

Food Questionnaire



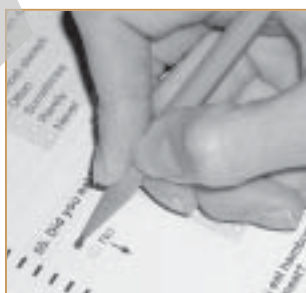
This form asks about your usual food intake during _____.

Please use pencil.

Answer by filling in the correct oval.

☒ Yes ☐ No

Do not make any other marks on the form. Please use a separate piece of paper to make comments.



| SEX | |
|-----------------------|--------|
| <input type="radio"/> | Male |
| <input type="radio"/> | Female |

| TODAY'S DATE | | | | | |
|--------------|---|-----|---|------|---|
| MO | | DAY | | YEAR | |
| 0 | 0 | 0 | 0 | 0 | 0 |
| 1 | 1 | 1 | 1 | 1 | 1 |
| 2 | 2 | 2 | 2 | 2 | 2 |
| 3 | 3 | 3 | 3 | 3 | 3 |
| 4 | 4 | 4 | 4 | 4 | 4 |
| 5 | 5 | 5 | 5 | 5 | 5 |
| 6 | 6 | 6 | 6 | 6 | 6 |
| 7 | 7 | 7 | 7 | 7 | 7 |
| 8 | 8 | 8 | 8 | 8 | 8 |
| 9 | 9 | 9 | 9 | 9 | 9 |

| IDENTIFICATION NUMBER | | | | | | | |
|-----------------------|---|---|---|---|---|---|---|
| 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 |
| 2 | 2 | 2 | 2 | 2 | 2 | 2 | 2 |
| 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 |
| 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 |
| 5 | 5 | 5 | 5 | 5 | 5 | 5 | 5 |
| 6 | 6 | 6 | 6 | 6 | 6 | 6 | 6 |
| 7 | 7 | 7 | 7 | 7 | 7 | 7 | 7 |
| 8 | 8 | 8 | 8 | 8 | 8 | 8 | 8 |
| 9 | 9 | 9 | 9 | 9 | 9 | 9 | 9 |

MNA



PLEASE DO NOT WRITE IN THIS AREA

Part I: Usual Food Choices

These questions are about the types of foods you ate during _____.

1. Did you eat chicken or turkey?

- ☐ Yes →
☐ No



When you ate chicken or turkey, how often did you eat the skin?

- ☐ Almost always
☐ Often
☐ Sometimes
☐ Rarely
☐ Never

2. Did you eat beef, pork, ham or lamb?

- ☐ Yes →
☐ No



When you ate beef, pork, ham or lamb, how often did you eat the fat?

- ☐ Almost always
☐ Often
☐ Sometimes
☐ Rarely
☐ Never

3. Did you eat hamburger or other ground meat?

- ☐ Yes →
☐ No



When you ate hamburger or other ground meat, was it usually... *Mark one or two.*

- ☐ Regular
☐ Lean
☐ Extra lean
☐ Ground chicken or turkey
☐ Don't know

4. Did you drink orange, grapefruit or other fruit juices?

- ☐ Yes →
☐ No



Were any of these vitamins or minerals added (specially fortified) to the juices you drank? *Mark all that apply.*

- ☐ Extra Vitamin C
☐ Vitamin E
☐ Calcium
☐ None
☐ Don't know

5. Did you eat cold cereals?

- ☐ Yes →
☐ No



When you ate cold cereal, what type did you usually eat? *Mark one or two.*

- ☐ Highly fortified cereals (100% of Daily Values) such as Total®, Smart Start® and Product 19®
☐ High fiber or bran cereals such as Raisin Bran® and All Bran®
☐ Sweetened cereals such as Frosted Flakes® or Fruit Loops®
☐ All other cereals such as Cheerios®, Corn Flakes® and granola

6. Did you put milk (all types), cream or creamer on cereal?

- ☐ Yes →
☐ No



When you put milk, cream or creamer on cereal, what type did you usually use? *Mark one or two.*

- ☐ Cream or half and half
☐ Whole milk
☐ 2% milk
☐ 1% milk or buttermilk
☐ Nonfat or skim milk
☐ Soy milk
☐ Non-dairy creamer
☐ Don't know

7. Did you put milk (all types), cream or creamer in coffee or tea?

- ☐ Yes →
☐ No
↓

When you put milk, cream or creamer in coffee or tea, what type did you usually use? Mark one or two.

- ☐ Cream or half and half
- ☐ Whole milk
- ☐ 2% milk
- ☐ 1% milk or buttermilk
- ☐ Nonfat or skim milk
- ☐ Soy milk
- ☐ Non-dairy creamer
- ☐ Don't know

8. Did you drink milk (all types)? Also include beverages made with milk, such as lattes, cappuccinos, mochas or hot chocolate.

- ☐ Yes →
☐ No
↓

When you drank milk or beverages made with milk, was it usually... Mark one or two.

- ☐ Whole milk
- ☐ 2% milk
- ☐ 1% milk or buttermilk
- ☐ Nonfat or skim milk
- ☐ Soy milk
- ☐ Don't know

9. Did you use salad dressing?

- ☐ Yes →
☐ No
↓

When you used salad dressing, what type did you usually use? Mark one or two.

- ☐ Regular, including oil and vinegar
- ☐ Low or reduced fat
- ☐ Fat free or nonfat

10. Did you use mayonnaise?

- ☐ Yes →
☐ No
↓

When you used mayonnaise, what type did you usually use? Mark one or two.

- ☐ Regular
- ☐ Low or reduced fat
- ☐ Fat free or nonfat

11. Did you eat cookies or cakes?

- ☐ Yes →
☐ No
↓

When you ate cookies or cakes, how often were they fig bars, angel food cakes, or other types of low or nonfat cookies or cakes?

- ☐ Almost always
- ☐ Often
- ☐ Sometimes
- ☐ Rarely
- ☐ Never

12. In your household, what kinds of fat were usually used when cooking, for example to flavor vegetables or fry meat?

Mark up to four.

- ☐ Butter
- ☐ Butter blended with oil or margarine
- ☐ Stick margarine
- ☐ Regular tub margarine
- ☐ Diet or light margarine (tub or liquid)
- ☐ Olive oil
- ☐ Canola oil
- ☐ Other oils such as corn, soybean, peanut and safflower
- ☐ Lard, bacon fat or meat drippings
- ☐ Didn't use fat or used non-stick spray (Pam®)

13. What kinds of fat did you use at the table, for example on breads, vegetables or potatoes? Mark up to four.

- ☐ Butter
- ☐ Butter blended with oil or margarine
- ☐ Stick margarine
- ☐ Regular tub margarine
- ☐ Diet or light margarine (tub or liquid)
- ☐ Olive oil
- ☐ Sour cream
- ☐ Didn't use fat



PLEASE DO NOT WRITE IN THIS AREA

Part II: Usual Food Use

These questions are about foods you ate during _____.

14. Mark the column to show how often, on average, you ate the following foods.

Mark your usual serving size as small, medium or large.

- A small serving is about one-half ($\frac{1}{2}$) the medium serving size or less.
- A large serving is about one-and-a-half ($1\frac{1}{2}$) times the medium serving size or more.

EXAMPLE: This person ate spaghetti with meat sauce every Saturday. They usually ate about $1\frac{1}{2}$ cups.

| | HOW OFTEN DID YOU EAT THESE FOODS? | | | | | | | | | Medium serving size | AMOUNT? | | |
|---|------------------------------------|-----------------------|-----------------------|----------------------------------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|---------------------|-----------------------|-----------------------|----------------------------------|
| | NEVER or less than once per month | 1 per month | 2-3 per month | 1 per week | 2 per week | 3-4 per week | 5-6 per week | 1 per day | 2+ per day | | S | M | L |
| Spaghetti, lasagna, and other pasta with tomato with meat sauce | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input checked="" type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | $1\frac{1}{2}$ cups | <input type="radio"/> | <input type="radio"/> | <input checked="" type="radio"/> |

CEREALS, BREADS, SNACKS

| | HOW OFTEN DID YOU EAT THESE FOODS? | | | | | | | | | Medium serving size | AMOUNT? | | |
|--|------------------------------------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|
| | NEVER or less than once per month | 1 per month | 2-3 per month | 1 per week | 2 per week | 3-4 per week | 5-6 per week | 1 per day | 2+ per day | | S | M | L |
| Cold 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"/> | $1\frac{1}{2}$ cups | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| Cooked cereals and grits | <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"/> | $1\frac{1}{2}$ cups | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| Milk on 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"/> | $\frac{3}{4}$ cup | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| Pancakes, French toast and waffles | <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"/> | 2 pieces | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| Muffins, scones, croissants and biscuits | <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"/> | 1 medium | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| White breads, including bagels, rolls and English muffins | <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"/> | 2 slices or 1 medium | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| Whole grain breads and 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"/> | 2 slices or 1 medium | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| Plain tortillas as a side dish (include flour and 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"/> | 3 small or 1 large | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| Cornbread and corn muffins | <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"/> | 2 slices or 1 medium | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| Butter or margarine on breads, cereals, pancakes, etc. | <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"/> | 2 pats or 2 teaspoons | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| Jam, jelly, honey, syrup and sugar (including in coffee, tea and 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"/> | 2 Tbsp. | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| Granola bars and cereal bars such as Nutri-Grain 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"/> | 1 bar | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| Sports or meal replacement bars such as Power Bars® and Clif 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"/> | 1 bar | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |

**CEREALS, BREADS,
SNACKS (continued)**

| CEREALS, BREADS, SNACKS (continued) | HOW OFTEN DID YOU EAT THESE FOODS? | | | | | | | | | | → AMOUNT? | | |
|---|--|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|--|-----------------------|-----------------------|-----------------------|
| | NEVER or less than once per month | 1 per month | 2-3 per month | 1 per week | 2 per week | 3-4 per week | 5-6 per week | 1 per day | 2+ per day | Medium serving size | S | M | L |
| Low or nonfat potato chips, tortilla chips, corn chips and 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"/> | 4 handfuls or 1 med. bag | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| Regular potato chips, tortilla chips, corn chips and puffs | <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"/> | 4 handfuls or 1 med. bag | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| Plain popcorn (no butter) or lowfat microwave popcorn | <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"/> | 8 handfuls | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| Buttered or regular microwave popcorn | <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"/> | 8 handfuls | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| Low or nonfat crackers such as saltines | <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"/> | 12 medium | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| Whole grain crackers such as Triscuits® and rye crispbread | <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"/> | 12 medium | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| Regular crackers such as Ritz® and club crackers | <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"/> | 12 medium | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| Peanut butter, peanuts and other nuts and 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"/> | 2 Tbsp. (spreads) or 1½ cup (nuts) | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |

MEAT, FISH, EGGS

| | HOW OFTEN DID YOU EAT THESE FOODS? | | | | | | | | | → | AMOUNT? | | |
|--|------------------------------------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|--------------------------------|-----------------------|-----------------------|-----------------------|
| | NEVER or less than once per month | 1 per month | 2-3 per month | 1 per week | 2 per week | 3-4 per week | 5-6 per week | 1 per day | 2+ per day | Medium serving size | S | M | L |
| Eggs (egg substitute, mark "NEVER") | <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"/> | 2 eggs | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| Bacon and breakfast sausage | <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"/> | 3 strips or 2 links | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| Low or reduced fat hot dogs and sausage | <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"/> | 2 hot dogs or 4 ounces | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| Regular hot dogs and sausage such as bratwurst and chorizo | <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"/> | 2 hot dogs or 4 ounces | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| Lunch meats such as ham, turkey and lowfat bologna | <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"/> | 2 slices | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| All other lunch meat such as bologna, salami and Spam® | <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"/> | 2 slices | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| Canned tuna, tuna salad and 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"/> | 1 can tuna or 2 cups casserole | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| Beef, pork, ham and lamb | <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"/> | 6 ounces | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| Ground meat, including hamburgers and meatloaf | <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"/> | 1 medium patty or 4 ounces | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| Liver, chicken liver and organ 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"/> | 6 ounces | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| Fried chicken, including nuggets and tenders | <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"/> | 2 large pieces or 9 nuggets | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |

□ ○

PLEASE DO NOT WRITE IN THIS AREA

MEAT, FISH, EGGS (continued)

| | HOW OFTEN DID YOU EAT THESE FOODS? | | | | | | | | | → | AMOUNT? | | | |
|--|--|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|---|---------------------------------|--------------------------|--------------------------|--------------------------|
| | NEVER or less than once per month | 1 per month | 2-3 per month | 1 per week | 2 per week | 3-4 per week | 5-6 per week | 1 per day | 2+ per day | | Medium serving size | S | M | L |
| Chicken and turkey (roasted, stewed, grilled or broiled) | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | | 2 large or 4 small pieces | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Fried fish, fish sandwich and fried shellfish (shrimp and oysters) | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | | 4 ounces or 1 sandwich | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Shellfish, not fried (shrimp, lobster, crab and oysters) | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | | 6 ounces or 1 cup | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| White fish (broiled or baked) such as sole, halibut, snapper and cod | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | | 6 ounces | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Dark fish (broiled or baked) such as salmon, mackerel and bluefish | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | | 6 ounces | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |

SPAGHETTI, MIXED DISHES, SOUPS

| | HOW OFTEN DID YOU EAT THESE FOODS? | | | | | | | | | → | AMOUNT? | | | |
|--|--|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|---|--|--------------------------|--------------------------|--------------------------|
| | NEVER or less than once per month | 1 per month | 2-3 per month | 1 per week | 2 per week | 3-4 per week | 5-6 per week | 1 per day | 2+ per day | | Medium serving size | S | M | L |
| Stew, pot pie, curries and casseroles with meat or chicken | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | | 1½ cups | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Chili with meat and beans | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | | 1½ cups | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Spaghetti, lasagna and other pasta with tomato and meat sauce | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | | 1½ cups | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Spaghetti and other pasta with tomato sauce (no meat) | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | | 1½ cups | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Pasta with oil, cheese, or cream sauce, including macaroni and cheese | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | | 1½ cups | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Asian-style (stir-fried) noodles and rice such as chow mein, fried rice and Pad Thai | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | | 1½ cups | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Pizza | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | | 3 slices | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Tofu, tempeh and products such as tofu hot dogs, soy burgers and tofu cheese | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | | 4 ounces, 2 hot dogs or 1 burger | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Burritos, tacos, tostadas and quesadillas | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | | 2 medium | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Enchiladas and tamales | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | | 2 medium | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Vegetable, minestrone and tomato soup | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | | 1½ cups | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Cream soups such as chowders, potato and cheese | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | | 1½ cups | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |

SPAGHETTI, MIXED DISHES, SOUPS (continued)

| | HOW OFTEN DID YOU EAT THESE FOODS? | | | | | | | | | → | AMOUNT? | | | |
|---|------------------------------------|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|---|---------------------|--------------------------|--------------------------|--------------------------|
| | NEVER or less than once per month | 1 per month | 2-3 per month | 1 per week | 2 per week | 3-4 per week | 5-6 per week | 1 per day | 2+ per day | | Medium serving size | S | M | L |
| Bean soups such as pea, lentil and black bean | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | | 1½ cups | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Miso soup | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | | 1½ cups | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Ramen noodle soup | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | | 1½ cups | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Other soups such as chicken noodle | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | | 1½ cups | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |

DAIRY PRODUCTS

| | HOW OFTEN DID YOU EAT THESE FOODS? | | | | | | | | | → | AMOUNT? | | | |
|---|------------------------------------|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|---|---|--------------------------|--------------------------|--------------------------|
| | NEVER or less than once per month | 1 per month | 2-3 per month | 1 per week | 2 per week | 3-4 per week | 5-6 per week | 1 per day | 2+ per day | | Medium serving size | S | M | L |
| Cottage cheese and ricotta cheese | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | | ¾ cup | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Low or reduced fat cheese, including cheese used in cooking | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | | 2 slices or ½ cup shredded | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| All other cheese (American, cheddar or cream), including cheese used in cooking | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | | 2 slices, ½ cup shredded or 2 Tbsp. cream | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Yogurt, all types except frozen | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | | 6 ounces | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |

VEGETABLES and GRAINS

| | HOW OFTEN DID YOU EAT THESE FOODS? | | | | | | | | | → | AMOUNT? | | | |
|---|------------------------------------|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|---|----------------------|--------------------------|--------------------------|--------------------------|
| | NEVER or less than once per month | 1 per month | 2-3 per month | 1 per week | 2 per week | 3-4 per week | 5-6 per week | 1 per day | 2+ per day | | Medium serving size | S | M | L |
| Mark all vegetables you ate, including in salads, mixed dishes, sandwiches and stir-fries. | | | | | | | | | | | | | | |
| Green salad (lettuce or spinach) | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | | 2 cups | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Salad dressing (all types) | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | | ¼ cup | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Fresh tomatoes | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | | 1 medium or 4 slices | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Carrots | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | | ¾ cup | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Green peppers and green chilies | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | | ½ cup | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Red peppers and red chilies | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | | ½ cup | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |

VEGETABLES and GRAINS (continued)

HOW OFTEN DID YOU EAT THESE FOODS?



AMOUNT?

| NEVER or less than once per month | 1 per month | 2-3 per month | 1 per week | 2 per week | 3-4 per week | 5-6 per week | 1 per day | 2+ per day | Medium serving size | S | M | L |
|--|-------------------|---------------------|------------------|------------------|--------------------|--------------------|-----------------|------------------|---------------------------|---|---|---|
|--|-------------------|---------------------|------------------|------------------|--------------------|--------------------|-----------------|------------------|---------------------------|---|---|---|

Mark all vegetables you ate, including in salads, mixed dishes, sandwiches and stir-fries.

| | | | | | | | | | | | | |
|--|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|-----------------------|--------------------------|--------------------------|--------------------------|
| Broccoli | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | 3/4 cup | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Cauliflower, cabbage and Brussels sprouts | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | 3/4 cup | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Green or string beans | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | 3/4 cup | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Green peas | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | 3/4 cup | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Corn and hominy | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | 3/4 cup | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Summer squash and zucchini | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | 3/4 cup | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Winter squash such as acorn, butternut and pumpkin | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | 3/4 cup | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Yams and sweet potatoes | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | 1 medium | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Cooked greens such as spinach, mustard greens and collards | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | 3/4 cup | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Onions and leeks | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | 1/2 cup | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Fresh garlic, including in cooking | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | 1 clove | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Avocado and guacamole | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | 1/2 medium or 1/2 cup | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| French fries, fried potatoes and hash browns | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | 1 cup | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Potatoes (boiled, baked or mashed) | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | 1 medium or 1 cup | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Refried beans | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | 3/4 cup | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| All other beans (baked, lima or chili without meat) | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | 3/4 cup | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Coleslaw | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | 3/4 cup | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Potato, macaroni and pasta salads made with mayonnaise or oil | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | 3/4 cup | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Brown rice, whole wheat pasta and other whole grains (as a side dish) | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | 1 cup | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| White rice, noodles and other grains (as a side dish) | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | 1 cup | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Butter, margarine, sour cream and other fat added to vegetables, potatoes and rice | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | 2 pats or 2 teaspoons | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |



PLEASE DO NOT WRITE IN THIS AREA

SAUCES and CONDIMENTS

| | HOW OFTEN DID YOU EAT THESE FOODS? | | | | | | | | | → | AMOUNT? | | | |
|--|------------------------------------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|---|---------------------|-----------------------|-----------------------|-----------------------|
| | NEVER or less than once per month | 1 per month | 2-3 per month | 1 per week | 2 per week | 3-4 per week | 5-6 per week | 1 per day | 2+ per day | | Medium serving size | S | M | L |
| Cheese sauce and cream 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"/> | | 1/2 cup | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| Meat gravies | <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"/> | | 1/2 cup | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| Ketchup | <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"/> | | 1/4 cup | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| Salsa (as dip or on foods) | <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"/> | | 1/2 cup | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| Mayonnaise and mayonnaise-type 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"/> | | 2 Tbsp. | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |

FRUITS

| | HOW OFTEN DID YOU EAT THESE FOODS? | | | | | | | | | → | AMOUNT? | | | |
|--|------------------------------------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|---|----------------------------|-----------------------|-----------------------|-----------------------|
| | NEVER or less than once per month | 1 per month | 2-3 per month | 1 per week | 2 per week | 3-4 per week | 5-6 per week | 1 per day | 2+ per day | | Medium serving size | S | M | L |
| Apples, applesauce and 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"/> | | 1 medium or 1/2 cup | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| 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"/> | | 1 medium | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| Peaches, nectarines and plums | <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"/> | | 1 medium or 1/2 cup | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| Apricots (fresh, canned or dried) | <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"/> | | 2 medium or 4 halves | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| Dried fruit (other than apricots) such as raisins and prunes | <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"/> | | 1/2 cup | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| Oranges, grapefruit and tangerines (not 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"/> | | 1 orange or 1/2 grapefruit | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| Berries such as strawberries and blueberries | <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"/> | | 3/4 cup | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| Cantaloupe, orange melon and mango (in season) | <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"/> | | 1/4 melon or 1/2 mango | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| Watermelon and red melon | <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"/> | | 1 large slice | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| Any other fruit such as grapes, fruit cocktail, pineapple and cherries | <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"/> | | 3/4 cup | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |

SWEETS

| | HOW OFTEN DID YOU EAT THESE FOODS? | | | | | | | | | | → | AMOUNT? | | |
|---|--|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|--|-----------------------|-----------------------|-----------------------|--|
| | NEVER or less than once per month | 1 per month | 2-3 per month | 1 per week | 2 per week | 3-4 per week | 5-6 per week | 1 per day | 2+ per day | Medium serving size | S | M | L | |
| Low or nonfat frozen desserts such as lowfat ice cream, frozen yogurt and sherbet | <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"/> | 2 scoops | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | |
| Ice cream and milkshakes | <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"/> | 2 scoops or 1 shake | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | |
| Pudding, custard and flan | <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"/> | 1 cup | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | |
| Doughnuts, pies and pastries | <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"/> | 1 medium piece or slice | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | |
| Cookies and cakes | <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"/> | 3 med. cookies or 1 piece of cake | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | |
| Chocolate, candy bars and toffee | <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"/> | 1 regular bar or 4 pieces | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | |
| Other candy such as Lifesavers®, licorice and jelly 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"/> | 6 pieces or 25 jellybeans | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | |

PLEASE ANSWER THESE THREE IMPORTANT QUESTIONS!

[illegible]

10

BEVERAGES and ALCOHOL

| | HOW OFTEN DID YOU DRINK THESE BEVERAGES? | | | | | | | | | | → AMOUNT? | | |
|--|--|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|---------------------------------|--------------------------|--------------------------|--------------------------|
| | NEVER or less than once per month | 1-3 per month | 1 per week | 2-4 per week | 5-6 per week | 1 per day | 2-3 per day | 4-5 per day | 6+ per day | Medium serving size | S | M | L |
| <i>Note that the frequency headings are different.</i> | | | | | | | | | | | | | |
| Milk (all types) as a beverage | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | 1 cup | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Latte, cappuccino, mocha or hot chocolate | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | 1 cup | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Coffee (not lattes or mochas) | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | 1 cup | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Tea, unsweetened or diet | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | 1 cup | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Tea, presweetened, bottled or instant | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | 1 cup | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Milk, cream or creamer added to tea and coffee | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | 1 Tbsp. | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Tomato juice, V-8® and other vegetable juices | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | 1 cup | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Orange juice and grapefruit juice | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | 1 cup | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Other 100% fruit juice such as apple, grape and cranberry | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | 1 cup | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Fruit drinks fortified with Vitamin C such as Hi-C®, and Kool-Aid® | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | 1 cup | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Meal replacement drinks and shakes such as Slim-Fast® and Ensure® | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | 1 cup | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Diet soft drinks (include energy drinks) | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | 12 ounces or 1 can | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Regular soft drinks (include energy drinks) | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | 12 ounces or 1 can | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Water (tap, bottled or sparkling) | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | 1 cup | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Beer (all types) | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | 12 ounce can or bottle | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Red wine | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | 1 medium glass (6 oz) | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| White or rosé wine | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | 1 medium glass (6 oz) | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Liquor and mixed drinks | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | 1 shot (1½ oz) or 1 mixed drink | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |

THANK YOU!

Please take a moment to fill in any questions you may have skipped.

SAMPLE



PLEASE DO NOT WRITE IN THIS AREA