

Additional Table 1. Conversions from FFQ responses to servings per day, assuming a 30-day month.

Response Option	Midpoint of Interval	Servings per Day
Never or less than once a month	0	0
1-3 times per month	2 times/month	0.0667
Once per week	1 time/week	0.1429
2-4 times per week	3 times/week	0.4286
5-6 times per week	5.5 times/week	0.7857
Once per day	1 time/day	1
2-3 times per day	2.5 times/day	2.5
4-5 times per day	4.5 times/day	4.5
6+ times per day	6 times/day	6