FOOD QUESTIONNAIRE

RESPONDENT ID #													
0	0	0	0	0	0	0	0	0					
1	1	1	1	1	1	1	1	1					
2	2	2	2	2	2	2	2	2					
3	3	3	3	3	3	3	3	3					
4	4	4	4	4	4	4	4	4					
(5)	5	5	5	5	5	5	5	(5)					
6	6	6	6	6	6	6	6	6					
7	7	7	7	7	7	7	7	7					
8	8	8	8	8	8	8	8	8					
9	9	9	9	9	9	9	9	9					

TODA	4Y '	SI	DATE	
O Jan	D/	٩Y	YEAR	
Feb				
Mar	0	0	2005 🔾	2015 🔾
O Apr	1	1	2006 🔾	2016 🔾
May	2	2	2007 🔾	2017 🔾
O Jun	3	3	2008 🔾	2018 🔾
O Jul		4	2009 🔾	2019 🔾
Aug		5	2010 🔾	2020 🔾
Sep		6	2011 🔾	2021 🔾
Oct		7	2012 🔾	2022 🔾
O Nov		8	2013 🔾	2023 🔾
O Dec		9	2014 🔾	2024 🔾



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.

SEX	AGE
O Male	" G
 Female 	J .5
Jes jih	0 0
If female, are you	111

ABOUT YOU

reast feeding?

ບregnant ວາ

AGE	WEIGHT	HEIGHT
6	pounds	ft. in.
15		
00	000	0
11	111	1
22	222	2
3 3	3 3 3	3 3
4 4	444	4 4
5 5	5 5	5 5
6 6	6 6	6 6
77	77	7
88	8 8	8
9 9	99	9
		10

9 10 11

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 NCT 3KIP any toods. 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 ark now many you eat, such as 1 egg, 2 eggs, etc., ON THE DAYS YOU EAT IT.
 - *Sometimes v.o 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).

(НО	W OF	TEN	IN TH	E PAS	ST YE	AR) (HOW MUC	10 H	N THC	SE D	AYS
		A FEW TIMES	ONCE	2-3 TIMES	ONCE	2 TIMES	3-4 TIMES	5-6 TIMES			SEE PORTION				
	NEVER	per YEAR	per MONTH	per	per WEEK	per WEEK	per WEEK	per WEEK	EVERY Day						
Apple juice	0	0	0	0	0		0	0	0	•	How many glasses each time	1	<u> </u>	<u></u>	<u> </u>
Rice	0	0	0	0		0	0	0	0		How much each time	O A	В	C	O D

PLEASE DO NOT WRITE IN THIS AREA

SERIAL #

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.

		A FEW TIMES per	ONCE per	2-3 TIMES per	ONCE per	2 TIMES per	3-4 TIMES per	5-6 TIMES per	EVERY		HOW MUC SEE PORTION				
	NEVER	YEAR	MÖNTH	MONTH	WEEK	WEEK	WEEK	WEEK	DAY		How many				
Breakfast sandwiches <u>with eggs</u> , like Egg McMuffins	0	0	0	0	0	0	0	0	0		sandwiches in a day	<u> </u>	<u> </u>		
Other eggs like scrambled, boiled or omelets (not egg substitutes)	0	0	0	0	0	0	0	0	0		How many eggs a day	<u> </u>	2	3	
Breakfast sausage, including in sausage biscuits, or in breakfast sandwiches	0	0	0	0	0	0	0	0	0	•	How many pieces	<u> </u>	<u> </u>	3	
Bacon	0	0	0	0	0	0	0	0	0		How man; pieces	<u>O</u>	<u> </u>	3	<u></u>
Pancakes, waffles, French toast or Pop Tarts	0	0	0	0	0	0	0	0	0		How many pieces	<u> </u>	<u> </u>	3	
Cooked cereals like oatmeal, grits or cream of wheat	0	0	0	0	0	0	0	0	0	3	Which bowl		В	C	O D
Cold cereals, ANY KIND, like corn flakes, fiber cereals, or sweetened cereals	0	0	0	0	0	0		0			Which bowl		ОВ	C	O D
Milk or milk substitutes on cereal	0	0	0	0	0	de	0	O	()						
Yogurt or frozen yogurt	0	0	0	0	Q,	0	00		0		Which bowl		ОВ	C	
Cheese, sliced cheese or cheese spread, including on sandwiches	0	0	0		0	15	120	0	0		How many slices	<u> </u>	<u> </u>	3	
How often do you eat the following foo	ds <u>al</u>	l year	-c-n	<u>d</u> ? E.:	iima	to you	ır ave	rage	for th	e v	vhole year.				
Bananas	0	0	0	O	R	0	0	0	0		How many each time	1/2	<u> </u>		
Apples or pears	0	00	05	d		0	0	0	0		How many each time	1/2	<u> </u>	<u> </u>	
Oranges or tangerines	0	3	O	0	0	0	0	0	0		How many each time	1/2	<u> </u>	<u> </u>	
Grapefruit	.8	9	0	0	0	0	0	0	0		How much	A little	1/2	<u> </u>	
Peaches or nectarines, fresh	0	0	0	0	0	0	0	0	0		How many	1/2	<u> </u>	<u> </u>	
Other fresh fruits like grapes, nums, honeydew, mango	0	0	0	0	0	0	0	0	0		How much	A	ОВ	C	
Canned fruit like appless use, fruit cocktail, canned peastes or canned pineapple	0	0	0	0	0	0	0	0	0	•	How much	A	ОВ	C	
How often do you eat each of the follow	wing :	3 fruit	s, <u>jus</u>	t duri	ng th	e sun	nmer	montl	<u>ns</u> wh	nen	they are in	seas	on?		
Cantaloupe, <u>in season</u>	0	0	0	0	0	0	0	0	0		How much	1/8	1/4	1/2	
Strawberries or other berries, in season	0	0	0	0	0	0	0	0	0		How much	O A	ОВ	<u>С</u>	
Watermelon, in season	0	0	0	0	0	0	0	0	0		How much	O A	В	C	O D
How often do you eat each of the follow at home or in a restaurant?	ving v	egeta	ables	all yea	ar rou	<u>ınd,</u> ir	nclud	ing fr	esh, f	roz	en, cannec	l or in	stir-	fry,	
Broccoli	0	0	0	0	0	0	0	0	0		How much	A	В	C	
Carrots, or mixed vegetables with carrots	0	0	0	0	0	0	0	0	0		How much	O A	В	C	
Corn	0	0	0	0	0	0	0	0	0		How much	O A	ОВ	C	

	NEVED	A FEW TIMES per	ONCE per	2-3 TIMES per	ONCE per	2 TIMES per	3-4 TIMES per	5-6 TIMES per	EVERY		HOW MUC SEE PORTIO				
	NEVER	YEAR	MUNIH	MÖNTH	WEEK	WEEK	WEEK	WEEK	DAY						
Green beans or green peas	0	0	0	0	0	0	0	0	0		How much	A	В	C	
Spinach (cooked)	0	0	0	0	0	0	0	0	0		How much	A	В	C	
Greens like collards, turnip greens, mustard greens	0	0	0	0	0	0	0	0	0		How much	<u>О</u>	ОВ	C	
Sweet potatoes, yams	0	0	0	0	0	0	0	0	0		How much	A	В	C	
French fries, home fries, hash browns	0	0	0	0	0	0	0	0	0		How much	O A	ОВ	C	<u>O</u>
Potatoes <u>not</u> fried, including mashed, boiled, baked, or potato salad	0	0	0	0	0	0	0	0	0		How much	A	<u></u> В	<u>С</u>	O
Cole slaw, cabbage, Chinese cabbage	0	0	0	0	0	0	0	0	0		How muce		В	C	
Green salad, lettuce salad	0	0	0	0	0	0	0	0	0	X	How much		ОВ	C	O
Raw tomatoes	0	0	0	0	0	0	0	@	2	3	How much	1/4	1/2	<u> </u>	
Salad dressing, any kind, regular or low-fat	0	0	0	0	0	0	8	.89			How many tablespoons	<u> </u>	<u> </u>	<u></u>	<u></u>
Any other vegetable, like squash, cauliflower, okra, cooked peppers	0	0	0	0	0	(2)	CI	0	201		How much	O A	<u>-</u> В	<u>С</u>	O
Refried beans or <u>bean</u> burritos	0	0	0	0	(9)	9	0	O	0		How much of the beans	O A	ОВ	C	
Pinto beans, black beans, chili with beans, baked beans	0	0	0	Ö	90	0	0	0	0		How much	A	ОВ	C	O
Vegetable stew (without meat)	0	0	0	Çe	80	3	0	0	0		Which bowl		ОВ	C	O
Vegetable soup, vegetable-beef soup, or tomato soup	0	(35)	O	0	ON.	0	0	0	0		Which bowl		ОВ	C	O
Split pea, bean or lentil soup	0	Çı,		Q,	0	0	0	0	0		Which bowl		В	C	O
Any other soup including chicken noodle, cream soups, Cup-A-Soup, ramen	8	9	5	0	0	0	0	0	0	•	Which bowl		ОВ	<u>С</u>	O
Pizza	90	0	0	0	0	0	0	0	0		How many slices	<u> </u>	<u> </u>	<u></u>	<u></u>
Spaghetti, lasagna or other pasta with tomato sauce	8	0	0	0	0	0	0	0	0		How much		<u>О</u>		O
Macaroni and cheese	0	0	0	0	0	0	0	0	0		How much		<u>О</u>		O D
Other noodles like egg noodles, pasta salad, sopa soca	0	0	0	0	0	0	0	0	0		How much		ОВ	С С	O D
Tofu or tempeh	0	0	0	0	0	0	0	0	0		How much	O A	В	<u> </u>	
Meat substitutes like veggie burgers, veggie chicken, vegetarian hot dogs or vegetarian lunch meats	0	0	0	0	0	0	0	0	0	•	How many patties or dogs	<u> </u>	<u> </u>	-	
Do you ever eat chicken, meat or fish?	0	Yes	0	No	IF NC), SKIF	Р ТО Е	BREAD	OS ON	I NE	EXT PAGE				
Hamburgers, cheeseburgers, at home or in a restaurant	0	0	0	0	0	0	0	0	0		How much		O 1 lrg	<u> </u>	
Hot dogs, or sausage like Polish, Italian or chorizo	0	0	0	0	0	0	0	0	0		How many hotdogs	0		<u></u>	

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		HOW MUC SEE PORTION				
Lunch meat like bologna, sliced ham, turkey bologna, or any other lunch meat		O	O	0	WLLR O	O	WLLK	O	O	—	How many slices	0	0	0	0
Meat loaf, meat balls	0	0	0	0	0	0	0	0	0		How	1	2	3	4
Steak, roast beef, or beef in frozen	0	0	0	0	0	0	0	0	0		much How	0	В	С	D
dinners or sandwiches Tacos, burritos, enchiladas, tamales, with meat or chicken	0	0	0	0	0	0	0	0	0		How	A	В	С	D
Ribs, spareribs	0	0	0	0	0	0	0	0	0		How	A	В	С	D
Pork chops, pork roasts, cooked ham (including for breakfast)	0	0	0	0	0	0	0	0	0		How much	A	В	С	D
Veal, lamb, deer meat	0	0	0	0	0	0	0	0	0		How	^ A	В	С	D
Liver, including chicken livers or liverwurst	0	0	0	0	0	0	0	0	0		How much	A	В	С	
Pigs feet, neck bones, oxtails, tongue	0	0	0	0	0	0	0	00	0	0)	How much	A	В	С	
Menudo, pozole, caldo de res, sancocho, ajiaco	0	0	0	0	0	90	8	,50		Ň	Which bowl	Α	В	С	Ō
Any other beef or pork dish, like beef stew, beef pot pie, corned beef hash,	0	0	0				N	(C)	Q ¹		How		В	С	D
Hamburger Helper Fried chicken, including chicken	0	0	0		0,	700	60	0	0		much How many		В	<u>с</u>	D
nuggets, wings, chicken patty Roasted or broiled chicken or turkey	0				,00		X	0	0		medium pieces How	1 2	pcs/6 nug	ts 3	
Any other chicken dish, like chicken				10	9	5	Ü				much	A	В	С	
stew, chicken with noodles, chicken salad, Chinese chicken dishes	0		0	90		0	0	0	0		How much		В	C	O D
Oysters	NO.	100	0	Ó	0	0	0	0	0		How much	O A	В	<u>С</u>	
Shellfish like shrimp, scallops, crabs	100	Q	9	0	0	0	0	0	0	•	How much	O A	В	<u>С</u>	O
Tuna, tuna salad, tuna casseroie	0	3	0	0	0	0	0	0	0		How much of the tuna	O A	ОВ	<u>С</u>	
Fried fish or fish sandwich	(3)	0	0	0	0	0	0	0	0		How much	O A	В	C	
Other fish, not fried	0	0	0	0	0	0	0	0	0		How much	O A	В	C	
BREADS															
Biscuits, muffins, croissants (not counting breakfast sandwiches with eggs)	0	0	0	0	0	0	0	0	0	•	How many		O 1 med	<u></u>	
Hamburger buns, hotdog buns, hoagie buns, submarines	0	0	0	0	0	0	0	0	0		How many	0		_	
Bagels, English muffins, dinner rolls	0	0	0	0	0	0	0	0	0	•	How many	1/2	<u> </u>		
Tortillas (not counting those eaten in tacos or burritos)	0	0	0	0	0	0	0	0	0		How many in a day	<u></u>		3	<u></u>
Corn bread, corn muffins, hush puppies	0	0	0	0	0	0	0	0	0		How many pieces in a day		<u> </u>	<u></u>	
Any other bread or toast, including white, dark, whole wheat, and what you have in sandwiches	0	0	0	0	0	0	0	0	0	•	How many slices in a day	<u> </u>	<u> </u>	<u></u>	<u></u>
Rice, or dishes made with rice	0	0	0	0	0	0	0	0	0		How much in a day	-	<u></u> В	о С	O
											,		В	C	ט

		A FEW TIMES per	ONCE per	2-3 TIMES per	ONCE per	2 TIMES per	3-4 TIMES per	5-6 TIMES per	EVERY		HOW MUC SEE PORTIO				
	NEVER	YEAR		MONTH	WEEK	WEEK	WEEK	WEEK	DAY						
Margarine (<u>not</u> butter) on bread or on vegetables	0	0	0	0	0	0	0	0	0		How many pats (tsp)	<u> </u>	<u> </u>	3	<u>_</u>
Butter (<u>not</u> margarine) on bread or on vegetables	0	0	0	0	0	0	0	0	0		How many pats (tsp)	<u> </u>	2	<u></u>	<u>_</u>
Energy bars, like Power Bars, Clif bars, Balance, Luna, Atkins bars	0	0	0	0	0	0	0	0	0		How many	<u> </u>	<u> </u>		
Breakfast bars, cereal bars, granola bars (not energy bars)	0	0	0	0	0	0	0	0	0		How many	<u> </u>	<u> </u>		
Peanuts, sunflower seeds, other nuts or seeds	0	0	0	0	0	0	0	0	0		How much	A	В	C	
Peanut butter	0	0	0	0	0	0	0	0	0		How many tablespoons	1/2	<u> </u>	<u> </u>	3
Snack chips like potato chips, tortilla chips, Fritos, Doritos, popcorn (not pretzels)	0	0	0	0	0	0	0	0	0		How much	O A	В	C	O D
Crackers, like Saltines, Cheez-Its, or any other snack cracker	0	0	0	0	0	0	0	0	0		How much	A	В	C	
Jelly, jam	0	0	0	0	0	0	0	@	R	•	How many tablespoons	1/2	<u> </u>	<u> </u>	
Mayonnaise, sandwich spreads	0	0	0	0	0	0	0	R	0.		How many tablespoons	1/2	<u> </u>	<u> </u>	
Catsup, salsa or chile peppers	0	0	0	0	0	(2)	(3)	0	20)		How many tablespoons	1/2	<u> </u>	<u> </u>	3
Mustard, barbecue sauce, soy sauce, gravy, other sauces	0	0	0	0	0	9	0	0	0		How many tablespoons	1/2	<u> </u>	<u> </u>	<u></u>
Donuts	0	0	0	O	9	0	0	0	0		How many	<u> </u>	<u> </u>	3	
Cake, or snack cakes like cupcakes, Ho-Hos, Entenmann's, or any other pastry	0	0	0	Ć6	80	35	0	0	0		How many pieces	 1 sm	O 1 med	<u> </u>	<u></u>
Cookies	0	(35)	80	0		0	0	0	0		How many	1-2	3-4	<u> </u>	
Ice cream, ice cream bars	0	Ç.		CQ	0	0	0	0	0		How much		В	C	O D
Chocolate syrup or sauce (like in rıılk or on ice cream)	8	0	6	0	0	0	0	0	0						
Pumpkin pie, sweet potato pie	0	CO	0	0	0	0	0	0	0		How many pieces	1/2	<u></u>	<u> </u>	
Any other pie including fast food pies or snack pies	5	0	0	0	0	0	0	0	0		How many pieces	1/2	<u></u>	<u> </u>	
Chocolate candy like candy hars, M&Ms, Reeses	0	0	0	0	0	0	0	0	0		How much	O 1 mini	1 med	O 1 Irg	O 1 king
Any other candy, <u>not</u> checolate, like hard candy, Lifesavers, Skittles, Starburst	0	0	0	0	0	0	0	0	0		How much in a day			O 1 pkg	-
L Win															
•		A FEW	ONOT	2-3	ONOT	2	3-4	5-6					MUCH		
		TIMES	ONCE	TIMES	ONCE	TIMES	TIMES	TIMES	EVERY	on the days you drink it?					

	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	on the	HOW I		
Glasses of milk (any kind, including soy), <u>not</u> counting on cereal or coffee	0	0	0	0	0	0	0	0	0	How many GLASSES	<u> </u>	<u> </u>	3
Drinks like Slim Fast, Sego, Slender, Ensure or Atkins	0	0	0	0	0	0	0	0	0	How many CANS OR GLASSES	<u> </u>	<u> </u>	
Tomato juice or V-8 juice	0	0	0	0	0	0	0	0	0	How many GLASSES	1/2	<u> </u>	<u> </u>
Real 100% orange juice or grapefruit juice. Don't count orange soda or Sunny Delight	0	0	0	0	0	0	0	0	0	How many GLASSES	1/2	<u></u>	<u> </u>
Apple juice, grape juice, pineapple juice or fruit smoothies	0	0	0	0	0	0	0	0	0	How many GLASSES	<u> </u>	<u> </u>	<u> </u>

		A FEW TIMES per	ONCE per	2-3 TIMES per	ONCE per	2 TIMES per	3-4 TIMES per	5-6 TIMES per	EVERY		on the		/ MUCH s you d		<u>t</u> ?
	NEVER	YEAR	MÖNTH	MÖNTH	WEEK	WEEK	WEEK	WEEK	DAY						
Hi-C, Cranberry Juice Cocktail, Hawaiian Punch, Tang	0	0	0	0	0	0	0	0	0		How many GLASSES	1/2	<u> </u>	2	3
Drinks with some juice, like Sunny Delight, Knudsen	0	0	0	0	0	0	0	0	0		How many GLASSES	1/2	<u> </u>	<u></u>	3
lced tea, homemade, instant, or bottled like Nestea, Lipton, Snapple, Tazo	0	0	0	0	0	0	0	0	0		How many GLASSES OR BOTTLE		<u> </u>	3	4
Kool-Aid, lemonade, sports drinks like Gatorade, or fruit flavored drinks (not including iced teas)	0	0	0	0	0	0	<u> </u>	0	0		How much) O	1 glass 1 20-ounc 2 glasses 2 20-ounc		
Any kind of soft drink, like cola, Sprite, orange soda, regular or diet	0	0	0	0	0	0	0	0	0		How injust IN / PAY	000	1 can 1 20-ounc 2 cans Big Gulp (
Beer or non-alcoholic beer	0	0	0	0	0	0		90	JIC R	× CON	How much IN A DAY	0	1 can 2 cans 3-4 cans o 5+ cans o		•
Wine or wine coolers	0	0	0	0	of	000	dai	100	0		How many GLASSES in a day	0	1/2 glass 1 glass 2 glasses 3 glasses	or half	bottle
Liquor or mixed drinks	0	0	0		0	5	PC.	0	0		How many DRINKS	/ <u>O</u>	2	3	4
Glasses of water, tap or bottled	0	0	4	0	0	O	0	0	0		How many GLASSES	' <u> </u>	<u> </u>	3-4	<u></u>
Coffee, regular or decaf	0	0	0	O	R	0	0	0	0		How many CUPS	/ <u>O</u>	<u> </u>	3	4+
Hot tea (not including herbal teas)	O	0	00	d	0	0	0	0	0		How many CUPS	/ <u>O</u>	2	3	
ره)	0	1,5	5												
What do you usually add to coffee? MAR? Cream or half & half Nor.d.				⊃ Mill	k	0	None	of the	se		⊃ Don't di	rink it			
What do you <u>usually</u> add to tea? [V.\NK O				⊃ Mill	k	0	None	of thes	se	C	⊃ Don't di	ink it			
Do you usually add sugar (or honey) to cof	fee?	0	No	0	Yes	IF YES	S, how	many t	easpoo	ons	each cup?	<u> </u>	2	3	4
Do you usually add sugar (or honey) to teat	?	0	No	0	Yes	IF YES	S, how	many t	easpoo	ons	each cup?	<u> </u>	<u> </u>	3	4
			RARELY	PI	-2 Er Eek	3-4 PER WEEK	PI	-6 ER EEK	1 Per Day		1 1/2 PER DAY	2 PER Day	3 PER Day	P	I+ Er Ay
About how many servings of vegetables you eat, per day or per week, not count salad or potatoes?			0			0		0	0		0	0	0		
About how many servings of fruit do you eat, not counting juices?			0		0	0)	0		0	0	0		
How often do you use fat or oil in cooking	ng?		0)	0			0		0	0	0		

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If you eat the fo	ollowing foods, what type do you	u usually eat? MARK ONL	Y ONE ANSWER FOR EAC	H QUESTION
Milk	Whole milkReduced-fat 2% milk	Low-fat 1% milkNon-fat milk	Soy milkRice milk	O Don't drink
Slim Fast, Sego,	Slender or Ensure	 Low-Carb like Atkins 	Regular	O Don't drink
Orange juice	 Calcium-fortified 	 Not calcium-fortified 	O I don't know	O Don't drink
Soda or pop	O Diet soda, low-calorie	Regular	On't drink	
Iced tea Hom	emade, no sugar O Homemade,	, w/sugar OBottled, no su	ugar OBottled, regular	O Don't drink
Beer \bigcirc Regu	ular beer Cight beer	Low-Carb beer	Non-alcoholic beer	O Don't drink
Hamburgers or c	heeseburgers	Hamburgers	Cheeseburgers	O Don't eat
Hot dogs	Low fat or turkey dogs	 Regular hot dogs 	On't eat	
Lunch meats	 Low-fat or turkey lunch meats 	 Regular lunch meats 	Dont eat	
Spaghetti or lasa	gna O Meatless	 With meat sauce or moat 	balls	O Don't eat
Cheese	Low Fat	Not Low Fat	○ Dor.'t eat	
Salad dressing	Low-Carb	○ Low-fat	Regular	O Don't use
Energy bars like	Power Bar, Clif, Atkins	w-Carb. Ir w sugar	ow-fat Caracter Regular	O Don't eat
Breakfast bars, c	ereal bars, or granola bars O Lov	w-Ca b, low stygar 💛 🔘 L	ow-fat Caracter Carac	O Don't eat
Bread	100% whole wheat	O low-Carh	Regular	O Don't eat
Tortillas	○ Corn	Flour	On't know or don't eat	
Chocolate candy	or chocolate candy hars	w-Caru low sugar 💛 Low	-fat CRegular	O Don't eat
Cookies	Carb, low rugar	C Low-fat	Regular	O Don't eat
Cake, snack cake	es, and other pastries Lov	w-Carb, low sugar Cow	-fat CRegular	O Don't eat
Ice cream	Clow Carb, low cugar	 Low-fat or ice milk 	Regular	O Don't eat
Jelly or jam	C Low-Carb, low sugar	Regular	O Don't use	
Beef or pork	Avoid eating the fat	 Sometimes eat the fat 	Often eat the fat	O Don't eat
Chicken or Turke	Avoid eating the skin	 Sometimes eat the skin 	Often eat the skin	O Don't eat
What kinds of fat of Don't know, or Butter Butter/margar	 Soft tub mar 	arine Corn oil, vege rgarine Olive oil or ca		ck, bacon fat
Low-carb ceres Low-Carb Spe	reals, what do you eat? Choose one cleans like Atkins, Total ecial K Fiber One upe Nuts, Shredded Product 19, ties, Wheat Chex All Bran, Brander Chex	Other fiber ce Sweetened of Complete Other cold ce	f you usually just eat one kind, ereals like Raisin Bran, Fruit-n-F ereals like Frosted Flakes, Froc reals, like Corn Flakes, Rice Kr	Fiber ot Loops

	HOW OFTEN) (FOR HOW MANY YEAR						
What vitamin supplements do you take fairly regularly?		A FEW	1-3	4-6			LESS					
Multiple Vitamins. Did you take	DIDN'T TAKE	DAYS per Month	DAYS per WEEK	DAYS per WEEK	EVERY DAY		THAN 1 Year	1 Year	2 YEARS	3-4 YEARS	5-9 YEARS	10+ Years
Prenatal vitamins	<u> </u>	O	O	O	\sim	•	\rangle	O	O	O	O	O
Regular Once-A-Day, Centrum, Theragran, "senior" vitamins or house brands of multiple vitamins	0	0	0	0	0		0	0	0	0	0	0
Stress-tabs or B-Complex type	0	0	0	0	0		0	0	0	0	0	0
Single Vitamins, not part of multiple vitamins												
Vitamin A (<u>not</u> beta-carotene)		0	0	0	0		0	0	0	0	0	0
Beta-carotene							0					
Vitamin C		0	0	0	0	K	0	0		0	0	0
							0	<u>O</u> .(0
Vitamin E						K						
Folic Acid, Folate	0	0	0	0	0				0	0	0	0
Calcium or Tums		0	0	0	0				0	0		0
Vitamin D, alone or combined with calcium		0	0	0	0		(2)		0	\circ	0	0
Zinc							200					
Iron				(6)		R						
Selenium							C					
Omega-3, fish oil, flax seed oil	0	0	()	0	6		C	0	0	0	0	0
contain minerals, iron, zinc, etc. do not contain minerals do not contain mine	ou usu 1000 ally tak 600	e chitle	te, and 150 ne day 800 EA	00 ys you 0	ays yo	200 t? 100	00	0	3000+ 2000+ Didn't	- (⊃ Do	n't kno
SOME LAST QUESTIONS ABOUT YOU												
Would you say your health is Excellent Very goo	od (⊃ Go	od	(⊃ Fai	r		0	Poor			
Are you currently trying to ose weight?	No											
Was there ever a time in your life when you often drank more be	er, wir	ne or lic	quor th	nan yo	u do r	ow	?	0	Yes		⊃ No	
Do you smoke cigarettes now?	smoke	now?	C	⊃ 1-5	5 🔾	6-1	4 (⊃ 15-	-24	⊃ 25-	34 (⊃ 35
Are you Hispanic or Latino Not Hispanic o	or Latin	10										
What race do you consider yourself to be? (MARK ALL THAT A White Asian Black or African American American Indian			ive		Native Do no							er
Thank you very much fo	r filli nd fil	ng o l	ut th	nis q	uest.	i or	nnai i hay	r e. 'e sk	inne	d		

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