

# MULTICULTURAL FOOD FREQUENCY QUESTIONNAIRE

Health Science Department, Northeastern University



**STUDY NAME:**

Please do not write outside the boxed area.

**PARTICIPANT NAME:**

Please use a number 2 pencil. Completely fill in bubbles, and erase completely if you make any changes.  
Do not fold, tear, or staple form.

| TODAY'S DATE |     |     |     |      |     |     |     |
|--------------|-----|-----|-----|------|-----|-----|-----|
| Month        |     | Day |     | Year |     |     |     |
| (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) |

| OFFICE USE ONLY: |     |     |     |              |     |                |     |  |  |  |  |
|------------------|-----|-----|-----|--------------|-----|----------------|-----|--|--|--|--|
| Protocol Number  |     |     |     | Visit Number |     | Interviewer ID |     |  |  |  |  |
| (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) |  |  |  |  |

| Volunteer ID Number |     |     |     |     |     |
|---------------------|-----|-----|-----|-----|-----|
| (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) |

| Ethnicity                                             |
|-------------------------------------------------------|
| <input type="checkbox"/> Mexican- American            |
| <input type="checkbox"/> Puerto Rican                 |
| <input type="checkbox"/> Cuban-American               |
| <input type="checkbox"/> Dominican                    |
| <input type="checkbox"/> Other Hispanic               |
| <input type="checkbox"/> Non-Hispanic White           |
| <input type="checkbox"/> Non-Hispanic Black           |
| <input type="checkbox"/> Asian                        |
| <input type="checkbox"/> Other including Multi-Ethnic |

| Age                              |
|----------------------------------|
| <input type="checkbox"/> 14 - 18 |
| <input type="checkbox"/> 19 - 30 |
| <input type="checkbox"/> 31 - 50 |
| <input type="checkbox"/> 51 - 70 |
| <input type="checkbox"/> 71 - 80 |
| <input type="checkbox"/> > 80    |

| Sex                             |
|---------------------------------|
| <input type="checkbox"/> Male   |
| <input type="checkbox"/> Female |

Version 3 2010



DO NOT WRITE IN THIS AREA

0201

This section asks about your usual eating habits, over the past \_\_\_\_\_ month(s).

Your answers should reflect your average intake (at home and away from home over that time period).

First: Mark how often, on the average, you ate the food item (fill in only one frequency per food item).

Second: Mark your usual portion size (if you ate more than one food in a line, pick the one eaten the most).

**Important:** If you don't eat an item, fill in "never" and skip the portion size related to that food item.

## FRUIT

For seasonal fruits, answer with which frequency you eat them during the Summer.  
For all other fruits, with which frequency you consider you eat them year-round.

|                                                                                        | Never                    | Less than 1x per month   | 1x per month             | 2-3x per month           | 1x per week              | 2x per week              | 3-4x per week            | 5-6x per week            | 1x per day               | 2+x per day              |
|----------------------------------------------------------------------------------------|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|
| Apples, applesauce, pears                                                              | <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"/> | <input type="checkbox"/> |
| Bananas                                                                                | <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"/> | <input type="checkbox"/> |
| Oranges, tangerines                                                                    | <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"/> | <input type="checkbox"/> |
| Grapefruit (white or pink)                                                             | <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"/> | <input type="checkbox"/> |
| Peaches, nectarines, apricots, plums (fresh, canned, or 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"/> | <input type="checkbox"/> |
| Grapes                                                                                 | <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"/> | <input type="checkbox"/> |
| Avocado, fresh (including 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"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Kiwi, or Acerola                                                                       | <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"/> | <input type="checkbox"/> |
| Papaya/ mango                                                                          | <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"/> | <input type="checkbox"/> |
| Dried fruit (e.g. raisins, prunes, apricots, dried cranberries)                        | <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"/> | <input type="checkbox"/> |
| Cantaloupe, honeydew melon                                                             | <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"/> | <input type="checkbox"/> |
| Watermelon                                                                             | <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"/> | <input type="checkbox"/> |
| Strawberries                                                                           | <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"/> | <input type="checkbox"/> |
| Other berries (e.g. blackberries, blueberries and raspberries)                         | <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"/> | <input type="checkbox"/> |
| Any other fruit (e.g. pineapple, cherries, lychee, canned mixed fruit, fruit cocktail) | <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"/> | <input type="checkbox"/> |

If you eat dried fruit, your portion is usually closest to ...

☐ 1/8 cup ☐ 1/4 cup ☐ 3/8 cup ☐ 1/2 cup or more

If you eat cantaloupe or honeydew, your portion is usually closest to (1 wedge = 1/4 melon) ...

☐ 1/2 wedge or 1/2 cup ☐ 1 wedge or 3/4 cup ☐ 1 1/2 wedges or 1 cup ☐ 2 or more wedges or 1 1/2 cups or more

If you eat watermelon, your portion is usually closest to (1 med. slice watermelon = 7 1/2" dia. x 1" thick) ...

☐ 1 sm. slice or 1/2 wedge ☐ 1 med. slice/wedge ☐ 1 lg. slice/wedge ☐ more than 1 lg. slice/wedge

If you eat strawberries, cherries and/or other berries, your portion is usually closest to ...

☐ 1/2 cup ☐ 1 cup ☐ 1 1/2 cups ☐ 2 cups or more

If you eat any other cut up or canned fruit, pineapple, cherries, or fruit cocktail, your portion is usually closest to ...

☐ 1/2 cup ☐ 1 cup ☐ 1 1/2 cups ☐ 2 cups or more

## SUMMARY QUESTIONS

|                                                 | Never                    | Less than 1x per month   | 1x per month             | 2-3x per month           | 1x per week              | 2x per week              | 3-4x per week            | 5-6x per week            | 1x per day               | 2+x per day              |
|-------------------------------------------------|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|
| How often do you usually eat fruit of any kind? | <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"/> | <input type="checkbox"/> |

| CEREAL                                                                                   |                       |                        |                       |                       |                       |                       |                       |                       |                       |                       |
|------------------------------------------------------------------------------------------|-----------------------|------------------------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|
|                                                                                          | Never                 | Less than 1x per month | 1x per month          | 2-3x per month        | 1x per week           | 2x per week           | 3-4x per week         | 5-6x per week         | 1x per day            | 2+x per day           |
| Cold 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"/> | <input type="radio"/> |
| Hot cereal: oatmeal                                                                      | <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"/> | <input type="radio"/> |
| Other hot cereal (e.g., Cream of Wheat /Rice, grits, or other cornmeal 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"/> | <input type="radio"/> |
| Sugar; added to hot or cold 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"/> | <input type="radio"/> |
| Granola bars or cereal bars (e.g. including Quaker oats, Nutri-grain, and Nature Valley) | <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"/> | <input type="radio"/> |

If you eat cold cereal, your portion is usually closest to (1 individual box = approx. 3/4 cup) ...

- ☐ 1/2 cup ☐ 1 cup ☐ 1 1/2 cups ☐ 2 cups or more

If you add milk to cold cereal, the amount added is usually closest to ...

- ☐ 1/4 cup ☐ 1/2 cup ☐ 1 cup ☐ 1 1/2 cups or more

If you eat oatmeal, it is usually ...

- ☐ regular/plain ☐ instant, with or without added flavor

If you eat hot cereal (e.g., oatmeal, grits or other hot cereals), your portion is usually closest to (1 packet = 3/4 cup cooked) ...

- ☐ 1/2 cup ☐ 1 cup ☐ 1 1/2 cups ☐ 2 cups or more

If you add milk to hot cereal (incl. during cooking), the amount added is usually closest to ...

- ☐ 1/4 cup ☐ 1/2 cup ☐ 1 cup ☐ 1 1/2 cups or more

If you eat cereal bars your portion is usually closest to ...

- ☐ 1/2 bar ☐ 1 bar ☐ 1 1/2 bars ☐ 2 bars or more

### SUMMARY QUESTIONS

|                                                               | Never                 | Less than 1x per month | 1x per month          | 2-3x per month        | 1x per week           | 2x per week           | 3-4x per week         | 5-6x per week         | 1x per day            | 2+x per day           |
|---------------------------------------------------------------|-----------------------|------------------------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|
| How often do you usually eat hot or cold cereals of any kind? | <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"/> | <input type="radio"/> |

If you eat cold breakfast cereal, what two types (brand name and type) do you eat most often? (e.g. Kellogg's corn flakes)

- ☐ I do not know the brand and type

Do not write in shaded area:

|      |     |     |     |     |     |     |     |     |     |     |  |
|------|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|--|
| CODE | (0) | (1) | (2) | (3) | (4) | (5) | (6) | (7) | (8) | (9) |  |
| CODE | (0) | (1) | (2) | (3) | (4) | (5) | (6) | (7) | (8) | (9) |  |
| CODE | (0) | (1) | (2) | (3) | (4) | (5) | (6) | (7) | (8) | (9) |  |
| CODE | (0) | (1) | (2) | (3) | (4) | (5) | (6) | (7) | (8) | (9) |  |

1. \_\_\_\_\_

2. \_\_\_\_\_

### BREAD

Include breads used in sandwiches such as sub rolls, buns, English muffins, pita wraps; eaten at home and/or at restaurants. Do not incl. breads or rolls in fast food sandwiches or fast food burgers.

|                                               | Never                 | Less than 1x per month | 1x per month          | 2-3x per month        | 1x per week           | 2x per week           | 3-4x per week         | 5-6x per week         | 1x per day            | 2+x per day           |
|-----------------------------------------------|-----------------------|------------------------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|
| Sliced bread, or bakery bread                 | <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"/> | <input type="radio"/> |
| Bagels/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"/> | <input type="radio"/> |
| Tortillas, wraps (corn, white or wheat flour) | <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"/> | <input type="radio"/> |
| Pancakes, waffles, french toast, mayorca      | <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"/> | <input type="radio"/> |

Please continue on the next page.



0201

DO NOT WRITE IN THIS AREA

If you eat sliced breads or bakery breads, these are usually (choose all that apply) ...

- ☐ white (includes bakery bread) ☐ multi-grain/cracked wheat (light brown) ☐ 100% whole wheat (dark brown) ☐ rye ☐ other

If you eat sliced bread, your portion is usually closest to ...

- ☐ 1 slice or piece ☐ 2 slices or pieces ☐ 3 slices or pieces ☐ 4 slices or pieces or more

If you eat bagels or English muffins, your portion is usually closest to (1 medium = Dunkin Donuts bagel) ...

- ☐ 1/2 medium ☐ 1 medium ☐ 1 1/2 medium ☐ 2 medium or more

If you eat tortillas or wraps, they are usually made from (choose all that apply) ...

- ☐ white flour ☐ corn flour ☐ 100% whole wheat flour ☐ unknown type

If you eat tortillas or wraps, your portion is usually closest to (1 medium = 8" diameter) ...

- ☐ 1 medium ☐ 2 medium or 1 large ☐ 3 medium ☐ 4 medium or 2 large or more

If you eat pancakes, waffles, french toast or mayorca, your portion is usually closest to (1 pancake/waffle = 4" diameter) ...

- ☐ 1 pancake, waffle or slice of french toast or less ☐ 2 pancakes, waffles or slices of french toast ☐ 3 pancakes, waffles or slices of french toast ☐ 4 pancakes, waffles or slices of french toast or more

If you add butter or margarine to breads, bagels and/or pancakes, your portion per slice/piece is usually (1 tsp = 1 pat) ...

- ☐ 1/2 pat ☐ 1 pat ☐ 1 1/2 pats ☐ 2 pats or more

If you add cream cheese to breads and/or bagels, your portion per slice/piece is usually ...

- ☐ 1 tablespoon ☐ 2 tablespoons ☐ 3 tablespoons ☐ 4 tablespoons or more

## SUMMARY QUESTIONS

|                                                                                                               | Never                    | Less than 1x per month   | 1x per month             | 2-3x per month           | 1x per week              | 2x per week              | 3-4x per week            | 5-6x per week            | 1x per day               | 2+x per day              |
|---------------------------------------------------------------------------------------------------------------|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|
| How often do you usually eat breads of any kind (not including tortillas, pancakes, waffles or french toast)? | <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"/> | <input type="checkbox"/> |

If you eat sliced breads, what two types (brand name and type) do you eat most often? (e.g. Wonder, whole wheat)

- ☐ I do not know the brand and type

1. \_\_\_\_\_

2. \_\_\_\_\_

Do not write in shaded area:

|      |     |     |     |     |     |     |     |     |     |     |  |
|------|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|--|
| CODE | (0) | (1) | (2) | (3) | (4) | (5) | (6) | (7) | (8) | (9) |  |
| CODE | (0) | (1) | (2) | (3) | (4) | (5) | (6) | (7) | (8) | (9) |  |
| CODE | (0) | (1) | (2) | (3) | (4) | (5) | (6) | (7) | (8) | (9) |  |
| CODE | (0) | (1) | (2) | (3) | (4) | (5) | (6) | (7) | (8) | (9) |  |

## VEGETABLES

| If you eat garden or other salads, mark the individual vegetables in their separate line items (e.g. mark lettuce in "Salad greens" and tomato in "Tomatoes"). For toppings such as chicken, feta, egg or olives, include in their corresponding food group section (e.g. include chicken pieces in "Poultry" section). | Never                    | Less than 1x per month   | 1x per month             | 2-3x per month           | 1x per week              | 2x per week              | 3-4x per week            | 5-6x per week            | 1x per day               | 2+x per day              |
|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|
| Salad greens (e.g. lettuce, <u>raw</u> spinach, mixed greens)                                                                                                                                                                                                                                                           | <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"/> | <input type="checkbox"/> |
| Cooked greens (e.g. spinach, kale, mustard, turnip)                                                                                                                                                                                                                                                                     | <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"/> | <input type="checkbox"/> |
| Tomatoes, including canned                                                                                                                                                                                                                                                                                              | <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"/> | <input type="checkbox"/> |
| Mixed vegetables (frozen, fresh, or canned)                                                                                                                                                                                                                                                                             | <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"/> | <input type="checkbox"/> |
| Carrots, raw                                                                                                                                                                                                                                                                                                            | <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"/> | <input type="checkbox"/> |
| Carrots, cooked                                                                                                                                                                                                                                                                                                         | <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"/> | <input type="checkbox"/> |
| String beans, green 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"/> | <input type="checkbox"/> |

# **VEGETABLES (continued)**

If you eat garden or other salads, mark the individual vegetables in their separate line items (e.g. mark lettuce in "Salad greens" and tomato in "Tomatoes"). For toppings such as chicken, feta, egg or olives, include in their corresponding food group section (e.g. include chicken pieces in "Poultry" section).

|                                                         | Never                    | Less than 1x per month   | 1x per month             | 2-3x per month           | 1x per week              | 2x per week              | 3-4x per week            | 5-6x per week            | 1x per day               | 2+x per day              |
|---------------------------------------------------------|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|
| Green peas or lima beans (fresh, canned or 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"/> | <input type="checkbox"/> |
| Corn (fresh, canned or 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"/> | <input type="checkbox"/> |
| Peppers (sweet), bell peppers                           | <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"/> | <input type="checkbox"/> |
| Broccoli, brussel sprouts (fresh or 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"/> | <input type="checkbox"/> |
| Coleslaw prepared with mayonnaise                       | <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"/> | <input type="checkbox"/> |
| Red or green cabbage (other than 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"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Beets                                                   | <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"/> | <input type="checkbox"/> |
| Eggplant                                                | <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"/> | <input type="checkbox"/> |
| Cucumbers                                               | <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"/> | <input type="checkbox"/> |
| Onions (other than fried onion rings)                   | <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"/> | <input type="checkbox"/> |
| Winter squash (e.g. butternut, acorn, hubbard)          | <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"/> | <input type="checkbox"/> |
| Summer squash (e.g. yellow, 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"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Mushrooms                                               | <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"/> | <input type="checkbox"/> |
| Other vegetables (e.g. celery, radish, asparagus, okra) | <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"/> | <input type="checkbox"/> |

If you eat salad greens, they are usually (choose all that apply) ...

- ☐ iceberg lettuce ☐ romaine lettuce ☐ spinach (raw) ☐ other greens, mixed greens/mesclun

If you eat salad greens, your portion is usually closest to ...

- ☐ 1/2 cup ☐ 1 cup ☐ 1 1/2 cups ☐ 2 cups or more

If you eat cooked greens (e.g. spinach), your portion is usually closest to ...

- ☐ 1/4 cup ☐ 1/2 cup ☐ 3/4 cup ☐ 1 cup or more

If you eat raw tomatoes, your portion is usually closest to (1 cherry tomato = approx. 1 slice or wedge) ...

- ☐ 1 slice or wedge ☐ 2 slices or wedges ☐ 3 slices or wedges ☐ 4 slices or wedges or more

If you eat tomatoes, they are usually (choose all that apply) ...

- ☐ fresh ☐ canned

If you eat cooked vegetables, these are usually (choose all that apply) ...

- ☐ fresh ☐ canned ☐ frozen

Your usual portion size for most cooked vegetables is closest to (1 ear of corn = 1/2 cup) ...

- ☐ 1/4 cup ☐ 1/2 cup ☐ 3/4 cup ☐ 1 cup or more

Do you add spreads or oils to the following items after cooking (choose all that apply)?

- ☐ carrots ☐ string beans ☐ peas ☐ corn  
☐ broccoli ☐ frozen mixed vegetables ☐ cabbage ☐ squash

If you add spreads or oils to any of the previous items after cooking, your portion is usually ...

Pats/teaspoons/servings

- ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐  
1 2 3 4 5 6 7 8 9

Please continue on the next page.



0201

DO NOT WRITE IN THIS AREA

## SUMMARY QUESTIONS

|                                                                                            | Never                 | Less than 1x per month | 1x per month          | 2-3x per month        | 1x per week           | 2x per week           | 3-4x per week         | 5-6x per week         | 1x per day            | 2+x per day           |
|--------------------------------------------------------------------------------------------|-----------------------|------------------------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|
| How often do you usually eat vegetables of any kind like those listed above cooked or raw? | <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"/> | <input type="radio"/> |

## BEANS AND STARCHY VEGETABLES

| <i>If you eat rice and bean dishes, include in the "Rice, Pasta and Pizza" section (not this section).</i> | Never                 | Less than 1x per month | 1x per month          | 2-3x per month        | 1x per week           | 2x per week           | 3-4x per week         | 5-6x per week         | 1x per day            | 2+x per day           |
|------------------------------------------------------------------------------------------------------------|-----------------------|------------------------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|
| Beans (e.g. pinto, black, white, kidney, pink)                                                             | <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"/> | <input type="radio"/> |
| Dried peas or lentils, <u>not</u> green (e.g. cowpeas, black-eyed, or chickpeas)                           | <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"/> | <input type="radio"/> |
| Hummus or bean dips                                                                                        | <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"/> | <input type="radio"/> |
| Potato salad prepared with mayonnaise                                                                      | <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"/> | <input type="radio"/> |
| Mashed or scalloped potatoes                                                                               | <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"/> | <input type="radio"/> |
| French fries or hash browns (including frozen, or from a restaurant)                                       | <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"/> | <input type="radio"/> |
| Fast food stuffed baked potato                                                                             | <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"/> | <input type="radio"/> |
| Other potatoes (e.g. baked, boiled, roasted)                                                               | <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"/> | <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"/> | <input type="radio"/> |
| Plantains, green 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"/> | <input type="radio"/> |
| Puerto Rican pastels                                                                                       | <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"/> | <input type="radio"/> |
| Root crops (e.g. cassava, ñame, yautia, tannier)                                                           | <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"/> | <input type="radio"/> |

If you eat beans, they are usually prepared (choose all that apply) ...

- ☐ Puerto Rican style    ☐ Haitian style    ☐ refried    ☐ other  
☐ Cuban style    ☐ baked    ☐ chili

If you eat beans (plain, baked, refried or other) and/or peas, your portion is usually closest to ...

- ☐ 1/2 cup    ☐ 1 cup    ☐ 1 1/2 cups    ☐ 2 cups or more

If you eat root crops, these are usually (choose only one) ...

- ☐ fried    ☐ boiled    ☐ baked    ☐ both fried and boiled equally

If you eat french fries, hash browns, or fried root crops, your portion is usually closest to ...

- ☐ 1/2 cup (sm. order)    ☐ 1 cup (med. order)    ☐ 1 1/2 cups (lg. order)    ☐ 2 cups (super size)

If you eat potatoes and/or root crops (other than fried), your portion is usually closest to ...

- ☐ 1/2 cup    ☐ 1 cup    ☐ 1 1/2 cups    ☐ 2 cups or more

If you eat plantains and/or green bananas, they are usually (choose all that apply) ...

- ☐ green, boiled/baked    ☐ green, fried    ☐ ripe, boiled/baked    ☐ ripe, fried

If you eat plantains and/or green bananas, your portion is usually closest to ...

- ☐ 1/4 plantain or 1 slice    ☐ 1/2 plantain or 3 slices    ☐ 1 plantain or 6 slices    ☐ 1 1/2 plantains or 9 slices or more

If you eat Puerto Rican pasteles, your portion is usually closest to ...

- ☐ 1 each    ☐ 2 each    ☐ 3 each    ☐ 4 each or more

Do you add spreads or oils to the following after cooking (choose all that apply) ...

- ☐ potatoes    ☐ sweet potatoes    ☐ plantains    ☐ other root crops

## SUMMARY QUESTIONS

|                                                                             | Never                 | Less than 1x per month | 1x per month          | 2-3x per month        | 1x per week           | 2x per week           | 3-4x per week         | 5-6x per week         | 1x per day            | 2+x per day           |
|-----------------------------------------------------------------------------|-----------------------|------------------------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|
| How often do you usually eat beans and starchy vegetables prepared any way? | <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"/> | <input type="radio"/> |

## RICE, PASTA AND PIZZA

If you eat pasta with meatballs, include the pasta in this section and the meatballs in the section "Beef, Pork, and Lamb" under the section "ground beef."

|                                                           | Never                 | Less than 1x per month | 1x per month          | 2-3x per month        | 1x per week           | 2x per week           | 3-4x per week         | 5-6x per week         | 1x per day            | 2+x per day           |
|-----------------------------------------------------------|-----------------------|------------------------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|
| Rice cooked with beans or pigeon peas (mixed dish)        | <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"/> | <input type="radio"/> |
| Rice with chicken, meat, and/or sausage (mixed dish)      | <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"/> | <input type="radio"/> |
| Other mixed dishes with rice (incl. seafood)              | <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"/> | <input type="radio"/> |
| Fried rice (incl. Chinese style)                          | <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"/> | <input type="radio"/> |
| Flavored rice (e.g. Rice-a-Roni, Spanish, rice pilaf)     | <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"/> | <input type="radio"/> |
| Plain white 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"/> | <input type="radio"/> |
| Plain brown 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"/> | <input type="radio"/> |
| Plain parboiled or converted rice (e.g. Uncle Ben's)      | <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"/> | <input type="radio"/> |
| Pasta (e.g. spaghetti, macaroni, linguini)                | <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"/> | <input type="radio"/> |
| Pasta mixed dishes (e.g. lasagna, ravioli, baked ziti)    | <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"/> | <input type="radio"/> |
| Lo mein or rice noodles (incl. Chinese style)             | <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"/> | <input type="radio"/> |
| Macaroni salad, pasta 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"/> | <input type="radio"/> |
| Mexican foods (e.g. burritos, tacos, tamales, enchiladas) | <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"/> | <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"/> | <input type="radio"/> |
| Eggrolls, "empanadillas", meat pies, or other fritters    | <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"/> | <input type="radio"/> |

If you eat mixed dishes made with rice, you usually prepare it (choose all that apply) ...

- ☐ Latino/Puerto Rican style ☐ Southern/Cajun style ☐ Haitian style ☐ other

When you eat mixed rice dishes, it is usually made with ...

- ☐ white rice ☐ brown rice ☐ parboiled rice

If you eat mixed dishes made with rice, your portion is usually closest to ...

- ☐ 1 cup ☐ 2 cups ☐ 3 cups ☐ 4 cups or more

If you eat plain, fried or flavored rice, your portion (cooked) is usually closest to ...

- ☐ 1/2 cup ☐ 1 cup ☐ 1 1/2 cups ☐ 2 cups or more

If you eat pasta, they are usually made from ...

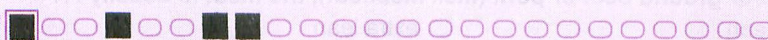
- ☐ white flour ☐ 100% whole wheat flour ☐ a whole wheat blend (e.g. Ronzoni Healthy Harvest)

If you eat pasta or mixed pasta dishes (e.g., lasagna), your portion is usually closest to ...

- ☐ 1 cup ☐ 2 cups ☐ 3 cups ☐ 4 cups or more

What type of sauce do you usually eat with your pasta (choose all that apply) ...

- ☐ plain (no sauce) ☐ butter and/or olive oil ☐ tomato sauce ☐ tomato and meat sauce  
☐ clam sauce ☐ pesto sauce ☐ cream sauce ☐ cheese sauce (e.g., macaroni and cheese)



DO NOT WRITE IN THIS AREA

0201

## RICE, PASTA AND PIZZA (continued)

If you eat macaroni salad or pasta salad, your portion is usually closest to ...

- ☐ 1/2 cup      ☐ 1 cup      ☐ 1 1/2 cups      ☐ 2 cups or more

If you eat Mexican foods, they are usually (choose all that apply) ...

- ☐ burritos      ☐ tacos      ☐ tamales      ☐ enchiladas      ☐ quesadillas

If you eat Mexican foods (incl. burritos, tacos, tamales, enchiladas), your portion is usually closest to ...

- ☐ 1 each      ☐ 2 each      ☐ 3 each      ☐ 4 each or more

If you eat pizza, it is usually ...

- ☐ plain cheese      ☐ with meat      ☐ with vegetables      ☐ with vegetables and meat

If you eat pizza, your portion is usually closest to (1 slice = 1/8 of a large pizza) ...

- ☐ 1 slice      ☐ 2 slices      ☐ 3 slices      ☐ 4 slices or more

If you eat eggrolls and/or empanadillas, meatpies or fritters, your portion is usually closest to ...

- ☐ 1 each      ☐ 2 each      ☐ 3 each      ☐ 4 each or more

### SUMMARY QUESTIONS

|                                                                    | Never                 | Less than 1x per month | 1x per month          | 2-3x per month        | 1x per week           | 2x per week           | 3-4x per week         | 5-6x per week         | 1x per day            | 2+x per day           |
|--------------------------------------------------------------------|-----------------------|------------------------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|
| How often do you usually eat rice of any kind prepared in any way? | <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"/> | <input type="radio"/> |

### BEEF, PORK AND LAMB

If you eat rice and beef/pork dishes, include them in the "Rice, Pasta and Pizza" section (not this section).  
For homemade burgers, include the meat in this section, and include the bun or roll in the "Bread" section.  
For fast food burgers, include the whole item in this section.

|                                                                                        | Never                 | Less than 1x per month | 1x per month          | 2-3x per month        | 1x per week           | 2x per week           | 3-4x per week         | 5-6x per week         | 1x per day            | 2+x per day           |
|----------------------------------------------------------------------------------------|-----------------------|------------------------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|
| Fast food burgers                                                                      | <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"/> | <input type="radio"/> |
| Ground beef (including homemade beef patty, meatballs, and/or 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"/> | <input type="radio"/> |
| Mixed dishes with beef (e.g. beef stew, pot 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"/> | <input type="radio"/> |
| Beef: steak or roast                                                                   | <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"/> | <input type="radio"/> |
| Pork: chops or roast                                                                   | <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"/> | <input type="radio"/> |
| Mixed dishes with pork                                                                 | <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"/> | <input type="radio"/> |
| Ham (not including cold cuts/ luncheon 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"/> | <input type="radio"/> |
| Ribs: beef or pork                                                                     | <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"/> | <input type="radio"/> |
| 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"/> | <input type="radio"/> |
| Liver (beef )                                                                          | <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"/> | <input type="radio"/> |
| Other organ meats (e.g. tongue, kidney, chitterlings, "cuajito" and "gandinga" 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"/> | <input type="radio"/> |

If you eat fast food burgers, they are usually ...

- ☐ regular single burger      ☐ double or 1/4 pound burger      ☐ Whopper      ☐ Big Mac  
☐ cheese burger      ☐ double or 1/4 pound burger w/cheese      ☐ Whopper w/cheese

If you eat homemade patties and/or ground beef or pork (incl. meatloaf), the meat is usually ...

- ☐ regular      ☐ lean      ☐ extra lean

**BEEF, PORK AND LAMB** (continued)

If you eat homemade patties and/or ground beef or pork, your portion is usually closest to ...

- ☐ 1 small patty or 3 ounces   ☐ 1 med. patty or 6 ounces   ☐ 1 lg. patty or 9 ounces   ☐ 2 patties or 12 ounces or more

If you eat mixed dishes made with beef or pork (e.g., beef stew), you usually prepare it (choose all that apply) ...

- ☐ American style   ☐ Puerto Rican style   ☐ Cuban style   ☐ Haitian style

If you eat mixed dishes made with beef or pork, your portion is usually closest to ...

- ☐ 1 cup   ☐ 2 cups   ☐ 3 cups   ☐ 4 cups or more

If you eat beef, pork or lamb, your portion is usually closest to (edible portion) (3 oz. is about the size of a deck of cards) ...

- ☐ 2 ounces   ☐ 4 ounces   ☐ 6 ounces   ☐ 8 ounces or more

If you eat liver and/or other organ meats, your portion is usually closest to ...

- ☐ 2 ounces   ☐ 4 ounces   ☐ 6 ounces   ☐ 8 ounces or more

**SUMMARY QUESTIONS**

|                                                                   | Never                 | Less than 1x per month | 1x per month          | 2-3x per month        | 1x per week           | 2x per week           | 3-4x per week         | 5-6x per week         | 1x per day            | 2+x per day           |
|-------------------------------------------------------------------|-----------------------|------------------------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|
| How often do you usually eat beef, pork or lamb prepared any way? | <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"/> | <input type="radio"/> |

**POULTRY**

If you eat chicken in mixed dishes with rice, include these dishes in the "Rice, Pasta and Pizza" section (not this section). For homemade chicken/turkey burgers or chicken salad, include the meat in this section, and include the bun or roll in the "Bread" section. For fast food chicken burgers/sandwiches, include the whole item in this section.

|                                                                                    | Never                 | Less than 1x per month | 1x per month          | 2-3x per month        | 1x per week           | 2x per week           | 3-4x per week         | 5-6x per week         | 1x per day            | 2+x per day           |
|------------------------------------------------------------------------------------|-----------------------|------------------------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|
| Fast food chicken 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"/> | <input type="radio"/> |
| Ground chicken/turkey (including homemade patty, meatballs, and/or 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"/> | <input type="radio"/> |
| Mixed dishes made with chicken (e.g. pot pie, chicken and dumplings, chicken stew) | <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"/> | <input type="radio"/> |
| Chicken or turkey: roasted, broiled, grilled, baked                                | <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"/> | <input type="radio"/> |
| Fried chicken (including fast food nuggets, KFC)                                   | <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"/> | <input type="radio"/> |
| Chicken or turkey salad prepared with mayonnaise                                   | <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"/> | <input type="radio"/> |
| Liver (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"/> | <input type="radio"/> |

If you eat homemade patties and/or ground chicken/turkey (incl. meatloaf), your portion is usually closest to ...

- ☐ 1 small patty or 3 ounces   ☐ 1 med. patty or 6 ounces   ☐ 1 lg. patty or 9 ounces   ☐ 2 med. patties or 12 ounces or more

If you eat mixed dishes made with chicken/turkey, you usually prepare it (choose all that apply) ...

- ☐ American style   ☐ Puerto Rican style   ☐ Cuban style   ☐ Haitian style

If you eat other mixed dishes made with chicken/turkey (incl. meat pie), your portion is usually closest to ...

- ☐ 1/2 cup   ☐ 1 cup   ☐ 1 1/2 cups   ☐ 2 cups or more

Please continue on the next page.



0201

DO NOT WRITE IN THIS AREA

## POULTRY (continued)

If you eat chicken or turkey, roasted, broiled, grilled and/or baked, it is usually ...

- ☐ white meat ☐ dark meat ☐ both

Do you eat the skin on chicken or turkey?

- ☐ never ☐ sometimes ☐ often/always

If you eat chicken or turkey, roasted or fried, your portion is usually closest to (edible portion) ...

- ☐ 2 ounces (1 drumstick or thigh) ☐ 4 ounces (1 piece of breast or 1 whole leg = drumstick & thigh) ☐ 6 ounces ☐ 8 ounces or more

If you eat chicken salad, your portion is usually closest to (1/2 cup prepared = approx. 1/2 of a 6 oz. can & 2 tbsp. mayonnaise) ...

- ☐ 1/2 cup ☐ 1 cup ☐ 1 1/2 cups ☐ 2 cups or more

If you eat chicken liver, your portion is usually closest to ...

- ☐ 1 ounce ☐ 2 ounces ☐ 3 ounces ☐ 4 ounces

### SUMMARY QUESTIONS

|                                                        | Never                 | Less than 1x per month | 1x per month          | 2-3x per month        | 1x per week           | 2x per week           | 3-4x per week         | 5-6x per week         | 1x per day            | 2+x per day           |
|--------------------------------------------------------|-----------------------|------------------------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|
| How often do you usually eat poultry prepared any way? | <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"/> | <input type="radio"/> |

### FISH

|                                                                                              | Never                 | Less than 1x per month | 1x per month          | 2-3x per month        | 1x per week           | 2x per week           | 3-4x per week         | 5-6x per week         | 1x per day            | 2+x per day           |
|----------------------------------------------------------------------------------------------|-----------------------|------------------------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|
| Fast food 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"/> | <input type="radio"/> |
| Shellfish, fried (e.g. fried clams, shrimp, scallops)                                        | <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"/> | <input type="radio"/> |
| Shellfish, not fried (e.g. lobster, scallops, shrimp, clams)                                 | <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"/> | <input type="radio"/> |
| Fish, fried (e.g. battered and fried fillets)                                                | <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"/> | <input type="radio"/> |
| Salmon or trout (fresh or canned)                                                            | <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"/> | <input type="radio"/> |
| Tuna or marlin (fresh or canned, <u>not</u> tuna 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"/> | <input type="radio"/> |
| Tuna salad (incl. in a sandwich, sub or wrap)                                                | <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"/> | <input type="radio"/> |
| Bacalao (salted cod fish)                                                                    | <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"/> | <input type="radio"/> |
| Sardines or anchovies                                                                        | <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"/> | <input type="radio"/> |
| Other fish, not fried (e.g. red snapper, grouper, halibut, cod, haddock, tilapia, mahi mahi) | <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"/> | <input type="radio"/> |

If you eat shellfish, your portion is usually closest to ...

- ☐ 3 ounces or 1/2 cup ☐ 6 ounces or 1 cup ☐ 9 ounces or 1 1/2 cups ☐ 12 ounces or 2 cups or more

If you eat fish, your portion is usually closest to (1 fillet = approx. 3 ounces) ...

- ☐ 3 ounces or 1/2 cup ☐ 6 ounces or 1 cup ☐ 9 ounces or 1 1/2 cups ☐ 12 ounces or 2 cups or more

If you eat canned tuna and/or other canned fish, it is usually ...

- ☐ oil packed ☐ water packed ☐ either

If you eat tuna salad, your portion is usually closest to (1/2 cup prepared = approx. 1/2 of a 6 oz. can & 2 tbsp. mayonnaise) ...

- ☐ 1/2 cup ☐ 1 cup ☐ 1 1/2 cups ☐ 2 cups or more

If you eat sardines, your portion is usually closest to (1 can = 3.5 ounces) ...

- ☐ 1/4 can ☐ 1/2 can ☐ 3/4 can ☐ 1 can or more

## SUMMARY QUESTIONS

|                                                     | Never                 | Less than 1x per month | 1x per month          | 2-3x per month        | 1x per week           | 2x per week           | 3-4x per week         | 5-6x per week         | 1x per day            | 2+x per day           |
|-----------------------------------------------------|-----------------------|------------------------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|
| How often do you usually eat fish prepared any way? | <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"/> | <input type="radio"/> |

## PROCESSED MEAT, SAUSAGE AND BACON

| <i>If you eat luncheon meat or hot dogs, include the meat in this section, and include the bun or roll in the "Bread" section.</i> | Never                 | Less than 1x per month | 1x per month          | 2-3x per month        | 1x per week           | 2x per week           | 3-4x per week         | 5-6x per week         | 1x per day            | 2+x per day           |
|------------------------------------------------------------------------------------------------------------------------------------|-----------------------|------------------------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|
| Chicken or turkey cold cuts (luncheon 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"/> | <input type="radio"/> |
| Roast beef cold cuts (luncheon 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"/> | <input type="radio"/> |
| Ham cold cuts (luncheon 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"/> | <input type="radio"/> |
| Other luncheon meats (e.g. Salami, Bologna, Corned beef)                                                                           | <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"/> | <input type="radio"/> |
| Spam, prepared any style                                                                                                           | <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"/> | <input type="radio"/> |
| Hot dogs                                                                                                                           | <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"/> | <input type="radio"/> |
| Sausage ( <u>not</u> breakfast type)                                                                                               | <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"/> | <input type="radio"/> |
| 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"/> | <input type="radio"/> |
| Bacon, beef jerky                                                                                                                  | <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"/> | <input type="radio"/> |

If you eat luncheon meat, it is usually ...

- ☐ regular
 ☐ lean/low fat
 ☐ extra lean
 ☐ fat free

Do you add cheese to your luncheon meat sandwiches?

- ☐ never
 ☐ sometimes
 ☐ often/always

If you eat luncheon meat, your portion is usually closest to ...

- ☐ 1 slice
 ☐ 2 slices
 ☐ 3 slices
 ☐ 4 slices or more

If you eat hot dogs, bacon and/or sausage they are usually ...

- ☐ regular
 ☐ low fat
 ☐ chicken or turkey

If you eat hot dogs and/or sausage your portion is usually closest to ...

- ☐ 1 each
 ☐ 2 each
 ☐ 3 each
 ☐ 4 each or more

If you eat bacon, beef jerky and/or breakfast sausage, your portion is usually closest to ...

- ☐ 1 slice or piece
 ☐ 2 slices or pieces
 ☐ 3 slices or pieces
 ☐ 4 slices or pieces or more

## CONDIMENTS

|                                                                 | Never                 | Less than 1x per month | 1x per month          | 2-3x per month        | 1x per week           | 2x per week           | 3-4x per week         | 5-6x per week         | 1x per day            | 2+x per day           |
|-----------------------------------------------------------------|-----------------------|------------------------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|
| Mayoketchup (mayonnaise and ketchup blend)                      | <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"/> | <input type="radio"/> |
| Mayonnaise or tartar sauce (added to sandwiches or used as dip) | <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"/> | <input type="radio"/> |
| Salad dressing                                                  | <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"/> | <input type="radio"/> |
| Soy sauce, teriyaki sauce, barbeque 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"/> | <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"/> | <input type="radio"/> |
| Mustard                                                         | <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"/> | <input type="radio"/> |
| Sauerkraut                                                      | <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"/> | <input type="radio"/> |
| Pickles, relish, horseradish                                    | <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"/> | <input type="radio"/> |
| Olives                                                          | <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"/> | <input type="radio"/> |
| Garlic, fresh or powder                                         | <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"/> | <input type="radio"/> |

Please continue on the next page.

## CONDIMENTS (continued)

|                                                                | Never                    | Less than 1x per month   | 1x per month             | 2-3x per month           | 1x per week              | 2x per week              | 3-4x per week            | 5-6x per week            | 1x per day               | 2+x per day              |
|----------------------------------------------------------------|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|
| Sweet & sour sauce, duck 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"/> | <input type="checkbox"/> |
| Salsa (Mexican style)                                          | <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"/> | <input type="checkbox"/> |
| Hot peppers (e.g. jalapeño)                                    | <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"/> | <input type="checkbox"/> |
| Green tomato or green chile 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"/> | <input type="checkbox"/> |
| Gravy or white sauce (on meat, potatoes, rice and/or biscuits) | <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"/> | <input type="checkbox"/> |
| Lemon, lime: wedge or 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"/> | <input type="checkbox"/> |
| Herbs, fresh or dried (e.g. cilantro)                          | <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"/> | <input type="checkbox"/> |
| Cinnamon                                                       | <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"/> | <input type="checkbox"/> |
| "Adobo"                                                        | <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"/> | <input type="checkbox"/> |

If you use mayonnaise or mayoketchup, it is usually ...

- ☐ regular ☐ reduced fat/ light ☐ fat free

If you use mayonnaise or mayoketchup, your portion is usually closest to ...

- ☐ 1 tablespoon ☐ 2 tablespoons ☐ 3 tablespoons ☐ 4 tablespoons or more

If you use salad dressing, it is usually ...

- ☐ creamy ☐ clear ☐ both

If you use salad dressing, it is usually ...

- ☐ regular ☐ reduced fat/ low calorie ☐ fat free

If you use salad dressing, your portion is usually closest to ...

- ☐ 1 tablespoon ☐ 2 tablespoons ☐ 3 tablespoons ☐ 4 tablespoons or more

If you use sauces, ketchup, mustard and/or relish, your portion is usually closest to ...

- ☐ 1 tablespoon ☐ 2 tablespoons ☐ 3 tablespoons ☐ 4 tablespoons or more

If you use salsa (Mexican style), hot peppers and/or duck sauce, your portion is usually closest to ...

- ☐ 1 tablespoon ☐ 2 tablespoons ☐ 3 tablespoons ☐ 4 tablespoons or more

If you use gravy or white sauce, your portion is usually closest to ...

- ☐ 1/4 cup ☐ 1/2 cup ☐ 3/4 cup ☐ 1 cup or more

If you cook with garlic and/or herbs, you use mostly ...

- ☐ fresh ☐ dried ☐ both

## SOUP

If you eat beef stew, include in the "Beef, Pork and Lamb" section (not this section).  
If you eat chicken stew, include in the "Poultry" section (not this section).

|                                                                                    | Never                    | Less than 1x per month   | 1x per month             | 2-3x per month           | 1x per week              | 2x per week              | 3-4x per week            | 5-6x per week            | 1x per day               | 2+x per day              |
|------------------------------------------------------------------------------------|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|
| New England clam, cream-based fish chowder, or tomato-based Manhattan clam chowder | <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"/> | <input type="checkbox"/> |
| Other cream-based soup (e.g. corn chowder, cream of vegetable)                     | <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"/> | <input type="checkbox"/> |
| Bean, pea or lentil 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"/> | <input type="checkbox"/> |
| Homemade or home-style soup, w/meat or chicken (e.g. gumbo)                        | <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"/> | <input type="checkbox"/> |



DO NOT WRITE IN THIS AREA

0201

**SOUP (continued)**

If you eat beef stew, include in the "Beef, Pork and Lamb" section (not this section).  
If you eat chicken stew, include in the "Poultry" section (not this section).

|                                                                                    | Never                    | Less than 1x per month   | 1x per month             | 2-3x per month           | 1x per week              | 2x per week              | 3-4x per week            | 5-6x per week            | 1x per day               | 2+x per day              |
|------------------------------------------------------------------------------------|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|
| Homemade or home-style soup, 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"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Chicken noodle, ramen noodle and/or chicken rice soup: canned 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"/> | <input type="checkbox"/> |
| Vegetable and/or tomato based soup: canned or instant (e.g. veg. beef, minestrone) | <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"/> | <input type="checkbox"/> |

If you eat homemade or home-style soup, with or without meat, your portion is usually closest to ...

- ☐ 1 cup      ☐ 2 cups      ☐ 3 cups      ☐ 4 cups or more

If you eat canned or instant soup, your portion (prepared amount) is usually closest to ...

- ☐ 1/2 cup      ☐ 1 cup      ☐ 1 1/2 cups      ☐ 2 cups or more

**DAIRY PRODUCTS AND EGGS**

|                                                                                  | Never                    | Less than 1x per month   | 1x per month             | 2-3x per month           | 1x per week              | 2x per week              | 3-4x per week            | 5-6x per week            | 1x per day               | 2+x per day              |
|----------------------------------------------------------------------------------|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|
| Milk, plain (including soymilk; as beverage, <u>not</u> in cereal or coffee/tea) | <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"/> | <input type="checkbox"/> |
| Chocolate or flavored milk                                                       | <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"/> | <input type="checkbox"/> |
| Cheese, hard (e.g. cheddar, parmesan, swiss)                                     | <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"/> | <input type="checkbox"/> |
| Cheese, soft (e.g. mozzarella, brie, farmer's style)                             | <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"/> | <input type="checkbox"/> |
| Cheese, processed (American slices, Velveeta)                                    | <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"/> | <input type="checkbox"/> |
| Cheese spreads or dips, or sour cream                                            | <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"/> | <input type="checkbox"/> |
| Cottage cheese, fresh or farmers                                                 | <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"/> | <input type="checkbox"/> |
| Yogurt (not 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"/> | <input type="checkbox"/> |
| Eggs (e.g. soft or hard-boiled)                                                  | <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"/> | <input type="checkbox"/> |
| Eggs (e.g. fried, scrambled, omelets)                                            | <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"/> | <input type="checkbox"/> |
| Egg salad (incl. in a sandwich, sub or wrap)                                     | <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"/> | <input type="checkbox"/> |
| Fast food egg sandwich                                                           | <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"/> | <input type="checkbox"/> |

If you drink milk and/or flavored milk, it is usually ...

- ☐ skim/nonfat or 1%      ☐ 2%      ☐ whole      ☐ soymilk      ☐ lactose-free (e.g. Lactaid)

If you drink milk and/or flavored milk, your portion is usually closest to (8 fl. ounces = 1 cup) ...

- ☐ 4 fl. ounces      ☐ 8 fl. ounces      ☐ 12 fl. ounces      ☐ 16 fl. ounces or more

If you eat cheese, it is usually ...

- ☐ regular      ☐ low/reduced fat      ☐ nonfat/fat free

If you eat cheese, your portion is usually closest to ...

- ☐ 1 slice or 2 tablespoons      ☐ 2 slices or 3 tablespoons      ☐ 3 slices or 4 tablespoons      ☐ 4 slices or 5 tablespoons or more

If you eat cottage cheese, your portion is usually closest to ...

- ☐ 1/4 cup      ☐ 1/2 cup      ☐ 3/4 cup      ☐ 1 cup or more

If you eat yogurt, it is usually ...

- ☐ regular      ☐ low/reduced fat      ☐ nonfat/fat free      ☐ light/no sugar added

Please continue on the next page.

## DAIRY PRODUCTS AND EGGS (continued)

If you eat yogurt, your portion is usually closest to (1 yogurt container = 1 cup) ...

- ☐ 1/2 cup      ☐ 1 cup      ☐ 1 1/2 cups      ☐ 2 cups or more

If you eat eggs, your portion is usually closest to ...

- ☐ 1 egg      ☐ 2 eggs      ☐ 3 eggs      ☐ 4 eggs or more

If you eat egg salad, your portion is usually closest to ...

- ☐ 1/4 cup      ☐ 1/2 cup      ☐ 3/4 cup      ☐ 1 cup or more

## DESERTS AND SWEETS

|                                                                   | Never                 | Less than 1x per month | 1x per month          | 2-3x per month        | 1x per week           | 2x per week           | 3-4x per week         | 5-6x per week         | 1x per day            | 2+x per day           |
|-------------------------------------------------------------------|-----------------------|------------------------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|
| Fast food shakes                                                  | <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"/> | <input type="radio"/> |
| 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"/> | <input type="radio"/> |
| 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"/> | <input type="radio"/> |
| 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"/> | <input type="radio"/> |
| Jell-O, sorbet, popsicles                                         | <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"/> | <input type="radio"/> |
| Pudding, custard (flan), cheesecake                               | <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"/> | <input type="radio"/> |
| Doughnuts, Danish                                                 | <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"/> | <input type="radio"/> |
| Cookies (homemade or store-bought; e.g. Oreos, Chips-A-Hoy)       | <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"/> | <input type="radio"/> |
| Quick breads, muffins (e.g. corn bread, blueberry or bran muffin) | <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"/> | <input type="radio"/> |
| Cakes, brownies, sweet 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"/> | <input type="radio"/> |
| Sweet potato pie, pumpkin 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"/> | <input type="radio"/> |
| Fruit pies, cobblers, crisps (including fast food 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"/> | <input type="radio"/> |
| Chocolate candy                                                   | <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"/> | <input type="radio"/> |
| Other candy                                                       | <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"/> | <input type="radio"/> |
| Jelly, jam, honey, syrup                                          | <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"/> | <input type="radio"/> |

If you eat ice cream, frozen yogurt and/or pudding, it is usually ...

- ☐ regular      ☐ light/lowfat      ☐ fat free      ☐ sugar-free/no sugar added

If you eat ice cream, frozen yogurt, sherbet, Jell-O and/or pudding, your portion is usually closest to ...

- ☐ 1/2 cup      ☐ 1 cup      ☐ 1 1/2 cups      ☐ 2 cups or more

If you eat doughnuts, your portion is usually closest to ...

- ☐ 1 doughnut      ☐ 2 doughnuts      ☐ 3 doughnuts      ☐ 4 doughnuts or more

If you eat cakes, cookies, sweet rolls and/or muffins, they are usually ...

- ☐ regular      ☐ lowfat      ☐ fat free      ☐ sugar-free/no sugar added

If you eat quick bread or muffins, your portion is usually closest to ...

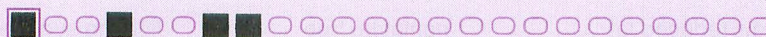
- ☐ small muffin or 1 piece      ☐ medium muffin or 2 pieces      ☐ large muffin or 3 pieces      ☐ 2 medium muffins or 4 pieces or more

If you eat cookies, your portion is usually closest to (1 medium cookie = approx. 2 1/4 dia) ...

- ☐ 1 medium cookie      ☐ 2 medium cookies      ☐ 3 medium cookies      ☐ 4 medium or 1 large cookie or more

If you eat cake, sweet rolls and/or pie, your portion is usually closest to ...

- ☐ 1/2 piece or 1 small roll      ☐ 1 regular piece or 1 medium roll      ☐ 1 large piece or 1 large roll      ☐ 2 regular pieces or 2+ rolls



DO NOT WRITE IN THIS AREA

0201

**If you eat chocolate and/or candy, it is usually ...**

- ☐ regular ☐ sugar-free/no sugar added

**If you eat chocolate, it is usually ...**

- ☐ milk chocolate ☐ white ☐ dark

**If you eat chocolate candy and/or other candy, your portion is usually closest to ...**

- ☐ 1/2 regular bar or package or 1 snack size ☐ 1 regular bar or package ☐ 1 1/2 regular bars or packages or 1 king size ☐ 2 bars or packages or more

**If you use jelly, jam, honey, and/or syrup, your portion is usually closest to ...**

- ☐ 1 teaspoon ☐ 1 tablespoon ☐ 2 tablespoons ☐ 3 tablespoons or more

## SNACKS AND NUTS

|                                                                               | Never                    | Less than 1x per month   | 1x per month             | 2-3x per month           | 1x per week              | 2x per week              | 3-4x per week            | 5-6x per week            | 1x per day               | 2+x per day              |
|-------------------------------------------------------------------------------|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|
| Potato chips (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"/> | <input type="checkbox"/> |
| Crackers, matzo                                                               | <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"/> | <input type="checkbox"/> |
| Tortilla chips, corn chips (including Doritos, Fritos)                        | <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"/> | <input type="checkbox"/> |
| Popcorn                                                                       | <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"/> | <input type="checkbox"/> |
| Pretzels                                                                      | <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"/> | <input type="checkbox"/> |
| Coconut meat, dried and sweetened                                             | <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"/> | <input type="checkbox"/> |
| Nuts and seeds (incl. peanuts, walnuts, cashews, pistachios, sunflower seeds) | <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"/> | <input type="checkbox"/> |
| Peanut butter                                                                 | <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"/> | <input type="checkbox"/> |

**If you eat chips (potato or corn), your portion is usually closest to (1 ounce = approx. 28 chips or 1 snack-size bag) ...**

- ☐ 1 ounce ☐ 2 ounces ☐ 3 ounces ☐ 4 ounces or more

**If you eat popcorn, it is usually ...**

- ☐ lowfat ☐ regular (with butter or oil) ☐ movie theater style

**If you eat popcorn, your portion is usually closest to ...**

- ☐ 1 cup ☐ 2 1/2 cups (1 snack-size bag) ☐ 5 cups ☐ 7 1/2 cups (1 microwave bag) or more

**If you eat crackers, your portion is usually closest to ...**

- ☐ 3 crackers ☐ 6 crackers ☐ 9 crackers ☐ 12 crackers or more

**If you eat nuts, they are usually (choose all that apply) ...**

- ☐ peanuts ☐ pistachios ☐ pecans ☐ sunflower seeds  
☐ cashews ☐ almonds ☐ mixed nuts ☐ trail mix  
☐ walnuts ☐ pine nuts

**If you eat nuts and/or seeds, your portion (without shells) is usually closest to (2 tablespoons = approx. 1 ounce) ...**

- ☐ 1 tablespoon ☐ 2 tablespoons ☐ 3 tablespoons ☐ 4 tablespoons or more

**If you eat peanut butter, your portion is usually closest to ...**

- ☐ 2 tablespoons ☐ 4 tablespoons ☐ 6 tablespoons ☐ 8 tablespoons or more

**If you eat snacks, they are usually ...**

- ☐ regular ☐ baked/lowfat ☐ fat free ☐ low carb

**BEVERAGES** (Please note that the frequency headings are different)

|                                                                            | Never                    | Less than 1x per month   | 1-3x per month           | 1x per week              | 2-4x per week            | 5-6x per week            | 1x per day               | 2-3x per day             | 4-5x per day             | 6+x per day              |
|----------------------------------------------------------------------------|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|
| Orange juice (100% juice, not fruit 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"/> | <input type="checkbox"/> |
| Grapefruit juice (100% 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"/> | <input type="checkbox"/> |
| Tomato or vegetable juice (e.g. V-8)                                       | <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"/> | <input type="checkbox"/> |
| Grape juice (100% 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"/> | <input type="checkbox"/> |
| Apple juice (100% 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"/> | <input type="checkbox"/> |
| Cranberry juice (including cranberry juice cocktail)                       | <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"/> | <input type="checkbox"/> |
| Nectars (e.g. peach, pear, guava, mango)                                   | <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"/> | <input type="checkbox"/> |
| Other 100% fruit juices and/or blends                                      | <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"/> | <input type="checkbox"/> |
| Fruit drinks (e.g. Sunny Delight, Hi-C, Crystal Light, lemonade, 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"/> | <input type="checkbox"/> |
| Soft drinks, regular (e.g. cola, 7-up, ginger ale)                         | <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"/> | <input type="checkbox"/> |
| Sports drinks (e.g. Gatorade, Powerade)                                    | <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"/> | <input type="checkbox"/> |
| Energy drinks (e.g. Red Bull)                                              | <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"/> | <input type="checkbox"/> |
| Non-alcoholic beer (e.g. Malta)                                            | <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"/> | <input type="checkbox"/> |
| Meal replacement beverages (e.g. Slim-Fast, Atkins)                        | <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"/> | <input type="checkbox"/> |
| Water (including tap, filtered, bottled)                                   | <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"/> | <input type="checkbox"/> |

If you drink fruit juice and/or vegetable juices, your portion is usually closest to (8 fl. ounces = 1 cup) ...

- ☐ 4 fl. ounces
 ☐ 8 fl. ounces
 ☐ 12 fl. ounces
 ☐ 16 fl. ounces or more

If you drink fruit flavored drinks and/or sports or energy drinks, it is usually (choose only one) ...

- ☐ regular
 ☐ Low-calorie/sugar free

If you drink soft drinks, it is usually (choose only one) ...

- ☐ regular
 ☐ diet

If you drink soft drinks, regular or diet, they are usually (choose all that apply) ...

- ☐ cola
 ☐ caffeine-free cola
 ☐ other caffeinated non-cola (e.g. Mountain Dew)
 ☐ other caffeine-free non-cola (e.g. 7-Up, orange, ginger ale)

If you drink soft drinks and/or other cold beverages (including fruit drinks, sports drinks), your portion (before adding ice) is usually closest to (1 can = 12 fl. ounce) ...

- ☐ 8 fl. ounces
 ☐ 12 fl. ounces
 ☐ 16 fl. ounces
 ☐ 24 fl. ounces or more

If you drink meal replacement beverages or shakes, they are usually ...

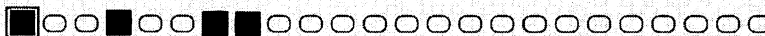
- ☐ weight loss type (e.g. Slim-Fast)
 ☐ high protein type (e.g. Atkins)
 ☐ standard, balanced nutrition type (e.g. Carnation Instant Breakfast, Ensure, Snapple-a-Day)

If you drink meal replacement beverages or shakes, your portion is usually closest to ...

- ☐ 1/2 can or 1/2 scoop powder
 ☐ 1 can or 1 scoop powder
 ☐ 1 1/2 cans or 1 1/2 scoops powder
 ☐ 2 cans or 2 scoops powder

If you drink water, your portion is usually closest to (8 fl. ounces = 1 cup; 1 liter = 33 fl. ounces) ...

- ☐ 4 fl. ounces
 ☐ 8 fl. ounces
 ☐ 12 fl. ounces
 ☐ 16 fl. ounces or more



DO NOT WRITE IN THIS AREA

0201

**SUMMARY QUESTIONS** (Please note that the frequency headings are different)

|                                                                            | Never                 | Less than 1x per month | 1-3x per month        | 1x per week           | 2-4x per week         | 5-6x per week         | 1x per day            | 2-3x per day          | 4-5x per day          | 6+x per day           |
|----------------------------------------------------------------------------|-----------------------|------------------------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|
| How often do you usually drink fruit 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"/> | <input type="radio"/> |
| How often do you usually drink fruit drinks that are not 100% fruit 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"/> | <input type="radio"/> |
| How often do you usually drink soft drinks and/or energy drinks?           | <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"/> | <input type="radio"/> |

**COFFEE, TEA AND COCOA** (Please note that the frequency headings are different)

|                      | Never                 | Less than 1x per month | 1-3x per month        | 1x per week           | 2-4x per week         | 5-6x per week         | 1x per day            | 2-3x per day          | 4-5x per day          | 6+x per day           |
|----------------------|-----------------------|------------------------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|
| Hot chocolate, cocoa | <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"/> | <input type="radio"/> |
| Coffee (all types)   | <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"/> | <input type="radio"/> |
| Tea (all types)      | <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"/> | <input type="radio"/> |

**If you drink coffee, it is usually** (choose all that apply) ...

- ☐ regular
 ☐ decaffeinated
 ☐ café con leche
 ☐ pre-sweetened coffee drinks (e.g. Colado, Dunkin Donuts' Coffee Coolatta, Starbucks' Frappuccino)

**If you drink tea (hot or iced), it is usually** (choose all that apply) ...

- ☐ black, regular
 ☐ herbal
 ☐ bottled or powdered iced tea, pre-sweetened (not fresh brewed)
 ☐ black, decaffeinated
 ☐ green
 ☐ bottled or powdered iced tea, un-sweetened or diet (not fresh brewed)

**If you drink hot chocolate or cocoa, your portion is usually closest to ...**

- ☐ Small (6 fl. ounces or 3/4 cup)
 ☐ Medium (12 fl. ounces or 1 1/2 cups)
 ☐ Large (18 fl. ounces or 2 1/4 cups)
 ☐ Extra Large (24 fl. ounces or 3 cups) or more

**If you drink coffee or tea, your portion (including milk/cream) is usually closest to ...**

- ☐ 4 fl. ounces or 1/2 cup
 ☐ sm. (8 fl. ounces or 1 cup)
 ☐ med. (12 fl. ounces or 1 1/2 cups)
 ☐ lg. (16 fl. ounces or 2 cups)
 ☐ extra lg. (24 fl. ounces or 3 cups) or more

**If you add sugar to coffee and/or tea, it is usually** (indicate if sugar is for coffee and/or tea by marking below selection) ...

- ☐ 1 teaspoon
 ☐ 2 teaspoons
 ☐ 3 teaspoons
 ☐ 4 teaspoons or more
 ☐ I use artificial sweetener
- ☐ coffee
 ☐ coffee
 ☐ coffee
 ☐ coffee
 ☐ coffee
- ☐ tea
 ☐ tea
 ☐ tea
 ☐ tea
 ☐ tea

**If you add milk or cream to coffee and/or tea, it is usually prepared** (indicate if milk or cream is for coffee and/or tea by marking below selection) ...

- ☐ dark (very little milk/cream)
 ☐ light (some milk/cream)
 ☐ half milk/cream, half coffee
 ☐ more milk/cream than coffee
- ☐ coffee
 ☐ coffee
 ☐ coffee
 ☐ coffee
- ☐ tea
 ☐ tea
 ☐ tea
 ☐ tea

**If you add milk or cream to coffee and/or tea, it is usually ...**

- ☐ milk
 ☐ half & half creamer
 ☐ cream
 ☐ non dairy creamer

**SUMMARY QUESTIONS** (Please note that the frequency headings are different)

|                                                                                   | Never                 | Less than 1x per month | 1-3x per month        | 1x per week           | 2-4x per week         | 5-6x per week         | 1x per day            | 2-3x per day          | 4-5x per day          | 6+x per day           |
|-----------------------------------------------------------------------------------|-----------------------|------------------------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|
| How often do you usually drink coffee and tea (hot or iced) and/or hot chocolate? | <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"/> | <input type="radio"/> |

Please continue on the next page.

**ALCOHOLIC BEVERAGES** (Please note that the frequency headings are different)

|                                                                           | Never                    | Less than 1x per month   | 1-3x per month           | 1x per week              | 2-4x per week            | 5-6x per week            | 1x per day               | 2-3x per day             | 4-5x per day             | 6+x per day              |
|---------------------------------------------------------------------------|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|
| Beer                                                                      | <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"/> | <input type="checkbox"/> |
| Wine coolers                                                              | <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"/> | <input type="checkbox"/> |
| Wine (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"/> | <input type="checkbox"/> |
| Mixed drinks (piña colada, gin & tonic, rum & coke)                       | <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"/> | <input type="checkbox"/> |
| Other alcohol (e.g. whiskey, vodka, brandy, rum; straight up or with ice) | <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"/> | <input type="checkbox"/> |

If you drink beer, it is usually (choose only one) ...

- ☐ regular ☐ low calorie / "light"

If you drink beer or wine coolers, your portion is usually closest to (1 can or bottle = 12 fl. ounces) ...

- ☐ 1 can or bottle ☐ 2 cans or bottles ☐ 3 cans or bottles ☐ 4 cans or bottles or more

If you drink wine, it is usually (choose all that apply) ...

- ☐ red ☐ white ☐ rose

If you drink wine, your portion is usually closest to (1 glass = 4 fl. ounces) ...

- ☐ 1 glass ☐ 2 glasses ☐ 3 glasses ☐ 4 glasses or more

If you drink mixed drinks and/or other alcohol, your portion is usually closest to (1 drink = 1 1/2 fl. ounces or 1 shot) ...

- ☐ 1 drink ☐ 2 drinks ☐ 3 drinks ☐ 4 drinks or more

**SUMMARY QUESTIONS** (Please note that the frequency headings are different)

|                                                     | Never                    | Less than 1x per month   | 1-3x per month           | 1x per week              | 2-4x per week            | 5-6x per week            | 1x per day               | 2-3x per day             | 4-5x per day             | 6+x per day              |
|-----------------------------------------------------|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|
| How often do you usually drink alcoholic beverages? | <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"/> | <input type="checkbox"/> |



0201

DO NOT WRITE IN THIS AREA

## SUMMARY

**1. How often do you add salt to your food at the table?**

- ☐ never                      ☐ sometimes                      ☐ often/always

**2. If you add spreads or oil during cooking (incl. vegetables, rice, pasta and/or beans), they are usually (specify one or two only) . . .**

- ☐ stick margarine                      ☐ lard, salt pork or bacon fat                      ☐ olive oil                      ☐ corn oil  
☐ tub margarine                      ☐ butter                      ☐ canola oil                      ☐ other vegetable oil  
☐ margarine-like spread                      ☐ margarine-like spread, light                      ☐ shortening

**SUMMARY QUESTIONS** (Please note that the frequency headings are different)

|                                                                                    | Never                    | Less than 1x per month   | 1x per month             | 2-3x per month           | 1x per week              | 2x per week              | 3-4x per week            | 5-6x per week            | 1x per day               | 2+x per day              |
|------------------------------------------------------------------------------------|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|
| <b>3. How often do you eat out (incl. restaurants, fast food and/or take-out)?</b> | <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"/> | <input type="checkbox"/> |

**4a. Has your health professional prescribed a special diet for you?**

- ☐ Yes                      ☐ No (If no, go to Question #5 below)

**4b. If yes, indicate the type of diet prescribed . . .**

- ☐ to manage diabetes                      ☐ to manage high-cholesterol                      ☐ to manage hypertension                      ☐ other  
☐ to manage kidney disease                      ☐ to manage allergy                      ☐ weight reduction

**4c. Do you follow this diet?**

- ☐ Yes                      ☐ No

**5. Where do you usually eat breakfast?**

- ☐ home                      ☐ work                      ☐ cafeteria                      ☐ fast food chain                      ☐ restaurant

**6. Where do you usually eat lunch?**

- ☐ home                      ☐ work                      ☐ cafeteria                      ☐ fast food chain                      ☐ restaurant

**7. Where do you usually eat dinner?**

- ☐ home                      ☐ work                      ☐ cafeteria                      ☐ fast food chain                      ☐ restaurant

**8. Are there any other foods you eat at least once per week (not mentioned in the previous sections)? If yes, please describe:**

*Do not write in shaded area:*

1. \_\_\_\_\_  
 2. \_\_\_\_\_

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

## SUPPLEMENT USE

**Do you currently take any supplements including vitamins, mineral, herbal supplements and/or antacids?**

- ☐ No (If no, stop here)                      ☐ Yes

*Please continue on the next page.*

**SUPPLEMENT USE (continued)**

| NUTRIENT SUPPLEMENTS /<br>MULTI-VITAMINS          | Frequency                |                          | Duration                 |                          |                          |                          |
|---------------------------------------------------|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|
|                                                   | Occasionally             | Daily                    | Less than<br>1 year      | 1-4 years                | 5-9 years                | 10+ years                |
| Multi-vitamin (e.g. Centrum,<br>One-A-Day)        | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Senior formula                                    | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Stress tabs or B-complex                          | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Calcium/Vitamin D or bone complex<br>(e.g. Oscal) | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |

| SINGLE NUTRIENT /<br>DIETARY SUPPLEMENTS | Frequency                |                          | Duration                 |                          |                          |                          |
|------------------------------------------|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|
|                                          | Occasionally             | Daily                    | Less than<br>1 year      | 1-4 years                | 5-9 years                | 10+ years                |
| Vitamin A                                | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Vitamin C                                | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Vitamin D                                | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Vitamin E                                | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Folic acid                               | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Vitamin B-6                              | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Vitamin B-12                             | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Calcium                                  | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Magnesium                                | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Potassium                                | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Iron                                     | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Selenium                                 | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Fish oil                                 | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |

| ANTACIDS                                                               | Frequency                |                          | Duration                 |                          |                          |                          |
|------------------------------------------------------------------------|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|
|                                                                        | Occasionally             | Daily                    | Less than<br>1 year      | 1-4 years                | 5-9 years                | 10+ years                |
| Calcium containing antacids (e.g. Tums,<br>Alka-Mints, Maalox tablets) | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Other antacids (e.g. Mylanta, Rolaids,<br>D-Gel)                       | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |

9. If you take any vitamins or mineral or herbal supplements, what brand and dosage are they?

*Do not write in shaded area:*

1. \_\_\_\_\_
2. \_\_\_\_\_

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

10. Are there any other supplements or highly fortified foods or beverages (not mentioned in the previous sections) that you take at least once per week? If so, please describe:

*Do not write in shaded area:*

1. \_\_\_\_\_
2. \_\_\_\_\_

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

**Thank you for completing this dietary questionnaire!**



DO NOT WRITE IN THIS AREA

**0201**