

# Food Questionnaire



This form asks about your usual food intake during \_\_\_\_\_.

Please use **pencil**.

Answer by filling in the correct oval.

- Yes
  No

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



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

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

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

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For information about our services, visit [fredhutch.org/nasr](http://fredhutch.org/nasr).



# Part I: Usual Food Choices

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

1. Did you eat chicken or turkey?

- Yes →  
 No



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

- Almost always
- Often
- Sometimes
- Rarely
- Never

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

- Yes →  
 No



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

- Almost always
- Often
- Sometimes
- Rarely
- Never

3. Did you eat hamburger or other ground meat?

- Yes →  
 No



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

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

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

- Yes →  
 No



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

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

5. Did you eat cold cereals?

- Yes →  
 No



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

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

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

- Yes →  
 No



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

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

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

- Yes →
- No ↓

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

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

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

- Yes →
- No ↓

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

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

9. Did you use salad dressing?

- Yes →
- No ↓

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

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

10. Did you use mayonnaise?

- Yes →
- No ↓

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

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

11. Did you eat cookies or cakes?

- Yes →
- No ↓

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

- Almost always
- Often
- Sometimes
- Rarely
- Never

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

Mark up to four.

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

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

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



PLEASE DO NOT WRITE IN THIS AREA

# Part II: Usual Food Use

These questions are about foods you ate during \_\_\_\_\_.

14. Mark the column to show how often, on average, you ate the following foods.  
Mark your usual serving size as small, medium or large.

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

**EXAMPLE:** This person ate spaghetti with meat sauce every Saturday. They usually ate about 1 1/2 cups.

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

## CEREALS, BREADS, SNACKS

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



## MEAT, FISH, EGGS (continued)

### HOW OFTEN DID YOU EAT THESE FOODS?



### AMOUNT?

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

## SPAGHETTI, MIXED DISHES, SOUPS

### HOW OFTEN DID YOU EAT THESE FOODS?



### AMOUNT?

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

## SPAGHETTI, MIXED DISHES, SOUPS (continued)

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

## DAIRY PRODUCTS

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

## VEGETABLES and GRAINS

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

**VEGETABLES and GRAINS (continued)**

**HOW OFTEN DID YOU EAT THESE FOODS?**



**AMOUNT?**

	HOW OFTEN DID YOU EAT THESE FOODS?									Medium serving size	AMOUNT?		
	NEVER or less than once per month	1 per month	2-3 per month	1 per week	2 per week	3-4 per week	5-6 per week	1 per day	2+ per day		S	M	L

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

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



PLEASE DO NOT WRITE IN THIS AREA

## SAUCES and CONDIMENTS

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

## FRUITS

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

# SWEETS

## HOW OFTEN DID YOU EAT THESE FOODS?



## AMOUNT?

	HOW OFTEN DID YOU EAT THESE FOODS?									Medium serving size	AMOUNT?		
	NEVER or less than once per month	1 per month	2-3 per month	1 per week	2 per week	3-4 per week	5-6 per week	1 per day	2+ per day		S	M	L
Low or nonfat frozen desserts such as lowfat ice cream, frozen yogurt and sherbet	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	1 scoop	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Ice cream and milkshakes	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	1 scoop or 1 shake	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Pudding, custard and flan	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	3/4 cup	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Doughnuts, pies and pastries	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	1 medium piece or slice	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Cookies and cakes	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	2 med. cookies or 1 piece of cake	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Chocolate, candy bars and toffee	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	1 regular bar or 2 pieces	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Other candy such as Lifesavers®, licorice and jelly beans	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	4 pieces or 12 jellybeans	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

## PLEASE ANSWER THESE THREE IMPORTANT QUESTIONS!

	NEVER or less than once per week	1-2 per week	3-4 per week	5-6 per week	1 per day	2 per day	3 per day	4 per day	5+ per day
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**Note that the frequency headings are different.**

How often did you eat foods that were cooked in fat (pan-fried, sautéed, or deep-fried)? <i>Count all fat such as margarine, butter, oil or lard.</i>	<input type="radio"/>								
How often did you eat a serving of vegetables? <i>Do not count potatoes, salad or beans.</i>	<input type="radio"/>								
How often did you eat a serving of fruit? <i>Do not count juices.</i>	<input type="radio"/>								



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# BEVERAGES and ALCOHOL

HOW OFTEN DID YOU DRINK THESE BEVERAGES? →

AMOUNT?

	NEVER or less than once per month	1-3 per month	1 per week	2-4 per week	5-6 per week	1 per day	2-3 per day	4-5 per day	6+ per day	Medium serving size	S	M	L
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*Note that the frequency headings are different.*

Milk (all types) as a beverage	<input type="checkbox"/>	1 cup	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>								
Latte, cappuccino, mocha or hot chocolate	<input type="checkbox"/>	1 cup	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>								
Coffee (not lattes or mochas)	<input type="checkbox"/>	1 cup	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>								
Tea, unsweetened or diet	<input type="checkbox"/>	1 cup	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>								
Tea, presweetened, bottled or instant	<input type="checkbox"/>	1 cup	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>								
Milk, cream or creamer added to tea and coffee	<input type="checkbox"/>	1 Tbsp.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>								
Tomato juice, V-8® and other vegetable juices	<input type="checkbox"/>	1 cup	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>								
Orange juice and grapefruit juice	<input type="checkbox"/>	1 cup	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>								
Other 100% fruit juice such as apple, grape and cranberry	<input type="checkbox"/>	1 cup	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>								
Fruit drinks fortified with Vitamin C such as Hi-C®, and Kool-Aid®	<input type="checkbox"/>	1 cup	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>								
Meal replacement drinks and shakes such as Slim-Fast® and Ensure®	<input type="checkbox"/>	1 cup	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>								
Diet soft drinks (include energy drinks)	<input type="checkbox"/>	12 ounces or 1 can	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>								
Regular soft drinks (include energy drinks)	<input type="checkbox"/>	12 ounces or 1 can	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>								
Water (tap, bottled or sparkling)	<input type="checkbox"/>	1 cup	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>								
Beer (all types)	<input type="checkbox"/>	12 ounce can or bottle	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>								
Red wine	<input type="checkbox"/>	1 medium glass (6 oz)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>								
White or rosé wine	<input type="checkbox"/>	1 medium glass (6 oz)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>								
Liquor and mixed drinks	<input type="checkbox"/>	1 shot (1½oz) or 1 mixed drink	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>								

**THANK YOU!**

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

SAMPLE



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