RESPONDENT ID BRIEF FOOD NUMBER **TODAY'S DATE** DAY YEAR O Jan O Feb UESTIONNAIRE 0O Mar **@ @** 2000 🔾 \Box O Apr ① ① 2001 〇 22222222 O Mav 2 2 2002 🔾 3333333333 3 2003 O O Jun O Jul **4** 2004 🔾 55555555 **⑤** 2005 〇 O Aug 66666666 O Sep **(5)** 2006 **()** \mathcal{D} O Oct **7** 2007 O 8 8 8 8 8 8 8 O Nov **1** 2008 999999999O Dec **1** 2009 This form is about the foods you usually eat. SEX AGE WEIGHT HEIGHT it will take about 15 - 25 minutes to complete. pounds O Male ť. in. Female • Please answer each question as best you can. Estimate if you aren't sure. 00 **@** 🖵 @ 0 • Use only a No. 2 pencil. If female, are you 00 \odot 0 pregnant or @@ 220 **@**2 · Fill In the circles completely, and erase breast feeding? 3 3 **303 3 63** completely if you make any changes. O No @ (I றைமு **4 4** O Yes (E) (E) 33 (5) **(5**) Please print your name in this box. Not female (b) (b) 66 **6 6** 70 70 07 (P) **® ® ®** ്ര ത്ര 99 **@ @** Œ This form is about your usual eating habits in the past year or so. This includes all meals or snacks, at home or **HOW OFTEN**, on average, did you eat the food during the past year?

in a restaurant or carry-out. There are two kinds of questions for each food.

*Please DO NOT SKIP any foods. Mark Never" if you didn't eat it.

HOW MUCH did you usually eat of the food?

*Sometimes we ask how many you cat, 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 places) that locks 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.)

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).

105	70	НО	W OF	TEN	IN TH	IE PA	ST Y	EAR						
TYPE OF FUCO	NEVER	per	ONCE per MONTH	2-3 Times per Month	per	TWICE per WEEK	3-4 TIMES per WEEK	5-6 TIMES per WEEK	EVERY DAY	HOW N SEE PICTUI	POR	TION	SIZE	
Apple juice	0	0	0	0	0	•	0	0	0	How many glasses each time	1	O 2	O 3	0
Rice	0	0	0	0	•	0	0	0	0	How much each time	O	Q.	•	ő

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				TEN	IN TH	IE PA	ST Y	EAR						
TYPE OF FOOD	NEVER	ber	ONCE per	2-3 TIMES per MONTH	ONCE per WEEK	TWICE per WEEK	per	per	EVERY DAY	HOW I SEE PICTU	POR	TION	SIZE	
How often do you eat each of the follo	wing	food	s all y	ear r	ound	?								
Eggs, including egg biscuits or Egg McMuffins (Not egg substitutes)	0	0	0	0	0	0	0	0	0	How many eggs each time	9	0	0	0
Bacon or breakfast sausage, including sausage biscuit	0	0	0	0	0	0	0	0	0	How many pieces	o	2	3	0
Cooked cereals like oatmeal, cream of wheat or grits	0	0	0	0	0	0	,0	0	0	Which bowl	·	0	0	0
Cold cereals like Corn Flakes, Cheerios, Special K, fiber cereals	0	0	0	0	0	0	0	0	0	Which bowl		0	00	0
Which cereal do you eat most often? MA Product 19, Just Right, Total	RK O	NLY (ONE:		3ran l Other	Buds, cold	Raisi cerea	n Bra I, like	n, Fru Corn	it-n-Fiber, Flakes, Ch	other neerio	fiber s, Sp	cerea ecial I	is <
Cheese, sliced cheese or cheese spread, including on sandwiches.	0	0	0	0	0	0	0	0	0	How many slices	o	0	C	Q
Yogurt (not frozen yogurt)	0	0	0	0	0	0	0	0	0	How much	0	Ca	00	0
How often do you eat each of the follo	wing	fruits	?							C	4	-		
Bananas	0	0	0	0	0	0	0	0	0	How many each time	0	<u>C</u>	0	0
Apples or pears	0	0	0	0	0	0	0	0	0	ו'ow many	1/2	0	0	O
Oranges, tangerines, not including juice	0	0	0	0	0	0	0	0	0	Hov many	0	9	0	3
Applesauce, fruit cocktail, or any canned fruit	0	0	0	0	0	0	0	0	0	How much	O	OB B	0	0
Any other fruit, like grapes, melon, strawberries, peaches	0	0	0	0	0	0	0	0	0	How much	Q	O I	0	0
	300		81	30										

		HO	W OF	TEN	IN TH	IE PA	ST Y	EAR						
TYPE OF FOOD	NEVER	A FEW TIMES per YEAR	ONCE per	2-3 TIMES per MONTH	ONCE per WEEK	TWICE per WEEK	3-4 TIMES per WEEK	per	DAY	HOW I SEE PICTU	POF	TION	SIZE	
How often do you eat each of the folio	wing or in a	vege resta	table auran	s, inc t?	ludin	g fre	sh,							
French fries, fried potatoes or hash browns	0	0	0	0	0	0	0	0	0	How much	O	OB	O _C	0
White potatoes not fried, incl. boiled, baked, mashed & potato salad	0	0	0	0	0	0	0	0	0	How much	0	0	o O	0
Sweet potatoes, yams, or sweet potato pie	0	0	0	0	0	0	0	0	0	How much	O	OB	0	0
Rice, or dishes made with rice	0	0	0	0	0	0	0	0	0	How much	Q	0	O	0
Baked beans, chili with beans, pintos, any other dried beans	0	0	0	0	0	0	0	0	0	How much	0	O	00	0
Refried beans	0	0	0	0	0	0	0	0	0	How much	O	Ç	Ş	0
Green beans or green peas	0	0	0	0	0	0	0	0	0	How much	Q.	ာ	0	O
Broccoli	0	0	0	0	0	0	0	0	0	How much	O	Ç	Ç	0
Carrots, or stews or mixed vegetables containing carrots	0	0	0	0	0	0	0	0	0	How much	O _A	្ខ	0	0
Spinach, or greens like collards	0	0	0	0	0	0	0	0	_C)	How much	O	0	0	0
Cole slaw, cabbage	0	0	0	0	0	0	0	0	0	How much	O		Ç	0
Green salad	0	0	0	0	0	0	0	0	C	Fow much	O	0	ô	0
Raw tomatoes, including in salad	0	0	0	0	0	0	2	0	0	How much	0	0	O	0
Catsup, salsa or chile peppers	0	0	0	0	2	0	C	6	0	How many TBSP.	o	0	0	0
Salad dressing or mayonnaise (Not lowfat)	0	0	0	2	0	0	0	0	0	How many TBSP.	0	0	0	0
Any other vegetable, like corn, squash, okra, cooked green peppers, cooked onions	0	0	9	0	0	0	0	0	0	How much	0,	0	00	0
Vegetable soup, vegetable beef, chicken vegetable, or tomato soup	0	0	0	0	0	0	0	0	0	Which bowl		O B	0	0

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				TEN		2.47049315								
TYPE OF FOOD	NEVER	A FEW	ONCE per	2-3 Times per Month	ONCE per	TWICE per	3-4 TIMES per	5-6 TIMES per	EVERY DAY	HOW N SEE PICTU	POR	TION	SIZE	
MEATS										· · ·				
Do you ever eat chicken, meat or fish?	0	Yes	0	No	IF N	O, SK	(IP TC) NEX	(T PA	GE				
Hamburgers, cheeseburgers, meat loaf, at home or in a restaurant	0	0	0	0	0	0	0	0	0	How much meat	0 1/8 lb.	O 1/4 lb.	O 1/2 lb.	3/4 lb.
Tacos, burritos, enchiladas, tamales	0	0	0	0	0	0	0	0	0	How much	Q	0	ç	0
Beef steaks, roasts, pot roast, or in frozen dinners or sandwiches	0	0	0	0	0	0	0	0	0	How much	O A	О В	00	0
Pork, including chops, roasts, or dinner ham	0	0	0	0	0	0	0	0.	0	How much	O	o	0	00
When you eat beef or pork, do you Avoid eating the Mixed dishes with meat or chicken.	e fat	0 :	Some	times	eat th	e fat	C	Ofte	en eat	the fat	0)	dont	eat m	neat
like stew, corned beef hash, chicken & dumplings, or in frozen meals	0	0	0	0	0	0	0	0	0	How mucii	A	0,	00	0
Fried chicken, at home or in a restaurant	0	0	0		0	0	0	0	O	# ខេចdium សieces	O	o	0	0
Chicken or turkey not fried, such as baked, grilled, or on sandwiches	0	0	0	0	0	0	0	0	9	How rauch	O	0	000	0
When you eat chicken, do you 🔘 Avoid	eating	g the	skin	0 5	Some	times	eat ti	ie ski	າ 🤈	Often ea	t the s	skin	0 1	N/A
Fried fish or fish sandwich, at home or in a restaurant	0	0	0	0	0	0	C	0	0	How much	O	0	0	O
Any other fish or shellfish <u>not</u> fried, including tuna	0	0	0	0	c	0	0	c	0	How much	O A	O B	Ç	0
Hot dogs, or sausage like Polish, Italian or Chorizo	0	0	0	0	6	0	0	0	0	How many	0	0	Ö	o o
Boloney, sliced ham, turkey lunch meat, other lunch meat	0	0	0	S	0	0	0	0	0	How many slices	0	0	0	0
When you eat lunch meats, are they 🔾 լ	Jsuall	y low	rat	O S	on.et	imes	C	Rare	ely lo	w-fat C	N/A			20.00

PLEASE DO NOT WRITE IN THIS AREA **HOW OFTEN IN THE PAST YEAR HOW MUCH EACH TIME** A FEW TYPE OF FOOD TIMES ONCE TIMES ONCE TWICE TIMES TIMES EVERY SEE PORTION SIZE NEVER per MONTH per per per per per per DAY PICTURES FOR A-B-C-D YEAR MONTH WEEK WEEK WEEK WEEK Pasta, breads, spreads, snacks Spaghetti, lasagna, or other pasta with tomato sauce 0 0 0 0 0 0 0 0 0 How much \bigcirc င့ Cheese dishes without tomato sauce, 0 0 0 0 0 0 0 0 0 How much O 0 0 0 like macaroni and cheese How many 0 0 0 0 P Pizza, including carry-out 0 0 0 0 0 0 \bigcirc 0 slices How many 0 Biscuits, muffins 0 0 0 0 0 0 0 0 9 3 each time Rolls, hamburger buns, English 0 0 0 How many 0 2 **O** 0 0 0 0 0 0 C muffins, bagels each time White bread or toast, including How many 0 0 0 0 0 0 0 0 French, Italian, or in sandwiches 0 slices Dark bread like rye or whole wheat, How many 0 0 0 0 0 0 0 0 0 3 0 including in sandwiches slices Flow many **Tortillas** 0 0 0 0 0 0 0 0 0 0 \bigcirc 0 raun time Margarine on bread, potatoes or How man 0 0 0 0 0 0 0 a 3 0 C 0 vegetables pats (Ts. .) Butter on bread, potatoes or How many 0 0 0 0 0 0 0 Ó 0 0 o 0 9 vegetables ats (Tsp.) How many 0 Peanuts or peanut butter 0 O 0 0 0 0 0 0 9 0 3 TBSP. Snacks like potato chips, corn chips, 0 0 0 0 C 0 Ò 0 How much OA 0 O_c 0 popcorn (Not pretzels) How many Doughnuts, cake, pastry, pie 0 0 0 0 0 0 0 0 0 O 0 9 9 pieces Cookies (Not lowfat) 0 0 0 0 0 0 0 0 How many 3-5 0 0 6-7 Ice cream, frozen yogurt, ice cream bars 0 0 0 0 0 0 How much C 0 When you eat ice cream Usually low-fat Sometimes Rarely low-fat O N/A or frozen yogurt, is it

0

0

How many

bars

(D)

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2

Chocolate candy, candy bars

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		HO	W OF	TEN	IN TH	IE PA	ST Y	EAR						
TYPE OF BEVERAGE	NEVER	A FEW TIMES per YEAR	per	2-3 TIMES per MONTH	per	TWICE per WEEK	per	5-6 TIMES per WEEK	EVERY DAY	HOW N SEE PICTUI	POR	TION	SIZE	,
How often do you drink the following	bever	ages'	?											•
Real orange or grapefruit juice, Welch's grape juice, Minutemaid juices, Juicy Juice	0	0	0	0	0	0	0	0	0	How many glasses each time	0	0	0	0
Hawaiian Punch, Sunny Delight, Hi-C, Tang, or Ocean Spray juices	0	0	0	0	0	0	0	0	0	How many glasses each time	0	0	0	0
Kool Aid, Capri Sun or Knudsen juices	0	. 0	0	0	0	0	0	0	0,	How many glasses each time	9	0	O 3	Q
Instant breakfast milkshakes like Carnation, diet shakes like Slimfast, or liquid supplements like Ensure	0	0	0	0	0	0	0	0	0	How many glasses or cans	P	0 2	0	04
Glasses of milk (any kind)	0	0	0	0	0	0	0	0	0	How many glasses	0)	(S)	0	o
what kind do you <u>usually</u> drink? MARK ONLY ONE:	Whole Reduc Low-fa	ed fa		milk	C	Ric	n-fat n e milk / milk		C	I don't dr	into m	ilk er	soy m	nilk
Cream, Half-and-Half or non-dairy creamer in coffee or tea	0	0	0	0	0	0	0	0	0	Totai TBSP. on ท่อse days	01	0	34	O 5+
Regular soft drinks, or bottled drinks like Snapple (<u>Not</u> diet drinks)	0	0.	0	0	0	0	0	2	C	How many bottles or cans	0	0	3-4	O 5+
Beer	0	0	0	0	0	0	0	0	5	How many bottles or cans	P	0	O 34	O 5+
Wine or wine coolers	0	0	0	0	c	0	0	c	0	How many glasses	o 1	0	034	O 5+
Liquor or mixed drinks	0	0	0	0	9	0	0	0	0	How many drinks	0	0	3-4	O 5+
Liquor or mixed drinks	36	, Lo	3											

VITAMIN TYPE		HO	W OF	TEN			FO	R HO	W M	ANY Y	'EAR	S?
	DIDN'T	A FEW DAYS per MONTH	DAYS per	4-6 DAYS per WEEK	EVERY DAY		LESS THAN 1 YR.	1. YEAR	2 YEARS	3-4 VFARS	5-9	104 VEAI
lultiple Vitamins. Did you take			0 12 1									-
Regular Once-A-Day, Centrum, or Thera type	0	0	0	0	0		0	0	0			ے
Stress-tabs or B-Complex type	0	0	0	0	0		0	0	0	0 0	00	
Antioxidant combination type	0	0	0	0	0		0	0	0	0	0	6
Ingle Vitamins (not part of multiple vitamins)												-
Vitamin A (not beta-carotene)	0	0	0	0	0		0	0	0	0	0	ا د
Beta-carotene	0	0	0	0	0		0	0	0	0	0	6
Vitamin C	0	0	0	0	0		0	0	0	0	0	6
Vitamin E	0	0	0	0	0		0	0				
Folic acid, folate	0	0	0	0	0		0	0	0 0	0	0	
Calcium or Tums, alone or combined with vit. D or										0	(3)	
magnesium	0	0	0	0			0	0		J (7)	-	_
Zinc	0	0	0	0	0		0	0 0	00	00	0 0	
Iron	0	0	0	0	0		0	00	111-2	0.00		
Selenium	0	0	0	0	0		0		0	0	0 (
Vitamin D, alone or combined with calcium		0	0	0			0	0	0	0	0 0	
If you took vitamin C or vitamin E: How many milligrams of vitamin C did you usually 100 250 500 750 100	take,	on th	0 0	/s you	i tenk		12	Ò.	lon't k			
If you took vitamin C or vitamin E: How many milligrams of vitamin C did you usually 100 250 500 750 100 How many IUs of vitamin E did you usually take, o 100 200 300 400 600	take,	on th	you t	/s you	i tonk ib C		101	0 0	٠	now		
If you took vitamin C or vitamin E: How many milligrams of vitamin C did you usually 100 250 500 750 100 How many IUs of vitamin E did you usually take, o	take,	on th 150 days 800	you t	/s you 200 ook it	i teak G C	200	101	0 0	lon't k	now	+ per	
If you took vitamin C or vitamin E: How many milligrams of vitamin C did you usually 100 250 500 750 100 How many IUs of vitamin E did you usually take, o 100 200 300 400 600 How often do you use fat or oil in cooking?	take, take, on the on the weer wee king?	on the 150 days 800	you t	vs you cook it ook it once a	i teok it 0 C	300 200 R T	00+ Twice	0 0	lon't k	now	+ per	
If you took vitamin C or vitamin E: How many milligrams of vitamin C did you usually 100 250 500 750 100 How many IUs of vitamin E did you usually take, or 100 200 300 400 600 How often do you use fat or oil in cooking? Less than once per week A few times per What kinds of fat or oil do you usually use in cool Don't know, or Pam Butter/margarine bleed Stick margarine Corn oil, vegetable of	take, take, on the on the king?	on th 150 days 800 k	you to you you to you you to you to you you to you to you to you you to you you you to you you you you you you you you you yo	vs you cook it ook it once a	i teok ii 0 C a day DNE O ack, b	300 200 RTN acor	00+ Twice	0 0	lon't k	now	+ per	day
How many milligrams of vitamin C did you usually 100 250 500 750 100 How many IUs of vitamin E did you usually take, 0 100 200 300 400 600 How often do you use fat or oil In cooking? Less than once per week A few times per week A few times per week Butter/margarine bleed Stick margarine Low-fat margarine Corn oil, vegetable of Butter Olive oil or canola oil	v take, 00 con the con	on the 150 days 800 kk	you to you you to you you to you you to you you you you to you you you you you you you you you yo	vs you ook it once a NLY C	i took iiiiiiiiiiiiiiiiiiiiiiiiiiiiiiiiiii	300 200 R TV acor	PO+ Twice NO I fat	0 0	lon't k	now	+ per	

During the past year, have you taken any vitamins or minerals regularly, at least once a month?

Thank you very much for filling out this questionnaire. Please take a minute to go back and fill in anything you may have skipped.

PLEASE DO NOT WRITE IN THIS AREA

Dietary Data Systems

PLEASE DO NOT WRITE IN THIS AREA