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Please remember not to use your browser's **forward** or **back** buttons during this survey. Take your time to really think about each question, as you will not be able to change any responses once they're submitted.

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Public Disclosure Burden Statement

OMB No. 0910-0682

Expiration Date: 04/30/2013

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Department of Health and Human Services
Food and Drug Administration
CFSAN/PRB Comments/HFS-24
5100 Paint Branch Parkway
College Park, MD 20740-3835.



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Nutrition Facts

Serving Size 1 cup (255g)

Servings Per Container About 2

Amount Per Serving**Calories** 300

% Daily Value*

Total Fat 9g **13%**Saturated Fat 4.5g **23%**

Trans Fat 0g

Cholesterol 30mg **10%****Sodium** 600mg **25%****Total Carbohydrate** 30g **10%**Dietary Fiber 4g **16%**

Sugars 8g

Protein 11g

Vitamin A 2%

Vitamin C 4%

Calcium 15%

Iron 6%

* Percent Daily Values are based on a 2,000 calorie diet.
Your Daily Values may be higher or lower depending on
your calorie needs

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

Assume you were shopping for a frozen meal, how likely would you be to purchase this frozen meal? Use a five point scale where 1 means "not at all likely" and 5 means "very likely."

Please select one

- ☐ 1 Not at all likely
- ☐ 2
- ☐ 3
- ☐ 4
- ☐ 5 Very likely
- ☐ Don't know



Nutrition Facts

Serving Size 1 cup (255g)

Servings Per Container About 2

Amount Per Serving

Calories 300

% Daily Value*

Total Fat 9g **13%**

Saturated Fat 4.5g **23%**

Trans Fat 0g

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Protein 11g

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	Calories:	2,000	2,500
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Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

If you were going to eat a frozen meal, how healthy of a choice would this frozen meal be? Use a five point scale where 1 means "not at all healthy," and 5 means "very healthy."

Please select one

- ☐ 1 Not at all healthy
- ☐ 2
- ☐ 3
- ☐ 4
- ☐ 5 Very healthy
- ☐ Don't know

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Nutrition Facts

Serving Size 1 cup (255g)

Servings Per Container About 2

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% Daily Value*

Total Fat 9g **13%**

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Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

Based on this Nutrition Facts label, how much of each of the following things would you say that one **SERVING** of this food has? Use a five point scale where 1 means "None" and 5 means "A lot."

Please provide a rating for each item listed

	None 1	2	3	4	A lot 5	Don't know
Calories	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Total Fat	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Sodium	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Saturated Fat	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Sugars	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
	None 1	2	3	4	A lot 5	Don't know
Vitamin A	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Dietary Fiber	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Iron	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

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Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

How many servings of this frozen meal would provide someone with the maximum amount of **SODIUM** they should eat in a day?

Servings:

☐ Don't know

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Servings Per Container About 2

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Dietary Fiber		25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

How many calories are in **ONE SERVING** of this frozen meal?

Calories:

☐ Don't know

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Nutrition Facts

Serving Size 1 cup (255g)
Servings Per Container About 2

Amount Per Serving

Calories 300

% Daily Value*

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Protein 11g

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Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

How many grams of dietary fiber are in the **WHOLE CONTAINER** of this frozen meal?

Grams dietary fiber:

☐ Don't know

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Nutrition Facts

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% Daily Value*

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Protein 11g

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Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

How many grams of dietary fiber are in **ONE SERVING** of this frozen meal?

Grams dietary fiber:

☐ Don't know

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Nutrition Facts

Serving Size 1 cup (255g)
Servings Per Container About 2

Amount Per Serving

Calories 300

% Daily Value*

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Saturated Fat 4.5g **23%**

Trans Fat 0g

Cholesterol 30mg **10%**

Sodium 600mg **25%**

Total Carbohydrate 30g **10%**

Dietary Fiber 4g **16%**

Sugars 8g

Protein 11g

Vitamin A 2%

Vitamin C 4%

Calcium 15%

Iron 6%

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Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

How many calories are in the **WHOLE CONTAINER** of this frozen meal?

Calories:

☐ Don't know

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Nutrition Facts

Serving Size 1 cup (255g)

Servings Per Container About 2

Amount Per Serving**Calories** 300

% Daily Value*

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Trans Fat 0g

Cholesterol 30mg **10%****Sodium** 600mg **25%****Total Carbohydrate** 30g **10%**Dietary Fiber 4g **16%**

Sugars 8g

Protein 11g

Vitamin A 2%

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Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

How many grams of total fat are in the **WHOLE CONTAINER** of this frozen meal?

Grams total fat:

☐ Don't know

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Nutrition Facts

Serving Size 1 cup (255g)
Servings Per Container About 2

Amount Per Serving

Calories 300

% Daily Value*

Total Fat 9g **13%**
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Trans Fat 0g

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Sugars 8g

Protein 11g

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Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

How many servings of this frozen meal would someone need to eat to get all of the Vitamin A that they need in a day?

Servings:

☐ Don't know

Nutrition Facts

Serving Size 1 cup (255g)
Servings Per Container About 2

Amount Per Serving

Calories 300

% Daily Value*

Total Fat 9g **13%**

Saturated Fat 4.5g **23%**

Trans Fat 0g

Cholesterol 30mg **10%**

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Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

How many grams of total fat are in **ONE SERVING** of this frozen meal?

Grams total fat:

☐ Don't know

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Nutrition Facts

Serving Size 1 cup (255g)
Servings Per Container About 2

Amount Per Serving**Calories** 300**% Daily Value*****Total Fat** 9g **13%**Saturated Fat 4.5g **23%**

Trans Fat 0g

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Protein 11g

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Dietary Fiber		25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

For this set of questions, please tell us what you think about the Nutrition Facts label you see by using the scales provided to answer each question.

Please select one for each

	Not at all 1	2	3	4	Very 5	Don't know
How useful is this label to you personally?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
How helpful is this label for determining the healthiness of the food?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
How trustworthy is the information on this label?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
	Not at all 1	2	3	4	Very 5	Don't know
How confusing is this label?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
How helpful is this label for determining the number of calories PER SERVING in this food?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
How helpful is this label for determining the number of calories PER ENTIRE CONTAINER ?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Nutrition Facts

Serving Size 1 oz (28g)
Servings Per Container About 2

	Per Serving	Per Container
Calories	180	360
	% Daily Value*	% Daily Value*
Total Fat	10g 15%	20g 30%
Saturated Fat	2g 8%	4g 16%
Trans Fat	0g	0g
Cholesterol	0mg 0%	0mg 0%
Sodium	240mg 10%	480mg 20%
Total Carbohydrate	25g 7%	50g 14%
Dietary Fiber	1g 6%	2g 12%
Sugars	3g	6g
Protein	2g	4g
Vitamin A	2%	4%
Vitamin C	0%	0%
Calcium	2%	4%
Iron	0%	0%

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Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Nutrition Facts

Serving Size 1 oz (28g)
Servings Per Container About 2

	Per Serving	Per Container
Calories	140	280
	% Daily Value*	% Daily Value*
Total Fat	8g 10%	16g 20%
Saturated Fat	1g 5%	2g 10%
Trans Fat	0g	0g
Cholesterol	0mg 0%	0mg 0%
Sodium	120mg 5%	240mg 10%
Total Carbohydrate	19g 7%	38g 14%
Dietary Fiber	3g 10%	6g 20%
Sugars	2g	4g
Protein	2g	4g
Vitamin A	5%	10%
Vitamin C	0%	0%
Calcium	0%	0%
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Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Based on what you can see on the labels, if you wanted to buy the healthier product, which of these two products would you select?

Please select one

- ☐ Chips on the Left
- ☐ Chips on the Right
- ☐ I can't tell

Nutrition Facts

Serving Size 1 oz (28g)
Servings Per Container About 2

	Per Serving	Per Container
Calories	180	360
	% Daily Value*	% Daily Value*
Total Fat	10g 15%	20g 30%
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Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Based on what you can see on the labels, if you wanted to buy the chips with the fewest calories **PER CONTAINER**, which of these two products would you select?

Please select one

- ☐ Chips on the Left
- ☐ Chips on the Right
- ☐ I can't tell

Nutrition Facts

Serving Size 1 oz (28g)

Servings Per Container About 2

	Per Serving	Per Container		
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	% Daily Value*	% Daily Value*		
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Sugars	3g		6g	
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Dietary Fiber	3g	10%	6g	20%
Sugars	2g		4g	
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Dietary Fiber		25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

Based on what you can see on the labels, if you wanted to buy the chips, with the fewest calories **PER SERVING**, which of these two products would you select?

Please select one

- ☐ Chips on the Left
- ☐ Chips on the Right
- ☐ I can't tell

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Servings Per Container About 2

	Per Serving		Per Container	
Calories	180		360	
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Cholesterol	0mg	0%	0mg	0%
Sodium	240mg	10%	480mg	20%
Total Carbohydrate	25g	7%	50g	14%
Dietary Fiber	1g	6%	2g	12%
Sugars	3g		6g	
Protein	2g		4g	
Vitamin A	2%		4%	
Vitamin C	0%		0%	
Calcium	2%		4%	
Iron	0%		0%	

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	Calories:	2,000	2,500
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Cholesterol	Less than	300mg	300mg
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Nutrition Facts

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	Per Serving		Per Container	
Calories	140		280	
	% Daily Value*		% Daily Value*	
Total Fat	8g	10%	16g	20%
Saturated Fat	1g	5%	2g	10%
Trans Fat	0g		0g	
Cholesterol	0mg	0%	0mg	0%
Sodium	120mg	5%	240mg	10%
Total Carbohydrate	19g	7%	38g	14%
Dietary Fiber	3g	10%	6g	20%
Sugars	2g		4g	
Protein	2g		4g	
Vitamin A	5%		10%	
Vitamin C	0%		0%	
Calcium	0%		0%	
Iron	2%		4%	

* Percent Daily Values are based on a 2,000 calorie diet.
Your Daily Values may be higher or lower depending on your calorie needs

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

For each nutrient listed below, tell us which product you think is healthier based on that specific nutrient, and not thinking about anything else.

Please select an answer for each nutrient

	Food on left is healthier	Food on right is healthier	Both foods are about the same	Don't know
Total Fat	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Sodium	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Sugars	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Vitamin A	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Fiber	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Iron	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

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The following questions are not based on the Nutrition Facts labels shown in the previous questions.

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During the past 30 days, about how often did you **BUY** these types of foods?

Please select one answer for each food

	Not at all	Less than once a week	Once a week	More than once a week	Don't know
Frozen Meal	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Chips	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>



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Global Opinion Panels

39%

During the past 30 days, about how often did you **EAT** these types of foods?



Please select one answer for each food

	Not at all	Less than once a week	Once a week	2-3 times a week	Every day or almost every day	Don't know
Chips	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Frozen Meal	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>



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Global Opinion Panel

41%

How familiar are you with the average nutritional qualities of...

Please select one for each

	Not at all familiar 1	2	3	4	Very familiar 5	Don't know
Chips	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Frozen Meals	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

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How healthy or nutritious would you say each of these foods is in general compared to other types of foods you eat? On a scale of 1 to 5, where 1 means "not healthy" and 5 means "very healthy," how healthy are ...

Please select one for each

	Not healthy 1	2	3	4	Very healthy 5	Don't know
Frozen Meals	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Chips	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>



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When shopping for **CHIPS** at the store, how important to you is each of the factors listed below? Use a scale of 1 to 5, where 1 means "Not at all important" and 5 means "Very important."

Please select one for each

	Not at all important 1	2	3	4	Very important 5	Do not buy chips	Don't know
Price	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Brand	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Healthiness	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Taste	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>



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When shopping for **A FROZEN MEAL** at the store, how important to you is each of the factors listed below? Use a scale of 1 to 5, where 1 means "Not at all important" and 5 means "Very important."

Please select one for each

	Not at all important 1	2	3	4	Very important 5	Do not buy frozen meals	Don't know
Price	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Brand	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Healthiness	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Taste	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

How often do you use the Nutrition Facts label when deciding to **BUY** a food product?

Please select one

- ☐ Often
- ☐ Sometimes
- ☐ Rarely
- ☐ Never
- ☐ Don't know

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When deciding to **BUY** a food product, how often, if at all, do you use the Nutrition Facts label in the following ways?

Please select one for each

	Often	Sometimes	Rarely	Never	Don't know
To help you decide which brand of a particular type of food to buy	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
To figure out how much of the food product you or your family should eat	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
To compare two different types of products to each other (e.g., soup vs. cereal)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
To see if something said in advertising or on the package is actually true	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
To get a general idea of the nutritional content of the food	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
	Often	Sometimes	Rarely	Never	Don't know
To see how high or low the food is in things like calories, salt, vitamins, or fat	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
To help you in meal planning	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

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How often do you use the Nutrition Facts label **AFTER** you have bought a food product?

Please select one

- ☐ Often
- ☐ Sometimes
- ☐ Rarely
- ☐ Never
- ☐ Don't know

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AFTER you have bought a food product, how often, if at all, do you use the Nutrition Facts label in the following ways?

Please select one for each

	Often	Sometimes	Rarely	Never	Don't know
To figure out how much of the food product you or your family should eat	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
To compare two different types of products to each other (e.g., soup vs. cereal)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
To see if something said in advertising or on the package is actually true	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
To get a general idea of the nutritional content of the food	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
To see how high or low the food is in things like calories, salt, vitamins, or fat	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
To help you in meal planning	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

How much do you agree with each of the following statements?

Please select one answer for each statement

	Strongly disagree	Somewhat disagree	Somewhat agree	Strongly agree	Don't know
I feel confident that I know how to use food labels to choose a nutritious diet.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
The nutrition information on food labels is easy to understand.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Reading food labels takes more time than I can spare.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
The nutrition information on food labels is useful to me.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Reading food labels makes it easier to choose foods.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
	Strongly disagree	Somewhat disagree	Somewhat agree	Strongly agree	Don't know
When I use food labels, I make better food choices.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Using food labels to choose foods is better than just relying on my own knowledge about what is in them.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

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Think about the "serving size" on a food label. What does serving size mean to you? Serving size is...

Please select all that apply

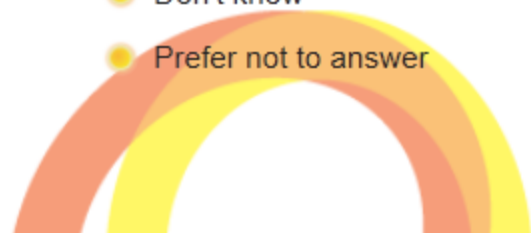
- ☐ The amount of this food that people should eat
- ☐ The amount of this food that people usually eat
- ☐ Something that makes it easier to compare foods
- ☐ Other
- ☐ Don't know

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Would you say your health in general is:

Please select one

- ☐ Excellent
- ☐ Very good
- ☐ Good
- ☐ Fair
- ☐ Poor
- ☐ Don't know
- ☐ Prefer not to answer

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Do you consider yourself to be overweight, underweight, or about the right weight?

Please select one

- ☐ Overweight
- ☐ Underweight
- ☐ About the right weight
- ☐ Don't know
- ☐ Prefer not to answer

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During the past 3 months, have you been trying to limit or cut down on these things in your diet?

Please select one for each

	Yes	No	Prefer not to answer	Don't know
Fat	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Carbs or carbohydrates	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Sodium or salt	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Calories	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Cholesterol	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Sugar	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

About how many calories do you think a person of your age, gender, and physical activity needs to consume in a day to maintain your weight?

Please select one

- ☐ Less than 500 calories
- ☐ 500-1000 calories
- ☐ 1001-1500 calories
- ☐ 1501-2000 calories
- ☐ 2001-2500 calories
- ☐ 2501-3000 calories
- ☐ More than 3000 calories
- ☐ Don't know

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We would also like to ask you a few questions about **cosmetics**. By cosmetics we mean toothpastes, shampoos, deodorants, skin moisturizers, perfumes, lipsticks, fingernail polishes, eye and facial makeup preparations, permanent waves, and hair colors.

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Have you ever had a bad reaction to a cosmetic [Include allergic reactions]?

Please select one

- ☐ Yes
- ☐ No
- ☐ Don't know

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Did you report the bad reaction?

Please select one

- ☐ Yes
- ☐ No
- ☐ Don't know

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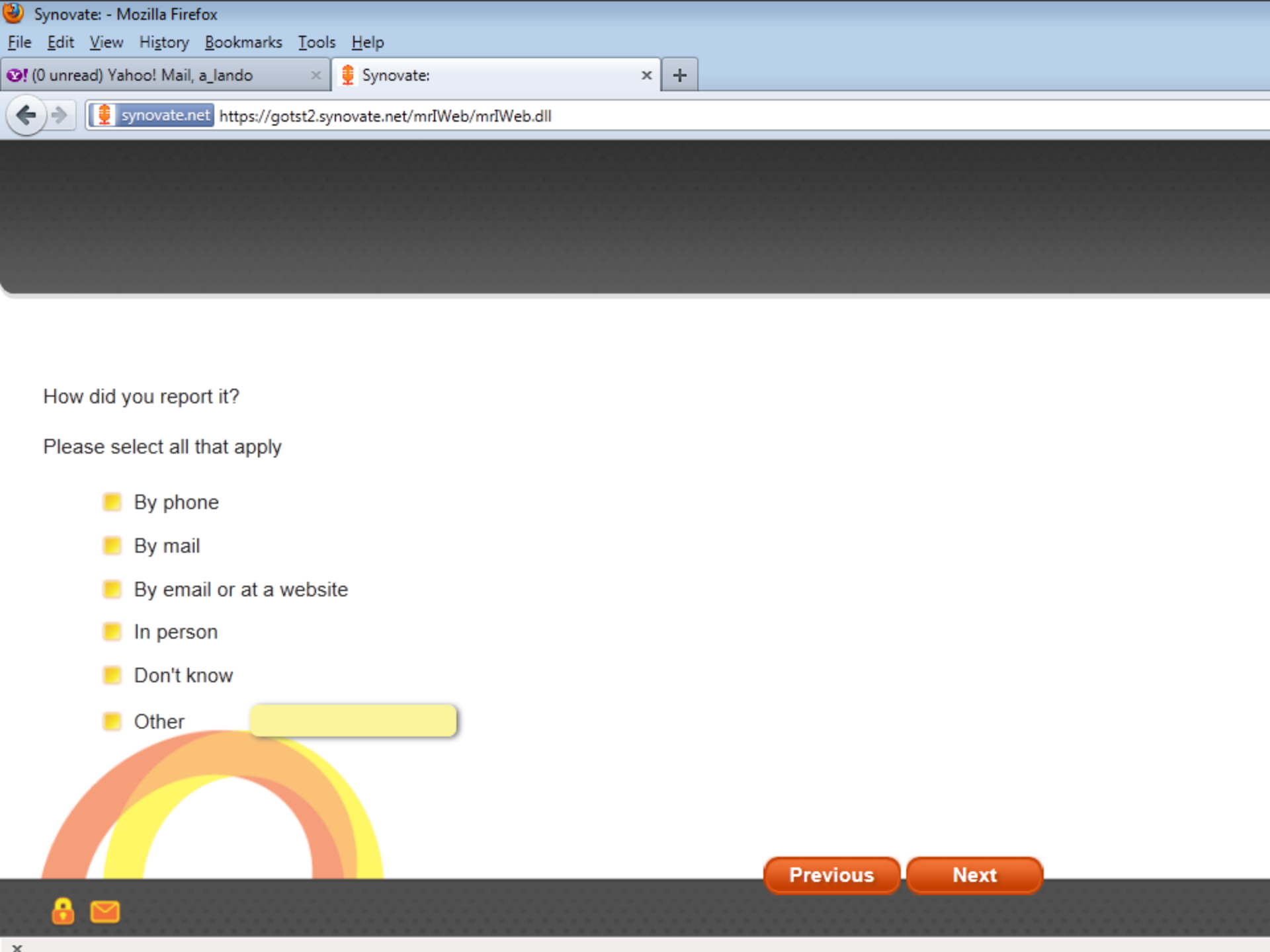
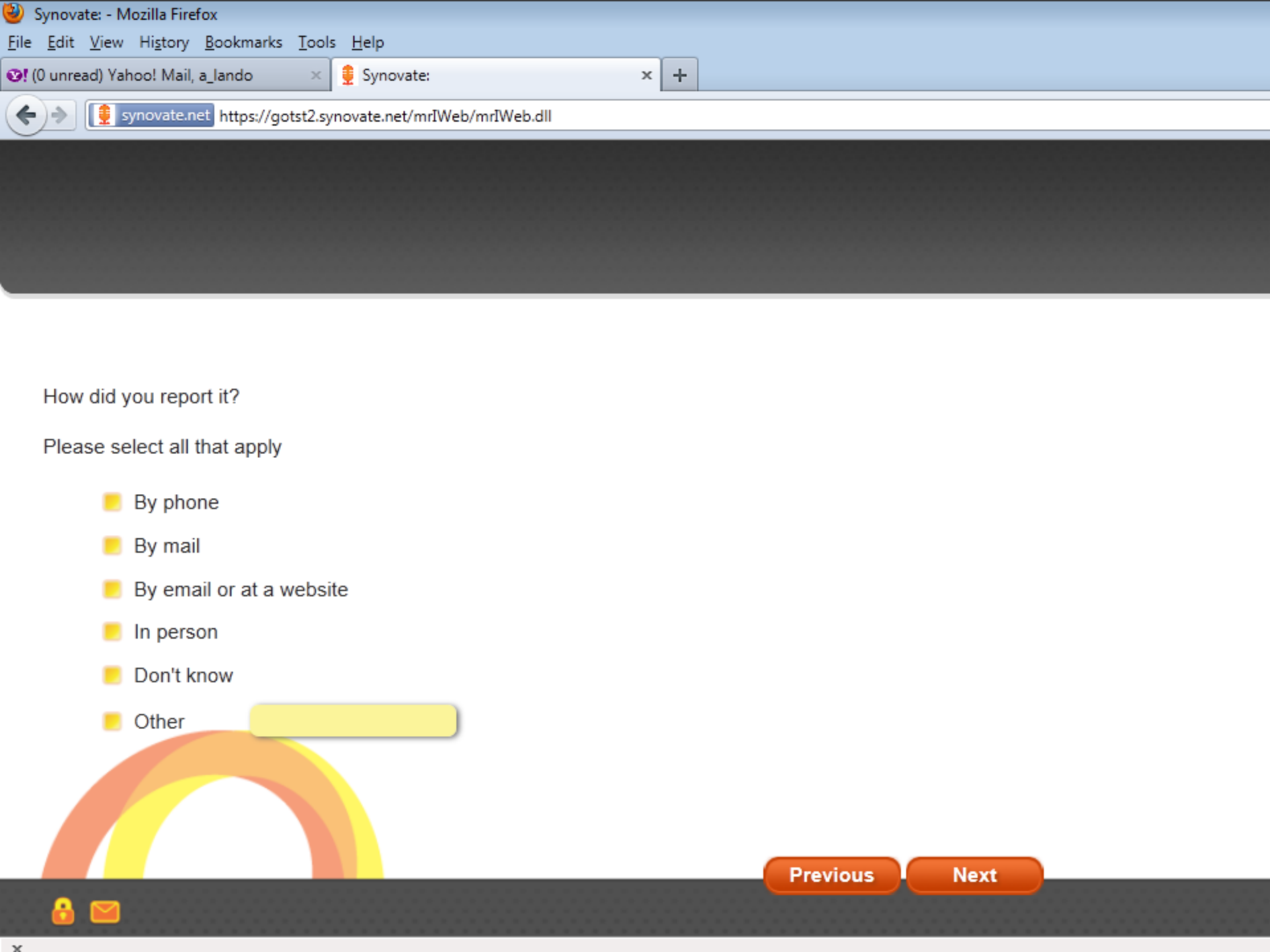


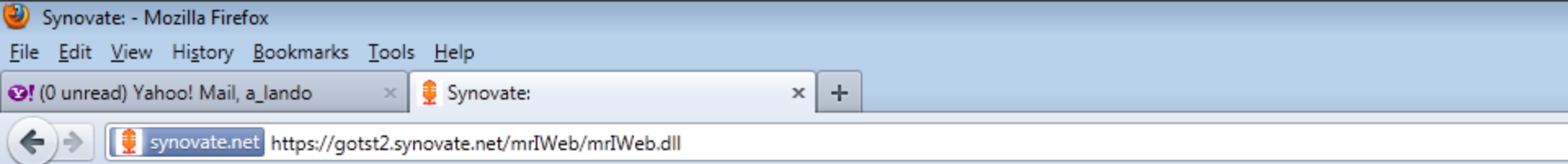
Where did you report the bad reaction?

You may select one or more option.

- ☐ My state or local health authority
- ☐ The manufacturer
- ☐ My healthcare provider
- ☐ The Food and Drug Administration
- ☐ Poison Control Center
- ☐ The Consumer Product Safety Commission
- ☐ The store where I bought it
- ☐ Other
- ☐ Don't know

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If you had a bad reaction to a cosmetic, where would you report it?

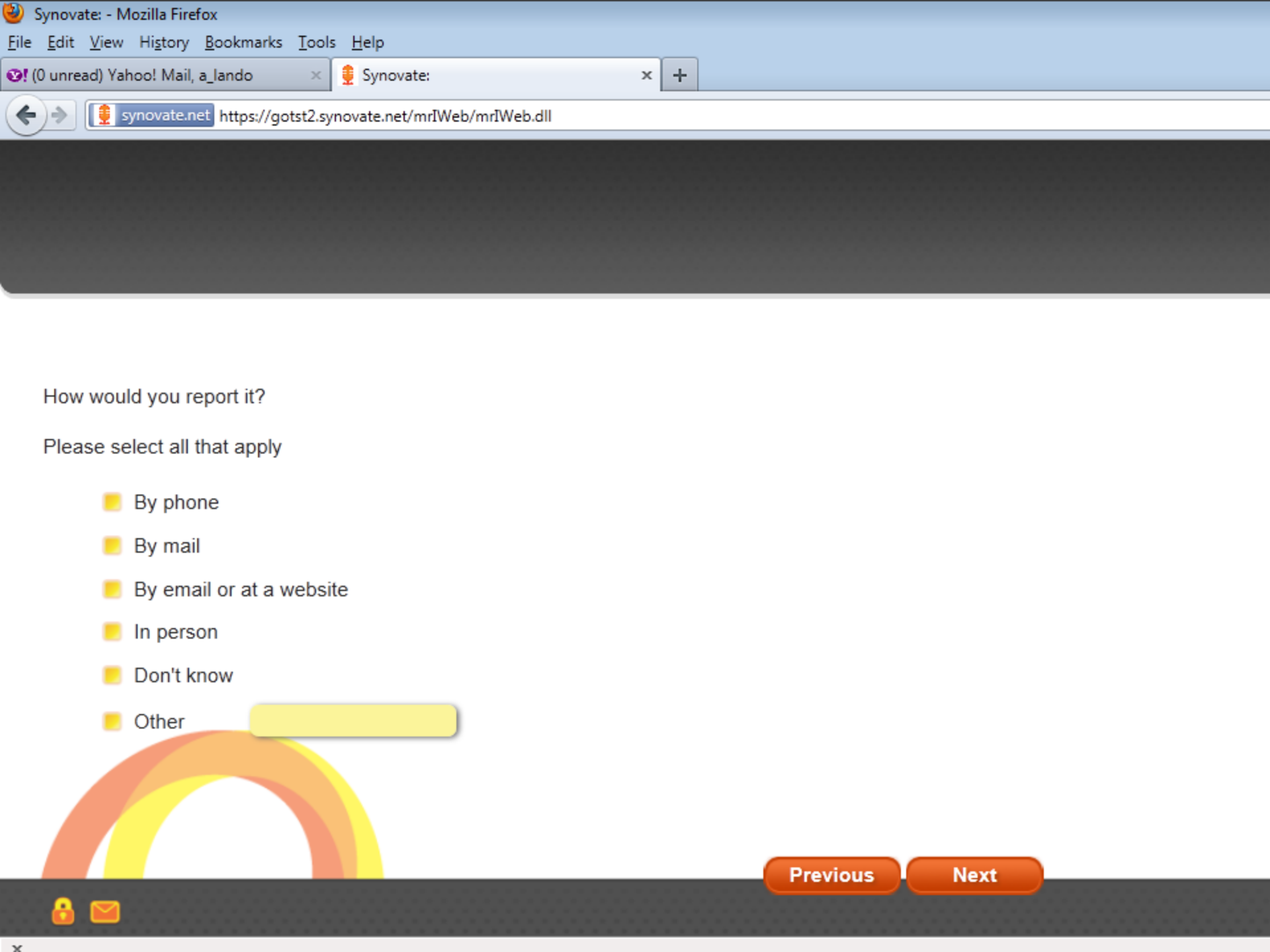
You may select one or more answer.

- ☐ My state or local health authority
- ☐ The manufacturer
- ☐ My healthcare provider
- ☐ The Food and Drug Administration
- ☐ Poison Control Center
- ☐ The Consumer Product Safety Commission
- ☐ The store where I bought it
- ☐ Other
- ☐ I would not report it

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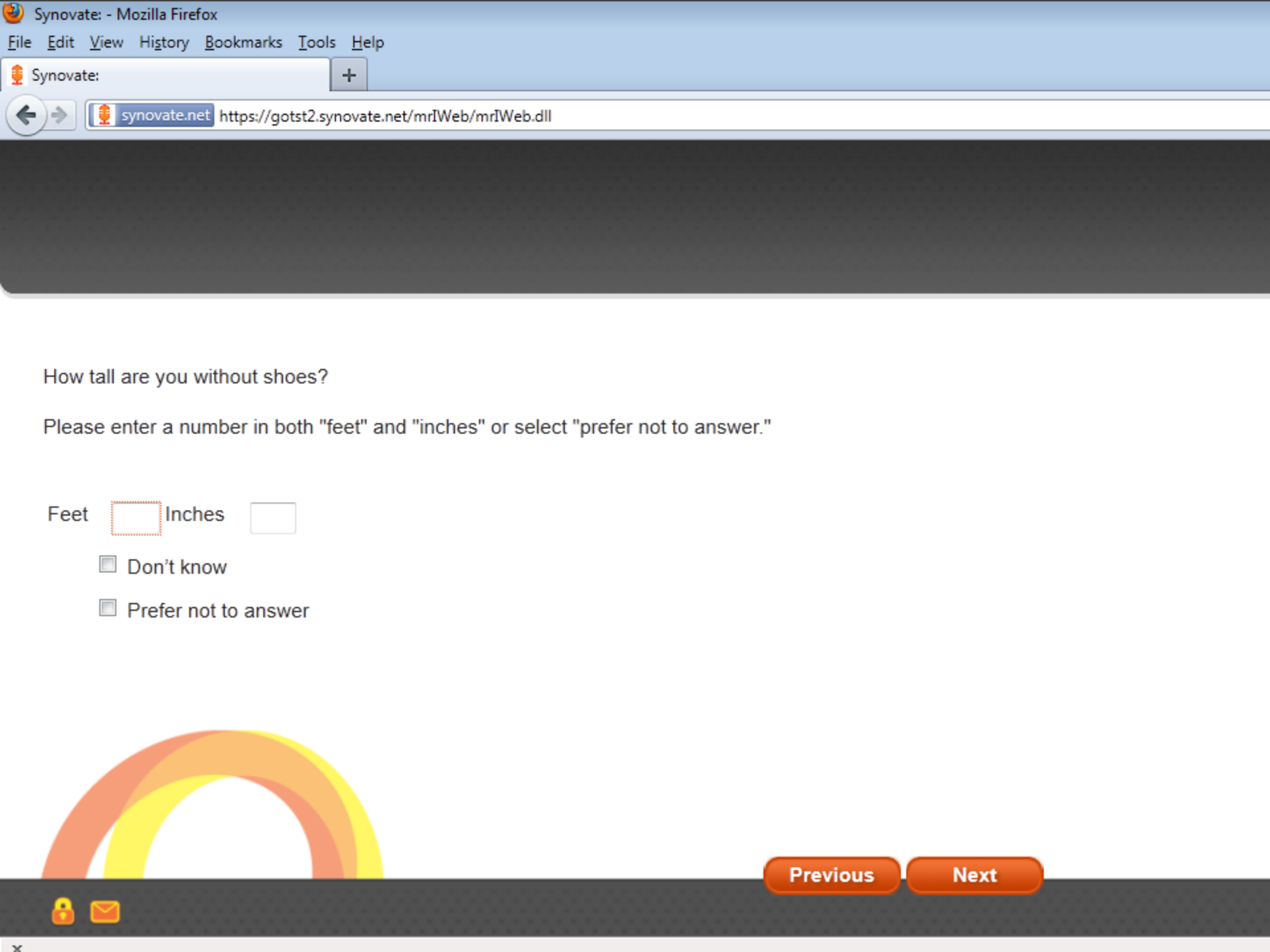
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The next few questions may seem a bit personal, but we need this information because this survey is about nutrition and health.

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How tall are you without shoes?

Please enter a number in both "feet" and "inches" or select "prefer not to answer."

Feet Inches

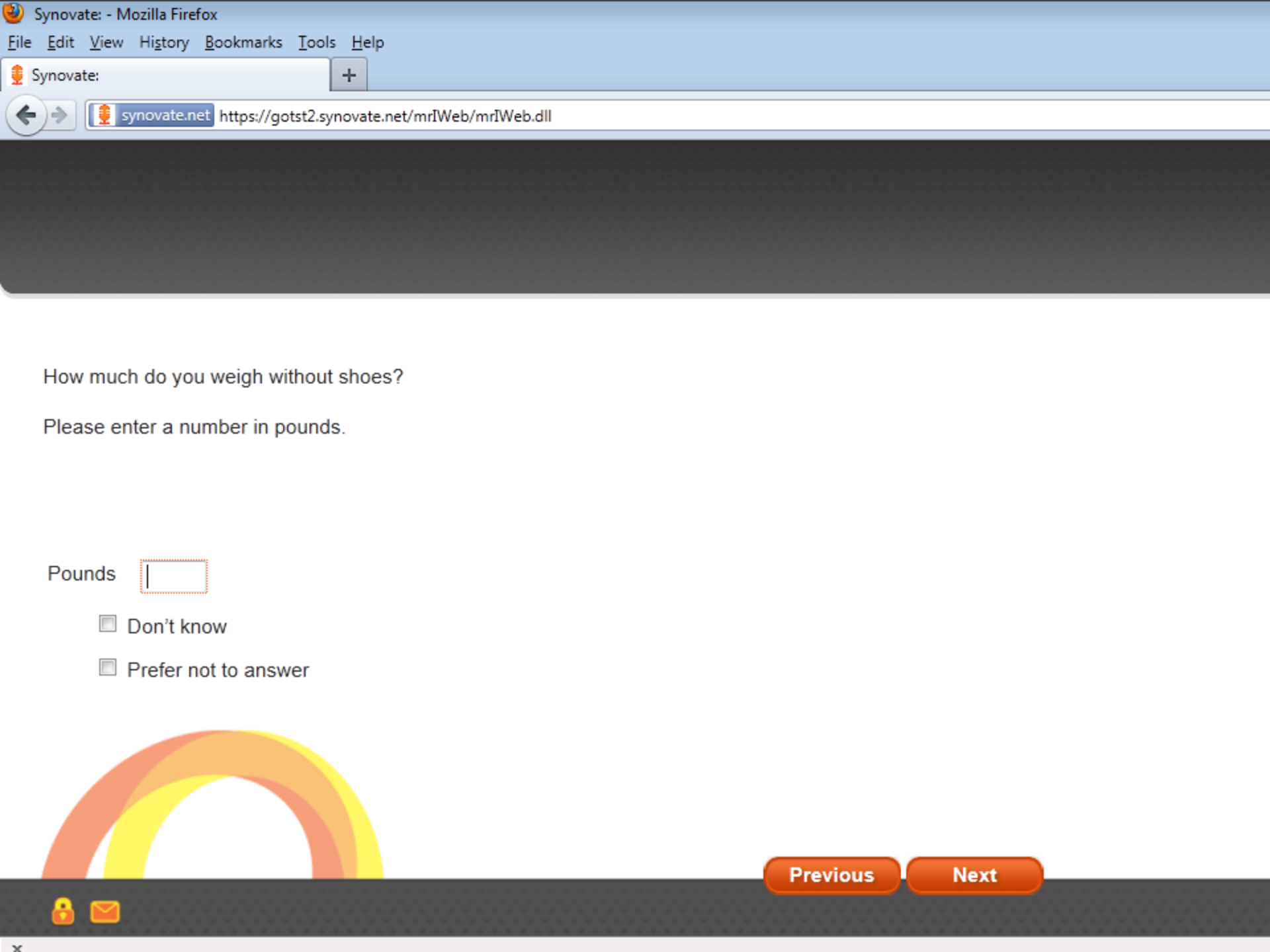
☐ Don't know

☐ Prefer not to answer



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How much do you weigh without shoes?

Please enter a number in pounds.

Pounds

☐ Don't know

☐ Prefer not to answer



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Have you ever been told by a doctor or other healthcare professional that you have any of the following health conditions? We don't need to know which condition, just whether you have **ANY** of them -- high blood pressure, diabetes, high cholesterol, heart disease, obesity, overweight, or cancer.

Please select one

- ☐ Yes
- ☐ No
- ☐ Prefer not to answer

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What is your sex?

Please select one

- ☐ Female
- ☐ Male
- ☐ Prefer not to answer

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What is the highest grade or level of school you have completed?

Please select one

- ☐ Less than 9th grade
- ☐ 9th to 12th grade, NO DIPLOMA
- ☐ High school graduate - DIPLOMA or GED
- ☐ Some college or Associate degree
- ☐ Bachelor's degree
- ☐ Graduate or professional degree
- ☐ Prefer not to answer

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What year were you born?

☐ Prefer not to answer

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Are you of Hispanic or Latino origin?

Please select one

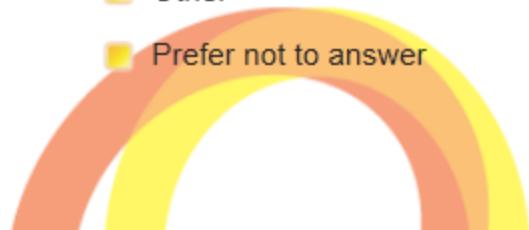
- ☐ Yes
- ☐ No
- ☐ Prefer not to answer

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What race do you consider yourself to be?

Please select one or more

- ☐ American Indian or Alaska Native
- ☐ Asian
- ☐ Black or African American
- ☐ Native Hawaiian or other Pacific Islander
- ☐ White
- ☐ Other
- ☐ Prefer not to answer

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Congratulations for completing this survey!

The reward points you earned will be added to your account total as soon as possible.

Your patience is appreciated, as some surveys require more time to do so. As a bonus, you will be entered into our monthly sweepstakes with a chance to win up to \$500!

Want to share more of your opinions with us?

[Click here](#) to see if other studies are available or to update your profile!

