	85 g/ 3 oz/ photo C, small	<input type="radio"/>	<input type="radio"/>					
Cereals and Grains									
106	BRAN or GRANOLA CEREALS (including All Bran)	½ cup/ 125 ml	<input type="radio"/>	<input type="radio"/>					
107	WHOLE WHEAT CEREALS (such as shredded wheat)	½ cup/ 125 ml/ 1 biscuit	<input type="radio"/>	<input type="radio"/>					
108	CEREALS, NOT SUGAR COATED (such as Special K)	½ cup/ 125 ml	<input type="radio"/>	<input type="radio"/>					
109	HOT CEREALS (for example: oatmeal)	½ cup/ 125 ml	<input type="radio"/>	<input type="radio"/>					
110	SUGAR COATED CEREALS	½ cup/ 125 ml	<input type="radio"/>	<input type="radio"/>					
111	OTHER BREAKFAST CEREALS	½ cup/ 125 ml	<input type="radio"/>	<input type="radio"/>					

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		Smaller	Larger	per DAY (enter a number)	per WEEK (enter a number)	per MONTH (enter a number)	NEVER or RARELY (check)		
112	SUGAR ON CEREAL	1 tsp	<input type="radio"/>	<input type="radio"/>					
113	100% WHOLE GRAIN or DARK BREAD	1 slice	<input type="radio"/>	<input type="radio"/>					
114	60% WHOLE GRAIN, LIGHT RYE	1 slice	<input type="radio"/>	<input type="radio"/>					
115	WHITE BREAD	1 slice	<input type="radio"/>	<input type="radio"/>					
116	WHITE BREAD ROLLS (including hot dog buns etc)	1 roll	<input type="radio"/>	<input type="radio"/>					
117	WHOLE WHEAT ROLLS	1 roll	<input type="radio"/>	<input type="radio"/>					
118	CRACKERS (snack or soda type)	5	<input type="radio"/>	<input type="radio"/>					
119	BRAN/OAT MUFFIN	1 medium, ½ extra large	<input type="radio"/>	<input type="radio"/>					
120	OTHER MUFFIN (plain cake, with berries)	1 medium, ½ extra large	<input type="radio"/>	<input type="radio"/>					
121	PANCAKES, WAFFLES	1 medium	<input type="radio"/>	<input type="radio"/>					
122	MACARONI, SPAGHETTI, NOODLES (plain)	1 cup cooked/ 250 ml	<input type="radio"/>	<input type="radio"/>					
123	RICE	½ cup cooked/ 125 ml	<input type="radio"/>	<input type="radio"/>					
124	CRISP SNACKS (potato chips, popcorn, pretzels etc)	1 cup	<input type="radio"/>	<input type="radio"/>					
Fruits									
125	APPLE, PEAR	1 medium	<input type="radio"/>	<input type="radio"/>					
126	CITRUS FRUITS (orange, grapefruit)	1 orange, ½ grapefruit	<input type="radio"/>	<input type="radio"/>					
127	BERRIES (strawberries, blueberries, bakeapples)	½ cup/ 125 ml	<input type="radio"/>	<input type="radio"/>					
128	GRAPES	½ cup/ 125 ml	<input type="radio"/>	<input type="radio"/>					
129	BANANA	1 medium	<input type="radio"/>	<input type="radio"/>					
130	PEACH, PLUM, NECTARINE, APRICOT	1 medium	<input type="radio"/>	<input type="radio"/>					
131	CANTALOUPE	1/8 or 1 slice	<input type="radio"/>	<input type="radio"/>					
132	WATERMELON	1 wedge, 3" base	<input type="radio"/>	<input type="radio"/>					
133	HONEYDEW MELON	1/8 or 1 slice	<input type="radio"/>	<input type="radio"/>					
134	MANGO	1 medium	<input type="radio"/>	<input type="radio"/>					
135	PAPAYA	1 medium	<input type="radio"/>	<input type="radio"/>					

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136	APPLESAUCE	½ cup/ 125 ml	<input type="radio"/>	<input type="radio"/>				
137	DRIED FRUITS (raisins, dates, prunes)	2 tbsp/ 2 dates	<input type="radio"/>	<input type="radio"/>				
138	CANNED FRUIT (all kinds)	½ cup/ 125 ml	<input type="radio"/>	<input type="radio"/>				
139	ALL OTHER FRUIT (fresh kiwi, pomegranate, etc.)	1 medium	<input type="radio"/>	<input type="radio"/>				
Desserts and Sweets								
140	CAKES	1 slice, 2" x 4" x 1"	<input type="radio"/>	<input type="radio"/>				
141	PIES and TARTS	1 slice	<input type="radio"/>	<input type="radio"/>				
142	DONUTS and SWEET ROLLS	1	<input type="radio"/>	<input type="radio"/>				
143	COOKIES	1	<input type="radio"/>	<input type="radio"/>				
144	ICE CREAM	½ cup/ 125 ml	<input type="radio"/>	<input type="radio"/>				
145	LIGHT or DIET ICE CREAM	½ cup/ 125 ml	<input type="radio"/>	<input type="radio"/>				
146	PUDDING	½ cup/ 125 ml	<input type="radio"/>	<input type="radio"/>				
147	DIET or LIGHT PUDDING	½ cup/ 125 ml	<input type="radio"/>	<input type="radio"/>				
148	JELLO	½ cup/ 125 ml	<input type="radio"/>	<input type="radio"/>				
149	POPSICLES, FREEZIES	1	<input type="radio"/>	<input type="radio"/>				
150	CHOCOLATE BAR and CHOCOLATE CANDY	1 bar / 50g or 5 candy size	<input type="radio"/>	<input type="radio"/>				
151	CANDY (without chocolate)	1 caramel	<input type="radio"/>	<input type="radio"/>				
Miscellaneous								
152	TOFU, TEMPEH	½ cup, 2" x 2" x 1" piece	<input type="radio"/>	<input type="radio"/>				
153	KETCHUP	1 tbsp	<input type="radio"/>	<input type="radio"/>				
154	MAYONNAISE/ MIRACLE WHIP, Regular fat (on bread, salad, meat, etc)	1 tbsp	<input type="radio"/>	<input type="radio"/>				
155	MAYONNAISE/ MIRACLE WHIP, Light (on bread, salad, meat, etc)	1 tbsp	<input type="radio"/>	<input type="radio"/>				
156	SALAD DRESSING, Regular fat (French, Italian etc)	1 tbsp	<input type="radio"/>	<input type="radio"/>				
157	OIL (in cooking)	1 tbsp	<input type="radio"/>	<input type="radio"/>				

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158	BUTTER (on vegetables or bread; exclude use in baked and mixed dishes)	1 pat/ 1 tbsp	<input type="radio"/>	<input type="radio"/>				
159	MARGARINE (on vegetables or bread; exclude use in baked or mixed dishes)	1 pat/ 1 tbsp	<input type="radio"/>	<input type="radio"/>				
160	PEANUT BUTTER	1 tbsp	<input type="radio"/>	<input type="radio"/>				
161	PEANUTS	30g/ 1 oz	<input type="radio"/>	<input type="radio"/>				
162	OTHER NUTS	30g /1 oz	<input type="radio"/>	<input type="radio"/>				
163	JAM, JELLY, HONEY, SYRUP	1 tbsp	<input type="radio"/>	<input type="radio"/>				
164	GRAVY	4 tbsp	<input type="radio"/>	<input type="radio"/>				
165	CHOCOLATE or STRAWBERRY SYRUP	1 tbsp	<input type="radio"/>	<input type="radio"/>				
166	CHOCOLATE SPREADS	1 tbsp	<input type="radio"/>	<input type="radio"/>				
167	SAUCES (white, cream, Mornay)	30 ml/ 1oz/ 2 tbsp	<input type="radio"/>	<input type="radio"/>				
168	WHEAT BRAN	1 tbsp	<input type="radio"/>	<input type="radio"/>				
169	WHEAT GERM	1 tbsp	<input type="radio"/>	<input type="radio"/>				

Continue on next page →

Thank you very much for completing this questionnaire! Because we want to be able to use all the information you have provided, we would greatly appreciate it if you would please take a moment to review each page making sure that you:

- Did not skip any page
- Completely erased any changes you may have made

We welcome any other information or comments that you would like to give us:

THANK YOU VERY MUCH for your assistance in this research!

For Office Use Only

Study #: _____

Interviewer: _____

Date completed (D/M/Y): _____