Attachment 17

| 4-Day Food Record | 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 (####-####).

# NIH-AARP DIET AND HEALTH STUDY

## Follow-up of Food Intake

# 4-Day Food Record

**Start on this date:** _____

## General Instructions

- Please eat as you usually eat.
- Record **everything** you eat and drink (except water), including snacks.
- Complete the **Meal** and **Place Prepared** columns for each meal or snack.
- Start each **new day** on a **new page**.
- Please write clearly.

## How to Record Each Food

- Describe each food and beverage in detail, as best you can.

| Include: | For example: |
|---|---|
| How prepared | (fried, grilled, breaded, etc.) |
| Added fats | (fried in butter) |
| Brand name | (Stouffer's Frozen Lasagna) |
| Portion size | (½ cup, 4 oz., 1″ x 3″ x 2″ cube) |

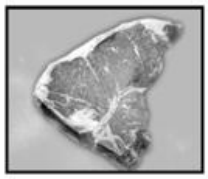
- Describe each ingredient in a mixed dish:

| | |
|---|---|
| - Chicken Caesar Salad | 3 cups Romaine, 1 medium chicken breast (no skin) grilled, ¼ cup caesar dressing, 2 Tbsp. Parmesan cheese, 6 large croutons |
| - Spaghetti & Meat Balls | 1½ cups cooked spaghetti, 4 meatballs (1″ diameter), ½ cup Ragu meatless spaghetti sauce, 1 Tbsp. Parmesan cheese |

- For help with portion sizes, use "Five Ways to Size up Your Servings" (page 3), the ruler at the back of this booklet, and the enclosed Serving Size Booklet.

# Five Ways to Size Up Your Servings

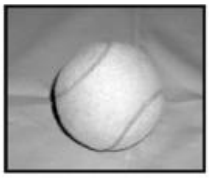
**1** **3 ounces** of meat is about the size and thickness of a deck of playing cards or an audiotape cassette.

3 oz.  =

**2** **1 ounce** of cheese is about the size of 4 stacked dice.

1 oz. =

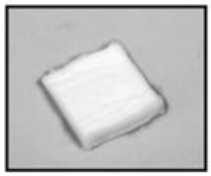
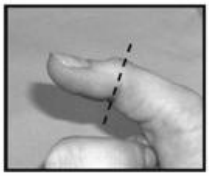
**3** **1/2 cup** of ice cream is about the size of a racquetball or tennis ball.

1/2 c. = 

**4** **1 cup** of mashed potatoes or broccoli is about the size of your fist.

1 c. =

**5** **1 teaspoon** of butter or peanut butter is about the size of the tip of your thumb.

1 tsp.  = 

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## General Questions

**Please check (▤) below.**

| | Usually / Always | Sometimes | Rarely / Never |
|---|---|---|---|
| 1. When you eat bread or rolls, how often do you add butter or margarine? | ○ | ○ | ○ |
| 2. When you cook vegetables, how often do you add oil, margarine or butter? | ○ | ○ | ○ |
| 3. When you eat vegetables, how often do you add oil, butter or margarine at the table? | ○ | ○ | ○ |
| 4. When you eat potatoes, how often do you use butter, margarine, or sour cream? | ○ | ○ | ○ |
| 5. How often do you use milk or cream in coffee or tea? | ○ | ○ | ○ |
| 6. When you eat chicken or turkey, how often do you eat the skin? | ○ | ○ | ○ |

| | Yes | No |
|---|---|---|
| 7. Do you eat in restaurants or purchase take-out food more than three times per week? | ○ | ○ |

**What type of milk, spreads and cooking oils do you usually use?**

**Please specify <u>only</u> the type you use most often.**

**Please check (▤) below.**

1. **Milk (include all types – regular cow milk, acidophilus, and soy milk):**
   - ○ Whole
   - ○ 2%
   - ○ 1%
   - ○ Skim
   - ○ Didn't use

2. **Margarine:**
   - ○ Regular
   - ○ Diet/low fat
   - ○ Fat free
   - ○ Spray
   - ○ Didn't use

3. **Real Butter:**
   - ○ Regular
   - ○ Light
   - ○ Didn't use

4. **Salad Dressing:**
   - ○ Regular
   - ○ Diet/low fat
   - ○ Fat free
   - ○ Didn't use

5. **Oil:**
   - ○ Canola oil
   - ○ Corn oil
   - ○ Olive oil
   - ○ Safflower oil
   - ○ Soybean oil
   - ○ Other oil
   - ○ Didn't use

6. **Mayonnaise:**
   - ○ Regular
   - ○ Low fat
   - ○ Fat free
   - ○ Didn't use

**Place Prepared**
**H** = Home
**R** = Restaurant
**O** = Other

**Meal**
**B** = B'fast
**L** = Lunch
**D** = Dinner
**S** = Snacks

# EXAMPLE

**Day:** Saturday **Date:** 08 / 03 / 02

| | | Foods And Beverages | Amount |
|---|---|---|---|
| B | R | Denny's buttermilk pancakes, about 6" across each | 2 |
| | | Butter | 2 pats |
| | | Maple syrup | 1/4 cup |
| | | Bacon, 5" long | 2 strips |
| | | Coffee | 2 cups |
| | | Cream | 2 Tbsp |
| S | R | Starbucks tall latté, made with 2% milk | 12 oz. |
| L | H | Ham Sandwich: | |
| | | Rye bread | 2 slices |
| | | Ham (from the Albertson's deli) | 3 slices |
| | | Kraft American cheese slice | 1 slice |
| | | Best Foods lowfat mayonnaise | 2 tsp |

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# EXAMPLE

**Day:** Saturday **Date:** 08 / 03 / 02

| | | Foods And Beverages | Amount |
|---|---|---|---|
| | | Doritos regular tortilla chips | 12 chips |
| | | Señor Felix Salsa | ¼ cup |
| | | Minute Maid lemonade | 10 oz. |
| | | Chips Ahoy Chocolate chip cookies, 3" diameter | 2 cookies |
| D | H | Dinty Moore Beef Stew | 2 cups |
| | | Salad: | |
| | | Romaine lettuce | 1 cup |
| | | Tomato | ¼ med |
| | | Kraft Italian fat free salad dressing | 1 Tbsp |
| | | French bread (1 slice=3"L x 2"W x 3/4" thick) | 2 slices |
| | | Butter | 2 tsp |
| S | H | Dryer's Grand Chocolate ice cream | 2 scoops |

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# DAY 1

**Day:** _____ **Date:** ____/____/____

| | | Foods And Beverages | Amount |
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# DAY 2

**Day:** _____ **Date:** ____/____/____

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# DAY 3

**Day:** _____ **Date:** ____/____/____

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# THANK YOU!

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