

## BLOCK FOOD FREQUENCY QUESTIONNAIRE (FFQ) PROTOCOL

### I. Introduction

Purpose: The primary purpose of the dietary questionnaire is to determine the participant's typical diet so that we can determine the amount of calcium, phosphorous, and protein eaten by the participants in an average week.

General issues: The dietary questionnaire is the dietary questionnaire developed for the National Center for Health Statistics by Dr. Gladys Block and Block Dietary Data Systems (BDDS). We have used a modified version of this questionnaire previously in SOF.

Administration: This FFQ will only be administered to Visit 6 clinic and home visit participants. It will not be administered to questionnaire only participants.

Results: Each participant who completes the full questionnaire will receive a summary page comparing basic aspects of her diet to RDA guidelines.

### II. Specific issues for SOF Visit 6 use of BDDS questionnaire

#### o Instructions for participants

SOF will have a separate instruction page, telling participants how to complete the questionnaire. Specific instructions will include:

- cover page items
- time to complete
- time frame covered by questionnaire
- #2 pencil
- filling in the dots
- multivitamin skip routine
- completeness
- seasonality
- results
- other general instructions

#### o Cover page

Participants will not have to complete any information on the cover page, as this will be completed by the clinic prior to mailing (height and weight should be entered after measurement during the clinic visit). Age, sex, and id must be entered on the cover page. All the other information is optional, however, including height and weight will enable the program to give feedback to participants on their desirable weight.

#### o Filling in the dots

Several of the elderly, especially those with arthritic hands, had difficulty filling in the dots completely during the pilot study. Participants will be asked to fill in the dots as completely as they can. If necessary, the clinic staff should finish completely filling in the dot.

#### o Never eats a particular food

If a participant never or rarely (less than once per month) eats a particular type of food, the serving size should be left blank.

- o Multivitamin questions

Top of page 2 - if a participant has not taken any vitamins regularly over the past year, then she should skip the first 4-5 questions about vitamins and proceed with the section on eating habits. The form does not have an arrow or instructions guiding these participants so we will make this clear in the instruction sheet.

- o Questions on back page

When answering the questions on the last page, if a participant never eats meat or never eats that particular type of food, then they should leave the question blank.

- o Administration

This FFQ will only be administered to clinic and home visit participants. It will not be administered to questionnaire only participants.

- o Descriptions of specific food items

Block Dietary Data Systems (BDDS) has provided us with instructions for completing the questionnaire that includes description of each specific food item. These instructions are included as part of the FFQ protocol for the clinic's use. However, please realize that the specific food descriptions are merely to help you if a participant has a specific question. Don't worry about whether the participants are filling the form out with the correct descriptions in mind (this would be almost impossible to do without incredible burden), only refer to the description if a specific question comes up.

*Exception - Cereal list:* BDDS provides a list of cereals that are included in the fiber cereal category. We will send this list along with the questionnaire to the participants.

- o Do not fold the questionnaire.

Participants should also be informed not to fold the questionnaire.

### III. General dietary protocol instructions:

The dietary questionnaire includes questions about the usual eating habits of the study participants during approximately the past year. The time frame is meant to be a little vague. It is not expected that a participant will be able to remember exactly what she ate during the past year. Rather, the idea is to establish a usual pattern - her current diet at this point in her life. A respondent may object that she "can't remember what I ate yesterday; how could I tell you what I ate in the past year?" Make clear that the idea is not to remember exactly, but to think about the usual pattern or frequency. She does not have to remember how many times she had eggs in the past year. Instead, what she should be able to tell you with reasonable accuracy is that she has eggs "about twice a week."

If parts of the diet questionnaire are incomplete:

- o Ask the participant if she had difficulty answering these questions, and try to find out the nature of the difficulty. This will help focus the explanation of what information is needed from the participant.
- o Go over the instructions and the sample questions in the booklet with the participant.
- o Help the participant complete the dietary questionnaire in interview format.

o Alternatively, if the participant clearly understands what to do, you may ask her to complete the dietary questions in self-administered format.

Some participants will have completed most, but not all of the items. Go over the missing items with the participant in interview format and help her complete them.

#### Optional script when using interview format

"These questions ask about how often you eat certain foods and about how much of them you eat when you do eat them. I want to know, on average, how many times per day, per week, per month or per year you eat each food. I will also ask you to compare the portion you usually eat with a typical medium portion size."

"Let's try an example together. Can you tell me, please, how often you drink apple juice? How many times per day, per week, per month or per year?"

(Pause) "When you do drink apple juice, how large is your portion in comparison with a medium size glass of apple juice (about 8 ounces)?"

Show the participant how you would record her answer, and then go over the rest of the examples for apple juice.

#### Specific issues and problems

##### **1. Food frequencies**

o The respondent is to indicate the number of times per day, per week, or per month that they eat the item.

o Foods that are eaten rarely, never, or less than once a month should be recorded as "0 times per \_\_\_\_\_" and not simply skipped over. The serving size should be left blank if they never or rarely (less than once per month) eat a food.

o When two or more foods are included in the same category, i.e. "bread, rolls, crackers," they are to be thought of altogether, i.e. "subject eats bread or rolls or crackers 2 or 3 times every week." In situations where one food in the category is eaten very frequently, i.e. bread twice a week, and the other very infrequently, i.e. crackers twice a year, then record the frequency for the one eaten more often.

o If a participant eats a food much more frequently at one time of the year than another, you need to calculate a weighted average of their consumption. For example, if she drank milk 7 times a week during the four winter months (hot chocolate), but only 3 times a week during the rest of the year, multiply 7 (times a week) x 4 (weeks per month) x 4 (months) = 112 times. Then multiply 3 (times a week) x 4 (weeks per month) x 8 (months) = 96 times. Add the two (112 + 96 = 208 times during the year). To get an average frequency, you can then divide 208 (times per year) by 52 (weeks per year) which gives about 4 times per week. Enter 4 per week as the average frequency.

Similarly, if a participant eats hot cereal 2 times a week for 6 months only, then this is 1 time a week for the past 12 months.

o If the participant says that the frequency "varies" unsystematically from time to time, ask them to choose an average. For example, say: "If you had to choose just one pattern as typical for you, how often would you say you eat [FOOD]?""

## 2. Serving size

o Serving sizes are obtained by comparison with a typical medium serving, which is listed next to the food on the questionnaire.

o For all the food items listed, a small portion is about one-half the medium serving size shown, or less. A large portion is about one and one-half times as much or more. Eggs can be used as a simple example of what large and small portion sizes are in comparison to a medium; one egg is considered "small" and three eggs would be considered "large".

o If the respondent says she doesn't know what the medium portion size is (e.g. 8 ounces of milk) in relation to what she usually has, just check large if she usually has substantially more than other people her age, and small if she usually has substantially less than other people her age.

o A respondent who checks the same serving size for every food may not be thinking very hard about her answers. The interviewer should query her about the portion sizes to see if the portion size checked is really her best estimate. However, it is not uncommon for most (e.g. 70%) of portion sizes even in a well thought through questionnaire to be "medium." Only if ALL the portion sizes are the same is there any cause for concern.

**3. Do not expand the categories to include similar foods, e.g. cheese and cheese spreads do not include cottage cheese because cottage cheese has a much lower calcium content per serving. As another example, egg whites are not equivalent to whole eggs, because the whites of large eggs have only 3 mg of calcium while the yolks have about 27 mg of calcium.**

Certain foods that are very similar to the food on the list, and have the about the same calcium content, such as nonfat dairy products, can be included. These foods are limited to the following:

o Dairy products

- 1) lowfat cheese can be included with "cheeses" (Nonfat cheese should not be
- 2) nonfat milk can be included with "milk"
- 3) nonfat yogurt and frozen yogurt can be included with "yogurt"

included

o Breads

- 1) diet breads can be included with "breads"

o Sweets

- 1) ice milk (194 mg of calcium per cup) can be included with "ice cream" (204 mg calcium per cup)

#### 4. Summary review of diet questionnaire

- o Review the questionnaire for omissions (skipped foods, missing information) and other special problems.
- o All frequencies should be filled in. Portion size should be completed for all foods except those eaten rarely or never or less than once per month. If the participant simply can't estimate a portion size or frequency, leave it blank and write over the answer space "DON'T KNOW."
- o Foods that are eaten rarely, never, or less than once a month should be recorded as "0 times per \_\_\_\_" and not simply skipped over.
- o Check for unreasonable frequencies (i.e. ice cream 5 times per day) and verify them with the participant.
- o If the answers are all the same (i.e. all "1 time per day" or all "medium" servings) go over each answer with the participant until it can be determined that the answers are valid.
- o Check to be sure that milk has not been double counted. Milk poured on cereal should not be double counted as milk consumed as a beverage, and vice versa.

#### IV. Edit system

The Block Dietary Edit System will check for the following:

- o too many food questions skipped
- o too many coded using same frequency column
- o too many coded as "small"
- o too many coded as "medium"
- o too many coded as "large"
- o too many foods per day
- o too few foods per day
- o questionably high food frequencies

Although these edits will be checked by the system, try to catch them while reviewing the questionnaire in the clinic so that the participant can clarify any discrepancy immediately.

#### V. Block Instructions

For further instructions on completing the Block FFQ, refer to the Block Dietary Data System handout on "Helping Respondents to Self-Administer the Block 95 Food Questionnaire".

#### VI. Shipments / Data system

First shipment: Send one month's worth (approx. 60 or more) of FFQs to Block Dietary Data Systems (BDDS) at the address below.

Future shipments should be made in batches of 125 or more (approx. 2 months worth).

Mail completed and edited FFQs to:

Block Dietary Data Systems  
2634 LeConte Avenue  
Berkeley, CA 94709  
Phone or fax: 510-704-8514

Include a short note indicating the study and clinic, and to whom the questionnaires and edit reports should be mailed including a contact name, address, and phone #.

Edit reports: Block Dietary Data Systems (BDDS) will scan the forms in batches of 500 or more (combining clinics). A one combined edit report will be sent to each clinic approximately every 2 months. These reports will be on IBM disk, in ascii format. They can be read by any IBM word processing program (if you need help reading the file, call Gabrielle Milani at the CC). Results for each clinic will be grouped together so that you can print out the report for your clinic only. At present, you do not need to follow up on these edits with the participants. The report will just let us know if there are any participants whose data we might want to throw out as unbelievable (this should be rare). The BDDS is designed to just analyze the data once, using common assumptions to adjust for gross errors as necessary during the analysis. Hence, since the data are only analyzed once (the first time you send the data in), it is very important for the FFQ to be reviewed as best as possible for completeness and accuracy prior to sending it to BDDS.

For the first month, Dana Seeley or Katie Stone will be reviewing the edits at the CC. If we feel that the edits are jeopardizing the validity of the data, then we will revisit the edit process.

Dietary data: BDDS will send the CC an ascii file for each clinic approximately every 2 months that contains the dietary data for all participants. These are the data that will be used in analysis. The CC will generate a one page summary report for participants that will compare her diet to the RDA on several key nutrients. The CC will send these reports to the clinics monthly for distribution to the participants.

## How to fill out the Food Questionnaire

- It will take you about 30 - 45 minutes to complete this food questionnaire. You can get help if you need it. Completeness is very important for obtaining accurate results so please be sure to fill in all appropriate dots. Please use the #2 pencil we provided and fill in the dots as completely as you can.
- Cover Page: You do not need complete any boxes on this page.
- The questions on the Food Questionnaire ask about the foods you ate over the past year.
- Remember to think about: The foods YOU ate. NOT what you THINK you should eat.
- Remember to include the foods that you eat at home, at restaurants, and from fast food places.
- If you rarely or never eat a food, mark that box or if there is no appropriate box, leave it blank.
- Study the pictures on the back of this sheet to find out what small, medium and large servings look like on a plate. Don't be afraid to mark "large" servings. Almost everyone eats large servings of their favorite foods!
- Seasonal foods: Answer the # of times and amount you eat of these items when they are in season.
- If you don't take any vitamins or minerals regularly, answer "no" to the first question and skip the rest of the vitamin questions. Proceed to the middle of page 2, the section on your usual eating habits.
- If you have trouble completing the vitamin section, leave it blank and the clinic staff will help you fill it out. Please bring all vitamin containers with you to your visit.
- Feedback: You will receive a summary of your diet based on your answers so please be complete and as accurate as you can.

\*\*\*\*\*

Example: Every Sunday, Susan eats spaghetti with meat sauce for dinner. On Monday and Tuesday, she eats the leftovers for lunch. Each time she eats 1 1/2 cups of spaghetti.

Susan marks the form to show that she eats spaghetti with meat sauce 3 times a week, and she eats a large serving.

| Type of food                               | How often did you eat the food<br>(mark one) |                       |                       |                       |                       |                                  |                       |                       |                       | Amount              |                       |                       |                                  |
|--|--|-----------------------|-----------------------|-----------------------|-----------------------|----------------------------------|-----------------------|-----------------------|-----------------------|---------------------|-----------------------|-----------------------|----------------------------------|
|  | Never or less than once per month            | 1 per month           | 2 per month           | 1 per week            | 2 per week            | 3-4 per week                     | 5-6 per week          | 1 per day             | 2+ per day            | Medium Serving Size | Your Serving size     |                       |                                  |
|  |  |                       |                       |                       |                       |                                  |                       |                       |                       |                     | S                     | M                     | L                                |
| Spaghetti or other noodles with meat sauce | <input type="radio"/>                        | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input checked="" type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | 1 Cup               | <input type="radio"/> | <input type="radio"/> | <input checked="" type="radio"/> |

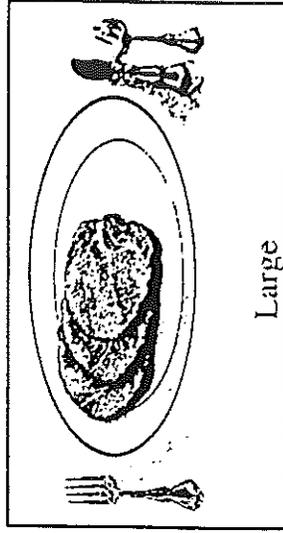
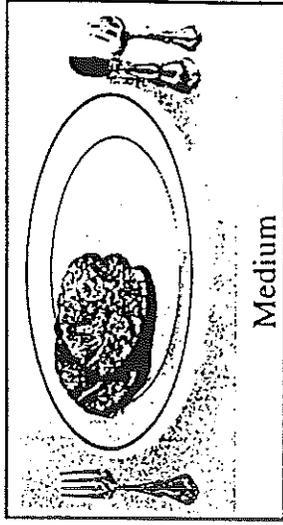
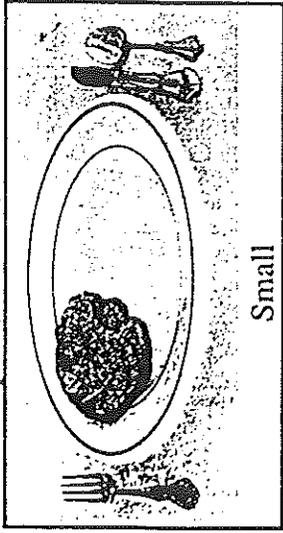
(Please read the instructions on the Food Questionnaire as you complete the form.)

Thank you. The Study of Osteoporotic Fractures staff.

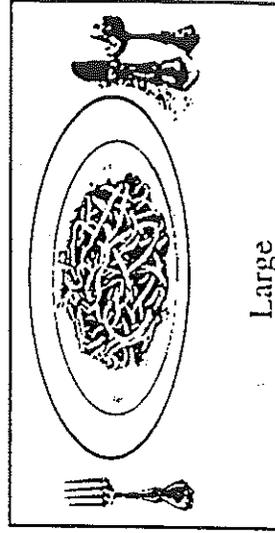
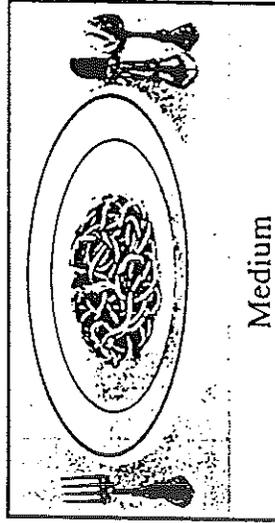
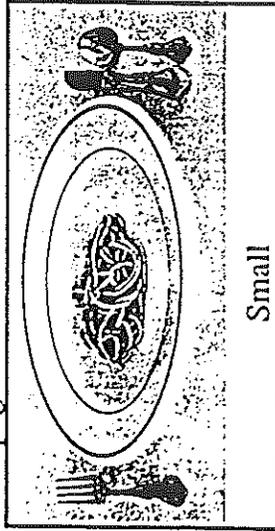
# Serving Size Pictures

Look at the pictures below. Decide which pictures show the amounts of food that you usually eat. As you fill out the Food Questionnaire, use these examples to help you complete the serving size column.

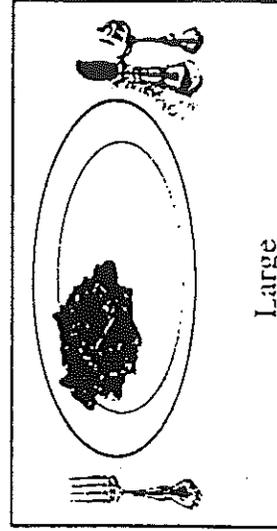
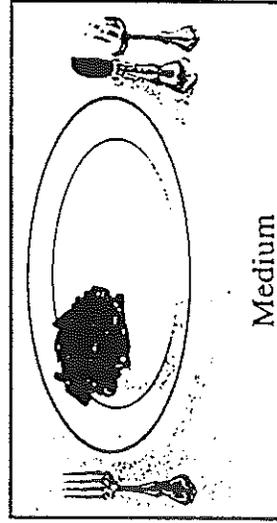
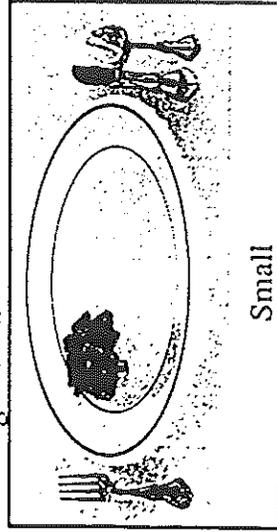
1. Beef, pork, chicken, and fish.



2. Spaghetti and casseroles.

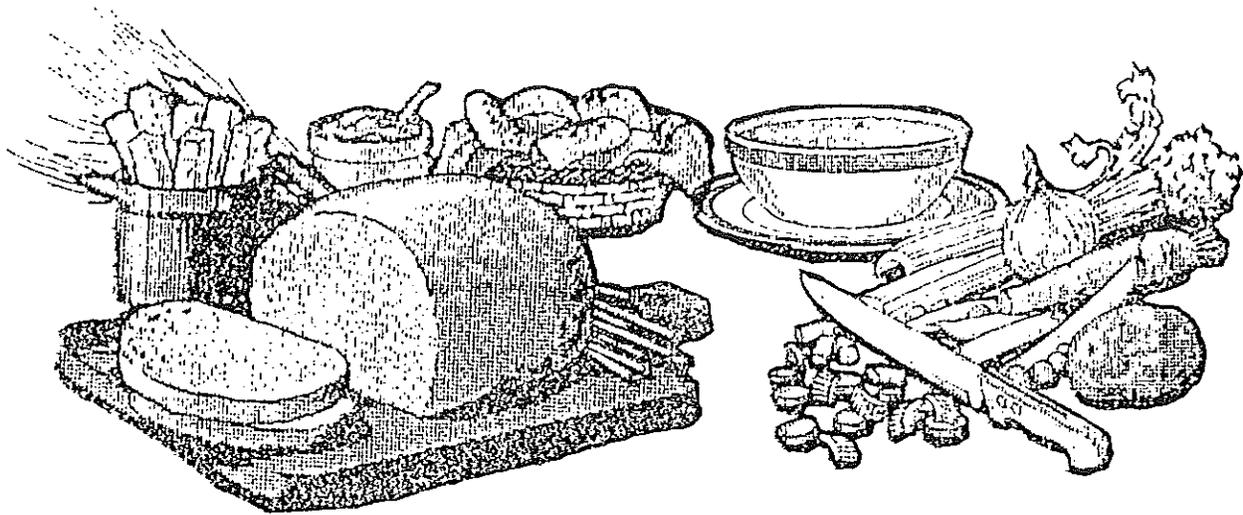


3. Vegetables.



Please note: A small serving is about one-half (1/2) the medium serving size or less.

A large serving is about one-and-one-half (1 1/2) times the medium serving size or more.



# FOOD QUESTIONNAIRE

This form asks about your usual food intake over the past year. It takes about 30 minutes to complete. Please follow these instructions:

- Answer each question as best you can - estimate if you aren't sure.
- Use only a #2, ordinary pencil.
- Be certain to completely blacken in each of your answers, and erase completely if you make any changes.
- Do not make any other marks on this form.
- If you wish to make comments, please use a separate piece of paper.

|    |                |    |       |    |
|----|----------------|----|-------|----|
| 11 | LAST NAME      | 25 | FIRST | MI |
| 35 | STREET ADDRESS |    |       |    |
| 59 | CITY           | 73 | STATE |    |
| 76 | ZIP CODE       |    |       |    |
| 86 | PHONE NO.      |    |       |    |

| ID NUMBER   | SOCIAL SECURITY NUMBER  | SEX   | AGE   | WEIGHT pounds  | HEIGHT ft. in.  |
|---|---|---|---|--|---|
| <input type="checkbox"/> 0 <input type="checkbox"/> 1 <input type="checkbox"/> 2 <input type="checkbox"/> 3 <input type="checkbox"/> 4 <input type="checkbox"/> 5 <input type="checkbox"/> 6 <input type="checkbox"/> 7 <input type="checkbox"/> 8 <input type="checkbox"/> 9 | <input type="checkbox"/> 0 <input type="checkbox"/> 1 <input type="checkbox"/> 2 <input type="checkbox"/> 3 <input type="checkbox"/> 4 <input type="checkbox"/> 5 <input type="checkbox"/> 6 <input type="checkbox"/> 7 <input type="checkbox"/> 8 <input type="checkbox"/> 9 | <input type="radio"/> Male<br><input type="radio"/> Female  | <input type="checkbox"/> 0 <input type="checkbox"/> 1<br><input type="checkbox"/> 2 <input type="checkbox"/> 3<br><input type="checkbox"/> 4 <input type="checkbox"/> 5<br><input type="checkbox"/> 6 <input type="checkbox"/> 7<br><input type="checkbox"/> 8 <input type="checkbox"/> 9 | <input type="checkbox"/> 0 <input type="checkbox"/> 1 <input type="checkbox"/> 2<br><input type="checkbox"/> 3 <input type="checkbox"/> 4 <input type="checkbox"/> 5<br><input type="checkbox"/> 6 <input type="checkbox"/> 7 <input type="checkbox"/> 8<br><input type="checkbox"/> 9 | <input type="checkbox"/> 0<br><input type="checkbox"/> 1<br><input type="checkbox"/> 2<br><input type="checkbox"/> 3<br><input type="checkbox"/> 4<br><input type="checkbox"/> 5<br><input type="checkbox"/> 6<br><input type="checkbox"/> 7<br><input type="checkbox"/> 8<br><input type="checkbox"/> 9<br><input type="checkbox"/> 10 |
|   |   | If female, are you pregnant or breast feeding?<br><input type="radio"/> No<br><input type="radio"/> Yes<br><input type="radio"/> Not female |   |  |   |

HHHQ.BLOCK.95 Phone or fax: (510) 704-8514

PLEASE DO NOT WRITE IN THIS AREA

5801

During the past year have you taken any vitamins or minerals regularly (at least once a week)?  
 No       Yes, fairly regularly       Yes, but only in winter       Yes, but not regularly

IF YES, WHAT DO YOU TAKE FAIRLY REGULARLY?

| VITAMIN TYPE   | HOW OFTEN                |                          |                          |                          | FOR HOW MANY YEARS?      |                          |                          |                          |                          |                          |
|--|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|
|  | DON'T TAKE               | 1-3 DAYS PER WEEK        | 4-6 DAYS PER WEEK        | EVERY DAY                | LESS THAN 1 YR.          | 1 YEAR                   | 2 YEARS                  | 3-4 YEARS                | 5-9 YEARS                | 10+ YEARS                |
| <b>Multiple Vitamins</b>                               |                          |                          |                          |                          |                          |                          |                          |                          |                          |                          |
| Regular Once-A-Day, Centrum, or Thera type             | <input type="checkbox"/> |
| Antioxidant combination type                           | <input type="checkbox"/> |
| <b>Single Vitamins (not part of multiple vitamins)</b> |                          |                          |                          |                          |                          |                          |                          |                          |                          |                          |
| Vitamin A (not beta-carotene)                          | <input type="checkbox"/> |
| Beta-carotene  | <input type="checkbox"/> |
| Vitamin C  | <input type="checkbox"/> |
| Vitamin E  | <input type="checkbox"/> |
| Calcium or Tums  | <input type="checkbox"/> |
| Iron   | <input type="checkbox"/> |
| Zinc   | <input type="checkbox"/> |
| Selenium   | <input type="checkbox"/> |

If you take multiple vitamins

Do you usually take types that  contain minerals (iron, zinc, etc.)  do not contain minerals  Don't know

If you take Vitamin C or Vitamin E:

How many milligrams of vitamin C do you usually take, on the days you take it?

100     250     500     750     1000     1500     2000     3000+

How many IUs of vitamin E do you usually take, on the days you take it?

100     200     300     400     600     800     1000     2000+

The next section is about your *usual* eating habits over the past year.

FIRST: Mark the column to show HOW OFTEN, on the average, you ate the food during the past year.

SECOND: Mark the column to show HOW MUCH you usually eat of each food.

- Sometimes the "how much" is asked as number of pieces, such as 1 egg, 2 eggs or 3 eggs. Mark your serving size as the number you usually eat ON THE DAYS YOU EAT IT.
- Sometimes the "how much" is asked as small-medium-large (S-M-L).

A "medium" portion is shown for each food, but only as a guideline. The "medium" portion that will actually be used in the calculations is larger for men than for women, and larger for young people than for older people. Mark "small" if you think you usually eat a smaller portion of that food than other people of your age and sex. Mark "large" if you eat more of it than other people of your age and sex.

SAMPLE: This person eats one orange about twice a week, and eats a medium serving of other fruit about three times a week.

| TYPE OF FOOD | HOW OFTEN                         |                          |                          |                          |                                     |                                     |                          |                          | HOW MUCH       |                          |                                     |                          |
|--------------|-----------------------------------|--------------------------|--------------------------|--------------------------|-------------------------------------|-------------------------------------|--------------------------|--------------------------|----------------|--------------------------|-------------------------------------|--------------------------|
|              | NEVER OR LESS THAN ONCE PER MONTH | 1 PER MON.               | 2-3 PER MON.             | 1 PER WEEK               | 2 PER WEEK                          | 3-4 PER WEEK                        | 5-6 PER WEEK             | EVERY DAY                | MEDIUM SERVING | YOUR SERVING SIZE        |                                     |                          |
|              |                                   | S                        | M                        | L                        |                                     |                                     |                          |                          |                |                          |                                     |                          |
| Oranges      | <input type="checkbox"/>          | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input checked="" type="checkbox"/> | <input type="checkbox"/>            | <input type="checkbox"/> | <input type="checkbox"/> | 1 medium       | <input type="checkbox"/> | <input checked="" type="checkbox"/> | <input type="checkbox"/> |
| Other fruit  | <input type="checkbox"/>          | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/>            | <input checked="" type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | 1/2 cup        | <input type="checkbox"/> | <input checked="" type="checkbox"/> | <input type="checkbox"/> |

DO NOT WRITE IN THIS SHADED AREA

PLEASE DO NOT WRITE IN THIS AREA

| TYPE OF FOOD  | HOW OFTEN                         |                       |                       |                                  |                       |                       |                       |                       | HOW MUCH              |                           |                       |                                  |                       |  |
|---|-----------------------------------|-----------------------|-----------------------|----------------------------------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|---------------------------|-----------------------|----------------------------------|-----------------------|--|
|   | NEVER OR LESS THAN ONCE PER MONTH | 1 PER MON.            | 2-3 PER MON.          | 1 PER WEEK                       |                       | 2 PER WEEK            |                       | 3-4 PER WEEK          | 5-6 PER WEEK          | EVERY DAY                 | MEDIUM SERVING        | YOUR SERVING SIZE                |                       |  |
|   |                                   |                       |                       | S                                | M                     | L                     | S                     |                       |                       |                           |                       | M                                | L                     |  |
| <b>EXAMPLE: Bananas</b>   | <input type="radio"/>             | <input type="radio"/> | <input type="radio"/> | <input checked="" type="radio"/> | <input type="radio"/> | 1 medium                  | <input type="radio"/> | <input checked="" type="radio"/> | <input type="radio"/> |  |
| Bananas   | <input type="radio"/>             | <input type="radio"/> | <input type="radio"/> | <input type="radio"/>            | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | 1 medium                  | <input type="radio"/> | <input type="radio"/>            | <input type="radio"/> |  |
| Apples, applesauce  | <input type="radio"/>             | <input type="radio"/> | <input type="radio"/> | <input type="radio"/>            | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | 1 medium                  | <input type="radio"/> | <input type="radio"/>            | <input type="radio"/> |  |
| Oranges (not including juice)   | <input type="radio"/>             | <input type="radio"/> | <input type="radio"/> | <input type="radio"/>            | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | 1 medium                  | <input type="radio"/> | <input type="radio"/>            | <input type="radio"/> |  |
| Grapefruit (not including juice)  | <input type="radio"/>             | <input type="radio"/> | <input type="radio"/> | <input type="radio"/>            | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | 1/2 medium                | <input type="radio"/> | <input type="radio"/>            | <input type="radio"/> |  |
| Cantaloupe  | <input type="radio"/>             | <input type="radio"/> | <input type="radio"/> | <input type="radio"/>            | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | 1/4 medium                | <input type="radio"/> | <input type="radio"/>            | <input type="radio"/> |  |
| Peaches, apricots (fresh, in season)                                      | <input type="radio"/>             | <input type="radio"/> | <input type="radio"/> | <input type="radio"/>            | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | 1 medium                  | <input type="radio"/> | <input type="radio"/>            | <input type="radio"/> |  |
| Peaches, apricots (canned or dried)                                       | <input type="radio"/>             | <input type="radio"/> | <input type="radio"/> | <input type="radio"/>            | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | 1 medium or 1/2 cup       | <input type="radio"/> | <input type="radio"/>            | <input type="radio"/> |  |
| Prunes, or prune juice  | <input type="radio"/>             | <input type="radio"/> | <input type="radio"/> | <input type="radio"/>            | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | 1/2 cup                   | <input type="radio"/> | <input type="radio"/>            | <input type="radio"/> |  |
| Watermelon (in season)  | <input type="radio"/>             | <input type="radio"/> | <input type="radio"/> | <input type="radio"/>            | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | 1 slice                   | <input type="radio"/> | <input type="radio"/>            | <input type="radio"/> |  |
| Strawberries, other berries (in season)                                   | <input type="radio"/>             | <input type="radio"/> | <input type="radio"/> | <input type="radio"/>            | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | 1/2 cup                   | <input type="radio"/> | <input type="radio"/>            | <input type="radio"/> |  |
| Any other fruit, including kiwi, fruit cocktail, grapes, raisins, mangoes | <input type="radio"/>             | <input type="radio"/> | <input type="radio"/> | <input type="radio"/>            | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | 1/2 cup                   | <input type="radio"/> | <input type="radio"/>            | <input type="radio"/> |  |
|   |                                   |                       |                       |                                  | 1/ WEEK               |                       |                       | 3-4 WEEK              |                       |                           |                       |                                  |                       |  |
| Fiber cereals like raisin bran, granola or shredded wheat                 | <input type="radio"/>             | <input type="radio"/> | <input type="radio"/> | <input type="radio"/>            | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | 1 medium bowl             | <input type="radio"/> | <input type="radio"/>            | <input type="radio"/> |  |
| Sweetened cereals like frosted flakes                                     | <input type="radio"/>             | <input type="radio"/> | <input type="radio"/> | <input type="radio"/>            | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | 1 medium bowl             | <input type="radio"/> | <input type="radio"/>            | <input type="radio"/> |  |
| Other cold cereals like corn flakes or cheerios                           | <input type="radio"/>             | <input type="radio"/> | <input type="radio"/> | <input type="radio"/>            | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | 1 medium bowl             | <input type="radio"/> | <input type="radio"/>            | <input type="radio"/> |  |
| Cooked cereal like oatmeal, oat bran or grits                             | <input type="radio"/>             | <input type="radio"/> | <input type="radio"/> | <input type="radio"/>            | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | 1 medium bowl             | <input type="radio"/> | <input type="radio"/>            | <input type="radio"/> |  |
| Milk on cereal  | <input type="radio"/>             | <input type="radio"/> | <input type="radio"/> | <input type="radio"/>            | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | 1/2 cup                   | <input type="radio"/> | <input type="radio"/>            | <input type="radio"/> |  |
| Breakfast bars, granola bars, power bars                                  | <input type="radio"/>             | <input type="radio"/> | <input type="radio"/> | <input type="radio"/>            | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | 1 serving                 | <input type="radio"/> | <input type="radio"/>            | <input type="radio"/> |  |
| Breakfast shakes, diet 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"/> | 1 serving                 | <input type="radio"/> | <input type="radio"/>            | <input type="radio"/> |  |
| Pancakes or waffles   | <input type="radio"/>             | <input type="radio"/> | <input type="radio"/> | <input type="radio"/>            | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | 2 med.                    | <input type="radio"/> | <input type="radio"/>            | <input type="radio"/> |  |
| Eggs  | <input type="radio"/>             | <input type="radio"/> | <input type="radio"/> | <input type="radio"/>            | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | 1 egg=sml.<br>2 eggs=med. | <input type="radio"/> | <input type="radio"/>            | <input type="radio"/> |  |
| Egg substitutes, Egg Beaters, egg whites                                  | <input type="radio"/>             | <input type="radio"/> | <input type="radio"/> | <input type="radio"/>            | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | 2 eggs                    | <input type="radio"/> | <input type="radio"/>            | <input type="radio"/> |  |
| Sausage or bacon  | <input type="radio"/>             | <input type="radio"/> | <input type="radio"/> | <input type="radio"/>            | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | 2 patties or pieces       | <input type="radio"/> | <input type="radio"/>            | <input type="radio"/> |  |
| Cottage cheese  | <input type="radio"/>             | <input type="radio"/> | <input type="radio"/> | <input type="radio"/>            | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | 1/2 cup                   | <input type="radio"/> | <input type="radio"/>            | <input type="radio"/> |  |
| Other cheeses and cheese spreads (regular or lowfat)                      | <input type="radio"/>             | <input type="radio"/> | <input type="radio"/> | <input type="radio"/>            | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | 2 slices or 2 ounces      | <input type="radio"/> | <input type="radio"/>            | <input type="radio"/> |  |
| Yogurt, frozen yogurt (regular or lowfat)                                 | <input type="radio"/>             | <input type="radio"/> | <input type="radio"/> | <input type="radio"/>            | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | 8 oz. container           | <input type="radio"/> | <input type="radio"/>            | <input type="radio"/> |  |

5801

PLEASE DO NOT WRITE IN THIS AREA



HOW OFTEN

HOW MUCH

| NEVER OR LESS THAN ONCE PER MONTH | 1 PER MON. | 2-3 PER MON. | 1 PER WEEK | 2 PER WEEK | 3-4 PER WEEK | 5-6 PER WEEK | EVERY DAY | MEDIUM SERVING | YOUR SERVING SIZE |   |   |
|-----------------------------------|------------|--------------|------------|------------|--------------|--------------|-----------|----------------|-------------------|---|---|
|                                   |            |              |            |            |              |              |           |                | S                 | M | L |

VEGETABLES (fresh, frozen or canned, or in restaurants)

|   |                       |                       |                       |                       |                       |                       |                       |                       |                         |                       |                       |                       |
|---|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|-------------------------|-----------------------|-----------------------|-----------------------|
| String beans, green beans   | <input type="radio"/> | 1/2 cup                 | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| Peas  | <input type="radio"/> | 1/2 cup                 | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| Chili with beans (with or without meat)                                       | <input type="radio"/> | 1 cup                   | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| Other beans such as baked beans, pintos, kidney (not including soup)          | <input type="radio"/> | 3/4 cup                 | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| Corn  | <input type="radio"/> | 1/2 cup                 | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| Alfalfa sprouts, including on sandwiches                                      | <input type="radio"/> | 1/2 cup                 | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| Tomatoes, tomato juice  | <input type="radio"/> | 1 medium or 6 oz. glass | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| Salsa, ketchup, taco sauce  | <input type="radio"/> | 2 tablesp.              | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| Broccoli  | <input type="radio"/> | 1/2 cup                 | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| Cauliflower or brussels sprouts   | <input type="radio"/> | 1/2 cup                 | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| Spinach (cooked or raw)   | <input type="radio"/> | 1/2 cup                 | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| Mustard greens, turnip greens, collards                                       | <input type="radio"/> | 1/2 cup                 | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| Cole slaw, cabbage  | <input type="radio"/> | 1/2 cup                 | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| Carrots, or mixed vegetables containing carrots                               | <input type="radio"/> | 1/2 cup                 | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| Green salad   | <input type="radio"/> | 1 medium bowl           | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| Salad dressing & mayonnaise (regular or lowfat)                               | <input type="radio"/> | 2 tablesp.              | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| French fries and fried potatoes   | <input type="radio"/> | 3/4 cup                 | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| White potatoes not fried, including boiled, baked, mashed and in potato salad | <input type="radio"/> | 1 medium or 1/2 cup     | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| Sweet potatoes, yams  | <input type="radio"/> | 1/2 cup                 | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| Any other vegetable, such as cooked onions, summer squash                     | <input type="radio"/> | 1/2 cup                 | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| Butter, margarine or other fat added to veg., potatoes, etc.                  | <input type="radio"/> | 2 pats                  | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| Tofu, bean curd   | <input type="radio"/> | 1/2 cup                 | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| Meat substitutes made from soy  | <input type="radio"/> | 1 cup or patty          | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |

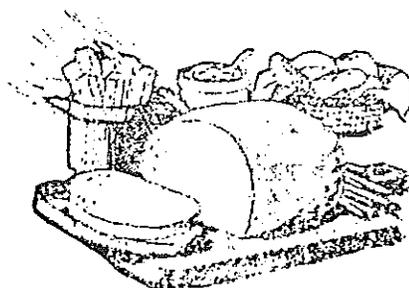
NEVER OR LESS THAN ONCE PER MONTH    1 PER MON.    2-3 PER MON.    1 PER WEEK    2 PER WEEK    3-4 PER WEEK    5-6 PER WEEK    EVERY DAY



| TYPE OF FOOD  | HOW OFTEN                         |                       |                       |                       |                       |                       |                       |                       | HOW MUCH                   |                             |                              |                              |
|---|-----------------------------------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|----------------------------|-----------------------------|------------------------------|------------------------------|
|   | NEVER OR LESS THAN ONCE PER MONTH | 1 PER MON.            | 2-3 PER MON.          | 1 PER WEEK            | 2 PER WEEK            | 3-4 PER WEEK          | 5-6 PER WEEK          | EVERY DAY             | MEDIUM SERVING             | YOUR SERVING SIZE           |                              |                              |
|   |                                   |                       |                       |                       |                       |                       |                       |                       |                            | S                           | M                            | L                            |
| <b>MEATS, SOUPS, PASTA</b>  |                                   |                       |                       |                       |                       |                       |                       |                       |                            |                             |                              |                              |
| Hamburgers, cheeseburgers   | <input type="radio"/>             | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | 1 medium or 4 oz.          | <input type="radio"/>       | <input type="radio"/>        | <input type="radio"/>        |
| Burritos or tacos with meat or beans  | <input type="radio"/>             | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | 1 medium or 2 small        | <input type="radio"/>       | <input type="radio"/>        | <input type="radio"/>        |
| Beef roasts, steaks, sandwiches   | <input type="radio"/>             | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | 4 ounces                   | <input type="radio"/>       | <input type="radio"/>        | <input type="radio"/>        |
| Liver, including chicken livers   | <input type="radio"/>             | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | 4 ounces                   | <input type="radio"/>       | <input type="radio"/>        | <input type="radio"/>        |
| Pork, including chops, roasts   | <input type="radio"/>             | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | 2 chops or 4 ounces        | <input type="radio"/>       | <input type="radio"/>        | <input type="radio"/>        |
| Fried 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"/> | 2 small or 1 large pce.    | <input type="radio"/>       | <input type="radio"/>        | <input type="radio"/>        |
| Chicken or turkey (roasted or broiled, including on sandwiches)                 | <input type="radio"/>             | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | 2 small or 1 large pce.    | <input type="radio"/>       | <input type="radio"/>        | <input type="radio"/>        |
| Chicken stew or mixed dish with 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"/> | 1 cup                      | <input type="radio"/>       | <input type="radio"/>        | <input type="radio"/>        |
| Fried fish or fish sandwich   | <input type="radio"/>             | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | 4 ounces or 1 sandwich     | <input type="radio"/>       | <input type="radio"/>        | <input type="radio"/>        |
| Tuna, tuna salad, tuna casserole  | <input type="radio"/>             | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | 1/2 cup                    | <input type="radio"/>       | <input type="radio"/>        | <input type="radio"/>        |
| Oysters   | <input type="radio"/>             | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | 5 pieces, 1/4 cup or 3 oz. | <input type="radio"/>       | <input type="radio"/>        | <input type="radio"/>        |
| Shell fish, (shrimp, crab, lobster, etc.)                                       | <input type="radio"/>             | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | 5 pieces, 1/4 cup or 3 oz. | <input type="radio"/>       | <input type="radio"/>        | <input type="radio"/>        |
| Other fish (broiled or 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"/> | 2 pieces or 4 ounces       | <input type="radio"/>       | <input type="radio"/>        | <input type="radio"/>        |
| Beef or vegetable stew or pot pie with carrots and other vegetables             | <input type="radio"/>             | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | 1 cup                      | <input type="radio"/>       | <input type="radio"/>        | <input type="radio"/>        |
| Spaghetti, lasagna, other pasta with tomato sauce                               | <input type="radio"/>             | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | 1 1/2 cups                 | <input type="radio"/>       | <input type="radio"/>        | <input type="radio"/>        |
| Cheese dishes without tomato sauce, like macaroni and cheese                    | <input type="radio"/>             | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | 1 cup                      | <input type="radio"/>       | <input type="radio"/>        | <input type="radio"/>        |
| Pasta salad, other pasta without tomato sauce                                   | <input type="radio"/>             | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | 3/4 cup                    | <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"/> | 2 slices                   | <input type="radio"/> slice | <input type="radio"/> slices | <input type="radio"/> slices |
| 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"/> | 2 hot dogs                 | <input type="radio"/> dog   | <input type="radio"/> dogs   | <input type="radio"/> dogs   |
| Ham, bologna, other lunch meats (regular or made with turkey)                   | <input type="radio"/>             | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | 2 slices or 2 ounces       | <input type="radio"/> slice | <input type="radio"/> slices | <input type="radio"/> slices |
| Vegetable soups with carrots or tomatoes, such as vegetable beef or tomato soup | <input type="radio"/>             | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | 1 medium bowl              | <input type="radio"/> S     | <input type="radio"/> M      | <input type="radio"/> L      |
| Lentil, pea and bean soups  | <input type="radio"/>             | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | 1 medium bowl              | <input type="radio"/> S     | <input type="radio"/> M      | <input type="radio"/> L      |
| Other soups, like chicken noodle, mushroom, cup-a-soup, ramen                   | <input type="radio"/>             | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | 1 medium bowl              | <input type="radio"/> S     | <input type="radio"/> M      | <input type="radio"/> L      |
|   | NEVER OR LESS THAN ONCE PER MONTH | 1 PER MON.            | 2-3 PER MON.          | 1 PER WEEK            | 2 PER WEEK            | 3-4 PER WEEK          | 5-6 PER WEEK          | EVERY DAY             |                            |                             |                              |                              |

**PLEASE DO NOT WRITE IN THIS AREA**

| TYPE OF FOOD  | HOW OFTEN                         |                       |                       |                       |                       |                       |                       |                       |                       | HOW MUCH             |                               |                                |                                |                               |
|---|-----------------------------------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|----------------------|-------------------------------|--------------------------------|--------------------------------|-------------------------------|
|   | NEVER OR LESS THAN ONCE PER MONTH | 1 PER MON.            | 2-3 PER MON.          | 1 PER WEEK            | 2 PER WEEK            | 3-4 PER WEEK          | 5-6 PER WEEK          | EVERY DAY             | 2+ PER DAY            | MEDIUM SERVING       | YOUR SERVING SIZE             |                                |                                |                               |
|   |                                   |                       |                       |                       |                       |                       |                       |                       |                       |                      | S                             | M                              | L                              | XL                            |
| <b>BREADS, SNACKS, SPREADS</b> (Please note that the categories for these columns are different.) |                                   |                       |                       |                       |                       |                       |                       |                       |                       |                      |                               |                                |                                |                               |
| Biscuits, muffins, (including fast foods)   | <input type="radio"/>             | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | 1 medium piece       | <input type="radio"/> S       | <input type="radio"/> M        | <input type="radio"/> L        |                               |
| Bagels, English muffins, hamburger buns   | <input type="radio"/>             | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | 1 medium piece       | <input type="radio"/> 1/2     | <input type="radio"/> 1        | <input type="radio"/> 2        |                               |
| White bread, French or Italian bread, including sandwiches  | <input type="radio"/>             | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | # slices each time   | <input type="radio"/> 1 slice | <input type="radio"/> 2 slices | <input type="radio"/> 3 slices |                               |
| Dark bread, such as whole wheat, rye, pumpernickel  | <input type="radio"/>             | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | # slices each time   | <input type="radio"/> 1 slice | <input type="radio"/> 2 slices | <input type="radio"/> 3 slices |                               |
| Corn bread, corn muffins  | <input type="radio"/>             | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | # pieces each time   | <input type="radio"/> 1 piece | <input type="radio"/> 2 pieces | <input type="radio"/> 3 pieces |                               |
| Tortillas   | <input type="radio"/>             | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | # slices each time   | <input type="radio"/> 1 tort. | <input type="radio"/> 2 tort.  | <input type="radio"/> 3 tort.  | <input type="radio"/> 4 tort. |
| Snacks like nachos with cheese, potato skins with topping   | <input type="radio"/>             | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | 1 medium serving     | <input type="radio"/> S       | <input type="radio"/> M        | <input type="radio"/> L        | <input type="radio"/> XL      |
| Salty snacks, like potato chips, corn chips, popcorn, crackers                                    | <input type="radio"/>             | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | 2 handfuls or 1 cup  | <input type="radio"/> S       | <input type="radio"/> M        | <input type="radio"/> L        | <input type="radio"/> XL      |
| Peanuts, peanut butter  | <input type="radio"/>             | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | 2 tablesp.           | <input type="radio"/> S       | <input type="radio"/> M        | <input type="radio"/> L        |                               |
| Margarine on bread or rolls   | <input type="radio"/>             | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | 2 pats               | <input type="radio"/> S       | <input type="radio"/> M        | <input type="radio"/> L        |                               |
| Butter on bread or rolls  | <input type="radio"/>             | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | 2 pats               | <input type="radio"/> S       | <input type="radio"/> M        | <input type="radio"/> L        |                               |
| Rice, or dishes made with rice  | <input type="radio"/>             | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | 3/4 cup              | <input type="radio"/> S       | <input type="radio"/> M        | <input type="radio"/> L        | <input type="radio"/> XL      |
| <b>SWEETS</b>   |                                   | <b>1/ MON.</b>        |                       | <b>1/ WEEK</b>        |                       |                       |                       | <b>1/ DAY</b>         |                       |                      |                               |                                |                                |                               |
| Ice cream (regular or lowfat)   | <input type="radio"/>             | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | 1 scoop or 1/2 cup   | <input type="radio"/> S       | <input type="radio"/> M        | <input type="radio"/> L        | <input type="radio"/> XL      |
| Doughnuts, pastry   | <input type="radio"/>             | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | 1 piece              | <input type="radio"/> S       | <input type="radio"/> M        | <input type="radio"/> L        | <input type="radio"/> XL      |
| Cookies or cake (regular or lowfat)   | <input type="radio"/>             | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | 3-5 cookies          | <input type="radio"/> 1-2     | <input type="radio"/> 3-5      | <input type="radio"/> 6-7      | <input type="radio"/> 8+      |
| Pumpkin pie, sweet potato pie   | <input type="radio"/>             | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | 1 medium slice       | <input type="radio"/> S       | <input type="radio"/> M        | <input type="radio"/> L        |                               |
| Other 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"/> | 1 medium slice       | <input type="radio"/> S       | <input type="radio"/> M        | <input type="radio"/> L        |                               |
| Chocolate candy, candy bars   | <input type="radio"/>             | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | 1 small bar or 1 oz. | <input type="radio"/> S       | <input type="radio"/> M        | <input type="radio"/> L        |                               |
| Other candy or jelly  | <input type="radio"/>             | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | 3 pieces or 1 tblsp. | <input type="radio"/> S       | <input type="radio"/> M        | <input type="radio"/> L        |                               |



HOW MUCH

| TYPE OF FOOD | NEVER OR<br>LESS THAN<br>ONCE PER<br>MONTH | 1-3<br>PER<br>MON | 1<br>PER<br>WEEK | 2-4<br>PER<br>WEEK | 5-6<br>PER<br>WEEK | 1<br>PER<br>DAY | 2-3<br>PER<br>DAY | 4<br>PER<br>DAY | 5+<br>PER<br>DAY | MEDIUM<br>SERVING | YOUR<br>SERVING SIZE |   |   |
|--------------|--|-------------------|------------------|--------------------|--------------------|-----------------|-------------------|-----------------|------------------|-------------------|----------------------|---|---|
|              |  |                   |                  |                    |                    |                 |                   |                 |                  |                   | S                    | M | L |

**BEVERAGES (Please note that the categories for these columns are different.)**

|   |                       |                       |                       |                       |                       |                       |                       |                       |                       |                      |                                |                                 |                                 |
|---|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|----------------------|--------------------------------|---------------------------------|---------------------------------|
| Orange juice or grapefruit juice                              | <input type="radio"/> | 6 oz. glass          | <input type="radio"/><br>4 oz. | <input type="radio"/><br>6 oz.  | <input type="radio"/><br>8 oz.  |
| Apple juice, grape juice                                      | <input type="radio"/> | 6 oz. glass          | <input type="radio"/><br>4 oz. | <input type="radio"/><br>6 oz.  | <input type="radio"/><br>8 oz.  |
| Whole milk (or chocolate whole milk), not including on cereal | <input type="radio"/> | 8 oz. glass          | <input type="radio"/><br>5 oz. | <input type="radio"/><br>8 oz.  | <input type="radio"/><br>10 oz. |
| 2% milk (or chocolate 2% milk), not including on cereal       | <input type="radio"/> | 8 oz. glass          | <input type="radio"/><br>5 oz. | <input type="radio"/><br>8 oz.  | <input type="radio"/><br>10 oz. |
| Skim milk, 1% milk, not including on cereal                   | <input type="radio"/> | 8 oz. glass          | <input type="radio"/><br>5 oz. | <input type="radio"/><br>8 oz.  | <input type="radio"/><br>10 oz. |
| Kool-Aid, Hi-C, or other drinks with added vitamin C          | <input type="radio"/> | 8 oz. glass          | <input type="radio"/><br>5 oz. | <input type="radio"/><br>8 oz.  | <input type="radio"/><br>10 oz. |
| Snapple, Calistoga, sweetened bottled waters or iced teas     | <input type="radio"/> | 1 bottle             | <input type="radio"/><br>8 oz. | <input type="radio"/><br>12 oz. | <input type="radio"/><br>16 oz. |
| Regular soft drinks (not diet soda)                           | <input type="radio"/> | 12 oz. can or bottle | <input type="radio"/><br>8 oz. | <input type="radio"/><br>12 oz. | <input type="radio"/><br>16 oz. |
| Beer  | <input type="radio"/> | 12 oz. can or bottle | <input type="radio"/><br>8 oz. | <input type="radio"/><br>12 oz. | <input type="radio"/><br>16 oz. |
| Wine or wine coolers  | <input type="radio"/> | 1 medium glass       | <input type="radio"/><br>S     | <input type="radio"/><br>M      | <input type="radio"/><br>L      |
| Liquor  | <input type="radio"/> | 1 shot               | <input type="radio"/><br>S     | <input type="radio"/><br>M      | <input type="radio"/><br>L      |
| Coffee or tea   | <input type="radio"/> | 1 medium cup         | <input type="radio"/><br>S     | <input type="radio"/><br>M      | <input type="radio"/><br>L      |
| Non-dairy creamer in coffee or tea                            | <input type="radio"/> | 1 tablesp.           | <input type="radio"/><br>S     | <input type="radio"/><br>M      | <input type="radio"/><br>L      |
| Cream (real) or Half-and-Half in coffee or tea                | <input type="radio"/> | 1 tablesp.           | <input type="radio"/><br>S     | <input type="radio"/><br>M      | <input type="radio"/><br>L      |
| Milk in coffee or tea   | <input type="radio"/> | 1 tablesp.           | <input type="radio"/><br>S     | <input type="radio"/><br>M      | <input type="radio"/><br>L      |
| Sugar or honey in coffee or tea or on cereal                  | <input type="radio"/> | 2 teaspoons          | <input type="radio"/><br>S     | <input type="radio"/><br>M      | <input type="radio"/><br>L      |

About how often do you eat the following foods from restaurants or carry-outs?  
Remember to think about all meals (breakfast, lunch, dinner or snacks).

| RESTAURANT FOOD                        | NUMBER OF VISITS LAST YEAR |                           |                            |                         |                       |                        |                        |
|--|----------------------------|---------------------------|----------------------------|-------------------------|-----------------------|------------------------|------------------------|
|  | NEVER<br>IN PAST<br>YEAR   | 1-4<br>TIMES<br>PAST YEAR | 5-11<br>TIMES<br>PAST YEAR | 1-3<br>TIMES<br>A MONTH | ONCE<br>A<br>WEEK     | 2-4<br>TIMES<br>A WEEK | ALMOST<br>EVERY<br>DAY |
| Fried chicken                          | <input type="radio"/>      | <input type="radio"/>     | <input type="radio"/>      | <input type="radio"/>   | <input type="radio"/> | <input type="radio"/>  | <input type="radio"/>  |
| Burgers                                | <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"/>  |
| Chinese food, Thai or other Asian food | <input type="radio"/>      | <input type="radio"/>     | <input type="radio"/>      | <input type="radio"/>   | <input type="radio"/> | <input type="radio"/>  | <input type="radio"/>  |
| Mexican food                           | <input type="radio"/>      | <input type="radio"/>     | <input type="radio"/>      | <input type="radio"/>   | <input type="radio"/> | <input type="radio"/>  | <input type="radio"/>  |
| Fried fish                             | <input type="radio"/>      | <input type="radio"/>     | <input type="radio"/>      | <input type="radio"/>   | <input type="radio"/> | <input type="radio"/>  | <input type="radio"/>  |

DO NOT WRITE IN THIS SHADED AREA

**AVERAGE USE LAST YEAR**

| SUMMARY QUESTIONS  | AVERAGE USE LAST YEAR   |                       |                       |                       |                       |                       |                       |                       |                       |
|--|-------------------------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|
|  | LESS THAN ONCE PER WEEK | 1-2 PER WEEK          | 3-4 PER WEEK          | 5-6 PER WEEK          | 1 PER DAY             | 1 1/2 PER DAY         | 2 PER DAY             | 3 PER DAY             | 4+ PER DAY            |
| a. How often do you use fat or oil in cooking?                                       | <input type="radio"/>   | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| b. About how many servings of vegetables do you eat, not counting salad or 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"/> |
| c. About how many servings of fruit do you eat, not counting juices?                 | <input type="radio"/>   | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| d. About how many servings of cold cereal do you eat?                                | <input type="radio"/>   | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| e. About how many glasses of milk (or chocolate milk) do you drink?                  | <input type="radio"/>   | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |

What kinds of fat do you *usually* use in cooking (to fry or stir-fry)? Mark the one or two you use most often.

- Don't know       Pam or no oil       Lard, fatback, baconfat       Crisco shortening  
 Stick margarine       Soft tub margarine       Low calorie margarine  
 Butter       Olive oil or canola oil       Corn oil, vegetable oil

What kinds of fat do you *usually* add to vegetables, potatoes, etc.? Mark the one or two you use most often.

- Don't add fat       Lard, fatback, baconfat       Crisco shortening  
 Stick margarine       Soft tub margarine       Low calorie margarine  
 Butter       Whipped butter       Olive oil

When you eat the following foods, how often do you eat a low-fat or non-fat version of that food?

- |                     |                                      |                                 |                                      |
|---------------------|--------------------------------------|---------------------------------|--------------------------------------|
| Cheese              | <input type="radio"/> Always low-fat | <input type="radio"/> Sometimes | <input type="radio"/> Rarely low-fat |
| Ice cream or yogurt | <input type="radio"/> Always low-fat | <input type="radio"/> Sometimes | <input type="radio"/> Rarely low-fat |
| Salad dressing      | <input type="radio"/> Always low-fat | <input type="radio"/> Sometimes | <input type="radio"/> Rarely low-fat |
| Cake or cookies     | <input type="radio"/> Always low-fat | <input type="radio"/> Sometimes | <input type="radio"/> Rarely low-fat |

When you drink orange juice, how often do you drink a calcium-fortified brand?

- Usually       Sometimes       Rarely

How often do you add salt to your food?

- Seldom       Sometimes       Often

How often do you eat the skin on chicken?

- Seldom       Sometimes       Often

How often do you eat the fat on meat?

- Seldom       Sometimes       Often

How do you like your meat cooked?

- Rare       Medium       Well done

Do you smoke cigarettes now?

- No  
 Yes **IF YES, on the average, about how many cigarettes a day do you smoke now?**  
 1 - 5       6 - 14       15 - 24       25 - 34       35 or more

About how many times have you gone on a diet to lose weight?

- Never       1 - 2       3 - 5       6 - 8       9 - 11       12 or more

Is your health

- Excellent       Very Good       Good       Fair       Poor

What language do you usually speak at home?

- English       Spanish       Something else

Are you

- Hispanic       White, not Hispanic       African American       Asian, Pacific Islander, Native American

**THANK YOU VERY MUCH FOR TAKING THE TIME TO FILL OUT THIS QUESTIONNAIRE**

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

PLEASE DO NOT WRITE IN THIS AREA



5801