

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.

	NEVER	A FEW TIMES per YEAR	ONCE per MONTH	2-3 TIMES per MONTH	ONCE per WEEK	2 TIMES per WEEK	3-4 TIMES per WEEK	5-6 TIMES per WEEK	EVERY DAY	HOW MUCH ON THOSE DAYS SEE PORTION SIZE PICTURES FOR A-B-C-D
Breakfast sandwiches <u>with</u> eggs, like Egg McMuffins	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	How many sandwiches in a day <input type="radio"/> 1 <input type="radio"/> 2
Other eggs like scrambled, boiled or omelets (<u>not</u> egg substitutes)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	How many eggs a day <input type="radio"/> 1 <input type="radio"/> 2 <input type="radio"/> 3
Breakfast sausage, including in sausage biscuits, or in breakfast sandwiches	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	How many pieces <input type="radio"/> 1 <input type="radio"/> 2 <input type="radio"/> 3
Bacon	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	How many pieces <input type="radio"/> 1 <input type="radio"/> 2 <input type="radio"/> 3 <input type="radio"/> 4
Pancakes, waffles, French toast or Pop Tarts	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	How many pieces <input type="radio"/> 1 <input type="radio"/> 2 <input type="radio"/> 3
Cooked cereals like oatmeal, grits or cream of wheat	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	Which bowl <input type="radio"/> B <input type="radio"/> C <input type="radio"/> D
Cold cereals, ANY KIND, like corn flakes, fiber cereals, or sweetened cereals	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	Which bowl <input type="radio"/> B <input type="radio"/> C <input type="radio"/> D
Milk or milk substitutes on cereal	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	
Yogurt or frozen yogurt	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	Which bowl <input type="radio"/> B <input type="radio"/> C
Cheese, sliced cheese or cheese spread, including on sandwiches	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	How many slices <input type="radio"/> 1 <input type="radio"/> 2 <input type="radio"/> 3

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

Bananas	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	How many each time <input type="radio"/> 1/2 <input type="radio"/> 1
Apples or pears	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	How many each time <input type="radio"/> 1/2 <input type="radio"/> 1 <input type="radio"/> 2
Oranges or tangerines	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	How many each time <input type="radio"/> 1/2 <input type="radio"/> 1 <input type="radio"/> 2
Grapefruit	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	How much <input type="radio"/> A little <input type="radio"/> 1/2 <input type="radio"/> 1
Peaches or nectarines, fresh	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	How many <input type="radio"/> 1/2 <input type="radio"/> 1 <input type="radio"/> 2
Other fresh fruits like grapes, plums, honeydew, mango	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	How much <input type="radio"/> A <input type="radio"/> B <input type="radio"/> C
Canned fruit like applesauce, fruit cocktail, canned peaches or canned pineapple	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	How much <input type="radio"/> A <input type="radio"/> B <input type="radio"/> C

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

Cantaloupe, <u>in season</u>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	How much <input type="radio"/> 1/8 <input type="radio"/> 1/4 <input type="radio"/> 1/2
Strawberries or other berries, <u>in season</u>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	How much <input type="radio"/> A <input type="radio"/> B <input type="radio"/> C
Watermelon, <u>in season</u>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	How much <input type="radio"/> A <input type="radio"/> B <input type="radio"/> C <input type="radio"/> D

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?

Broccoli	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	How much <input type="radio"/> A <input type="radio"/> B <input type="radio"/> C
Carrots, or mixed vegetables with carrots	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	How much <input type="radio"/> A <input type="radio"/> B <input type="radio"/> C
Corn	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	How much <input type="radio"/> A <input type="radio"/> B <input type="radio"/> C

	NEVER	A FEW TIMES per YEAR	ONCE per MONTH	2-3 TIMES per MONTH	ONCE per WEEK	2 TIMES per WEEK	3-4 TIMES per WEEK	5-6 TIMES per WEEK	EVERY DAY
Green beans or green peas	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Spinach (cooked)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Greens like collards, turnip greens, mustard greens	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Sweet potatoes, yams	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
French fries, home fries, hash browns	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Potatoes <u>not</u> fried, including mashed, boiled, baked, or potato salad	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Cole slaw, cabbage, Chinese cabbage	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Green salad, lettuce salad	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Raw tomatoes	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Salad dressing, any kind, regular or low-fat	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Any other vegetable, like squash, cauliflower, okra, cooked peppers	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Refried beans or <u>bean</u> burritos	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Pinto beans, black beans, chili with beans, baked beans	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Vegetable stew (without meat)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Vegetable soup, vegetable-beef soup, or tomato soup	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Split pea, bean or lentil soup	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Any other soup including chicken noodle, cream soups, Cup-A-Soup, ramen	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Pizza	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Spaghetti, lasagna or other pasta <u>with</u> tomato sauce	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Macaroni and cheese	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Other noodles like egg noodles, pasta salad, sopa seca	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Tofu or tempeh	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Meat substitutes like veggie burgers, veggie chicken, vegetarian hot dogs or vegetarian lunch meats	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

HOW MUCH ON THOSE DAYS
SEE PORTION SIZE PICTURES FOR A-B-C-D

How much	<input type="radio"/> A	<input type="radio"/> B	<input type="radio"/> C						
How much	<input type="radio"/> A	<input type="radio"/> B	<input type="radio"/> C						
How much	<input type="radio"/> A	<input type="radio"/> B	<input type="radio"/> C						
How much	<input type="radio"/> A	<input type="radio"/> B	<input type="radio"/> C						
How much	<input type="radio"/> A	<input type="radio"/> B	<input type="radio"/> C	<input type="radio"/> D					
How much	<input type="radio"/> A	<input type="radio"/> B	<input type="radio"/> C	<input type="radio"/> D					
How much	<input type="radio"/> A	<input type="radio"/> B	<input type="radio"/> C						
How much	<input type="radio"/> B	<input type="radio"/> C	<input type="radio"/> D						
How much	<input type="radio"/> 1/4	<input type="radio"/> 1/2	<input type="radio"/> 1						
How many tablespoons	<input type="radio"/> 1	<input type="radio"/> 2	<input type="radio"/> 3	<input type="radio"/> 4					
How much	<input type="radio"/> A	<input type="radio"/> B	<input type="radio"/> C	<input type="radio"/> D					
How much of the <u>beans</u>	<input type="radio"/> A	<input type="radio"/> B	<input type="radio"/> C						
How much	<input type="radio"/> A	<input type="radio"/> B	<input type="radio"/> C	<input type="radio"/> D					
Which bowl	<input type="radio"/> B	<input type="radio"/> C	<input type="radio"/> D						
Which bowl	<input type="radio"/> B	<input type="radio"/> C	<input type="radio"/> D						
Which bowl	<input type="radio"/> B	<input type="radio"/> C	<input type="radio"/> D						
Which bowl	<input type="radio"/> B	<input type="radio"/> C	<input type="radio"/> D						
How many slices	<input type="radio"/> 1	<input type="radio"/> 2	<input type="radio"/> 3	<input type="radio"/> 4					
How much	<input type="radio"/> B	<input type="radio"/> C	<input type="radio"/> D						
How much	<input type="radio"/> B	<input type="radio"/> C	<input type="radio"/> D						
How much	<input type="radio"/> B	<input type="radio"/> C	<input type="radio"/> D						
How much	<input type="radio"/> A	<input type="radio"/> B	<input type="radio"/> C						
How many patties or dogs	<input type="radio"/> 1	<input type="radio"/> 2							
Do you ever eat chicken, meat or fish? <input type="radio"/> Yes <input type="radio"/> No IF NO, SKIP TO BREADS ON NEXT PAGE									
How much	<input type="radio"/> 1 sm	<input type="radio"/> 1 lrg	<input type="radio"/> 2						
How many hotdogs	<input type="radio"/> 1	<input type="radio"/> 2	<input type="radio"/> 3						

PLEASE DO NOT WRITE IN THIS AREA



	NEVER	A FEW TIMES per YEAR	ONCE per MONTH	2-3 TIMES per MONTH	ONCE per WEEK	2 TIMES per WEEK	3-4 TIMES per WEEK	5-6 TIMES per WEEK	EVERY DAY
Lunch meat like bologna, sliced ham, turkey bologna, or any other lunch meat	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Meat loaf, meat balls	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Steak, roast beef, or beef in frozen dinners or sandwiches	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Tacos, burritos, enchiladas, tamales, with meat or chicken	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Ribs, spareribs	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Pork chops, pork roasts, cooked ham (including for breakfast)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Veal, lamb, deer meat	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Liver, including chicken livers or liverwurst	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Pigs feet, neck bones, oxtails, tongue	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Menudo, pozole, caldo de res, sancocho, ajiao	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Any other beef or pork dish, like beef stew, beef pot pie, corned beef hash, Hamburger Helper	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Fried chicken, including chicken nuggets, wings, chicken patty	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Roasted or broiled chicken or turkey	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Any other chicken dish, like chicken stew, chicken with noodles, chicken salad, Chinese chicken dishes	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Oysters	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Shellfish like shrimp, scallops, crabs	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Tuna, tuna salad, tuna casserole	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Fried fish or fish sandwich	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Other fish, <u>not</u> fried	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

HOW MUCH ON THOSE DAYS

SEE PORTION SIZE PICTURES FOR A-B-C-D

How many slices	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
	1	2	3	4
How much	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
	A	B	C	D
How much	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
	A	B	C	D
How much	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
	A	B	C	D
How much	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
	A	B	C	D
How much	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
	A	B	C	D
How much	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
	A	B	C	D
How much	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
	A	B	C	D
Which bowls	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
	B	C	D	
How much	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
	B	C	D	
How many medium pieces	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
	1	2 pcs/6 nugts	3	
How much	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
	A	B	C	
How much	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
	B	C	D	
How much	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
	A	B	C	
How much of the tuna	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
	A	B	C	
How much	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
	A	B	C	
How much	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
	A	B	C	

BREADS

Biscuits, muffins, croissants (<u>not</u> counting breakfast sandwiches with eggs)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
How many	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>					
	1 sm	1 med	2						
Hamburger buns, hotdog buns, hoagie buns, submarines	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
How many	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>					
	1	2							
Bagels, English muffins, dinner rolls	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
How many	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>					
	1/2	1							
Tortillas (<u>not</u> counting those eaten in tacos or burritos)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
How many in a day	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>					
	1	2	3	4					
Corn bread, corn muffins, hush puppies	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
How many pieces in a day	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>					
	1/2	1	2						
Any other bread or toast, including white, dark, whole wheat, and what you have in sandwiches	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
How many slices in a day	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>					
	1	2	3	4					
Rice, or dishes made with rice	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
How much in a day	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>					
	B	C	D						

	NEVER	A FEW TIMES per YEAR	ONCE per MONTH	2-3 TIMES per MONTH	ONCE per WEEK	2 TIMES per WEEK	3-4 TIMES per WEEK	5-6 TIMES per WEEK	EVERY DAY	HOW MUCH ON THOSE DAYS SEE PORTION SIZE PICTURES FOR A-B-C-D
Margarine (<u>not</u> butter) on bread or on vegetables	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	How many pats (tsp) <input type="radio"/> 1 <input type="radio"/> 2 <input type="radio"/> 3 <input type="radio"/> 4
Butter (<u>not</u> margarine) on bread or on vegetables	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	How many pats (tsp) <input type="radio"/> 1 <input type="radio"/> 2 <input type="radio"/> 3 <input type="radio"/> 4
Energy bars, like Power Bars, Clif bars, Balance, Luna, Atkins bars	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	How many <input type="radio"/> 1 <input type="radio"/> 2
Breakfast bars, cereal bars, granola bars (<u>not</u> energy bars)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	How many <input type="radio"/> 1 <input type="radio"/> 2
Peanuts, sunflower seeds, other nuts or seeds	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	How much <input type="radio"/> A <input type="radio"/> B <input type="radio"/> C
Peanut butter	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	How many tablespoons <input type="radio"/> 1/2 <input type="radio"/> 1 <input type="radio"/> 2 <input type="radio"/> 3
Snack chips like potato chips, tortilla chips, Fritos, Doritos, popcorn (<u>not</u> pretzels)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	How much <input type="radio"/> A <input type="radio"/> B <input type="radio"/> C <input type="radio"/> D
Crackers, like Saltines, Cheez-Its, or any other snack cracker	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	How much <input type="radio"/> A <input type="radio"/> B <input type="radio"/> C
Jelly, jam	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	How many tablespoons <input type="radio"/> 1/2 <input type="radio"/> 1 <input type="radio"/> 2
Mayonnaise, sandwich spreads	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	How many tablespoons <input type="radio"/> 1/2 <input type="radio"/> 1 <input type="radio"/> 2
Catsup, salsa or chile peppers	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	How many tablespoons <input type="radio"/> 1/2 <input type="radio"/> 1 <input type="radio"/> 2 <input type="radio"/> 3
Mustard, barbecue sauce, soy sauce, gravy, other sauces	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	How many tablespoons <input type="radio"/> 1/2 <input type="radio"/> 1 <input type="radio"/> 2 <input type="radio"/> 3
Donuts	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	How many <input type="radio"/> 1 <input type="radio"/> 2 <input type="radio"/> 3
Cake, or snack cakes like cupcakes, Ho-Hos, Entenmann's, or any other pastry	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	How many pieces <input type="radio"/> 1 sm <input type="radio"/> 1 med <input type="radio"/> 2 <input type="radio"/> 3
Cookies	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	How many <input type="radio"/> 1-2 <input type="radio"/> 3-4 <input type="radio"/> 5-6 <input type="radio"/> 7+
Ice cream, ice cream bars	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	How much <input type="radio"/> B <input type="radio"/> C <input type="radio"/> D
Chocolate syrup or sauce (like in milk or on ice cream)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	
Pumpkin pie, sweet potato pie	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	How many pieces <input type="radio"/> 1/2 <input type="radio"/> 1 <input type="radio"/> 2
Any other pie including fast food pies or snack pies	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	How many pieces <input type="radio"/> 1/2 <input type="radio"/> 1 <input type="radio"/> 2
Chocolate candy like candy bars, M&Ms, Reeses	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	How much <input type="radio"/> 1 mini <input type="radio"/> 1 med <input type="radio"/> 1 lrg <input type="radio"/> 1 king
Any other candy, <u>not</u> chocolate, like hard candy, Lifesavers, Skittles, Starburst	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	How much in a day <input type="radio"/> 1-2 pcs <input type="radio"/> 1/2 pkg <input type="radio"/> 1 pkg

	NEVER	A FEW TIMES per YEAR	ONCE per MONTH	2-3 TIMES per MONTH	ONCE per WEEK	2 TIMES per WEEK	3-4 TIMES per WEEK	5-6 TIMES per WEEK	EVERY DAY	HOW MUCH on the days you drink it?
Glasses of milk (any kind, including soy), <u>not</u> counting on cereal or coffee	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	How many GLASSES <input type="radio"/> 1 <input type="radio"/> 2 <input type="radio"/> 3
Drinks like Slim Fast, Sego, Slender, Ensure or Atkins	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	How many CANS OR GLASSES <input type="radio"/> 1 <input type="radio"/> 2
Tomato juice or V-8 juice	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	How many GLASSES <input type="radio"/> 1/2 <input type="radio"/> 1 <input type="radio"/> 2
Real 100% orange juice or grapefruit juice. Don't count orange soda or Sunny Delight	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	How many GLASSES <input type="radio"/> 1/2 <input type="radio"/> 1 <input type="radio"/> 2
Apple juice, grape juice, pineapple juice or fruit smoothies	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	How many GLASSES <input type="radio"/> 1/2 <input type="radio"/> 1 <input type="radio"/> 2

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

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

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

<input type="radio"/> Don't know, or Pam	<input type="radio"/> Stick margarine	<input type="radio"/> Corn oil, vegetable oil	<input type="radio"/> Lard, fatback, bacon fat
<input type="radio"/> Butter	<input type="radio"/> Soft tub margarine	<input type="radio"/> Olive oil or canola oil	<input type="radio"/> Crisco
<input type="radio"/> Butter/margarine blend	<input type="radio"/> Low-fat margarine		

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.)

<input type="radio"/> Low-carb cereals like Atkins, Low-Carb Special K	<input type="radio"/> Total	<input type="radio"/> Other fiber cereals like Raisin Bran, Fruit-n-Fiber
<input type="radio"/> Cheerios, Grape Nuts, Shredded Wheat, Wheaties, Wheat Chex	<input type="radio"/> Fiber One	<input type="radio"/> Sweetened cereals like Frosted Flakes, Froot Loops
	<input type="radio"/> Product 19, Complete	<input type="radio"/> Other cold cereals, like Corn Flakes, Rice Krispies, Special K
	<input type="radio"/> All Bran, Bran Buds	

