

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 (####-####).

1. What day is today?



Sunday Monday Tuesday Wednesday Thursday Friday Saturday

2. How to Record Foods

- Check (✓) a box for every food you eat at a **different** meal or snack.

Example: I ate 1 roll at lunch and 1 roll at dinner.

Rolls, English muffins, bagels

- Do NOT count the number of pieces or servings of the **same** food you eat at a meal or snack.

Example: I ate two rolls at dinner.

Rolls, English muffins, bagels

- **Record mixtures** (sandwiches, casseroles, salads, pasta, and stir-fry dishes) by checking each food in the mixture.

Example: I ate a turkey sandwich (2 slices of bread) lettuce and mustard.

All other bread (NOT in pizza)

Chicken, turkey, duck alone or in mixtures (but NOT in the foods in Box A)

Lettuce in other mixtures, such as sandwiches

- For additional examples, see back cover.

3. Now fill in the foods you eat today in Boxes A-G.

A. Chili, Mexican Food, Pizza, Soup

Do NOT count ingredients in these foods anywhere else.

Chili (All kinds)

Mexican food mixtures, such as tacos, tostados, burritos, fajitas, enchiladas

Pizza (All kinds)

Soup (All kinds)

B. Meat, Poultry, Fish

Beef, pork, ham, bacon, sausage 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)

Fish, seafood alone or in mixtures (but NOT in the foods in Box A)

C. Dairy, Eggs

Cheese (All kinds)

Yogurt (All kinds)

Eggs (All kinds)

D. Fruits, Vegetables

Fruit cocktail, fruit salad

All other fruits (NOT juice)

If different fruits are eaten at the same time, check a box for each fruit.

Potatoes alone or in mixtures (All kinds, but NOT chips and NOT in soup)

Cooked dried beans, such as pinto, lima, lentils (but NOT in the foods in Box A)

Salad greens, such as lettuce and spinach

Lettuce in other mixtures, such as sandwiches

All other vegetables alone or in mixtures, such as salads (but NOT in the foods in Box A)

If different vegetables are eaten at the same time, check a box for each vegetable.

Tomato sauce, such as in spaghetti and lasagna (but NOT in the foods in Box A)

E. Snack Foods, Desserts

Candy (All kinds)

Cookies, pie, cake, brownies

Ice cream, sorbet, frozen yogurt

Popcorn, crackers, chips, pretzels

F. Cereals, Breads, Grains

Cereal, hot or cold (All kinds)

Rolls, English muffins, bagels

All other bread (NOT in pizza)

Tortillas (NOT in mixtures)

Doughnuts, Danish, sweet rolls, muffins, dessert breads, pop-tarts

Pancakes, waffles, French toast
 Rice alone or in mixtures (but NOT in the foods in Box A)

Pasta, spaghetti, noodles alone or in mixtures (but NOT in chili or soup)

G. Spreads, Dressings

Do NOT count the items below if only used in cooking.

Butter or margarine added to each different food

Mayonnaise or salad dressing, including low-fat, added to each different food

Comments

Did you have any difficulty understanding how to fill out the form today? If so, please explain.

4. Please review. Do you remember anything else?

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Pizza (All kinds)

Soup (All kinds)

B. Meat, Poultry, Fish

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Chicken, turkey, duck alone or in mixtures (but NOT in the foods in Box A)

Fish, seafood alone or in mixtures (but NOT in the foods in Box A)

C. Dairy, Eggs

Cheese (All kinds)

Yogurt (All kinds)

Eggs (All kinds)

D. Fruits, Vegetables

Fruit cocktail, fruit salad

All other fruits (NOT juice)

If different fruits are eaten at the same time, check a box for each fruit.

Potatoes alone or in mixtures (All kinds, but NOT chips and NOT in soup)

Cooked dried beans, such as pinto, lima, lentils (but NOT in the foods in Box A)

Salad greens, such as lettuce and spinach

Lettuce in other mixtures, such as sandwiches

All other vegetables alone or in mixtures, such as salads (but NOT in the foods in Box A)

If different vegetables are eaten at the same time, check a box for each vegetable.

Tomato sauce, such as in spaghetti and lasagna (but NOT in the foods in Box A)

E. Snack Foods, Desserts

Candy (All kinds)

Cookies, pie, cake, brownies

Ice cream, sorbet, frozen yogurt

Popcorn, crackers, chips, pretzels

F. Cereals, Breads, Grains

Cereal, hot or cold (All kinds)

Rolls, English muffins, bagels

All other bread (NOT in pizza)

Tortillas (NOT in mixtures)

Doughnuts, Danish, sweet rolls, muffins, dessert breads, pop-tarts

Pancakes, waffles, French toast

Rice alone or in mixtures (but NOT in the foods in Box A)

Pasta, spaghetti, noodles alone or in mixtures (but NOT in chili or soup)

G. Spreads, Dressings

Do NOT count the items below if only used in cooking.

Butter or margarine added to each different food

Mayonnaise or salad dressing, including low-fat, added to each different food

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Soup (All kinds)

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Chicken, turkey, duck alone or in mixtures (but NOT in the foods in Box A)

Fish, seafood alone or in mixtures (but NOT in the foods in Box A)

C. Dairy, Eggs

Cheese (All kinds)

Yogurt (All kinds)

Eggs (All kinds)

D. Fruits, Vegetables

Fruit cocktail, fruit salad

All other fruits (NOT juice)

If different fruits are eaten at the same time, check a box for each fruit.

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Cookies, pie, cake, brownies

Ice cream, sorbet, frozen yogurt

Popcorn, crackers, chips, pretzels

F. Cereals, Breads, Grains

Cereal, hot or cold (All kinds)

Rolls, English muffins, bagels

All other bread (NOT in pizza)

Tortillas (NOT in mixtures)

Doughnuts, Danish, sweet rolls, muffins, dessert breads, pop-tarts

Pancakes, waffles, French toast

Rice alone or in mixtures (but NOT in the foods in Box A)

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Yogurt (All kinds)

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C. Dairy, Eggs

Cheese (All kinds)

Yogurt (All kinds)

Eggs (All kinds)

D. Fruits, Vegetables

Fruit cocktail, fruit salad

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Ice cream, sorbet, frozen yogurt

Popcorn, crackers, chips, pretzels

F. Cereals, Breads, Grains

Cereal, hot or cold (All kinds)

Rolls, English muffins, bagels

All other bread (NOT in pizza)

Tortillas (NOT in mixtures)

Doughnuts, Danish, sweet rolls, muffins, dessert breads, pop-tarts

Pancakes, waffles, French toast

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Soup (All kinds)

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Fish, seafood alone or in mixtures (but NOT in the foods in Box A)

C. Dairy, Eggs

Cheese (All kinds)

Yogurt (All kinds)

Eggs (All kinds)

D. Fruits, Vegetables

Fruit cocktail, fruit salad

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Ice cream, sorbet, frozen yogurt

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Cereal, hot or cold (All kinds)

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