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6. (continued) For each food listed, fill in the circle indicating how often on average you have used the amount specified during the past year.

Please try to average your seasonal use of foods over the entire year. For example, if a food such as cantaloupe is eaten 4 times a week during the approximate 3 months that it is in season, then the average use would be once per week.

| FRUITS | | Never, or less than once per month | 1-3 per month | 1 per week | 2-4 per week | 5-6 per week | 1 per day | 2-3 per day | 4-5 per day | 6+ per day |
|--|---------------------------------|------------------------------------|---------------|------------|--------------|--------------|-----------|-------------|-------------|------------|
| Raisins (1 oz. or small pack) or grapes (1/2 cup) | | | | W | | | D | | | |
| Prunes or dried plums (6 prunes or 1/4 cup) | | | | W | | | D | | | |
| Prune juice (small glass) | | | | W | | | D | | | |
| Bananas (1) | | | | W | | | D | | | |
| Cantaloupe (1/4 melon) | | | | W | | | D | | | |
| Avocado (1/2 fruit or 1/2 cup) | | | | W | | | D | | | |
| Fresh apples or pears (1) | | | | W | | | D | | | |
| Apple juice or cider (small glass) | | | | W | | | D | | | |
| Oranges (1) | | | | W | | | D | | | |
| Orange juice (small glass) | Calcium fortified | | | W | | | D | | | |
| | Regular (not calcium fortified) | | | W | | | D | | | |
| Grapefruit (1/2) or grapefruit juice (small glass) | | | | W | | | D | | | |
| Other fruit juices (small glass) | | | | W | | | D | | | |
| Strawberries, fresh, frozen or canned (1/2 cup) | | | | W | | | D | | | |
| Blueberries, fresh, frozen or canned (1/2 cup) | | | | W | | | D | | | |
| Peaches or plums (1 fresh or 1/2 cup canned) | | | | W | | | D | | | |
| Apricots (1 fresh, 1/2 cup canned or 5 dried) | | | | W | | | D | | | |

| VEGETABLES | | Never, or less than once per month | 1-3 per month | 1 per week | 2-4 per week | 5-6 per week | 1 per day | 2-3 per day | 4-5 per day | 6+ per day |
|---|--|------------------------------------|---------------|------------|--------------|--------------|-----------|-------------|-------------|------------|
| Tomatoes (2 slices) | | | | W | | | D | | | |
| Tomato or V-8 juice (small glass) | | | | W | | | D | | | |
| Tomato sauce (1/2 cup) e.g., spaghetti sauce | | | | W | | | D | | | |
| Salsa, picante or taco sauce (1/4 cup) | | | | W | | | D | | | |
| String beans (1/2 cup) | | | | W | | | D | | | |
| Beans or lentils, baked, dried or soup (1/2 cup) | | | | W | | | D | | | |
| Tofu, soy burger, soybeans, miso or other soy protein | | | | W | | | D | | | |
| Peas or lima beans (1/2 cup fresh, frozen, canned) | | | | W | | | D | | | |
| Broccoli (1/2 cup) | | | | W | | | D | | | |
| Cauliflower (1/2 cup) | | | | W | | | D | | | |
| Cabbage or coleslaw (1/2 cup) | | | | W | | | D | | | |
| Brussels sprouts (1/2 cup) | | | | W | | | D | | | |
| Carrots, raw (1/2 carrot or 2-4 sticks) | | | | W | | | D | | | |
| Carrots, cooked (1/2 cup) or carrot juice (2-3 oz.) | | | | W | | | D | | | |
| Corn (1 ear or 1/2 cup frozen or canned) | | | | W | | | D | | | |
| Mixed or stir-fry vegetables (1/2 cup), veg. soup (1 cup) | | | | W | | | D | | | |
| Yams or sweet potatoes (1/2 cup) | | | | W | | | D | | | |
| Dark orange (winter) squash (1/2 cup) | | | | W | | | D | | | |
| Eggplant, zucchini or other summer squash (1/2 cup) | | | | W | | | D | | | |
| Kale, mustard greens or chard (1/2 cup) | | | | W | | | D | | | |
| Spinach, cooked (1/2 cup) | | | | W | | | D | | | |
| Spinach, raw as in salad (1 cup) | | | | W | | | D | | | |
| Iceberg or head lettuce (1 serving) | | | | W | | | D | | | |
| Romaine or leaf lettuce (1 serving) | | | | W | | | D | | | |
| Celery (2-3 sticks) | | | | W | | | D | | | |
| Peppers: green, yellow or red (3 slices) | | | | W | | | D | | | |
| Onions as a garnish or in salad (1 slice) | | | | W | | | D | | | |
| Onions as a cooked vegetable, rings or soup (1/2 cup) | | | | W | | | D | | | |

| EGGS, MEAT, ETC. | | Never, or less than once per month | 1-3 per month | 1 per week | 2-4 per week | 5-6 per week | 1 per day | 2-3 per day | 4-5 per day | 6+ per day |
|---|----------------------------------|------------------------------------|---------------|------------|--------------|--------------|-----------|-------------|-------------|------------|
| Eggs (1) | Omega-3 fortified including yolk | | | W | | | D | | | |
| | Regular eggs including yolk | | | W | | | D | | | |
| Beef or pork hot dogs (1) | | | | W | | | D | | | |
| Chicken or turkey hot dogs or sausage (1) | | | | W | | | D | | | |
| Chicken/turkey sandwich or frozen dinner | | | | W | | | D | | | |
| Other chicken or turkey, with skin (3 oz.) | | | | W | | | D | | | |
| Other chicken or turkey, without skin (3 oz.)- including ground | | | | W | | | D | | | |
| Bacon (2 slices) | | | | W | | | D | | | |

6. (continued) For each food listed, fill in the circle indicating how often on average you have used the amount specified during the past year.

| EGGS, MEAT, ETC. | | Never, or less than once per month | 1-3 per month | 1 per week | 2-4 per week | 5-6 per week | 1 per day | 2-3 per day | 4-5 per day | 6+ per day |
|---|--------------------|------------------------------------|---------------|------------|--------------|--------------|-----------|-------------|-------------|------------|
| Salami, bologna, or other processed meat sandwiches | | | | W | | | D | | | |
| Other processed meats, e.g., sausage, kielbasa, etc. (2 oz. or 2 small links) | | | | W | | | D | | | |
| Hamburger (1 patty) | Lean or extra lean | | | W | | | D | | | |
| | Regular | | | W | | | D | | | |
| Beef, pork, or lamb as a sandwich or mixed dish, e.g., stew, casserole, lasagna, frozen dinners, etc. | | | | W | | | D | | | |
| Pork as a main dish, e.g., ham or chops (4-6 oz.) | | | | W | | | D | | | |
| Beef or lamb as a main dish, e.g., steak, roast (4-6 oz.) | | | | W | | | D | | | |
| Canned tuna fish (3-4 oz.) | | | | W | | | D | | | |
| Breaded fish cakes, pieces, or fish sticks (1 serving, store bought) | | | | W | | | D | | | |
| Shrimp, lobster, scallops as a main dish | | | | W | | | D | | | |
| Dark meat fish, e.g., tuna steak, mackerel, salmon, sardines, bluefish, swordfish (3-5 oz.) | | | | W | | | D | | | |
| Other fish, e.g., cod, haddock, halibut (3-5 oz.) | | | | W | | | D | | | |

| BREADS, CEREALS, STARCHES | | Never, or less than once per month | 1-3 per month | 1 per week | 2-4 per week | 5-6 per week | 1 per day | 2-3 per day | 4-5 per day | 6+ per day |
|--|---|------------------------------------|---------------|------------|--------------|--------------|-----------|-------------|-------------|------------|
| Cold breakfast cereal (1 serving) | | | | W | | | D | | | |
| Cooked oatmeal/cooked oat bran (1 cup) | | | | W | | | D | | | |
| Other cooked breakfast cereal (1 cup) | | | | W | | | D | | | |
| Bread (1 slice) | White bread, including pita | | | W | | | D | | | |
| | Rye/Pumpernickel | | | W | | | D | | | |
| | Whole wheat, oatmeal, other whole grain | | | W | | | D | | | |
| Crackers, regular or lowfat e.g., Triscuits, Ritz (6) | | | | W | | | D | | | |
| Bagels, English muffins, or rolls (1) | | | | W | | | D | | | |
| Muffins or biscuits (1) | | | | W | | | D | | | |
| Pancakes or waffles (2 small pieces) | | | | W | | | D | | | |
| Brown rice (1 cup) | | | | W | | | D | | | |
| White rice (1 cup) | | | | W | | | D | | | |
| Pasta, e.g., spaghetti, noodles, couscous, etc. (1 cup) | | | | W | | | D | | | |
| Tortillas (2) | | | | W | | | D | | | |
| French Fries (6 oz. or 1 serving) | | | | W | | | D | | | |
| Potatoes, baked, boiled (1) or mashed (1 cup) | | | | W | | | D | | | |
| Potato chips or corn/tortilla chips (small bag or 1 oz.) | | | | W | | | D | | | |
| Pizza (2 slices) | | | | W | | | D | | | |

| BEVERAGES | | Never, or less than once per month | 1-3 per month | 1 per week | 2-4 per week | 5-6 per week | 1 per day | 2-3 per day | 4-5 per day | 6+ per day |
|---|--|---|---------------|------------|--------------|--------------|-----------|-------------|-------------|------------|
| CARBONATED BEVERAGES Consider the serving size as 1 glass, bottle or can for these carbonated beverages. | Low-Calorie (sugar-free) types | Low-calorie beverage with caffeine, e.g., Diet Coke, Diet Mt. Dew | | | W | | D | | | |
| | | Other low-cal bev. without caffeine, e.g., Diet 7-Up | | | W | | D | | | |
| | Regular types (not sugar-free) | Carbonated beverage with caffeine & sugar, e.g., Coke, Pepsi, Mt. Dew, Dr. Pepper | | | W | | | D | | |
| | | Other carbonated beverage with sugar, e.g., 7-Up, Root Beer, Ginger Ale, Caffeine-Free Coke | | | W | | | D | | |
| OTHER BEVERAGES | Other sugared beverages: Punch, lemonade, sports drinks, or sugared ice tea (1 glass, bottle, can) | | | | W | | D | | | |
| | Beer, regular (1 glass, bottle, can) | | | | W | | D | | | |
| | Light Beer, e.g., Bud Light (1 glass, bottle, can) | | | | W | | | D | | |
| | Red wine (5 oz. glass) | | | | W | | | D | | |
| | White wine (5 oz. glass) | | | | W | | | D | | |
| | Liquor, e.g., vodka, gin, etc. (1 drink or shot) | | | | W | | | D | | |
| | Water: bottled, sparkling, or tap (8 oz. cup) | | | | W | | | D | | |
| | Herbal tea or decaffeinated tea (8 oz. cup) | | | | W | | | D | | |
| | Tea with caffeine (8 oz. cup), including green tea | | | | W | | | D | | |
| | Decaffeinated coffee (8 oz. cup) | | | | W | | | D | | |
| | Coffee with caffeine (8 oz. cup) | | | | W | | | D | | |
| Dairy coffee drink (hot/cold) e.g., Cappuccino (16 oz.) | | | | W | | | D | | | |

6. (continued) For each food listed, fill in the circle indicating how often on average you have used the amount specified during the past year.

| SWEETS, BAKED GOODS, MISCELLANEOUS | | Never, or less than once per month | 1-3 per month | 1 per week | 2-4 per week | 5-6 per week | 1 per day | 2-3 per day | 4-5 per day | 6+ per day |
|--|-------------------------|------------------------------------|---------------|------------|--------------|--------------|-----------|-------------|-------------|------------|
| Milk chocolate (bar or pack), e.g., Hershey's, M&M's | | | | W | | | D | | | |
| Dark chocolate, e.g., Hershey's Dark or Dove Dark | | | | W | | | D | | | |
| Candy bars, e.g., Snickers, Milky Way, Reeses | | | | W | | | D | | | |
| Candy without chocolate (1 oz.) | | | | W | | | D | | | |
| Cookies (1) | Fat free or reduced fat | | | W | | | D | | | |
| | Other | | | W | | | D | | | |
| Brownies (1) | | | | W | | | D | | | |
| Doughnuts (1) | | | | W | | | D | | | |
| Cake | Fat free or reduced fat | | | W | | | D | | | |
| | Other | | | W | | | D | | | |
| Pie, homemade or ready made (slice) | | | | W | | | D | | | |
| Jams, jellies, preserves, syrup, or honey (1 Tbs) | | | | W | | | D | | | |
| Peanut butter (1 Tbs) | | | | W | | | D | | | |
| Popcorn (3 cups) | Fat free or light | | | W | | | D | | | |
| | Regular | | | W | | | D | | | |
| Sweet roll, coffee cake or other pastry (serving) | Fat free or reduced fat | | | W | | | D | | | |
| | Other | | | W | | | D | | | |
| Breakfast bars, e.g., Nutrigrain, granola, Kashi (1) | | | | W | | | D | | | |
| Energy bars, e.g., Clif, Luna, Glucerna, Powerbar (1) | | | | W | | | D | | | |
| Low Carb bars, e.g., Atkins, Zone, South Beach (1) | | | | W | | | D | | | |
| Pretzels (1 small bag or serving) | | | | W | | | D | | | |
| Peanuts (small packet or 1 oz.) | | | | W | | | D | | | |
| Walnuts (1 oz.) | | | | W | | | D | | | |
| Other nuts (small packet or 1 oz.) | | | | W | | | D | | | |
| Oat bran, added to food (1 Tbs) | | | | W | | | D | | | |
| Other bran (wheat, etc.), added to food (1 Tbs) | | | | W | | | D | | | |
| Chowder or cream soup (1 cup) | | | | W | | | D | | | |
| Ketchup or red chili sauce (1 Tbs) | | | | W | | | D | | | |
| Splenda (1 packet) | | | | W | | | D | | | |
| Other artificial sweetener (1 packet) | | | | W | | | D | | | |
| Olive oil added to food or bread (1 Tbs) | | | | W | | | D | | | |
| Low-fat or fat-free mayonnaise (1 Tbs) | | | | W | | | D | | | |
| Regular mayonnaise (1 Tbs) | | | | W | | | D | | | |
| Salad dressing (1-2 Tbs) | | | | W | | | D | | | |
| Type of salad dressing: Nonfat Low-fat Olive oil Other vegetable oil | | | | | | | | | | |

| | | | | | |
|---|---|---|---------|---|---|
| 0 | 0 | 0 | as mus | 0 | 0 |
| 1 | 1 | 1 | bu rad | 1 | 1 |
| 2 | 2 | 2 | hrd egg | 2 | 2 |
| 3 | 3 | 3 | dat fig | 3 | 3 |
| 4 | 4 | 4 | rhu man | 4 | 4 |
| 5 | 5 | 5 | mdf pap | 5 | 5 |
| 6 | 6 | 6 | wg cus | 6 | 6 |
| 7 | 7 | 7 | ven htp | 7 | 7 |
| 8 | 8 | 8 | pic olv | 8 | 8 |
| 9 | 9 | 9 | slm en | 9 | 9 |
| | | | en+ gs | | |
| 0 | 0 | 0 | as mus | 0 | 0 |
| 1 | 1 | 1 | bu rad | 1 | 1 |
| 2 | 2 | 2 | hrd egg | 2 | 2 |
| 3 | 3 | 3 | dat fig | 3 | 3 |
| 4 | 4 | 4 | rhu man | 4 | 4 |
| 5 | 5 | 5 | mdf pap | 5 | 5 |
| 6 | 6 | 6 | wg cus | 6 | 6 |
| 7 | 7 | 7 | ven htp | 7 | 7 |
| 8 | 8 | 8 | pic olv | 8 | 8 |
| 9 | 9 | 9 | slm en | 9 | 9 |
| | | | en+ gs | | |
| 0 | 0 | 0 | | 0 | 0 |
| 1 | 1 | 1 | | 1 | 1 |
| 2 | 2 | 2 | as mus | 2 | 2 |
| 3 | 3 | 3 | bu rad | 3 | 3 |
| 4 | 4 | 4 | hrd egg | 4 | 4 |
| 5 | 5 | 5 | dat fig | 5 | 5 |
| 6 | 6 | 6 | rhu man | 6 | 6 |
| 7 | 7 | 7 | mdf pap | 7 | 7 |
| 8 | 8 | 8 | wg cus | 8 | 8 |
| 9 | 9 | 9 | ven htp | 9 | 9 |
| | | | pic olv | | |
| | | | slm en | | |
| | | | en+ gs | 0 | 0 |
| | | | | 1 | 1 |
| | | | | 2 | 2 |
| | | | | 3 | 3 |
| | | | | 4 | 4 |
| | | | OLV | 5 | 5 |
| | | | CAN | 6 | 6 |
| | | | COR | 7 | 7 |
| | | | SOY | 8 | 8 |
| | | | VEG | 9 | 9 |

P

14

7. Liver: (beef, calf or pork 4 oz.) Never Less than 1/mo 1/mo 2-3/mo 1/week or more
 Liver: (chicken or turkey 1 oz.) Never Less than 1/mo 1/mo 2-3/mo 1/week or more
8. How often do you eat fried or sautéed food at home? (Exclude "Pam"-type spray)
 Less than once a week 1-3 times per week 4-6 times per week Daily
9. What kind of fat is usually used for frying and sautéing at home? (Exclude "Pam"-type spray)
 Real butter Margarine Olive oil Vegetable oil Veg. shortening Lard N/A
10. What kind of fat is usually used for baking at home?
 Real butter Margarine Olive oil Vegetable oil Veg. shortening Lard N/A
11. What type of cooking oil is usually used at home? (e.g., Mazola Corn Oil) Specify brand and type
12. How often do you eat deep fried chicken, fish, shrimp, clams or onion rings away from home?
 Less than once a week 1-3 times per week 4-6 times per week Daily
13. How often do you eat toasted breads, bagel or English muffin (e.g., slice or 1 half bagel)?
 Less than once a week 1-3 times per week 4-6 times per week Daily 2+ times/day

| | | |
|--|---|-------------------|
| 14. Are there any other important foods that you usually eat at least once per week? Include for example: Applesauce, mushrooms, bulgur, radish, horseradish, Eggbeaters, dates, figs, rhubarb, mango, mixed dried fruit, papaya, wheat germ, custard, venison, hot peppers, pickles, olives, SlimFast, Ensure (regular or plus), Glucerna Shake. (Do not include dry spices and do not list something that has been listed in the previous sections.) | Other foods that you usually eat at least once per week | Servings per week |
| | (a) | |
| | (b) | |