### 7-Day Food Checklist

OMB#: ####-### EXP.DATE: ##/####

### NOTIFICATION TO RESPONDENT OF ESTIMATED BURDEN

Public reporting burden for this collection of information is estimated to average 60 minutes for this questionnaire, including the time to review instructions, search existing data sources, gather and maintain the data needed, and complete and review the collection of information. An agency may not conduct or sponsor, and a person is not required to respond to, a collection of information unless it displays a current, valid OMB control number. Send comments regarding this burden estimate or any other aspect of this collection of information, including suggestions for reducing this burden to: NIH, Project Clearance Branch, 6705 Rockledge Drive, MSC 7974, Bethesda, MD 20892-7974, ATTN:PRA (###-####).

## Additional Examples

<b>Example:</b> Chinese dish v broccoli, and onion over r	Z□□□□□ Beef, sausa	mixt. foods	the for	in Box If diff	a box	(but N	Example: 1224 with Sq		
<b>Example:</b> Salad with lettuce, onion, tomato, cucumber and dressing			If different vegetables are eaten at the same time, check a box for each vegetable.	✓ □ □ □ □ □ Mayonnaise or salad dressing including low fat, added to each food	Example: Lasagna with meat sauce and cheese	Pasta, spaghetti, noodles alone or in mixtures (but NOT in chili or soub)	Sausage alone or in mixtures (but NOT in the foods in Box A)	✓ ☐ ☐ ☐ ☐ Cheese (All kinds)	

Please return your booklet to us in the envelope Thank you for completing the Daily Food List. provided. If the envelope has been misplaced, mail your booklet to:

650 Research Blvd, RP#1029F Rockville, MD 20850 Attn: Gia DeRienzo ReOPEN

# National Institutes of Health

# DAILY FOOD LIST

### Instructions!

en, turkey, duck alone

res (but NOT in the

in Box A)

ge alone or in

pork, ham, bacon,

with beef, chicken,

mixtures (but NOT in

ods in Box A)

(but NOT in the foods

₹

mixtures, such as

her vegetables alone

at the same time, check

erent vegetables are for each vegetable.

- This booklet contains 7 Daily Food Lists and instructions.
- Fill out one Daily Food List throughout the day for the next 7 days.
  - Each Daily Food List asks about some (but NOT all) of the foods you eat.
- Each Daily Food List asks how many different times you eat a food each day (NOT how many pieces or servings you eat each time).
- record your foods. If you make a mistake, cross out the Use only a black ball-point pen (not red ink or felt tip) to incorrect answer.

(OT in the foods in Box A)

lone or in mixtures

isage and mushrooms

(All kinds)

Start by entering today's date in this box.

the week, read the instructions, and begin your Now, go to the next page, check the day of first Daily Food List. PARTICIPANT ID HERE

NOTHICATION TO RESPONDENT OF ESTIMATED BURDEN.

OMB #0925-0465 EXP DATE: 10/30/06

Public reporting burden for this collection of information is seatmented to average 5° immunes per responses, including their for reviewing institutions, exerciting established and sources, guidening and maintaining the data meeted, and completing and reviewing the collection of information. An agency, including their for reviewing institutions are currently valid of MSF orated number. Send comment regarding this burden estimate or my other season is not required to respond to a collection as aggregations for retaining this burden, to: NIII, Project Clearance Office, 6705 Rouchedge Drive, MSC 79/41, Delhessia, MD 20892-479, ATTN: PRA (0925-0465). Do not return the completed form to this suddress.

ursday 🔲 Saturday	F. Cereals, Breads, Grains    Cereal, hot or cold (All kinds)
☐ Tuesday ☐ Wednesday ☐ Thursday	D. Fruits, Vegetables    Colding of the same fine, sheek a box for each fruit and box for each fruit are eaten at the same time, check a box for each fruit as pinto, lima, lentils (but NOT chips and NOT in soup)    Cooked dried beans, such as pinto, lima, lentils (but NOT in the foods in Box A) as pinto, lima, lentils (but NOT in the foods in Box A)    Cooked dried beans, such as lettuce and spinach as pinto, lima, lentils (but NOT in the foods in Box A)    Cooked dried beans, such as lettuce and spinach as pinto, lima, lentils (but NOT in the foods in Box A)    Cooked dried beans, such as lettuce and spinach as and such as sandwiches and the same time, check a box for each vegetable.
□ Sunday □ Monday	A. Chili, Mexican Food,  Pizza, Soup  Do NOT count ingredients in these foods anywhere else.  Chili (All kinds)  B. Meat, Poultry, Fish  B. Meat, Poultry, Fish  Chicken, turkey, duck alone  or in mixtures (but NOT in the foods in Box A)  Chicken, turkey, duck alone  or in mixtures (but NOT in the foods in Box A)  C. Dairy, Eggs  C. Dairy, Eggs  C. Dairy, Eggs  C. Dairy, Hinds)
I. What day is today?	2. How to Record Foods  • Check ( ) a box for every food you eat at a different meal or snack.  Example:   ate   rol  at lunch and   rol  at dinner.                                       </td

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I. What day is today?	2. How to Record Foods at a different meal or snack.  Example: I ate I roll at lunch and I roll at dinner.  Zizi