

# SOY FOOD QUESTIONNAIRE

Participant ID \_\_\_\_\_

Date \_\_\_\_\_

Time Period \_\_\_\_\_

This section is about how often you usually eat specific soyfoods. Please think about what you usually ate **during the last 3 months**.

First: Mark the column to show how often, on the average, you ate the food.

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

Please note:

- A small serving is about one-half (½) the medium serving size, or less.
- A large serving is about one-and-a-half (1 ½) times the medium serving size, or more.
- If you never ate a food, mark "Never or less than once per month," and omit the serving size.
- Please *do not skip* any foods.

Sample: This person ate a veggie soy burger about twice per month and never ate vegetarian cold cuts.

TYPE OF FOOD	HOW OFTEN YOU ATE THE FOOD OVER THE LAST 3 MONTHS									AMOUNT			
	NEVER or less than once per month	1 per month	2-3 per month	1 per week	2 per week	3-4 per week	5-6 per week	1 per day	2+ per day	MEDIUM SERVING SIZE	YOUR SERVING SIZE S M L		
Veggie soy burger			X							1 medium		X	
Vegetarian cold cuts	X									1 medium			

MAIN DISHES, LUNCH ITEMS	HOW OFTEN YOU ATE THE FOOD OVER THE LAST 3 MONTHS									AMOUNT			
	NEVER or less than once per month	1 per month	2-3 per month	1 per week	2 per week	3-4 per week	5-6 per week	1 per day	2+ per day	MEDIUM SERVING SIZE	YOUR SERVING SIZE S M L		
Tofu (all types), including low-fat, flavored, marinated, smoked										4 oz. (4 1" chunks)			
Tempeh, all types										4 oz. (4 1" chunks)			
Tofu or soy breakfast sausage, bacon, or other breakfast meat										2 links or 3 strips			
Tofu or soy cold cuts, hot dogs, or other deli meat substitutes										2 dogs or 2 slices			
Veggie soy or tofu burger, ground meat substitute (TVP), soy or tofu chicken or turkey										4 oz.			
Packaged mixed dishes with soy or tofu, such as lasagna, burritos, or stir fry										1 meal			
Miso soup										1 cup or 1 med. Bowl			

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SOYMILK AND SOY "DAIRY" PRODUCTS	HOW OFTEN YOU ATE THE FOOD OVER THE LAST 3 MONTHS									AMOUNT			
	NEVER or less than once per month	1 per month	2-3 per month	1 per week	2 per week	3-4 per week	5-6 per week	1 per day	2+ per day	MEDIUM SERVING SIZE	YOUR SERVING SIZE S M L		
Soy milk (regular or low-fat), plain or flavored										1 cup			
Soy cheese, such as cheddar, mozzarella, cream cheese or parmesan. Include foods made with soy cheese.										1 slice or 1 oz.			
Soy yogurt, all types										1 cup			
Soy ice cream, tofutti, or other soy desserts										½ cup			
<b>OTHER SOY FOODS</b>													
Cooked soybeans or edamame (green soybeans)										½ cup			
Roasted soy nuts										2 Tbs. or 1 handful			
Soy sauce, tamari, teriyaki sauce, Szechwan sauce, hoison										1 Tablespoon			
Natto										1 Tablespoon			
<b>SUPPLEMENTS</b>													
Liquid nutrition drinks containing soy or soy protein, such as Odwalla Future Shake, Ensure Plus										1 cup			
Soy protein powders, such as performance or body builder powders										1-2 scoops			
High energy bars or diet bars containing soy or soy protein										1 bar			
Pills containing soy, isoflavones, or "natural" estrogen										1 pill			
<b>OTHER (Please write other soy foods you have eaten; enter amount you ate in Medium Serving Size column)</b>													