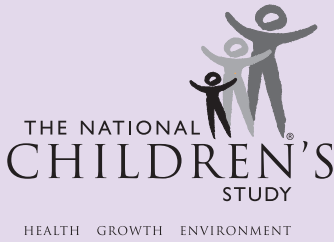




45196



National Children's Study Food Frequency Questionnaire

P1-T3

Instructions

- ➔ This questionnaire asks you about the foods you ate over the past 3 months.
- ➔ Answer each question as best you can. Estimate if you are not sure. A guess is better than leaving a blank.
- ➔ Use only a black or blue pen. Do not use a felt-tip pen or a pencil.
- ➔ Do not fold, staple, or tear the pages.
- ➔ Mark to indicate your answer.
- ➔ If you want to change your answer, mark on the wrong answer and put an X in the box next to the correct answer.
- ➔ If you mark NEVER, NO, or DON'T KNOW for a question, please follow any arrows or instructions that direct you to the next question.

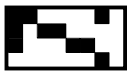


NOTIFICATION TO RESPONDENT OF ESTIMATED BURDEN

Public reporting burden for this collection of information is estimated to average 30 minutes per response, including the time for reviewing instructions, searching existing data sources, gathering and maintaining the data needed, and completing and reviewing 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 currently 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 Office, 6705 Rockledge Drive, MSC 7974, Bethesda, MD 20892-7974, ATTN: PRA (0925-0590). Do not return the completed form to this address.



Place Label Here



45196

1. Over the past 3 months, how often did you drink **tomato juice** or **vegetable juice**?

- NEVER (GO TO QUESTION 2)
- Less than 1 time per month 5-6 times per week
- 1 time per month 1 time per day
- 2-3 times per month 2-3 times per day
- 1-2 times per week 4-5 times per day
- 3-4 times per week 6 or more times per day

1a. Each time you drank **tomato juice** or **vegetable juice**, how much did you usually drink?

- Less than 3/4 cup (6 ounces)
- 3/4 to 1 1/4 cups (6 to 10 ounces)
- More than 1 1/4 cups (10 ounces)

2. Over the past 3 months, how often did you drink **orange juice** or **grapefruit juice**?

- NEVER (GO TO QUESTION 3)
- Less than 1 time per month 5-6 times per week
- 1 time per month 1 time per day
- 2-3 times per month 2-3 times per day
- 1-2 times per week 4-5 times per day
- 3-4 times per week 6 or more times per day

2a. Each time you drank **orange juice** or **grapefruit juice**, how much did you usually drink?

- Less than 3/4 cup (6 ounces)
- 3/4 to 1 1/4 cups (6 to 10 ounces)
- More than 1 1/4 cups (10 ounces)

3. Over the past 3 months, how often did you drink **other 100% fruit juice** or **100% fruit juice mixtures** (such as apple, grape, pineapple, or others)?

- NEVER (GO TO QUESTION 4)
- Less than 1 time per month 5-6 times per week
- 1 time per month 1 time per day
- 2-3 times per month 2-3 times per day
- 1-2 times per week 4-5 times per day
- 3-4 times per week 6 or more times per day

Question 4 appears in the next column.

3a. Each time you drank **other 100% fruit juice** or **100% fruit juice mixtures**, how much did you usually drink?

- Less than 3/4 cup (6 ounces)
- 3/4 to 1 1/2 cups (6 to 12 ounces)
- More than 1 1/2 cups (12 ounces)

4. Over the past 3 months, how often did you drink other **fruit drinks** (such as cranberry cocktail, Hi-C, lemonade, or Kool-Aid, diet or regular)?

- NEVER (GO TO QUESTION 5)
- Less than 1 time per month 5-6 times per week
- 1 time per month 1 time per day
- 2-3 times per month 2-3 times per day
- 1-2 times per week 4-5 times per day
- 3-4 times per week 6 or more times per day

4a. Each time you drank **fruit drinks**, how much did you usually drink?

- Less than 1 cup (8 ounces)
- 1 to 2 cups (8 to 16 ounces)
- More than 2 cups (16 ounces)

4b. How often were your fruit drinks **diet** or **sugar-free**?

- Almost never or never
- About 1/4 of the time
- About 1/2 of the time
- About 3/4 of the time
- Almost always or always

5. How often did you drink **milk as a beverage** (NOT in coffee, NOT in cereal)? (Please include chocolate milk, hot chocolate made with milk, soy milk, rice milk, and other types of milk.)

- NEVER (GO TO QUESTION 6)
- Less than 1 time per month 5-6 times per week
- 1 time per month 1 time per day
- 2-3 times per month 2-3 times per day
- 1-2 times per week 4-5 times per day
- 3-4 times per week 6 or more times per day

5a. Each time you drank **milk as a beverage**, how much did you usually drink?

- Less than 1 cup (8 ounces)
- 1 to 1 1/2 cups (8 to 12 ounces)
- More than 1 1/2 cups (12 ounces)

Question 6 appears on the next page.

Over the past 3 months...

5b. What kind of **milk** did you usually drink?

- Whole milk
- 2% fat milk
- 1% fat milk
- Skim, nonfat, or ½% fat milk
- Soy milk
- Rice milk
- Raw, unpasteurized milk
- Other

6. How often did you drink **meal replacement, energy, or high-protein beverages** such as Instant Breakfast, Ensure, Slimfast, Sustacal or others?

NEVER (GO TO QUESTION 7)

- | | |
|---|--|
| <input type="checkbox"/> Less than 1 time per month | <input type="checkbox"/> 5–6 times per week |
| <input type="checkbox"/> 1 time per month | <input type="checkbox"/> 1 time per day |
| <input type="checkbox"/> 2–3 times per month | <input type="checkbox"/> 2–3 times per day |
| <input type="checkbox"/> 1–2 times per week | <input type="checkbox"/> 4–5 times per day |
| <input type="checkbox"/> 3–4 times per week | <input type="checkbox"/> 6 or more times per day |

6a. Each time you drank **meal replacement, energy, or high-protein beverages**, how much did you usually drink?

- Less than 1 cup (8 ounces)
- 1 to 1½ cups (8 to 12 ounces)
- More than 1½ cups (12 ounces)

7. How often did you drink **soft drinks, soda, or pop**?

NEVER (GO TO QUESTION 8)

- | | |
|---|--|
| <input type="checkbox"/> Less than 1 time per month | <input type="checkbox"/> 5–6 times per week |
| <input type="checkbox"/> 1 time per month | <input type="checkbox"/> 1 time per day |
| <input type="checkbox"/> 2–3 times per month | <input type="checkbox"/> 2–3 times per day |
| <input type="checkbox"/> 1–2 times per week | <input type="checkbox"/> 4–5 times per day |
| <input type="checkbox"/> 3–4 times per week | <input type="checkbox"/> 6 or more times per day |

7a. Each time you drank **soft drinks, soda, or pop**, how much did you usually drink?

- Less than 12 ounces or less than 1 can or bottle
- 12 to 16 ounces or 1 can or bottle
- More than 16 ounces or more than 1 can or bottle

7b. How often were these soft drinks, soda, or pop **diet or sugar-free**?

- Almost never or never
- About ¼ of the time
- About ½ of the time
- About ¾ of the time
- Almost always or always

7c. How often were these soft drinks, soda, or pop **caffeine-free**?

- Almost never or never
- About ¼ of the time
- About ½ of the time
- About ¾ of the time
- Almost always or always

8. How often did you drink **beer**?

NEVER (GO TO QUESTION 9)

- | | |
|---|--|
| <input type="checkbox"/> Less than 1 time per month | <input type="checkbox"/> 5–6 times per week |
| <input type="checkbox"/> 1 time per month | <input type="checkbox"/> 1 time per day |
| <input type="checkbox"/> 2–3 times per month | <input type="checkbox"/> 2–3 times per day |
| <input type="checkbox"/> 1–2 times per week | <input type="checkbox"/> 4–5 times per day |
| <input type="checkbox"/> 3–4 times per week | <input type="checkbox"/> 6 or more times per day |

8a. Each time you drank **beer**, how much did you usually drink?

- Less than a 12-ounce can or bottle
- 1 to 3 12-ounce cans or bottles
- More than 3 12-ounce cans or bottles

9. How often did you drink **wine or wine coolers**?

NEVER (GO TO QUESTION 10)

- | | |
|---|--|
| <input type="checkbox"/> Less than 1 time per month | <input type="checkbox"/> 5–6 times per week |
| <input type="checkbox"/> 1 time per month | <input type="checkbox"/> 1 time per day |
| <input type="checkbox"/> 2–3 times per month | <input type="checkbox"/> 2–3 times per day |
| <input type="checkbox"/> 1–2 times per week | <input type="checkbox"/> 4–5 times per day |
| <input type="checkbox"/> 3–4 times per week | <input type="checkbox"/> 6 or more times per day |

9a. Each time you drank **wine or wine coolers**, how much did you usually drink?

- Less than 5 ounces or less than 1 glass
- 5 to 12 ounces or 1 to 2 glasses
- More than 12 ounces or more than 2 glasses

Question 8 appears in the next column.

Question 10 appears on the next page.

Over the past 3 months...

10. How often did you drink **liquor** or **mixed drinks**?

NEVER (GO TO QUESTION 11)

- | | |
|---|--|
| <input type="checkbox"/> Less than 1 time per month | <input type="checkbox"/> 5-6 times per week |
| <input type="checkbox"/> 1 time per month | <input type="checkbox"/> 1 time per day |
| <input type="checkbox"/> 2-3 times per month | <input type="checkbox"/> 2-3 times per day |
| <input type="checkbox"/> 1-2 times per week | <input type="checkbox"/> 4-5 times per day |
| <input type="checkbox"/> 3-4 times per week | <input type="checkbox"/> 6 or more times per day |

10a. Each time you drank **liquor** or **mixed drinks**, how much did you usually drink?

- Less than 1 shot of liquor
 1 to 3 shots of liquor
 More than 3 shots of liquor

11. How often did you eat **oatmeal, grits, or other cooked cereal**?

NEVER (GO TO QUESTION 12)

- | | |
|---|--|
| <input type="checkbox"/> Less than 1 time per month | <input type="checkbox"/> 3-4 times per week |
| <input type="checkbox"/> 1 time per month | <input type="checkbox"/> 5-6 times per week |
| <input type="checkbox"/> 2-3 times per month | <input type="checkbox"/> 1 time per day |
| <input type="checkbox"/> 1 time per week | <input type="checkbox"/> 2 or more times per day |
| <input type="checkbox"/> 2 times per week | |

11a. Each time you ate **oatmeal, grits, or other cooked cereal**, how much did you usually eat?

- Less than $\frac{3}{4}$ cup
 $\frac{3}{4}$ to $1\frac{1}{4}$ cups
 More than $1\frac{1}{4}$ cups

12. How often did you eat **cold cereal**?

NEVER (GO TO QUESTION 13)

- | | |
|---|--|
| <input type="checkbox"/> Less than 1 time per month | <input type="checkbox"/> 3-4 times per week |
| <input type="checkbox"/> 1 time per month | <input type="checkbox"/> 5-6 times per week |
| <input type="checkbox"/> 2-3 times per month | <input type="checkbox"/> 1 time per day |
| <input type="checkbox"/> 1 time per week | <input type="checkbox"/> 2 or more times per day |
| <input type="checkbox"/> 2 times per week | |

12a. Each time you ate **cold cereal**, how much did you usually eat?

- Less than 1 cup
 1 to $2\frac{1}{2}$ cups
 More than $2\frac{1}{2}$ cups

12b. How often was the cold cereal you ate **Total, Product 19, or Right Start**?

- Almost never or never
 About $\frac{1}{4}$ of the time
 About $\frac{1}{2}$ of the time
 About $\frac{3}{4}$ of the time
 Almost always or always

12c. How often was the cold cereal you ate **All Bran, Fiber One, 100% Bran, or Bran Buds**?

- Almost never or never
 About $\frac{1}{4}$ of the time
 About $\frac{1}{2}$ of the time
 About $\frac{3}{4}$ of the time
 Almost always or always

12d. How often was the cold cereal you ate **some other bran or fiber cereal** (such as Cheerios, Shredded Wheat, Raisin Bran, Bran Flakes, Grape-Nuts, Granola, Wheaties, or Healthy Choice)?

- Almost never or never
 About $\frac{1}{4}$ of the time
 About $\frac{1}{2}$ of the time
 About $\frac{3}{4}$ of the time
 Almost always or always

12e. How often was the cold cereal you ate any **other type of cold cereal** (such as Corn Flakes, Rice Krispies, Frosted Flakes, Special K, Froot Loops, Cap'n Crunch, or others)?

- Almost never or never
 About $\frac{1}{4}$ of the time
 About $\frac{1}{2}$ of the time
 About $\frac{3}{4}$ of the time
 Almost always or always

12f. Was **milk** added to your cold cereal? (Please include soy milk, rice milk, and other kinds of milk.)

- NO (GO TO QUESTION 13)
 YES

12g. What kind of **milk** was usually added?

- Whole milk
 2% fat milk
 1% fat milk
 Skim, nonfat, or $\frac{1}{2}$ % fat milk
 Soy milk
 Rice milk
 Raw, unpasteurized milk
 Other

Question 13 appears on the next page.

Question 13 appears on the next page.



Over the past 3 months...

12h. Each time **milk was added to your cold cereal**, how much was usually added?

- Less than ½ cup
 ½ cup to 1 cup
 More than 1 cup

13. How often did you eat **applesauce**?

- NEVER (GO TO QUESTION 14)
- | | |
|---|--|
| <input type="checkbox"/> Less than 1 time per month | <input type="checkbox"/> 3–4 times per week |
| <input type="checkbox"/> 1 time per month | <input type="checkbox"/> 5–6 times per week |
| <input type="checkbox"/> 2–3 times per month | <input type="checkbox"/> 1 time per day |
| <input type="checkbox"/> 1 time per week | <input type="checkbox"/> 2 or more times per day |
| <input type="checkbox"/> 2 times per week | |

13a. Each time you ate **applesauce**, how much did you usually eat?

- Less than ½ cup
 ½ to 1 cup
 More than 1 cup

14. How often did you eat **apples**?

- NEVER (GO TO QUESTION 15)
- | | |
|---|--|
| <input type="checkbox"/> Less than 1 time per month | <input type="checkbox"/> 3–4 times per week |
| <input type="checkbox"/> 1 time per month | <input type="checkbox"/> 5–6 times per week |
| <input type="checkbox"/> 2–3 times per month | <input type="checkbox"/> 1 time per day |
| <input type="checkbox"/> 1 time per week | <input type="checkbox"/> 2 or more times per day |
| <input type="checkbox"/> 2 times per week | |

14a. Each time you ate **apples**, how many did you usually eat?

- Less than 1 apple
 1 apple
 More than 1 apple

15. How often did you eat **pears** (fresh, canned, or frozen)?

- NEVER (GO TO QUESTION 16)
- | | |
|---|--|
| <input type="checkbox"/> Less than 1 time per month | <input type="checkbox"/> 3–4 times per week |
| <input type="checkbox"/> 1 time per month | <input type="checkbox"/> 5–6 times per week |
| <input type="checkbox"/> 2–3 times per month | <input type="checkbox"/> 1 time per day |
| <input type="checkbox"/> 1 time per week | <input type="checkbox"/> 2 or more times per day |
| <input type="checkbox"/> 2 times per week | |

15a. Each time you ate **pears**, how many did you usually eat?

- Less than 1 pear
 1 pear
 More than 1 pear

16. How often did you eat **bananas**?

- NEVER (GO TO QUESTION 17)
- | | |
|---|--|
| <input type="checkbox"/> Less than 1 time per month | <input type="checkbox"/> 3–4 times per week |
| <input type="checkbox"/> 1 time per month | <input type="checkbox"/> 5–6 times per week |
| <input type="checkbox"/> 2–3 times per month | <input type="checkbox"/> 1 time per day |
| <input type="checkbox"/> 1 time per week | <input type="checkbox"/> 2 or more times per day |
| <input type="checkbox"/> 2 times per week | |

16a. Each time you ate **bananas**, how many did you usually eat?

- Less than 1 banana
 1 banana
 More than 1 banana

17. How often did you eat **dried fruit**, such as prunes or raisins (not including dried apricots)?

- NEVER (GO TO QUESTION 18)
- | | |
|---|--|
| <input type="checkbox"/> Less than 1 time per month | <input type="checkbox"/> 3–4 times per week |
| <input type="checkbox"/> 1 time per month | <input type="checkbox"/> 5–6 times per week |
| <input type="checkbox"/> 2–3 times per month | <input type="checkbox"/> 1 time per day |
| <input type="checkbox"/> 1 time per week | <input type="checkbox"/> 2 or more times per day |
| <input type="checkbox"/> 2 times per week | |

17a. Each time you ate **dried fruit**, how much did you usually eat (not including dried apricots)?

- Less than 2 tablespoons
 2 to 5 tablespoons
 More than 5 tablespoons

18. How often did you eat **peaches, nectarines, or plums** (fresh, canned, or frozen)?

- NEVER (GO TO QUESTION 19)
- | | |
|---|--|
| <input type="checkbox"/> Less than 1 time per month | <input type="checkbox"/> 3–4 times per week |
| <input type="checkbox"/> 1 time per month | <input type="checkbox"/> 5–6 times per week |
| <input type="checkbox"/> 2–3 times per month | <input type="checkbox"/> 1 time per day |
| <input type="checkbox"/> 1 time per week | <input type="checkbox"/> 2 or more times per day |
| <input type="checkbox"/> 2 times per week | |

Question 16 appears in the next column.

Question 19 appears on the next page.



Over the past 3 months...

18a. Each time you ate **peaches, nectarines, or plums**, how much did you usually eat?

- Less than 1 fruit or less than ½ cup
 1 to 2 fruits or ½ to ¾ cup
 More than 2 fruits or more than ¾ cup

19. How often did you eat **grapes**?

NEVER (GO TO QUESTION 20)

- Less than 1 time per month 3–4 times per week
 1 time per month 5–6 times per week
 2–3 times per month 1 time per day
 1 time per week 2 or more times per day
 2 times per week

19a. Each time you ate **grapes**, how much did you usually eat?

- Less than ½ cup or less than 10 grapes
 ½ to 1 cup or 10 to 30 grapes
 More than 1 cup or more than 30 grapes

20. How often did you eat **cantaloupe** (fresh or frozen)?

NEVER (GO TO QUESTION 21)

- Less than 1 time per month 3–4 times per week
 1 time per month 5–6 times per week
 2–3 times per month 1 time per day
 1 time per week 2 or more times per day
 2 times per week

20a. Each time you ate **cantaloupe**, how much did you usually eat?

- Less than ¼ melon or less than ½ cup
 ¼ melon or ½ to 1 cup
 More than ¼ melon or more than 1 cup

Question 21 appears in the next column.

21. How often did you eat **melon** (fresh or frozen), **other than cantaloupe** (such as watermelon or honeydew)?

NEVER (GO TO QUESTION 22)

- Less than 1 time per month 3–4 times per week
 1 time per month 5–6 times per week
 2–3 times per month 1 time per day
 1 time per week 2 or more times per day
 2 times per week

21a. Each time you ate **melon other than cantaloupe**, how much did you usually eat?

- Less than ½ cup or 1 small wedge
 ½ to 2 cups or 1 medium wedge
 More than 2 cups or 1 large wedge

22. How often did you eat **strawberries** (fresh or frozen)?

NEVER (GO TO QUESTION 23)

- Less than 1 time per month 3–4 times per week
 1 time per month 5–6 times per week
 2–3 times per month 1 time per day
 1 time per week 2 or more times per day
 2 times per week

22a. Each time you ate **strawberries**, how much did you usually eat?

- Less than ¼ cup or less than 3 berries
 ¼ to ¾ cup or 3 to 8 berries
 More than ¾ cup or more than 8 berries

23. How often did you eat **oranges, tangerines, or tangelos** (fresh or canned)?

NEVER (GO TO QUESTION 24)

- Less than 1 time per month 3–4 times per week
 1 time per month 5–6 times per week
 2–3 times per month 1 time per day
 1 time per week 2 or more times per day
 2 times per week

23a. Each time you ate **oranges, tangerines, or tangelos**, how many did you usually eat?

- Less than 1 fruit
 1 fruit
 More than 1 fruit

Question 24 appears on the next page.



45196

Over the past 3 months...

24. How often did you eat **grapefruit** (fresh or canned)?

NEVER (GO TO QUESTION 25)

- | | |
|---|--|
| <input type="checkbox"/> Less than 1 time per month | <input type="checkbox"/> 3-4 times per week |
| <input type="checkbox"/> 1 time per month | <input type="checkbox"/> 5-6 times per week |
| <input type="checkbox"/> 2-3 times per month | <input type="checkbox"/> 1 time per day |
| <input type="checkbox"/> 1 time per week | <input type="checkbox"/> 2 or more times per day |
| <input type="checkbox"/> 2 times per week | |

24a. Each time you ate **grapefruit**, how much did you usually eat?

- Less than 1/2 grapefruit
- 1/2 grapefruit
- More than 1/2 grapefruit

25. How often did you eat **other kinds of fruit**?

NEVER (GO TO QUESTION 26)

- | | |
|---|--|
| <input type="checkbox"/> Less than 1 time per month | <input type="checkbox"/> 3-4 times per week |
| <input type="checkbox"/> 1 time per month | <input type="checkbox"/> 5-6 times per week |
| <input type="checkbox"/> 2-3 times per month | <input type="checkbox"/> 1 time per day |
| <input type="checkbox"/> 1 time per week | <input type="checkbox"/> 2 or more times per day |
| <input type="checkbox"/> 2 times per week | |

25a. Each time you ate **other kinds of fruit**, how much did you usually eat?

- Less than 1/4 cup
- 1/4 to 3/4 cup
- More than 3/4 cup

26. How often did you eat **COOKED greens** (such as spinach, turnip, collard, mustard, chard, or kale)?

NEVER (GO TO QUESTION 27)

- | | |
|---|--|
| <input type="checkbox"/> Less than 1 time per month | <input type="checkbox"/> 3-4 times per week |
| <input type="checkbox"/> 1 time per month | <input type="checkbox"/> 5-6 times per week |
| <input type="checkbox"/> 2-3 times per month | <input type="checkbox"/> 1 time per day |
| <input type="checkbox"/> 1 time per week | <input type="checkbox"/> 2 or more times per day |
| <input type="checkbox"/> 2 times per week | |

26a. Each time you ate **COOKED greens**, how much did you usually eat?

- Less than 1/2 cup
- 1/2 to 1 cup
- More than 1 cup

27. How often did you eat **RAW greens** (such as spinach, turnip, collard, mustard, chard, or kale)? (We will ask about lettuce later.)

NEVER (GO TO QUESTION 28)

- | | |
|---|--|
| <input type="checkbox"/> Less than 1 time per month | <input type="checkbox"/> 3-4 times per week |
| <input type="checkbox"/> 1 time per month | <input type="checkbox"/> 5-6 times per week |
| <input type="checkbox"/> 2-3 times per month | <input type="checkbox"/> 1 time per day |
| <input type="checkbox"/> 1 time per week | <input type="checkbox"/> 2 or more times per day |
| <input type="checkbox"/> 2 times per week | |

27a. Each time you ate **RAW greens**, how much did you usually eat?

- Less than 1/2 cup
- 1/2 to 1 cup
- More than 1 cup

28. How often did you eat **coleslaw**?

NEVER (GO TO QUESTION 29)

- | | |
|---|--|
| <input type="checkbox"/> Less than 1 time per month | <input type="checkbox"/> 3-4 times per week |
| <input type="checkbox"/> 1 time per month | <input type="checkbox"/> 5-6 times per week |
| <input type="checkbox"/> 2-3 times per month | <input type="checkbox"/> 1 time per day |
| <input type="checkbox"/> 1 time per week | <input type="checkbox"/> 2 or more times per day |
| <input type="checkbox"/> 2 times per week | |

28a. Each time you ate **coleslaw**, how much did you usually eat?

- Less than 1/4 cup
- 1/4 to 3/4 cup
- More than 3/4 cup

29. How often did you eat **cabbage** (other than coleslaw)?

NEVER (GO TO QUESTION 30)

- | | |
|---|--|
| <input type="checkbox"/> Less than 1 time per month | <input type="checkbox"/> 3-4 times per week |
| <input type="checkbox"/> 1 time per month | <input type="checkbox"/> 5-6 times per week |
| <input type="checkbox"/> 2-3 times per month | <input type="checkbox"/> 1 time per day |
| <input type="checkbox"/> 1 time per week | <input type="checkbox"/> 2 or more times per day |
| <input type="checkbox"/> 2 times per week | |

29a. Each time you ate **cabbage**, how much did you usually eat?

- Less than 1/4 cup
- 1/4 to 1 cup
- More than 1 cup

Question 27 appears in the next column.

Question 30 appears on the next page.



Over the past 3 months...

30. How often did you eat **carrots** (fresh, canned or frozen)?

NEVER (GO TO QUESTION 31)

- | | |
|---|--|
| <input type="checkbox"/> Less than 1 time per month | <input type="checkbox"/> 3-4 times per week |
| <input type="checkbox"/> 1 time per month | <input type="checkbox"/> 5-6 times per week |
| <input type="checkbox"/> 2-3 times per month | <input type="checkbox"/> 1 time per day |
| <input type="checkbox"/> 1 time per week | <input type="checkbox"/> 2 or more times per day |
| <input type="checkbox"/> 2 times per week | |

30a. Each time you ate **carrots**, how much did you usually eat?

- Less than 1/4 cup or less than 2 baby carrots
 1/4 to 1/2 cup or 2 to 5 baby carrots
 More than 1/2 cup or more than 5 baby carrots

31. How often did you eat **string beans** or **green beans** (fresh, canned, or frozen)?

NEVER (GO TO QUESTION 32)

- | | |
|---|--|
| <input type="checkbox"/> Less than 1 time per month | <input type="checkbox"/> 3-4 times per week |
| <input type="checkbox"/> 1 time per month | <input type="checkbox"/> 5-6 times per week |
| <input type="checkbox"/> 2-3 times per month | <input type="checkbox"/> 1 time per day |
| <input type="checkbox"/> 1 time per week | <input type="checkbox"/> 2 or more times per day |
| <input type="checkbox"/> 2 times per week | |

31a. Each time you ate **string beans** or **green beans**, how much did you usually eat?

- Less than 1/2 cup
 1/2 to 1 cup
 More than 1 cup

32. How often did you eat **peas** (fresh, canned, or frozen)?

NEVER (GO TO QUESTION 33)

- | | |
|---|--|
| <input type="checkbox"/> Less than 1 time per month | <input type="checkbox"/> 3-4 times per week |
| <input type="checkbox"/> 1 time per month | <input type="checkbox"/> 5-6 times per week |
| <input type="checkbox"/> 2-3 times per month | <input type="checkbox"/> 1 time per day |
| <input type="checkbox"/> 1 time per week | <input type="checkbox"/> 2 or more times per day |
| <input type="checkbox"/> 2 times per week | |

32a. Each time you ate **peas**, how much did you usually eat?

- Less than 1/4 cup
 1/4 to 3/4 cup
 More than 3/4 cup

33. How often did you eat **corn** (fresh, canned, or frozen)?

NEVER (GO TO QUESTION 34)

- | | |
|---|--|
| <input type="checkbox"/> Less than 1 time per month | <input type="checkbox"/> 3-4 times per week |
| <input type="checkbox"/> 1 time per month | <input type="checkbox"/> 5-6 times per week |
| <input type="checkbox"/> 2-3 times per month | <input type="checkbox"/> 1 time per day |
| <input type="checkbox"/> 1 time per week | <input type="checkbox"/> 2 or more times per day |
| <input type="checkbox"/> 2 times per week | |

33a. Each time you ate **corn**, how much did you usually eat?

- Less than 1 ear of less than 1/2 cup
 1 ear or 1/2 to 1 cup
 More than 1 ear or more than 1 cup

34. How often did you eat **broccoli** (fresh or frozen)?

NEVER (GO TO QUESTION 35)

- | | |
|---|--|
| <input type="checkbox"/> Less than 1 time per month | <input type="checkbox"/> 3-4 times per week |
| <input type="checkbox"/> 1 time per month | <input type="checkbox"/> 5-6 times per week |
| <input type="checkbox"/> 2-3 times per month | <input type="checkbox"/> 1 time per day |
| <input type="checkbox"/> 1 time per week | <input type="checkbox"/> 2 or more times per day |
| <input type="checkbox"/> 2 times per week | |

34a. Each time you ate **broccoli**, how much did you usually eat?

- Less than 1/4 cup
 1/4 to 1 cup
 More than 1 cup

35. How often did you eat **cauliflower** or **Brussels sprouts** (fresh or frozen)?

NEVER (GO TO QUESTION 36)

- | | |
|---|--|
| <input type="checkbox"/> Less than 1 time per month | <input type="checkbox"/> 3-4 times per week |
| <input type="checkbox"/> 1 time per month | <input type="checkbox"/> 5-6 times per week |
| <input type="checkbox"/> 2-3 times per month | <input type="checkbox"/> 1 time per day |
| <input type="checkbox"/> 1 time per week | <input type="checkbox"/> 2 or more times per day |
| <input type="checkbox"/> 2 times per week | |

35a. Each time you ate **cauliflower** or **Brussels sprouts**, how much did you usually eat?

- Less than 1/4 cup
 1/4 to 1/2 cup
 More than 1/2 cup

Question 33 appears in the next column.

Question 36 appears on the next page.



Over the past 3 months...

36. How often did you eat **mixed vegetables**?

- NEVER (GO TO QUESTION 37)
- | | |
|---|--|
| <input type="checkbox"/> Less than 1 time per month | <input type="checkbox"/> 3-4 times per week |
| <input type="checkbox"/> 1 time per month | <input type="checkbox"/> 5-6 times per week |
| <input type="checkbox"/> 2-3 times per month | <input type="checkbox"/> 1 time per day |
| <input type="checkbox"/> 1 time per week | <input type="checkbox"/> 2 or more times per day |
| <input type="checkbox"/> 2 times per week | |

36a. Each time you ate **mixed vegetables**, how much did you usually eat?

- Less than 1/2 cup
 1/2 to 1 cup
 More than 1 cup

37. How often did you eat **onions**?

- NEVER (GO TO QUESTION 38)
- | | |
|---|--|
| <input type="checkbox"/> Less than 1 time per month | <input type="checkbox"/> 3-4 times per week |
| <input type="checkbox"/> 1 time per month | <input type="checkbox"/> 5-6 times per week |
| <input type="checkbox"/> 2-3 times per month | <input type="checkbox"/> 1 time per day |
| <input type="checkbox"/> 1 time per week | <input type="checkbox"/> 2 or more times per day |
| <input type="checkbox"/> 2 times per week | |

37a. Each time you ate **onions**, how much did you usually eat?

- Less than 1 slice or less than 1 tablespoon
 1 slice or 1 to 4 tablespoons
 More than 1 slice or more than 4 tablespoons

38. Now think about all the **cooked vegetables** you ate in the past 3 months and how they were prepared. How often were your vegetables **COOKED WITH** some sort of **fat**, including oil spray? (Please do not include potatoes.)

- NEVER (GO TO QUESTION 39)
- | | |
|---|--|
| <input type="checkbox"/> Less than 1 time per month | <input type="checkbox"/> 3-4 times per week |
| <input type="checkbox"/> 1 time per month | <input type="checkbox"/> 5-6 times per week |
| <input type="checkbox"/> 2-3 times per month | <input type="checkbox"/> 1 time per day |
| <input type="checkbox"/> 1 time per week | <input type="checkbox"/> 2 or more times per day |
| <input type="checkbox"/> 2 times per week | |

Question 39 appears in the next column.

38a. Which fats were usually added to your vegetables **DURING COOKING**? (Please do not include potatoes. **Mark all that apply.**)

- | | |
|--|---|
| <input type="checkbox"/> Margarine (including low-fat) | <input type="checkbox"/> Corn oil |
| <input type="checkbox"/> Butter (including low-fat) | <input type="checkbox"/> Canola or rapeseed oil |
| <input type="checkbox"/> Lard, fatback, or bacon fat | <input type="checkbox"/> Oil spray, such as Pam or others |
| <input type="checkbox"/> Olive oil | <input type="checkbox"/> Other kinds of oils |
| | <input type="checkbox"/> None of the above |

39. Now, thinking again about all the **cooked vegetables** you ate in the past 3 months, how often was some sort of fat, sauce, or dressing added **AFTER COOKING OR AT THE TABLE**? (Please do not include potatoes.)

- NEVER (GO TO QUESTION 40)
- | | |
|---|--|
| <input type="checkbox"/> Less than 1 time per month | <input type="checkbox"/> 3-4 times per week |
| <input type="checkbox"/> 1 time per month | <input type="checkbox"/> 5-6 times per week |
| <input type="checkbox"/> 2-3 times per month | <input type="checkbox"/> 1 time per day |
| <input type="checkbox"/> 1 time per week | <input type="checkbox"/> 2 or more times per day |
| <input type="checkbox"/> 2 times per week | |

39a. Which fats, sauces, or dressings were usually added **AFTER COOKING OR AT THE TABLE**? (Please do not include potatoes. **Mark all that apply.**)

- | | |
|--|---|
| <input type="checkbox"/> Margarine (including low-fat) | <input type="checkbox"/> Salad dressing |
| <input type="checkbox"/> Butter (including low-fat) | <input type="checkbox"/> Cheese sauce |
| <input type="checkbox"/> Lard, fatback, or bacon fat | <input type="checkbox"/> White sauce |
| | <input type="checkbox"/> Other |

39b. If margarine, butter, lard, fatback, or bacon fat was added to your cooked vegetables **AFTER COOKING OR AT THE TABLE**, how much did you usually add?

- Did not usually add these
 Less than 1 teaspoon
 1 to 3 teaspoons
 More than 3 teaspoons

39c. If salad dressing, cheese sauce, or white sauce was added to your cooked vegetables **AFTER COOKING OR AT THE TABLE**, how much did you usually add?

- Did not usually add these
 Less than 1 tablespoon
 1 to 3 tablespoons
 More than 3 tablespoons

Question 40 appears on the next page.



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Over the past 3 months...40. Over the past 3 months, how often did you eat **sweet peppers** (green, red, or yellow)? NEVER (GO TO QUESTION 41)

- | | |
|---|--|
| <input type="checkbox"/> Less than 1 time per month | <input type="checkbox"/> 3-4 times per week |
| <input type="checkbox"/> 1 time per month | <input type="checkbox"/> 5-6 times per week |
| <input type="checkbox"/> 2-3 times per month | <input type="checkbox"/> 1 time per day |
| <input type="checkbox"/> 1 time per week | <input type="checkbox"/> 2 or more times per day |
| <input type="checkbox"/> 2 times per week | |

40a. Each time you ate **sweet peppers**, how much did you usually eat?

- Less than 1/8 pepper
 1/8 to 1/4 pepper
 More than 1/4 pepper

41. How often did you eat **fresh tomatoes** (including those in salads)? NEVER (GO TO QUESTION 42)

- | | |
|---|--|
| <input type="checkbox"/> Less than 1 time per month | <input type="checkbox"/> 3-4 times per week |
| <input type="checkbox"/> 1 time per month | <input type="checkbox"/> 5-6 times per week |
| <input type="checkbox"/> 2-3 times per month | <input type="checkbox"/> 1 time per day |
| <input type="checkbox"/> 1 time per week | <input type="checkbox"/> 2 or more times per day |
| <input type="checkbox"/> 2 times per week | |

41a. Each time you ate **fresh tomatoes**, how much did you usually eat?

- Less than 1/4 tomato
 1/4 to 1/2 tomato
 More than 1/2 tomato

42. How often did you eat **lettuce salads** (with or without other vegetables)? NEVER (GO TO QUESTION 43)

- | | |
|---|--|
| <input type="checkbox"/> Less than 1 time per month | <input type="checkbox"/> 3-4 times per week |
| <input type="checkbox"/> 1 time per month | <input type="checkbox"/> 5-6 times per week |
| <input type="checkbox"/> 2-3 times per month | <input type="checkbox"/> 1 time per day |
| <input type="checkbox"/> 1 time per week | <input type="checkbox"/> 2 or more times per day |
| <input type="checkbox"/> 2 times per week | |

42a. Each time you ate **lettuce salads**, how much did you usually eat?

- Less than 1/4 cup
 1/4 to 1 1/4 cups
 More than 1 1/4 cups

Question 43 appears in the next column.

43. How often did you eat **salad dressing** (including low-fat) on salads? NEVER (GO TO QUESTION 44)

- | | |
|---|--|
| <input type="checkbox"/> Less than 1 time per month | <input type="checkbox"/> 3-4 times per week |
| <input type="checkbox"/> 1 time per month | <input type="checkbox"/> 5-6 times per week |
| <input type="checkbox"/> 2-3 times per month | <input type="checkbox"/> 1 time per day |
| <input type="checkbox"/> 1 time per week | <input type="checkbox"/> 2 or more times per day |
| <input type="checkbox"/> 2 times per week | |

43a. Each time you ate **salad dressing** on salads, how much did you usually eat?

- Less than 2 tablespoons
 2 to 4 tablespoons
 More than 4 tablespoons

44. How often did you eat **sweet potatoes** or **yams**? NEVER (GO TO QUESTION 45)

- | | |
|---|--|
| <input type="checkbox"/> Less than 1 time per month | <input type="checkbox"/> 3-4 times per week |
| <input type="checkbox"/> 1 time per month | <input type="checkbox"/> 5-6 times per week |
| <input type="checkbox"/> 2-3 times per month | <input type="checkbox"/> 1 time per day |
| <input type="checkbox"/> 1 time per week | <input type="checkbox"/> 2 or more times per day |
| <input type="checkbox"/> 2 times per week | |

44a. Each time you ate **sweet potatoes** or **yams**, how much did you usually eat?

- 1 small potato or less than 1/4 cup
 1 medium potato or 1/4 to 3/4 cup
 1 large potato or more than 3/4 cup

45. How often did you eat **French fries, home fries, hash browned potatoes, or tater tots**? NEVER (GO TO QUESTION 46)

- | | |
|---|--|
| <input type="checkbox"/> Less than 1 time per month | <input type="checkbox"/> 3-4 times per week |
| <input type="checkbox"/> 1 time per month | <input type="checkbox"/> 5-6 times per week |
| <input type="checkbox"/> 2-3 times per month | <input type="checkbox"/> 1 time per day |
| <input type="checkbox"/> 1 time per week | <input type="checkbox"/> 2 or more times per day |
| <input type="checkbox"/> 2 times per week | |

45a. Each time you ate **French fries, home fries, hash browned potatoes, or tater tots**, how much did you usually eat?

- Less than 10 fries or less than 1/2 cup
 10 to 25 fries or 1/2 to 1 cup
 More than 25 fries or more than 1 cup

Question 46 appears on the next page.



Over the past 3 months...

45b. How often were the French fries, home fries, hash browned potatoes, or tater tots you ate **prepared at restaurants including fast-food restaurants?**

- Almost never or never
- About 1/4 of the time
- About 1/2 of the time
- About 3/4 of the time
- Almost always or always

46. How often did you eat **potato salad?**

NEVER (GO TO QUESTION 47)

- | | |
|---|--|
| <input type="checkbox"/> Less than 1 time per month | <input type="checkbox"/> 3-4 times per week |
| <input type="checkbox"/> 1 time per month | <input type="checkbox"/> 5-6 times per week |
| <input type="checkbox"/> 2-3 times per month | <input type="checkbox"/> 1 time per day |
| <input type="checkbox"/> 1 time per week | <input type="checkbox"/> 2 or more times per day |
| <input type="checkbox"/> 2 times per week | |

46a. Each time you ate **potato salad**, how much did you usually eat?

- Less than 1/2 cup
- 1/2 to 1 cup
- More than 1 cup

47. How often did you eat **baked, boiled, or mashed potatoes?**

NEVER (GO TO QUESTION 48)

- | | |
|---|--|
| <input type="checkbox"/> Less than 1 time per month | <input type="checkbox"/> 3-4 times per week |
| <input type="checkbox"/> 1 time per month | <input type="checkbox"/> 5-6 times per week |
| <input type="checkbox"/> 2-3 times per month | <input type="checkbox"/> 1 time per day |
| <input type="checkbox"/> 1 time per week | <input type="checkbox"/> 2 or more times per day |
| <input type="checkbox"/> 2 times per week | |

47a. Each time you ate **baked, boiled, or mashed potatoes**, how much did you usually eat?

- 1 small potato or less than 1/2 cup
- 1 medium potato or 1/2 to 1 cup
- 1 large potato or more than 1 cup

47b. How often were these potatoes **baked?**

- Almost never or never
- About 1/4 of the time
- About 1/2 of the time
- About 3/4 of the time
- Almost always or always

47c. How often was **sour cream** (including low-fat) added to your potatoes, **EITHER IN COOKING OR AT THE TABLE?**

- Almost never or never (GO TO QUESTION 47e)
- About 1/4 of the time
- About 1/2 of the time
- About 3/4 of the time
- Almost always or always

47d. Each time **sour cream** was added to your potatoes, how much was usually added?

- Less than 1 tablespoon
- 1 to 3 tablespoons
- More than 3 tablespoons

47e. How often was **margarine** (including low-fat) added to your potatoes, **EITHER IN COOKING OR AT THE TABLE?**

- Almost never or never
- About 1/4 of the time
- About 1/2 of the time
- About 3/4 of the time
- Almost always or always

47f. How often was **butter** (including low-fat) added to your potatoes, **EITHER IN COOKING OR AT THE TABLE?**

- Almost never or never
- About 1/4 of the time
- About 1/2 of the time
- About 3/4 of the time
- Almost always or always

47g. Each time **margarine** or **butter** was added to your potatoes, how much was usually added?

- Never added
- Less than 1 teaspoon
- 1 to 3 teaspoons
- More than 3 teaspoons

47h. How often was **cheese** or **cheese sauce** added to your potatoes, **EITHER IN COOKING OR AT THE TABLE?**

- Almost never or never (GO TO QUESTION 48)
- About 1/4 of the time
- About 1/2 of the time
- About 3/4 of the time
- Almost always or always

Question 48 appears on the next page.

Question 48 appears on the next page.



Over the past 3 months...

47i. Each time **cheese** or **cheese sauce** was added to your potatoes, how much was usually added?

- Less than 1 tablespoon
 1 to 3 tablespoons
 More than 3 tablespoons

48. How often did you eat **salsa**?

NEVER (GO TO QUESTION 49)

- Less than 1 time per month 3-4 times per week
 1 time per month 5-6 times per week
 2-3 times per month 1 time per day
 1 time per week 2 or more times per day
 2 times per week

48a. Each time you ate **salsa**, how much did you usually eat?

- Less than 1 tablespoon
 1 to 5 tablespoons
 More than 5 tablespoons

49. How often did you eat **catsup**?

NEVER (GO TO QUESTION 50)

- Less than 1 time per month 3-4 times per week
 1 time per month 5-6 times per week
 2-3 times per month 1 time per day
 1 time per week 2 or more times per day
 2 times per week

49a. Each time you ate **catsup**, how much did you usually eat?

- Less than 1 teaspoon
 1 to 6 teaspoons
 More than 6 teaspoons

50. How often did you eat **stuffing, dressing, or dumplings**?

NEVER (GO TO QUESTION 51)

- Less than 1 time per month 3-4 times per week
 1 time per month 5-6 times per week
 2-3 times per month 1 time per day
 1 time per week 2 or more times per day
 2 times per week

50a. Each time you ate **stuffing, dressing, or dumplings**, how much did you usually eat?

- Less than 1/2 cup
 1/2 to 1 cup
 More than 1 cup

51. How often did you eat **chili**?

NEVER (GO TO QUESTION 52)

- Less than 1 time per month 3-4 times per week
 1 time per month 5-6 times per week
 2-3 times per month 1 time per day
 1 time per week 2 or more times per day
 2 times per week

51a. Each time you ate **chili**, how much did you usually eat?

- Less than 1/2 cup
 1/2 to 1 3/4 cups
 More than 1 3/4 cups

52. How often did you eat **Mexican foods** (such as tacos, tostados, burritos, tamales, fajitas, enchiladas, quesadillas, and chimichangas)?

NEVER (GO TO QUESTION 53)

- Less than 1 time per month 3-4 times per week
 1 time per month 5-6 times per week
 2-3 times per month 1 time per day
 1 time per week 2 or more times per day
 2 times per week

52a. Each time you ate **Mexican foods**, how much did you usually eat?

- Less than 1 taco, burrito, etc.
 1 to 2 tacos, burritos, etc.
 More than 2 tacos, burritos, etc.

53. How often did you eat **cooked dried beans** (such as baked beans, pintos, kidney, blackeyed peas, lima, lentils, soybeans, or refried beans)? (Please don't include bean soups or chili.)

NEVER (GO TO QUESTION 54)

- Less than 1 time per month 3-4 times per week
 1 time per month 5-6 times per week
 2-3 times per month 1 time per day
 1 time per week 2 or more times per day
 2 times per week

53a. Each time you ate **beans**, how much did you usually eat?

- Less than 1/2 cup
 1/2 to 1 cup
 More than 1 cup

Question 51 appears in the next column.

Question 54 appears on the next page.



Over the past 3 months...

53b. How often were the beans you ate **refried beans, beans prepared with any type of fat, or with meat added?**

- Almost never or never
- About 1/4 of the time
- About 1/2 of the time
- About 3/4 of the time
- Almost always or always

54. How often did you eat **other kinds of vegetables?**

NEVER (GO TO QUESTION 55)

- Less than 1 time per month
- 1 time per month
- 2-3 times per month
- 1 time per week
- 2 times per week
- 3-4 times per week
- 5-6 times per week
- 1 time per day
- 2 or more times per day

54a. Each time you ate **other kinds of vegetables**, how much did you usually eat?

- Less than 1/4 cup
- 1/4 to 1/2 cup
- More than 1/2 cup

55. How often did you eat **rice or other cooked grains** (such as bulgur, cracked wheat, or millet)?

NEVER (GO TO QUESTION 56)

- Less than 1 time per month
- 1 time per month
- 2-3 times per month
- 1 time per week
- 2 times per week
- 3-4 times per week
- 5-6 times per week
- 1 time per day
- 2 or more times per day

55a. Each time you ate **rice or other cooked grains**, how much did you usually eat?

- Less than 1/2 cup
- 1/2 to 1 1/2 cups
- More than 1 1/2 cups

55b. How often was **butter, margarine, or oil** added to your rice **IN COOKING OR AT THE TABLE?**

- Almost never or never
- About 1/4 of the time
- About 1/2 of the time
- About 3/4 of the time
- Almost always or always

Question 56 appears in the next column.

56. How often did you eat **pancakes, waffles, or French toast?**

NEVER (GO TO QUESTION 57)

- Less than 1 time per month
- 1 time per month
- 2-3 times per month
- 1 time per week
- 2 times per week
- 3-4 times per week
- 5-6 times per week
- 1 time per day
- 2 or more times per day

56a. Each time you ate **pancakes, waffles, or French toast**, how much did you usually eat?

- Less than 1 medium piece
- 1 to 3 medium pieces
- More than 3 medium pieces

56b. How often was **margarine** (including low-fat) added to your pancakes, waffles, or French toast **AFTER COOKING OR AT THE TABLE?**

- Almost never or never
- About 1/4 of the time
- About 1/2 of the time
- About 3/4 of the time
- Almost always or always

56c. How often was **butter** (including low-fat) added to your pancakes, waffles, or French toast **AFTER COOKING OR AT THE TABLE?**

- Almost never or never
- About 1/4 of the time
- About 1/2 of the time
- About 3/4 of the time
- Almost always or always

56d. Each time **margarine or butter** was added to your pancakes, waffles, or French toast, how much was usually added?

- Never added
- Less than 1 teaspoon
- 1 to 3 teaspoons
- More than 3 teaspoons

56e. How often was **syrup** added to your pancakes, waffles, or French toast?

- Almost never or never (GO TO QUESTION 57)
- About 1/4 of the time
- About 1/2 of the time
- About 3/4 of the time
- Almost always or always

Question 57 appears on the next page.



Over the past 3 months...

56f. Each time **syrup** was added to your pancakes, waffles, or French toast, how much was usually added?

- Less than 1 tablespoon
 1 to 4 tablespoons
 More than 4 tablespoons

57. How often did you eat **lasagna, stuffed shells, stuffed manicotti, ravioli, or tortellini?** (Please do not include spaghetti or other pasta.)

NEVER (GO TO QUESTION 58)

- | | |
|---|--|
| <input type="checkbox"/> Less than 1 time per month | <input type="checkbox"/> 3-4 times per week |
| <input type="checkbox"/> 1 time per month | <input type="checkbox"/> 5-6 times per week |
| <input type="checkbox"/> 2-3 times per month | <input type="checkbox"/> 1 time per day |
| <input type="checkbox"/> 1 time per week | <input type="checkbox"/> 2 or more times per day |
| <input type="checkbox"/> 2 times per week | |

57a. Each time you ate **lasagna, stuffed shells, stuffed manicotti, ravioli, or tortellini**, how much did you usually eat?

- Less than 1 cup
 1 to 2 cup
 More than 2 cups

58. How often did you eat **macaroni and cheese?**

NEVER (GO TO QUESTION 59)

- | | |
|---|--|
| <input type="checkbox"/> Less than 1 time per month | <input type="checkbox"/> 3-4 times per week |
| <input type="checkbox"/> 1 time per month | <input type="checkbox"/> 5-6 times per week |
| <input type="checkbox"/> 2-3 times per month | <input type="checkbox"/> 1 time per day |
| <input type="checkbox"/> 1 time per week | <input type="checkbox"/> 2 or more times per day |
| <input type="checkbox"/> 2 times per week | |

58a. Each time you ate **macaroni and cheese**, how much did you usually eat?

- Less than 1 cup
 1 to 1½ cups
 More than 1½ cups

59. How often did you eat **pasta salad or macaroni salad?**

NEVER (GO TO QUESTION 60)

- | | |
|---|--|
| <input type="checkbox"/> Less than 1 time per month | <input type="checkbox"/> 3-4 times per week |
| <input type="checkbox"/> 1 time per month | <input type="checkbox"/> 5-6 times per week |
| <input type="checkbox"/> 2-3 times per month | <input type="checkbox"/> 1 time per day |
| <input type="checkbox"/> 1 time per week | <input type="checkbox"/> 2 or more times per day |
| <input type="checkbox"/> 2 times per week | |

Question 60 appears in the next column.

59a. Each time you ate **pasta salad or macaroni salad**, how much did you usually eat?

- Less than ½ cup
 ½ to 1 cup
 More than 1 cup

60. Other than the pastas listed in Questions 57, 58, and 59, how often did you eat **pasta, spaghetti, or other noodles?**

NEVER (GO TO QUESTION 61)

- | | |
|---|--|
| <input type="checkbox"/> Less than 1 time per month | <input type="checkbox"/> 3-4 times per week |
| <input type="checkbox"/> 1 time per month | <input type="checkbox"/> 5-6 times per week |
| <input type="checkbox"/> 2-3 times per month | <input type="checkbox"/> 1 time per day |
| <input type="checkbox"/> 1 time per week | <input type="checkbox"/> 2 or more times per day |
| <input type="checkbox"/> 2 times per week | |

60a. Each time you ate **pasta, spaghetti, or other noodles**, how much did you usually eat?

- Less than 1 cup
 1 to 3 cups
 More than 3 cups

60b. How often did you eat your pasta, spaghetti, or other noodles with **tomato sauce or spaghetti sauce made WITH meat?**

- Almost never or never
 About ¼ of the time
 About ½ of the time
 About ¾ of the time
 Almost always or always

60c. How often did you eat your pasta, spaghetti, or other noodles with **tomato sauce or spaghetti sauce made WITHOUT meat?**

- Almost never or never
 About ¼ of the time
 About ½ of the time
 About ¾ of the time
 Almost always or always

60d. How often did you eat your pasta, spaghetti, or other noodles with **margarine, butter, oil, or cream sauce?**

- Almost never or never
 About ¼ of the time
 About ½ of the time
 About ¾ of the time
 Almost always or always

Question 61 appears on the next page.



Over the past 3 months...

61. How often did you eat **bagels** or **English muffins**?

- NEVER (GO TO INTRODUCTION TO QUESTION 62)
- | | |
|---|--|
| <input type="checkbox"/> Less than 1 time per month | <input type="checkbox"/> 3–4 times per week |
| <input type="checkbox"/> 1 time per month | <input type="checkbox"/> 5–6 times per week |
| <input type="checkbox"/> 2–3 times per month | <input type="checkbox"/> 1 time per day |
| <input type="checkbox"/> 1 time per week | <input type="checkbox"/> 2 or more times per day |
| <input type="checkbox"/> 2 times per week | |

61a. Each time you ate **bagels** or **English muffins**, how many did you usually eat?

- Less than 1 bagel or English muffin
 1 bagel or English muffin
 More than 1 bagel or English muffin

61b. How often were the bagels or English muffins you ate **whole grain**?

- Almost never or never
 About ¼ of the time
 About ½ of the time
 About ¾ of the time
 Almost always or always

61c. How often were your bagels or English muffins **toasted**?

- Almost never or never
 About ¼ of the time
 About ½ of the time
 About ¾ of the time
 Almost always or always

61d. How often was **margarine** (including low-fat) added to your bagels or English muffins?

- Almost never or never
 About ¼ of the time
 About ½ of the time
 About ¾ of the time
 Almost always or always

61e. How often was **butter** (including low-fat) added to your bagels or English muffins?

- Almost never or never
 About ¼ of the time
 About ½ of the time
 About ¾ of the time
 Almost always or always

Introduction to question 62 appears in the next column.

61f. Each time **margarine** or **butter** was added to your bagels or English muffins, how much was usually added?

- Never added
 Less than 1 teaspoon
 1 to 2 teaspoons
 More than 2 teaspoons

61g. How often was **cream cheese** (including low-fat) spread on your bagels or English muffins?

- Almost never or never (GO TO INTRODUCTION TO QUESTION 62)
 About ¼ of the time
 About ½ of the time
 About ¾ of the time
 Almost always or always

61h. Each time **cream cheese** was added to your bagels or English muffins, how much was usually added?

- Less than 1 tablespoon
 1 to 2 tablespoons
 More than 2 tablespoons

The next questions ask about your intake of breads other than bagels or English muffins. First, we will ask about bread you ate as part of sandwiches only. Then we will ask about all other bread you ate.

Over the past 3 months...

62. How often did you eat **breads** or **rolls AS PART OF SANDWICHES** (including burger and hot dog rolls)?

- NEVER (GO TO QUESTION 63)
- | | |
|---|--|
| <input type="checkbox"/> Less than 1 time per month | <input type="checkbox"/> 3–4 times per week |
| <input type="checkbox"/> 1 time per month | <input type="checkbox"/> 5–6 times per week |
| <input type="checkbox"/> 2–3 times per month | <input type="checkbox"/> 1 time per day |
| <input type="checkbox"/> 1 time per week | <input type="checkbox"/> 2 or more times per day |
| <input type="checkbox"/> 2 times per week | |

Question 63 appears on the next page.



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Over the past 3 months...

62a. Each time you ate **breads** or **rolls AS PART OF SANDWICHES**, how many did you usually eat?

- 1 slice or 1/2 roll
- 2 slices or 1 roll
- More than 2 slices or more than 1 roll

62b. How often were the breads or rolls used for your sandwiches **white bread** (including burger and hot dog rolls)?

- Almost never or never
- About 1/4 of the time
- About 1/2 of the time
- About 3/4 of the time
- Almost always or always

62c. How often were the breads or rolls used for your sandwiches **toasted**?

- Almost never or never
- About 1/4 of the time
- About 1/2 of the time
- About 3/4 of the time
- Almost always or always

62d. How often was **mayonnaise** or **mayonnaise-type dressing** (including low-fat) added to the breads or rolls used for your sandwiches?

- Almost never or never (GO TO QUESTION 62f)
- About 1/4 of the time
- About 1/2 of the time
- About 3/4 of the time
- Almost always or always

62e. Each time **mayonnaise** or **mayonnaise-type dressing** was added to the breads or rolls used for your sandwiches, how much was usually added?

- Less than 1 teaspoon
- 1 to 3 teaspoons
- More than 3 teaspoons

62f. How often was **margarine** (including low-fat) added to the breads or rolls used for your sandwiches?

- Almost never or never
- About 1/4 of the time
- About 1/2 of the time
- About 3/4 of the time
- Almost always or always

62g. How often was **butter** (including low-fat) added to the breads or rolls used for your sandwiches?

- Almost never or never
- About 1/4 of the time
- About 1/2 of the time
- About 3/4 of the time
- Almost always or always

62h. Each time **margarine** or **butter** was added to the breads or rolls used for your sandwiches, how much was usually added?

- Never added
- Less than 1 teaspoon
- 1 to 2 teaspoons
- More than 2 teaspoons

63. How often did you eat **breads** or **dinner rolls, NOT AS PART OF SANDWICHES**?

- NEVER (GO TO QUESTION 64)
- Less than 1 time per month
- 1 time per month
- 2-3 times per month
- 1 time per week
- 2 times per week
- 3-4 times per week
- 5-6 times per week
- 1 time per day
- 2 or more times per day

63a. Each time you ate **breads** or **dinner rolls, NOT AS PART OF SANDWICHES**, how much did you usually eat?

- 1 slice or 1 dinner roll
- 2 slices or 2 dinner rolls
- More than 2 slices or 2 dinner rolls

63b. How often were the breads or rolls you ate **white bread**?

- Almost never or never
- About 1/4 of the time
- About 1/2 of the time
- About 3/4 of the time
- Almost always or always

63c. How often were the breads or rolls **toasted**?

- Almost never or never
- About 1/4 of the time
- About 1/2 of the time
- About 3/4 of the time
- Almost always or always

Question 62g appears in the next column.

Question 64 appears on the next page.



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Over the past 3 months...

63d. How often was **margarine** (including low-fat) added to your breads or rolls?

- Almost never or never
- About 1/4 of the time
- About 1/2 of the time
- About 3/4 of the time
- Almost always or always

63e. How often was **butter** (including low-fat) added to your breads or rolls?

- Almost never or never
- About 1/4 of the time
- About 1/2 of the time
- About 3/4 of the time
- Almost always or always

63f. Each time **margarine** or **butter** was added to your breads or rolls, how much was usually added?

- Never added
- Less than 1 teaspoon
- 1 to 2 teaspoons
- More than 2 teaspoons

63g. How often was **cream cheese** (including low-fat) added to your breads or rolls?

- Almost never or never (GO TO QUESTION 64)
- About 1/4 of the time
- About 1/2 of the time
- About 3/4 of the time
- Almost always or always

63h. Each time **cream cheese** was added to your breads or rolls, how much was usually added?

- Less than 1 tablespoon
- 1 to 2 tablespoons
- More than 2 tablespoons

64. How often did you eat **jam, jelly, or honey** on bagels, muffins, bread, rolls, or crackers?

- NEVER (GO TO QUESTION 65)
- Less than 1 time per month
- 1 time per month
- 2-3 times per month
- 1 time per week
- 2 times per week
- 3-4 times per week
- 5-6 times per week
- 1 time per day
- 2 or more times per day

Question 65 appears in the next column.

64a. Each time you ate **jam, jelly, or honey**, how much did you usually eat?

- Less than 1 teaspoon
- 1 to 3 teaspoons
- More than 3 teaspoons

65. How often did you eat **peanut butter** or **other nut butter**?

- NEVER (GO TO QUESTION 66)
- Less than 1 time per month
- 1 time per month
- 2-3 times per month
- 1 time per week
- 2 times per week
- 3-4 times per week
- 5-6 times per week
- 1 time per day
- 2 or more times per day

65a. Each time you ate **peanut butter** or **other nut butter**, how much did you usually eat?

- Less than 1 tablespoon
- 1 to 2 tablespoons
- More than 2 tablespoons

66. How often did you eat **roast beef** or **steak IN SANDWICHES**?

- NEVER (GO TO QUESTION 67)
- Less than 1 time per month
- 1 time per month
- 2-3 times per month
- 1 time per week
- 2 times per week
- 3-4 times per week
- 5-6 times per week
- 1 time per day
- 2 or more times per day

66a. Each time you ate **roast beef** or **steak IN SANDWICHES**, how much did you usually eat?

- Less than 1 slice or less than 2 ounces
- 1 to 2 slices or 2 to 4 ounces
- More than 2 slices or more than 4 ounces

67. How often did you eat **turkey** or **chicken COLD CUTS** (such as loaf, luncheon meat, turkey ham, turkey salami, or turkey pastrami)? (We will ask about other turkey or chicken later.)

- NEVER (GO TO QUESTION 68)
- Less than 1 time per month
- 1 time per month
- 2-3 times per month
- 1 time per week
- 2 times per week
- 3-4 times per week
- 5-6 times per week
- 1 time per day
- 2 or more times per day

Question 68 appears on the next page.



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Over the past 3 months...67a. Each time you ate **turkey** or **chicken COLD CUTS**, how much did you usually eat?

- Less than 1 slice
 1 to 3 slices
 More than 3 slices

68. How often did you eat **luncheon** or **deli-style ham**? (We will ask about other ham later.) NEVER (GO TO QUESTION 69)

- | | |
|---|--|
| <input type="checkbox"/> Less than 1 time per month | <input type="checkbox"/> 3-4 times per week |
| <input type="checkbox"/> 1 time per month | <input type="checkbox"/> 5-6 times per week |
| <input type="checkbox"/> 2-3 times per month | <input type="checkbox"/> 1 time per day |
| <input type="checkbox"/> 1 time per week | <input type="checkbox"/> 2 or more times per day |
| <input type="checkbox"/> 2 times per week | |

68a. Each time you ate **luncheon** or **deli-style ham**, how much did you usually eat?

- Less than 1 slice
 1 to 3 slices
 More than 3 slices

68b. How often was the luncheon or deli-style ham you ate **light, low-fat, or fat-free**?

- Almost never or never
 About 1/4 of the time
 About 1/2 of the time
 About 3/4 of the time
 Almost always or always

69. How often did you eat **other cold cuts** or **luncheon meats** (such as bologna, salami, corned beef, pastrami, or others, including low-fat)? (Please do not include ham, turkey, or chicken cold cuts.) NEVER (GO TO QUESTION 70)

- | | |
|---|--|
| <input type="checkbox"/> Less than 1 time per month | <input type="checkbox"/> 3-4 times per week |
| <input type="checkbox"/> 1 time per month | <input type="checkbox"/> 5-6 times per week |
| <input type="checkbox"/> 2-3 times per month | <input type="checkbox"/> 1 time per day |
| <input type="checkbox"/> 1 time per week | <input type="checkbox"/> 2 or more times per day |
| <input type="checkbox"/> 2 times per week | |

69a. Each time you ate **other cold cuts** or **luncheon meats**, how much did you usually eat?

- Less than 1 slice
 1 to 3 slices
 More than 3 slices

69b. How often were the other cold cuts or luncheon meats you ate **light, low-fat, or fat-free**? (Please do not include ham, turkey, or chicken cold cuts.)

- Almost never or never
 About 1/4 of the time
 About 1/2 of the time
 About 3/4 of the time
 Almost always or always

70. How often did you eat **canned tuna** or **tuna in foil pouches** (including in salads, sandwiches, or casseroles)? NEVER (GO TO QUESTION 71)

- | | |
|---|--|
| <input type="checkbox"/> Less than 1 time per month | <input type="checkbox"/> 3-4 times per week |
| <input type="checkbox"/> 1 time per month | <input type="checkbox"/> 5-6 times per week |
| <input type="checkbox"/> 2-3 times per month | <input type="checkbox"/> 1 time per day |
| <input type="checkbox"/> 1 time per week | <input type="checkbox"/> 2 or more times per day |
| <input type="checkbox"/> 2 times per week | |

70a. Each time you ate **canned tuna** or **tuna in foil pouches**, how much did you usually eat?

- Less than 1/4 cup or less than 2 ounces
 1/4 to 1/2 cup or 2 to 3 ounces
 More than 1/2 cup or more than 3 ounces

70b. How often was the canned tuna or tuna in foil pouches you ate **water-packed tuna**?

- Almost never or never
 About 1/4 of the time
 About 1/2 of the time
 About 3/4 of the time
 Almost always or always

70c. How often was the canned tuna or tuna in foil pouches you ate **white "meat" tuna including albacore**?

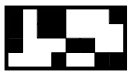
- Almost never or never
 About 1/4 of the time
 About 1/2 of the time
 About 3/4 of the time
 Almost always or always

70d. How often was the canned tuna or tuna in foil pouches you ate **prepared with mayonnaise** or **other dressing** (including low-fat)?

- Almost never or never
 About 1/4 of the time
 About 1/2 of the time
 About 3/4 of the time
 Almost always or always

Question 70 appears in the next column.

Question 71 appears on the next page.



Over the past 3 months...

71. How often did you eat **GROUND chicken** or **turkey**?
(We will ask about other chicken and turkey later.)

- NEVER (GO TO QUESTION 72)
- Less than 1 time per month
- 1 time per month
- 2-3 times per month
- 1 time per week
- 2 times per week
- 3-4 times per week
- 5-6 times per week
- 1 time per day
- 2 or more times per day

71a. Each time you ate **GROUND chicken** or **turkey**, how much did you usually eat?

- Less than 2 ounces or less than 1/2 cup
- 2 to 4 ounces or 1/2 to 1 cup
- More than 4 ounces or more than 1 cup

72. How often did you eat **beef hamburgers** or **cheeseburgers**?

- NEVER (GO TO QUESTION 73)
- Less than 1 time per month
- 1 time per month
- 2-3 times per month
- 1 time per week
- 2 times per week
- 3-4 times per week
- 5-6 times per week
- 1 time per day
- 2 or more times per day

72a. Each time you ate **beef hamburgers** or **cheeseburgers**, how much did you usually eat?

- Less than 1 patty or less than 2 ounces
- 1 patty or 2 to 4 ounces
- More than 1 patty or more than 4 ounces

72b. How often were the beef hamburgers or cheeseburgers you ate made with **lean ground beef**?

- Almost never or never
- About 1/4 of the time
- About 1/2 of the time
- About 3/4 of the time
- Almost always or always

73. How often did you eat **ground beef in mixtures** (such as meatballs, casseroles, chili, or meatloaf)?

- NEVER (GO TO QUESTION 74)
- Less than 1 time per month
- 1 time per month
- 2-3 times per month
- 1 time per week
- 2 times per week
- 3-4 times per week
- 5-6 times per week
- 1 time per day
- 2 or more times per day

Question 74 appears in the next column.

73a. Each time you ate **ground beef in mixtures**, how much did you usually eat?

- Less than 3 ounces or less than 1/2 cup
- 3 to 8 ounces or 1/2 to 1 cup
- More than 8 ounces or more than 1 cup

74. How often did you eat **hot dogs** or **frankfurters**?
(Please do not include sausages or vegetarian hot dogs.)

- NEVER (GO TO QUESTION 75)
- Less than 1 time per month
- 1 time per month
- 2-3 times per month
- 1 time per week
- 2 times per week
- 3-4 times per week
- 5-6 times per week
- 1 time per day
- 2 or more times per day

74a. Each time you ate **hot dogs** or **frankfurters**, how many did you usually eat?

- Less than 1 hot dog
- 1 to 2 hot dogs
- More than 2 hot dogs

74b. How often were the hot dogs or frankfurters you ate **light** or **low-fat**?

- Almost never or never
- About 1/4 of the time
- About 1/2 of the time
- About 3/4 of the time
- Almost always or always

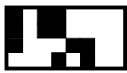
75. How often did you eat beef mixtures such as **beef stew**, **beef pot pie**, **beef and noodles**, or **beef and vegetables**?

- NEVER (GO TO QUESTION 76)
- Less than 1 time per month
- 1 time per month
- 2-3 times per month
- 1 time per week
- 2 times per week
- 3-4 times per week
- 5-6 times per week
- 1 time per day
- 2 or more times per day

75a. Each time you ate **beef stew**, **beef pot pie**, **beef and noodles**, or **beef and vegetables**, how much did you usually eat?

- Less than 1 cup
- 1 to 2 cups
- More than 2 cups

Question 76 appears on the next page.



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Over the past 3 months...

76. How often did you eat **roast beef** or **pot roast** (including in mixtures)? (Please do not include roast beef or pot roast in sandwiches.)

- NEVER (GO TO QUESTION 77)
- Less than 1 time per month 3-4 times per week
- 1 time per month 5-6 times per week
- 2-3 times per month 1 time per day
- 1 time per week 2 or more times per day
- 2 times per week

76a. Each time you ate **roast beef** or **pot roast** (including in mixtures), how much did you usually eat?

- Less than 2 ounces
- 2 to 5 ounces
- More than 5 ounces

77. How often did you eat **steak** (beef)? (Please do not include steak in sandwiches.)

- NEVER (GO TO QUESTION 78)
- Less than 1 time per month 3-4 times per week
- 1 time per month 5-6 times per week
- 2-3 times per month 1 time per day
- 1 time per week 2 or more times per day
- 2 times per week

77a. Each time you ate **steak** (beef), how much did you usually eat?

- Less than 3 ounces
- 3 to 7 ounces
- More than 7 ounces

77b. How often was the steak you ate **lean**?

- Almost never or never
- About 1/4 of the time
- About 1/2 of the time
- About 3/4 of the time
- Almost always or always

78. How often did you eat **pork or beef spareribs**?

- NEVER (GO TO QUESTION 79)
- Less than 1 time per month 3-4 times per week
- 1 time per month 5-6 times per week
- 2-3 times per month 1 time per day
- 1 time per week 2 or more times per day
- 2 times per week

Question 79 appears in the next column.

78a. Each time you ate **pork or beef spareribs**, how much did you usually eat?

- Less than 4 ribs
- 4 to 12 ribs
- More than 12 ribs

79. How often did you eat **roast turkey, turkey cutlets, or turkey nuggets** (including in sandwiches)?

- NEVER (GO TO QUESTION 80)
- Less than 1 time per month 3-4 times per week
- 1 time per month 5-6 times per week
- 2-3 times per month 1 time per day
- 1 time per week 2 or more times per day
- 2 times per week

79a. Each time you ate **roast turkey, turkey cutlets, or turkey nuggets**, how much did you usually eat? (Please note: 4 to 8 turkey nuggets = 3 ounces.)

- Less than 2 ounces
- 2 to 4 ounces
- More than 4 ounces

80. How often did you eat **chicken** as part of **salads, sandwiches, casseroles, stews, or other mixtures**?

- NEVER (GO TO QUESTION 81)
- Less than 1 time per month 3-4 times per week
- 1 time per month 5-6 times per week
- 2-3 times per month 1 time per day
- 1 time per week 2 or more times per day
- 2 times per week

80a. Each time you ate **chicken** as part of **salads, sandwiches, casseroles, stews, or other mixtures**, how much did you usually eat?

- Less than 1/2 cup
- 1/2 to 1 1/2 cups
- More than 1 1/2 cups

81. How often did you eat **baked, broiled, roasted, stewed, or fried chicken** (including nuggets)? (Please do not include chicken in mixtures.)

- NEVER (GO TO QUESTION 82)
- Less than 1 time per month 3-4 times per week
- 1 time per month 5-6 times per week
- 2-3 times per month 1 time per day
- 1 time per week 2 or more times per day
- 2 times per week

Question 82 appears on the next page.



Over the past 3 months...

81a. Each time you ate **baked, broiled, roasted, stewed, or fried chicken** (including nuggets), how much did you usually eat?

- Less than 2 drumsticks or wings, less than 1 breast or thigh, or less than 4 nuggets
- 2 drumsticks or wings, 1 breast or thigh, or 4 to 8 nuggets
- More than 2 drumsticks or wings, more than 1 breast or thigh, or more than 8 nuggets

81b. How often was the chicken you ate **fried chicken** (including deep fried) or **chicken nuggets**?

- Almost never or never
- About ¼ of the time
- About ½ of the time
- About ¾ of the time
- Almost always or always

81c. How often was the chicken you ate **WHITE meat**?

- Almost never or never
- About ¼ of the time
- About ½ of the time
- About ¾ of the time
- Almost always or always

81d. How often did you eat chicken **WITH skin**?

- Almost never or never
- About ¼ of the time
- About ½ of the time
- About ¾ of the time
- Almost always or always

82. How often did you eat **baked ham** or **ham steak**?

NEVER (GO TO QUESTION 83)

- Less than 1 time per month
- 1 time per month
- 2-3 times per month
- 1 time per week
- 2 times per week
- 3-4 times per week
- 5-6 times per week
- 1 time per day
- 2 or more times per day

82a. Each time you ate **baked ham** or **ham steak**, how much did you usually eat?

- Less than 1 ounce
- 1 to 3 ounces
- More than 3 ounces

83. How often did you eat **pork** (including chops, roasts, and in mixed dishes)? (Please do not include ham, ham steak, bacon, or sausage.)

NEVER (GO TO QUESTION 84)

- Less than 1 time per month
- 1 time per month
- 2-3 times per month
- 1 time per week
- 2 times per week
- 3-4 times per week
- 5-6 times per week
- 1 time per day
- 2 or more times per day

83a. Each time you ate **pork**, how much did you usually eat?

- Less than 2 ounces or less than 1 chop
- 2 to 5 ounces or 1 chop
- More than 5 ounces or more than 1 chop

84. How often did you eat **gravy** on meat, chicken, potatoes, rice, etc.?

NEVER (GO TO QUESTION 85)

- Less than 1 time per month
- 1 time per month
- 2-3 times per month
- 1 time per week
- 2 times per week
- 3-4 times per week
- 5-6 times per week
- 1 time per day
- 2 or more times per day

84a. Each time you ate **gravy** on meat, chicken, potatoes, rice, etc., how much did you usually eat?

- Less than ⅛ cup
- ⅛ to ½ cup
- More than ½ cup

85. How often did you eat **liver** (all kinds) or **liverwurst**?

NEVER (GO TO QUESTION 86)

- Less than 1 time per month
- 1 time per month
- 2-3 times per month
- 1 time per week
- 2 times per week
- 3-4 times per week
- 5-6 times per week
- 1 time per day
- 2 or more times per day

85a. Each time you ate **liver** or **liverwurst**, how much did you usually eat?

- Less than 1 ounce
- 1 to 4 ounces
- More than 4 ounces

Question 83 appears in the next column.

Question 86 appears on the next page.



45196

Over the past 3 months...

86. How often did you eat **bacon** (including low-fat)?

- NEVER (GO TO QUESTION 87)
- Less than 1 time per month
- 1 time per month
- 2-3 times per month
- 1 time per week
- 2 times per week
- 3-4 times per week
- 5-6 times per week
- 1 time per day
- 2 or more times per day

86a. Each time you ate **bacon**, how much did you usually eat?

- Fewer than 2 slices
- 2 to 3 slices
- More than 3 slices

86b. How often was the bacon you ate **light, low-fat, or lean**?

- Almost never or never
- About 1/4 of the time
- About 1/2 of the time
- About 3/4 of the time
- Almost always or always

87. How often did you eat **sausage** (including low-fat)?

- NEVER (GO TO QUESTION 88)
- Less than 1 time per month
- 1 time per month
- 2-3 times per month
- 1 time per week
- 2 times per week
- 3-4 times per week
- 5-6 times per week
- 1 time per day
- 2 or more times per day

87a. Each time you ate **sausage**, how much did you usually eat?

- Less than 1 patty or 2 links
- 1 to 3 patties or 2 to 5 links
- More than 3 patties or 5 links

87b. How often was the sausage you ate **light, low-fat, or lean**?

- Almost never or never
- About 1/4 of the time
- About 1/2 of the time
- About 3/4 of the time
- Almost always or always

Question 88 appears in the next column.

88. How often did you eat **shellfish** such as shrimp, oysters, clams, crab, crayfish, or lobsters?

- NEVER (GO TO QUESTION 89)
- Less than 1 time per month
- 1 time per month
- 2-3 times per month
- 1 time per week
- 2 times per week
- 3-4 times per week
- 5-6 times per week
- 1 time per day
- 2 or more times per day

88a. Each time you ate **shellfish**, how much did you usually eat?

- Less than 2 ounces
- 2 to 5 ounces
- More than 5 ounces

88b. How often was the shellfish you ate **shrimp**?

- Almost never or never
- About 1/4 of the time
- About 1/2 of the time
- About 3/4 of the time
- Almost always or always

88c. How often was the shellfish you ate **fried**?

- Almost never or never
- About 1/4 of the time
- About 1/2 of the time
- About 3/4 of the time
- Almost always or always

89. How often did you eat **fish sticks** or **fried fish** (NOT including shrimp or other shellfish)?

- NEVER (GO TO QUESTION 90)
- Less than 1 time per month
- 1 time per month
- 2-3 times per month
- 1 time per week
- 2 times per week
- 3-4 times per week
- 5-6 times per week
- 1 time per day
- 2 or more times per day

89a. Each time you ate **fish sticks** or **fried fish**, how much did you usually eat?

- Less than 2 ounces or less than 2 fish sticks
- 2 to 7 ounces or 2 to 3 fish sticks
- More than 7 ounces or more than 3 fish sticks

Question 90 appears on the next page.



45196

Over the past 3 months...

90. How often did you eat **fish that was NOT FRIED** (not including shrimp or other shellfish and not including canned tuna or tuna in foil pouches)?

- NEVER (GO TO INTRODUCTION TO QUESTION 91)
- | | |
|---|--|
| <input type="checkbox"/> Less than 1 time per month | <input type="checkbox"/> 3-4 times per week |
| <input type="checkbox"/> 1 time per month | <input type="checkbox"/> 5-6 times per week |
| <input type="checkbox"/> 2-3 times per month | <input type="checkbox"/> 1 time per day |
| <input type="checkbox"/> 1 time per week | <input type="checkbox"/> 2 or more times per day |
| <input type="checkbox"/> 2 times per week | |

- 90a. Each time you ate **fish that was NOT FRIED**, how much did you usually eat?

- Less than 2 ounces or less than 1 fillet
 2 to 5 ounces or 1 fillet
 More than 5 ounces or more than 1 fillet

Now think about all the meat, poultry, and fish you ate in the past 3 months and how they were prepared.

91. How often was **oil, butter, margarine, or other fat** used to **FRY, SAUTE, BASTE, OR MARINATE** any meat, poultry, or fish you ate? (Please do not include deep frying.)

- NEVER (GO TO QUESTION 92)
- | | |
|---|--|
| <input type="checkbox"/> Less than 1 time per month | <input type="checkbox"/> 3-4 times per week |
| <input type="checkbox"/> 1 time per month | <input type="checkbox"/> 5-6 times per week |
| <input type="checkbox"/> 2-3 times per month | <input type="checkbox"/> 1 time per day |
| <input type="checkbox"/> 1 time per week | <input type="checkbox"/> 2 or more times per day |
| <input type="checkbox"/> 2 times per week | |

- 91a. Which of the following **fats** were regularly used to prepare your meat, poultry, or fish? (**Mark all that apply.**)

- | | |
|--|---|
| <input type="checkbox"/> Margarine (including low-fat) | <input type="checkbox"/> Corn oil |
| <input type="checkbox"/> Butter (including low-fat) | <input type="checkbox"/> Canola or rapeseed oil |
| <input type="checkbox"/> Lard, fatback, or bacon fat | <input type="checkbox"/> Oil spray, such as Pam or others |
| <input type="checkbox"/> Olive oil | <input type="checkbox"/> Other kinds of oils |
| | <input type="checkbox"/> None of the above |

92. How often did you eat **tofu, soy burgers, or soy meat-substitutes**?

- NEVER (GO TO QUESTION 93)
- | | |
|---|--|
| <input type="checkbox"/> Less than 1 time per month | <input type="checkbox"/> 3-4 times per week |
| <input type="checkbox"/> 1 time per month | <input type="checkbox"/> 5-6 times per week |
| <input type="checkbox"/> 2-3 times per month | <input type="checkbox"/> 1 time per day |
| <input type="checkbox"/> 1 time per week | <input type="checkbox"/> 2 or more times per day |
| <input type="checkbox"/> 2 times per week | |

Question 93 appears in the next column.

- 92a. Each time you ate **tofu, soy burgers, or soy meat-substitutes**, how much did you usually eat?

- Less than ¼ cup or less than 2 ounces
 ¼ to ½ cup or 2 to 4 ounces
 More than ½ cup or more than 4 ounces

93. How often did you eat **soup**?

- NEVER (GO TO QUESTION 94)
- | | |
|---|--|
| <input type="checkbox"/> Less than 1 time per month | <input type="checkbox"/> 3-4 times per week |
| <input type="checkbox"/> 1 time per month | <input type="checkbox"/> 5-6 times per week |
| <input type="checkbox"/> 2-3 times per month | <input type="checkbox"/> 1 time per day |
| <input type="checkbox"/> 1 time per week | <input type="checkbox"/> 2 or more times per day |
| <input type="checkbox"/> 2 times per week | |

- 93a. Each time you ate **soup**, how much did you usually eat?

- Less than 1 cup
 1 to 2 cups
 More than 2 cups

- 93b. How often were the soups you ate **bean soups**?

- Almost never or never
 About ¼ of the time
 About ½ of the time
 About ¾ of the time
 Almost always or always

- 93c. How often were the soups you ate **cream soups** (including chowders)?

- Almost never or never
 About ¼ of the time
 About ½ of the time
 About ¾ of the time
 Almost always or always

- 93d. How often were the soups you ate **tomato or vegetable soups**?

- Almost never or never
 About ¼ of the time
 About ½ of the time
 About ¾ of the time
 Almost always or always

Question 94 appears on the next page.



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Over the past 3 months...

93e. How often were the soups you ate **broth soups** (including chicken) **with** or **without noodles** or **rice**?

- Almost never or never
- About ¼ of the time
- About ½ of the time
- About ¾ of the time
- Almost always or always

94. How often did you eat **pizza**?

NEVER (GO TO QUESTION 95)

- | | |
|---|--|
| <input type="checkbox"/> Less than 1 time per month | <input type="checkbox"/> 3–4 times per week |
| <input type="checkbox"/> 1 time per month | <input type="checkbox"/> 5–6 times per week |
| <input type="checkbox"/> 2–3 times per month | <input type="checkbox"/> 1 time per day |
| <input type="checkbox"/> 1 time per week | <input type="checkbox"/> 2 or more times per day |
| <input type="checkbox"/> 2 times per week | |

94a. Each time you ate **pizza**, how much did you usually eat?

- Less than 1 slice or less than 1 mini pizza
- 1 to 3 slices or 1 mini pizza
- More than 3 slices or more than 1 mini pizza

94b. How often did you eat pizza with **pepperoni**, **sausage**, or **other meat**?

- Almost never or never
- About ¼ of the time
- About ½ of the time
- About ¾ of the time
- Almost always or always

95. How often did you eat **crackers**?

NEVER (GO TO QUESTION 96)

- | | |
|---|--|
| <input type="checkbox"/> Less than 1 time per month | <input type="checkbox"/> 3–4 times per week |
| <input type="checkbox"/> 1 time per month | <input type="checkbox"/> 5–6 times per week |
| <input type="checkbox"/> 2–3 times per month | <input type="checkbox"/> 1 time per day |
| <input type="checkbox"/> 1 time per week | <input type="checkbox"/> 2 or more times per day |
| <input type="checkbox"/> 2 times per week | |

95a. Each time you ate **crackers**, how much did you usually eat?

- Fewer than 4 crackers
- 4 to 10 crackers
- More than 10 crackers

Question 96 appears in the next column.

96. How often did you eat **corn bread** or **corn muffins**?

NEVER (GO TO QUESTION 97)

- | | |
|---|--|
| <input type="checkbox"/> Less than 1 time per month | <input type="checkbox"/> 3–4 times per week |
| <input type="checkbox"/> 1 time per month | <input type="checkbox"/> 5–6 times per week |
| <input type="checkbox"/> 2–3 times per month | <input type="checkbox"/> 1 time per day |
| <input type="checkbox"/> 1 time per week | <input type="checkbox"/> 2 or more times per day |
| <input type="checkbox"/> 2 times per week | |

96a. Each time you ate **corn bread** or **corn muffins**, how much did you usually eat?

- Less than 1 piece or muffin
- 1 to 2 pieces or muffins
- More than 2 pieces or muffins

97. How often did you eat **biscuits**?

NEVER (GO TO QUESTION 98)

- | | |
|---|--|
| <input type="checkbox"/> Less than 1 time per month | <input type="checkbox"/> 3–4 times per week |
| <input type="checkbox"/> 1 time per month | <input type="checkbox"/> 5–6 times per week |
| <input type="checkbox"/> 2–3 times per month | <input type="checkbox"/> 1 time per day |
| <input type="checkbox"/> 1 time per week | <input type="checkbox"/> 2 or more times per day |
| <input type="checkbox"/> 2 times per week | |

97a. Each time you ate **biscuits**, how many did you usually eat?

- Fewer than 1 biscuit
- 1 to 2 biscuits
- More than 2 biscuits

98. How often did you eat **potato chips**, **tortilla chips**, or **corn chips** (including low-fat, fat-free, or low-salt)?

NEVER (GO TO QUESTION 99)

- | | |
|---|--|
| <input type="checkbox"/> Less than 1 time per month | <input type="checkbox"/> 3–4 times per week |
| <input type="checkbox"/> 1 time per month | <input type="checkbox"/> 5–6 times per week |
| <input type="checkbox"/> 2–3 times per month | <input type="checkbox"/> 1 time per day |
| <input type="checkbox"/> 1 time per week | <input type="checkbox"/> 2 or more times per day |
| <input type="checkbox"/> 2 times per week | |

98a. Each time you ate **potato chips**, **tortilla chips**, or **corn chips**, how much did you usually eat?

- Fewer than 10 chips or less than 1 cup
- 10 to 25 chips or 1 to 2 cups
- More than 25 chips or more than 2 cups

Question 99 appears on the next page.



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Over the past 3 months...

98b. How often were the chips you ate **low-fat** or **fat-free**?

- Almost never or never
- About 1/4 of the time
- About 1/2 of the time
- About 3/4 of the time
- Almost always or always

99. How often did you eat **popcorn** (including low-fat)? NEVER (GO TO QUESTION 100)

- | | |
|---|--|
| <input type="checkbox"/> Less than 1 time per month | <input type="checkbox"/> 3-4 times per week |
| <input type="checkbox"/> 1 time per month | <input type="checkbox"/> 5-6 times per week |
| <input type="checkbox"/> 2-3 times per month | <input type="checkbox"/> 1 time per day |
| <input type="checkbox"/> 1 time per week | <input type="checkbox"/> 2 or more times per day |
| <input type="checkbox"/> 2 times per week | |

99a. Each time you ate **popcorn**, how much did you usually eat?

- Less than 2 cups, popped
- 2 to 5 cups, popped
- More than 5 cups, popped

100. How often did you eat **pretzels**? NEVER (GO TO QUESTION 101)

- | | |
|---|--|
| <input type="checkbox"/> Less than 1 time per month | <input type="checkbox"/> 3-4 times per week |
| <input type="checkbox"/> 1 time per month | <input type="checkbox"/> 5-6 times per week |
| <input type="checkbox"/> 2-3 times per month | <input type="checkbox"/> 1 time per day |
| <input type="checkbox"/> 1 time per week | <input type="checkbox"/> 2 or more times per day |
| <input type="checkbox"/> 2 times per week | |

100a. Each time you ate **pretzels**, how many did you usually eat?

- Fewer than 5 average twists
- 5 to 20 average twists
- More than 20 average twists

101. How often did you eat **peanuts, walnuts, seeds,** or **other nuts**? NEVER (GO TO QUESTION 102)

- | | |
|---|--|
| <input type="checkbox"/> Less than 1 time per month | <input type="checkbox"/> 3-4 times per week |
| <input type="checkbox"/> 1 time per month | <input type="checkbox"/> 5-6 times per week |
| <input type="checkbox"/> 2-3 times per month | <input type="checkbox"/> 1 time per day |
| <input type="checkbox"/> 1 time per week | <input type="checkbox"/> 2 or more times per day |
| <input type="checkbox"/> 2 times per week | |

101a. Each time you ate **peanuts, walnuts, seeds,** or **other nuts**, how much did you usually eat?

- Less than 1/4 cup
- 1/4 to 1/2 cup
- More than 1/2 cup

101b. How often were the nuts or seeds you ate **almonds that were toasted or roasted**?

- Almost never or never
- About 1/4 of the time
- About 1/2 of the time
- About 3/4 of the time
- Almost always or always

102. How often did you eat **energy, high-protein,** or **breakfast bars** such as Power Bars, Balance, Clif, or others? NEVER (GO TO QUESTION 103)

- | | |
|---|--|
| <input type="checkbox"/> Less than 1 time per month | <input type="checkbox"/> 3-4 times per week |
| <input type="checkbox"/> 1 time per month | <input type="checkbox"/> 5-6 times per week |
| <input type="checkbox"/> 2-3 times per month | <input type="checkbox"/> 1 time per day |
| <input type="checkbox"/> 1 time per week | <input type="checkbox"/> 2 or more times per day |
| <input type="checkbox"/> 2 times per week | |

102a. Each time you ate **energy, high-protein,** or **breakfast bars**, how much did you usually eat?

- Less than 1 bar
- 1 bar
- More than 1 bar

103. How often did you eat **yogurt** (NOT including frozen yogurt)? NEVER (GO TO QUESTION 104)

- | | |
|---|--|
| <input type="checkbox"/> Less than 1 time per month | <input type="checkbox"/> 3-4 times per week |
| <input type="checkbox"/> 1 time per month | <input type="checkbox"/> 5-6 times per week |
| <input type="checkbox"/> 2-3 times per month | <input type="checkbox"/> 1 time per day |
| <input type="checkbox"/> 1 time per week | <input type="checkbox"/> 2 or more times per day |
| <input type="checkbox"/> 2 times per week | |

103a. Each time you ate **yogurt**, how much did you usually eat?

- Less than 1/2 cup or less than 1 container
- 1/2 to 1 cup or 1 container
- More than 1 cup or more than 1 container

Question 102 appears in the next column.

Question 104 appears on the next page.



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Over the past 3 months...

104. How often did you eat **cottage cheese** (including low-fat)?

NEVER (GO TO QUESTION 105)

- Less than 1 time per month
- 1 time per month
- 2-3 times per month
- 1 time per week
- 2 times per week
- 3-4 times per week
- 5-6 times per week
- 1 time per day
- 2 or more times per day

104a. Each time you ate **cottage cheese**, how much did you usually eat?

- Less than 1/4 cup
- 1/4 to 1 cup
- More than 1 cup

105. How often did you eat **cheese** (including low-fat; including on cheeseburgers or in sandwiches or subs)?

NEVER (GO TO QUESTION 106)

- Less than 1 time per month
- 1 time per month
- 2-3 times per month
- 1 time per week
- 2 times per week
- 3-4 times per week
- 5-6 times per week
- 1 time per day
- 2 or more times per day

105a. Each time you ate **cheese**, how much did you usually eat?

- Less than 1/2 ounce or less than 1 slice
- 1/2 to 1 1/2 ounces or 1 slice
- More than 1 1/2 ounces or more than 1 slice

105b. How often was the cheese you ate **light** or **low-fat**?

- Almost never or never
- About 1/4 of the time
- About 1/2 of the time
- About 3/4 of the time
- Almost always or always

105c. How often was the cheese you ate **fat-free**?

- Almost never or never
- About 1/4 of the time
- About 1/2 of the time
- About 3/4 of the time
- Almost always or always

Question 106 appears in the next column.

106. How often did you eat **frozen yogurt, sorbet, or ices** (including low-fat or fat-free)?

NEVER (GO TO QUESTION 107)

- Less than 1 time per month
- 1 time per month
- 2-3 times per month
- 1 time per week
- 2 times per week
- 3-4 times per week
- 5-6 times per week
- 1 time per day
- 2 or more times per day

106a. Each time you ate **frozen yogurt, sorbet, or ices**, how much did you usually eat?

- Less than 1/2 cup or less than 1 scoop
- 1/2 to 1 cup or 1 to 2 scoops
- More than 1 cup or more than 2 scoops

107. How often did you eat **ice cream, ice cream bars, or sherbet** (including low-fat or fat-free)?

NEVER (GO TO QUESTION 108)

- Less than 1 time per month
- 1 time per month
- 2-3 times per month
- 1 time per week
- 2 times per week
- 3-4 times per week
- 5-6 times per week
- 1 time per day
- 2 or more times per day

107a. Each time you ate **ice cream, ice cream bars, or sherbet**, how much did you usually eat?

- Less than 1/2 cup or less than 1 scoop
- 1/2 to 1 1/2 cups or 1 to 2 scoops
- More than 1 1/2 cups or more than 2 scoops

107b. How often was the ice cream you ate **light, low-fat, or fat-free ice cream** or **sherbet**?

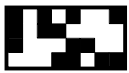
- Almost never or never
- About 1/4 of the time
- About 1/2 of the time
- About 3/4 of the time
- Almost always or always

108. How often did you eat **cake** (including low-fat or fat-free)?

NEVER (GO TO QUESTION 109)

- Less than 1 time per month
- 1 time per month
- 2-3 times per month
- 1 time per week
- 2 times per week
- 3-4 times per week
- 5-6 times per week
- 1 time per day
- 2 or more times per day

Question 109 appears on the next page.



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Over the past 3 months...

108a. Each time you ate **cake**, how much did you usually eat?

- Less than 1 medium piece
 1 medium piece
 More than 1 medium piece

108b. How often was the cake you ate **light, low-fat, or fat-free?**

- Almost never or never
 About ¼ of the time
 About ½ of the time
 About ¾ of the time
 Almost always or always

109. How often did you eat **cookies or brownies** (including low-fat or fat-free)?

NEVER (GO TO QUESTION 110)

- | | |
|---|--|
| <input type="checkbox"/> Less than 1 time per month | <input type="checkbox"/> 3–4 times per week |
| <input type="checkbox"/> 1 time per month | <input type="checkbox"/> 5–6 times per week |
| <input type="checkbox"/> 2–3 times per month | <input type="checkbox"/> 1 time per day |
| <input type="checkbox"/> 1 time per week | <input type="checkbox"/> 2 or more times per day |
| <input type="checkbox"/> 2 times per week | |

109a. Each time you ate **cookies or brownies**, how much did you usually eat?

- Less than 2 cookies or 1 small brownie
 2 to 4 cookies or 1 medium brownie
 More than 4 cookies or 1 large brownie

109b. How often were the cookies or brownies you ate **light, low-fat, or fat-free?**

- Almost never or never
 About ¼ of the time
 About ½ of the time
 About ¾ of the time
 Almost always or always

110. How often did you eat **doughnuts, sweet rolls, Danish, or pop-tarts?**

NEVER (GO TO QUESTION 111)

- | | |
|---|--|
| <input type="checkbox"/> Less than 1 time per month | <input type="checkbox"/> 3–4 times per week |
| <input type="checkbox"/> 1 time per month | <input type="checkbox"/> 5–6 times per week |
| <input type="checkbox"/> 2–3 times per month | <input type="checkbox"/> 1 time per day |
| <input type="checkbox"/> 1 time per week | <input type="checkbox"/> 2 or more times per day |
| <input type="checkbox"/> 2 times per week | |

110a. Each time you ate **doughnuts, sweet rolls, Danish, or pop-tarts**, how much did you usually eat?

- Less than 1 piece
 1 to 2 pieces
 More than 2 pieces

111. How often did you eat **sweet muffins or dessert breads** (including low-fat or fat-free)?

NEVER (GO TO QUESTION 112)

- | | |
|---|--|
| <input type="checkbox"/> Less than 1 time per month | <input type="checkbox"/> 3–4 times per week |
| <input type="checkbox"/> 1 time per month | <input type="checkbox"/> 5–6 times per week |
| <input type="checkbox"/> 2–3 times per month | <input type="checkbox"/> 1 time per day |
| <input type="checkbox"/> 1 time per week | <input type="checkbox"/> 2 or more times per day |
| <input type="checkbox"/> 2 times per week | |

111a. Each time you ate **sweet muffins or dessert breads**, how much did you usually eat?

- Less than 1 medium piece
 1 medium piece
 More than 1 medium piece

111b. How often were the sweet muffins or dessert breads you ate **light, low-fat, or fat-free?**

- Almost never or never
 About ¼ of the time
 About ½ of the time
 About ¾ of the time
 Almost always or always

112. How often did you eat **fruit crisp, cobbler, or strudel?**

NEVER (GO TO QUESTION 113)

- | | |
|---|--|
| <input type="checkbox"/> Less than 1 time per month | <input type="checkbox"/> 3–4 times per week |
| <input type="checkbox"/> 1 time per month | <input type="checkbox"/> 5–6 times per week |
| <input type="checkbox"/> 2–3 times per month | <input type="checkbox"/> 1 time per day |
| <input type="checkbox"/> 1 time per week | <input type="checkbox"/> 2 or more times per day |
| <input type="checkbox"/> 2 times per week | |

112a. Each time you ate **fruit crisp, cobbler, or strudel**, how much did you usually eat?

- Less than ½ cup
 ½ to 1 cup
 More than 1 cup

Question 111 appears in the next column.

Question 113 appears on the next page.



Over the past 3 months...

113. How often did you eat **pie**?

- NEVER (GO TO QUESTION 114)
- | | |
|---|--|
| <input type="checkbox"/> Less than 1 time per month | <input type="checkbox"/> 3–4 times per week |
| <input type="checkbox"/> 1 time per month | <input type="checkbox"/> 5–6 times per week |
| <input type="checkbox"/> 2–3 times per month | <input type="checkbox"/> 1 time per day |
| <input type="checkbox"/> 1 time per week | <input type="checkbox"/> 2 or more times per day |
| <input type="checkbox"/> 2 times per week | |

113a. Each time you ate **pie**, how much did you usually eat?

- Less than $\frac{1}{8}$ of a pie
 About $\frac{1}{8}$ of a pie
 More than $\frac{1}{8}$ of a pie

The next four questions ask about the kinds of pie you ate. Please read all four questions before answering.

113b. How often were the pies you ate **fruit pie** (such as apple, blueberry, others)?

- Almost never or never
 About $\frac{1}{4}$ of the time
 About $\frac{1}{2}$ of the time
 About $\frac{3}{4}$ of the time
 Almost always or always

113c. How often were the pies you ate **cream, pudding, custard, or meringue pie**?

- Almost never or never
 About $\frac{1}{4}$ of the time
 About $\frac{1}{2}$ of the time
 About $\frac{3}{4}$ of the time
 Almost always or always

113d. How often were the pies you ate **pumpkin or sweet potato pie**?

- Almost never or never
 About $\frac{1}{4}$ of the time
 About $\frac{1}{2}$ of the time
 About $\frac{3}{4}$ of the time
 Almost always or always

113e. How often were the pies you ate **pecan pie**?

- Almost never or never
 About $\frac{1}{4}$ of the time
 About $\frac{1}{2}$ of the time
 About $\frac{3}{4}$ of the time
 Almost always or always

114. How often did you eat **chocolate candy**?

- NEVER (GO TO QUESTION 115)
- | | |
|---|--|
| <input type="checkbox"/> Less than 1 time per month | <input type="checkbox"/> 3–4 times per week |
| <input type="checkbox"/> 1 time per month | <input type="checkbox"/> 5–6 times per week |
| <input type="checkbox"/> 2–3 times per month | <input type="checkbox"/> 1 time per day |
| <input type="checkbox"/> 1 time per week | <input type="checkbox"/> 2 or more times per day |
| <input type="checkbox"/> 2 times per week | |

114a. Each time you ate **chocolate candy**, how much did you usually eat?

- Less than 1 average bar or less than 1 ounce
 1 average bar or 1 to 2 ounces
 More than 1 average bar or more than 2 ounces

115. How often did you eat **other candy**?

- NEVER (GO TO QUESTION 116)
- | | |
|---|--|
| <input type="checkbox"/> Less than 1 time per month | <input type="checkbox"/> 3–4 times per week |
| <input type="checkbox"/> 1 time per month | <input type="checkbox"/> 5–6 times per week |
| <input type="checkbox"/> 2–3 times per month | <input type="checkbox"/> 1 time per day |
| <input type="checkbox"/> 1 time per week | <input type="checkbox"/> 2 or more times per day |
| <input type="checkbox"/> 2 times per week | |

115a. Each time you ate **other candy**, how much did you usually eat?

- Fewer than 2 pieces
 2 to 9 pieces
 More than 9 pieces

116. How often did you eat **eggs, egg whites, or egg substitutes** (NOT counting eggs in baked goods and desserts)? (Please include eggs in salads, quiche, and soufflés.)

- NEVER (GO TO QUESTION 117)
- | | |
|---|--|
| <input type="checkbox"/> Less than 1 time per month | <input type="checkbox"/> 3–4 times per week |
| <input type="checkbox"/> 1 time per month | <input type="checkbox"/> 5–6 times per week |
| <input type="checkbox"/> 2–3 times per month | <input type="checkbox"/> 1 time per day |
| <input type="checkbox"/> 1 time per week | <input type="checkbox"/> 2 or more times per day |
| <input type="checkbox"/> 2 times per week | |

116a. Each time you ate **eggs, egg whites, or egg substitutes**, how many did you usually eat?

- 1 egg
 2 eggs
 3 or more eggs

Question 114 appears in the next column.

Question 117 appears on the next page.



Over the past 3 months...

116b. How often were the eggs you ate **egg substitutes**?

- Almost never or never
- About 1/4 of the time
- About 1/2 of the time
- About 3/4 of the time
- Almost always or always

116c. How often were the eggs you ate **egg whites only**?

- Almost never or never
- About 1/4 of the time
- About 1/2 of the time
- About 3/4 of the time
- Almost always or always

116d. How often were the eggs you ate **regular whole eggs**?

- Almost never or never
- About 1/4 of the time
- About 1/2 of the time
- About 3/4 of the time
- Almost always or always

116e. How often were the eggs you ate **cooked in oil, butter, or margarine**?

- Almost never or never
- About 1/4 of the time
- About 1/2 of the time
- About 3/4 of the time
- Almost always or always

116f. How often were the eggs you ate part of **egg salad**?

- Almost never or never
- About 1/4 of the time
- About 1/2 of the time
- About 3/4 of the time
- Almost always or always

117. How many cups of **coffee**, caffeinated or decaffeinated, did you drink?

NEVER (GO TO QUESTION 118)

- | | |
|--|---|
| <input type="checkbox"/> Less than 1 cup per month | <input type="checkbox"/> 1 cup per day |
| <input type="checkbox"/> 1-3 cups per month | <input type="checkbox"/> 2-3 cups per day |
| <input type="checkbox"/> 1 cup per week | <input type="checkbox"/> 4-5 cups per day |
| <input type="checkbox"/> 2-4 cups per week | <input type="checkbox"/> 6 or more cups per day |
| <input type="checkbox"/> 5-6 cups per week | |

Question 118 appears in the next column.

117a. How often was the coffee you drank **decaffeinated**?

- Almost never or never
- About 1/4 of the time
- About 1/2 of the time
- About 3/4 of the time
- Almost always or always

118. How many glasses of **ICED tea**, caffeinated or decaffeinated, did you drink?

NEVER (GO TO QUESTION 119)

- | | |
|--|---|
| <input type="checkbox"/> Less than 1 cup per month | <input type="checkbox"/> 1 cup per day |
| <input type="checkbox"/> 1-3 cups per month | <input type="checkbox"/> 2-3 cups per day |
| <input type="checkbox"/> 1 cup per week | <input type="checkbox"/> 4-5 cups per day |
| <input type="checkbox"/> 2-4 cups per week | <input type="checkbox"/> 6 or more cups per day |
| <input type="checkbox"/> 5-6 cups per week | |

118a. How often was the iced tea you drank **decaffeinated or herbal tea**?

- Almost never or never
- About 1/4 of the time
- About 1/2 of the time
- About 3/4 of the time
- Almost always or always

118b. How often was the iced tea you drank **green tea**?

- Almost never or never
- About 1/4 of the time
- About 1/2 of the time
- About 3/4 of the time
- Almost always or always

119. How many cups of **HOT tea**, caffeinated, decaffeinated, or herbal, did you drink?

NEVER (GO TO QUESTION 120)

- | | |
|--|---|
| <input type="checkbox"/> Less than 1 cup per month | <input type="checkbox"/> 1 cup per day |
| <input type="checkbox"/> 1-3 cups per month | <input type="checkbox"/> 2-3 cups per day |
| <input type="checkbox"/> 1 cup per week | <input type="checkbox"/> 4-5 cups per day |
| <input type="checkbox"/> 2-4 cups per week | <input type="checkbox"/> 6 or more cups per day |
| <input type="checkbox"/> 5-6 cups per week | |

119a. How often was the hot tea you drank **decaffeinated or herbal tea**?

- Almost never or never
- About 1/4 of the time
- About 1/2 of the time
- About 3/4 of the time
- Almost always or always

Question 120 appears on the next page.



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Over the past 3 months...

119b. How often was the hot tea you drank **green tea**?

- Almost never or never
- About 1/4 of the time
- About 1/2 of the time
- About 3/4 of the time
- Almost always or always

120. How often did you add **sugar** or **honey** to your coffee or tea?

NEVER (GO TO QUESTION 121)

- | | |
|---|--|
| <input type="checkbox"/> Less than 1 time per month | <input type="checkbox"/> 1 time per day |
| <input type="checkbox"/> 1-3 times per month | <input type="checkbox"/> 2-3 times per day |
| <input type="checkbox"/> 1 time per week | <input type="checkbox"/> 4-5 times per day |
| <input type="checkbox"/> 2-4 times per week | <input type="checkbox"/> 6 or more times per day |
| <input type="checkbox"/> 5-6 times per week | |

120a. Each time **sugar** or **honey** was added to your coffee or tea, how much was usually added?

- Less than 1 teaspoon
- 1 to 3 teaspoons
- More than 3 teaspoons

121. How often did you add **artificial sweetener** to your coffee or tea?

NEVER (GO TO QUESTION 122)

- | | |
|---|--|
| <input type="checkbox"/> Less than 1 time per month | <input type="checkbox"/> 1 time per day |
| <input type="checkbox"/> 1-3 times per month | <input type="checkbox"/> 2-3 times per day |
| <input type="checkbox"/> 1 time per week | <input type="checkbox"/> 4-5 times per day |
| <input type="checkbox"/> 2-4 times per week | <input type="checkbox"/> 6 or more times per day |
| <input type="checkbox"/> 5-6 times per week | |

121a. What kind of **artificial sweetener** did you usually use?

- Equal or aspartame
- Sweet N Low or saccharin
- Splenda or sucralose

122. How often was **non-dairy creamer** added to your coffee or tea?

NEVER (GO TO QUESTION 123)

- | | |
|---|--|
| <input type="checkbox"/> Less than 1 time per month | <input type="checkbox"/> 1 time per day |
| <input type="checkbox"/> 1-3 times per month | <input type="checkbox"/> 2-3 times per day |
| <input type="checkbox"/> 1 time per week | <input type="checkbox"/> 4-5 times per day |
| <input type="checkbox"/> 2-4 times per week | <input type="checkbox"/> 6 or more times per day |
| <input type="checkbox"/> 5-6 times per week | |

Question 123 appears in the next column.

122a. Each time **non-dairy creamer** was added to your coffee or tea, how much was usually used?

- Less than 1 teaspoon
- 1 to 3 teaspoons
- More than 3 teaspoons

122b. What kind of **non-dairy creamer** did you usually use?

- Regular powdered
- Low-fat or fat-free powdered
- Regular liquid
- Low-fat or fat-free liquid

123. How often was **cream** or **half and half** added to your coffee or tea?

NEVER (GO TO QUESTION 124)

- | | |
|---|--|
| <input type="checkbox"/> Less than 1 time per month | <input type="checkbox"/> 1 time per day |
| <input type="checkbox"/> 1-3 times per month | <input type="checkbox"/> 2-3 times per day |
| <input type="checkbox"/> 1 time per week | <input type="checkbox"/> 4-5 times per day |
| <input type="checkbox"/> 2-4 times per week | <input type="checkbox"/> 6 or more times per day |
| <input type="checkbox"/> 5-6 times per week | |

123a. Each time **cream** or **half and half** was added to your coffee or tea, how much was usually added?

- Less than 1 tablespoon
- 1 to 2 tablespoons
- More than 2 tablespoons

124. How often was **milk** added to your coffee or tea? (Please include soy milk, rice milk, and other types of milk.)

NEVER (GO TO QUESTION 125)

- | | |
|---|--|
| <input type="checkbox"/> Less than 1 time per month | <input type="checkbox"/> 1 time per day |
| <input type="checkbox"/> 1-3 times per month | <input type="checkbox"/> 2-3 times per day |
| <input type="checkbox"/> 1 time per week | <input type="checkbox"/> 4-5 times per day |
| <input type="checkbox"/> 2-4 times per week | <input type="checkbox"/> 6 or more times per day |
| <input type="checkbox"/> 5-6 times per week | |

124a. Each time **milk** was added to your coffee or tea, how much was usually added?

- Less than 1 tablespoon
- 1 to 3 tablespoons
- More than 3 tablespoons

Question 125 appears on the next page.



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Over the past 3 months...124b. What kind of **milk** was usually added to your coffee or tea?

- Whole milk
- 2% fat milk
- 1% fat milk
- Skim, nonfat, or ½% fat milk
- Evaporated or condensed (canned) milk
- Soy milk
- Rice milk
- Raw, unpasteurized milk
- Other

125. How often was **sugar** or **honey** added to foods you ate? (Please do not include sugar in coffee, tea, other beverages, or baked goods.) NEVER (GO TO INTRODUCTION TO QUESTION 126)

- | | |
|---|--|
| <input type="checkbox"/> Less than 1 time per month | <input type="checkbox"/> 1 time per day |
| <input type="checkbox"/> 1-3 times per month | <input type="checkbox"/> 2-3 times per day |
| <input type="checkbox"/> 1 time per week | <input type="checkbox"/> 4-5 times per day |
| <input type="checkbox"/> 2-4 times per week | <input type="checkbox"/> 6 or more times per day |
| <input type="checkbox"/> 5-6 times per week | |

125a. Each time **sugar** or **honey** was added to foods you ate, how much was usually added?

- Less than 1 teaspoon
- 1 to 3 teaspoons
- More than 3 teaspoons

Introduction to question 126 appears in the next column.

The following questions are about the kinds of butter, margarine, mayonnaise, sour cream, cream cheese, and salad dressing that you eat. If possible, please check the labels of these foods to help you answer.

126. Over the past 3 months, did you eat **margarine**? NO (GO TO QUESTION 127) YES126a. How often was the margarine you ate **regular-fat** (stick or tub)?

- Almost never or never
- About ¼ of the time
- About ½ of the time
- About ¾ of the time
- Almost always or always

126b. How often was the margarine you ate **light** or **low-fat** (stick or tub)?

- Almost never or never
- About ¼ of the time
- About ½ of the time
- About ¾ of the time
- Almost always or always

126c. How often was the margarine you ate **fat-free**?

- Almost never or never
- About ¼ of the time
- About ½ of the time
- About ¾ of the time
- Almost always or always

127. Over the past 3 months, did you eat **butter**? NO (GO TO QUESTION 128) YES127a. How often was the butter you ate **light** or **low-fat**?

- Almost never or never
- About ¼ of the time
- About ½ of the time
- About ¾ of the time
- Almost always or always

Question 128 appears on the next page.



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Over the past 3 months...

128. Over the past 3 months, did you eat **mayonnaise** or **mayonnaise-type dressing**?

- NO (GO TO QUESTION 129)
- YES

128a. How often was the mayonnaise you ate **regular-fat**?

- Almost never or never
- About 1/4 of the time
- About 1/2 of the time
- About 3/4 of the time
- Almost always or always

128b. How often was the mayonnaise you ate **light** or **low-fat**?

- Almost never or never
- About 1/4 of the time
- About 1/2 of the time
- About 3/4 of the time
- Almost always or always

128c. How often was the mayonnaise you ate **fat-free**?

- Almost never or never
- About 1/4 of the time
- About 1/2 of the time
- About 3/4 of the time
- Almost always or always

129. Over the past 3 months, did you eat **sour cream**?

- NO (GO TO QUESTION 130)
- YES

129a. How often was the sour cream you ate **regular-fat**?

- Almost never or never
- About 1/4 of the time
- About 1/2 of the time
- About 3/4 of the time
- Almost always or always

129b. How often was the sour cream you ate **light, low-fat, or fat-free**?

- Almost never or never
- About 1/4 of the time
- About 1/2 of the time
- About 3/4 of the time
- Almost always or always

130. Over the past 3 months, did you eat **cream cheese**?

- NO (GO TO QUESTION 131)
- YES

130a. How often was the cream cheese you ate **regular-fat**?

- Almost never or never
- About 1/4 of the time
- About 1/2 of the time
- About 3/4 of the time
- Almost always or always

130b. How often was the cream cheese you ate **light, low-fat, or fat-free**?

- Almost never or never
- About 1/4 of the time
- About 1/2 of the time
- About 3/4 of the time
- Almost always or always

131. Over the past 3 months, did you eat **salad dressing**?

- NO (GO TO INTRODUCTION TO QUESTION 132)
- YES

131a. How often was the salad dressing you ate **regular-fat** (including oil and vinegar dressing)?

- Almost never or never
- About 1/4 of the time
- About 1/2 of the time
- About 3/4 of the time
- Almost always or always

131b. How often was the salad dressing you ate **light or low-fat**?

- Almost never or never
- About 1/4 of the time
- About 1/2 of the time
- About 3/4 of the time
- Almost always or always

Question 130 appears in the next column.

Introduction to question 132 appears on the next page.



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131c. How often was the salad dressing you ate **fat-free?**

- Almost never or never
- About 1/4 of the time
- About 1/2 of the time
- About 3/4 of the time
- Almost always or always

The following two questions ask you to summarize your usual intake of vegetables and fruits. (Please do not include salads, potatoes, or juices.)

132. Over the past 3 months, how many servings of **vegetables** (not including salad, potatoes or juice) did you eat per week or per day?

- | | |
|---|--|
| <input type="checkbox"/> Less than 1 per week | <input type="checkbox"/> 2 per day |
| <input type="checkbox"/> 1-2 per week | <input type="checkbox"/> 3 per day |
| <input type="checkbox"/> 3-4 per week | <input type="checkbox"/> 4 per day |
| <input type="checkbox"/> 5-6 per week | <input type="checkbox"/> 5 or more per day |
| <input type="checkbox"/> 1 per day | |

133. Over the past 3 months, how many servings of **fruit** (not including juices) did you eat per week or per day?

- | | |
|---|--|
| <input type="checkbox"/> Less than 1 per week | <input type="checkbox"/> 2 per day |
| <input type="checkbox"/> 1-2 per week | <input type="checkbox"/> 3 per day |
| <input type="checkbox"/> 3-4 per week | <input type="checkbox"/> 4 per day |
| <input type="checkbox"/> 5-6 per week | <input type="checkbox"/> 5 or more per day |
| <input type="checkbox"/> 1 per day | |

The following question asks you to summarize your usual intake of seafood, including fish and shellfish. (Please include canned tuna or tuna in foil pouches.)

134. Over the past 3 months, how many servings of **seafood, including fish and shellfish** (including canned tuna or tuna in foil pouches) did you eat per week or per day?

- NONE (GO TO INTRODUCTION TO QUESTION 135)
- | | |
|---|--|
| <input type="checkbox"/> Less than 1 per week | <input type="checkbox"/> 5-6 per week |
| <input type="checkbox"/> 1-2 per week | <input type="checkbox"/> 1 per day |
| <input type="checkbox"/> 3-4 per week | <input type="checkbox"/> 2 or more per day |

134a. How often was the fish you ate **tuna steaks** or **other fresh tuna?**

- Almost never or never
- About 1/4 of the time
- About 1/2 of the time
- About 3/4 of the time
- Almost always or always

Introduction to question 135 appears in the next column.

134b. How often was the fish you ate **salmon, herring, trout, halibut, or sardines?**

- Almost never or never
- About 1/4 of the time
- About 1/2 of the time
- About 3/4 of the time
- Almost always or always

134c. How often was the fish you ate **swordfish, shark, tilefish, or king mackerel?**

- Almost never or never
- About 1/4 of the time
- About 1/2 of the time
- About 3/4 of the time
- Almost always or always

134d. Over the past 3 months, did you eat any of the following **types of fish or shellfish? (Mark all that apply.)**

- Refrigerated, smoked seafood, such as lox or Nova-style salmon
- Kippered or salted and dried fish
- Refrigerated, pickled fish or fish packed in salt brine, vinegar or sour cream
- Fish jerky
- Caviar, shad or cod roe
- Seal or whale
- Sushi with fish
- Anchovies
- None

134e. Thinking about all the fish and seafood you ate over the past 3 months, how often was the fish and shellfish you ate **caught in local waters by you, your family, or friends?**

- Almost never or never
- About 1/4 of the time
- About 1/2 of the time
- About 3/4 of the time
- Almost always or always

The following questions ask you to describe your usual intake of vegetable juices, fruit juices, and fruit drinks over the past 3 months.

135. How often were the fruit juices and fruit drinks that you drank **calcium-fortified?** (Please include orange juice, grapefruit juice, other fruit juices, fruit juice mixtures, and fruit drinks.)

- Almost never or never
- About 1/4 of the time
- About 1/2 of the time
- About 3/4 of the time
- Almost always or always
- Don't know

Question 136 appears on the next page.



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Over the past 3 months...

136. How often were the fruit juices and fruit drinks that you drank **fortified with Vitamin D?** (Please include orange juice, grapefruit juice, other fruit juices, fruit juice mixtures, and fruit drinks.)

- Almost never or never
- About ¼ of the time
- About ½ of the time
- About ¾ of the time
- Almost always or always
- Don't know

137. How often were the deli-style hams, cold cuts or luncheon meats you ate **eaten straight from the package or wrapper, that is, without heating or cooking?**

- Almost never or never
- About ¼ of the time
- About ½ of the time
- About ¾ of the time
- Almost always or always

138. How often were the hot dogs or frankfurters you ate **eaten straight from the package or wrapper, that is, without heating or cooking?**

- Almost never or never
- About ¼ of the time
- About ½ of the time
- About ¾ of the time
- Almost always or always

139. Over the past 3 months, which of the following foods did you eat **AT LEAST THREE TIMES?** (Mark all that apply.)

- | | |
|---|---|
| <input type="checkbox"/> Avocado, guacamole | <input type="checkbox"/> Olives |
| <input type="checkbox"/> Buttermilk or Kefir | <input type="checkbox"/> Oysters |
| <input type="checkbox"/> Cheesecake | <input type="checkbox"/> Pickles or pickled vegetables or fruit |
| <input type="checkbox"/> Chocolate, fudge, or butterscotch toppings or syrups | <input type="checkbox"/> Plantains |
| <input type="checkbox"/> Chow mein noodles | <input type="checkbox"/> Pork neckbones, hock, head, feet |
| <input type="checkbox"/> Croissants | <input type="checkbox"/> Pudding or custard |
| <input type="checkbox"/> Dried apricots | <input type="checkbox"/> Sauerkraut |
| <input type="checkbox"/> Egg rolls | <input type="checkbox"/> Tempeh |
| <input type="checkbox"/> Granola bars | <input type="checkbox"/> Veal, venison, lamb |
| <input type="checkbox"/> Hot peppers | <input type="checkbox"/> Duck or pheasant |
| <input type="checkbox"/> Jello, gelatin | <input type="checkbox"/> Whipped cream, regular substitute |
| <input type="checkbox"/> Milkshakes or ice-cream sodas | |
| <input type="checkbox"/> Miso soup, paste, or sauce | |
| | <input type="checkbox"/> NONE |

140. For **ALL** of the past 3 months, have you followed any type of **vegetarian diet?**

NO (GO TO QUESTION 141)

YES

140a. Which of the following foods did you **TOTALLY EXCLUDE** from your diet? (Mark all that apply.)

- Meat (beef, pork, lamb, etc.)
- Poultry (chicken, turkey, duck)
- Fish and seafood
- Eggs
- Dairy products (milk, cheese, etc.)

141. For **ALL** of the past 3 months, did you regularly eat any **organic foods?**

NO (GO TO QUESTION 142)

YES

141a. What kinds of **organic foods** did you regularly eat? (Mark all that apply.)

- | | |
|-------------------------------------|--------------------------------------|
| <input type="checkbox"/> Fruits | <input type="checkbox"/> Pork |
| <input type="checkbox"/> Vegetables | <input type="checkbox"/> Cheese |
| <input type="checkbox"/> Milk | <input type="checkbox"/> Yogurt |
| <input type="checkbox"/> Chicken | <input type="checkbox"/> Other foods |
| <input type="checkbox"/> Beef | |

142. Over the past 3 months, how often did you drink more than a sip of **water?**

NEVER (GO TO QUESTION 143)

- | | |
|---|--|
| <input type="checkbox"/> Less than 1 time per month | <input type="checkbox"/> 1 time per day |
| <input type="checkbox"/> 2-3 times per month | <input type="checkbox"/> 2-3 times per day |
| <input type="checkbox"/> 1-2 times per week | <input type="checkbox"/> 4-5 times per day |
| <input type="checkbox"/> 3-4 times per week | <input type="checkbox"/> 6 or more times per day |
| <input type="checkbox"/> 5-6 times per week | |

142a. Each time you drank more than a sip of **water**, how much did you usually drink?

- Less than ¾ cup (6 ounces)
- ¾ to 1¼ cups (6 to 10 ounces)
- More than 1¼ cups (10 ounces)

142b. How often was your water **bottled water?**

- Almost never or never
- About ¼ of the time
- About ½ of the time
- About ¾ of the time
- Almost always or always

Question 140 appears in the next column.

Question 143 appears on the next page.



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Over the past 3 months...

142c. How often was your water **filtered water**?

- Almost never or never
- About $\frac{1}{4}$ of the time
- About $\frac{1}{2}$ of the time
- About $\frac{3}{4}$ of the time
- Almost always or always

143. Over the past 3 months, during a regular day, how many **meals** did you usually eat?

- 1
- 2
- 3
- 4
- 5+

144. Over the past 3 months, during a regular day, how many **snacks** did you usually eat?

- 0
- 1
- 2
- 3
- 4
- 5+

145. What is today's date?

--	--

mm

--	--

dd

--	--	--	--

yyyy

Thank you very much for completing this questionnaire! All of your answers are very important. Please help us by looking at each page again to make sure that you:

- **Did not skip any pages and**
- **Crossed out the wrong answer and marked the right answer if you made any changes.**

Place Label Here