OMB #: 0925-0216 Expiration Date: xx/xxxx

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HARVARD UNIVERSITY		Dietary As	ssessment		響應	DA80 Printed in U.S.A.	Page
Please use #2 pencil only.							8
L	0 1	2 3 4 5 6	7 8 9 0 1	2 3 4 5 6 7	8 9 0	1 2 3 4 5 6 7	7 8 9
ID:	0 1	2 3 4 5 6	7 8 9 0 1	2 3 4 5 6 7	8 9 0	1 2 3 4 5 6 7	7 8 9
		2 3 4 5 6	7 8 9 0 1	2 3 4 5 6 7	7 8 9 0	1 2 3 4 5 6 7	7 8 9
	multi-vitamins? (Please repor	t <u>other individu</u>	<u>ual</u> vitamins in t	he next section.)	0	1 2 3 4 5 6 7	7 8 9
1	y do you take per week?		3-5 6-9	10 or more	0	1 2 3 4 5 6	7 8 9
Yes >> b) What spe	cific brand (or equivalency) do	you usually tak	e?		0	1 2 3 4 5 6	7 8 9
Centrur		other e.g.	, AARP Alphabet II Fo	ormula 643 Multivitamin	s and Minerals		
Theragr							
	nins, do you take any of th	e following pr	reparations?				
a) Vitamin A No	Yes, seasonal only If	Dose per	Less than	10,000 to	16,000 to	23,000 IU	Don't
***************************************	Yes, most months Yes,	∫ day:	10,000 IU	15,000 IU	22,000 IU	or more	know
b) Potassium No	Yes If Yes,	Dose per	Less than	3 to	11 to	21 mEq	Don't
		day:	2.5 mEq (100 mg)	10 mEq	20 mEq	or more	know
c) Vitamin C No	Yes, seasonal only If	Dose per	Less than	400 to	750 to	1300 mg	Don't
	Yes, most months Yes,		400 mg	700 mg	1250 mg	or more	know
d) Vitamin B <sub>6</sub> No	Yes In the Indiana In the Indiana In the Indiana In the Indiana Indian	Dose per	Less than	50 to	100 to	150 mg	Don't E
		J day:	50 mg	99 mg	149 mg	or more	know
e) Vitamin E No	Yes If Yes,	) Dose per	Less than	100 to	300 to	600 IU	Don't
		🕽 day:	100 IU	250 IU	500 IU	or more	know
	Турє	: Natural	Regular (dl)	Unknown			
f) Calcium No	Yes If Yes,	f pool boi day	Less than	600 to	901 to	1501 mg	Don't
(Include Calcium in Tums, etc.		f (elemental calcium	): 600 mg	900 mg	1500 mg	or more	know
g) Selenium No	Yes If Yes	>	Less than	80 to	140 to	260 mcg	Don't
		day:	80 mcg	130 mcg	250 mcg	or more	know
h) Vitamin D No	Yes, seasonal only	Dose per	Less than	300 to	600 to	1000 IU	Don't
(In calcium supplement or separately)	Yes, most months Yes,	J day:	300 IU	500 IU	900 IU	or more	know
i) Zinc No	Yes If Yes	Dose per	Less than	25 to	75 to	101 mg	Don't
		J day:	25 mg	74 mg	100 mg	or more	know
	Metamucil/Citrucel Flax Sec		ıcin	Choline	DHEA		
'.'	Cod Liver Oil Beta-ca		romium	Folic Acid	Iron	Other (Please specify	y) 🥳
Cainad under honing	Vitamin B <sub>12</sub> Magnes	ium Led	cithin	B-Complex			
***************************************	Flax Seed Oil Fish oil	Co	enzyme Q <sub>10</sub>	Lycopene			
3. How many teaspoor	ns of sugar do you add						3
to your beverages o		Spacific Control	fu acroal broad 0 to	tsı	0.		0
<ol><li>What brand and typ cereal do you usual</li></ol>			fy cereal brand & type Kellogg's Raisin Bran)			0 1 2 3 4 5	6 7 8
						0 1 2 3 4 5	6 7 8
Don't eat cold break							6 7 8
	rine or spread do you usu		•	er)? What sp	pecific brand & typ nedd's Country Cr	pe of margarine rock plus calcium and vitam	nins)
	Stick Tub Spra		ze (liquid)				
	Reg Light Non						
	fill in the circle indicating h	ow often <u>on a</u>	<u>verage</u> you ha	ve used the amo	unt specifie	ed during the past	year.
				AVERAG	E USE LAS	T YEAR	
Ch rb cf sw gn t k w		Carlanda America	Never, or less		2-4 per 5-6 pe		6+
	DAIRY FO		once per m	onth month week	week week	per day per day per day	per day
0 1 2 3 4 5 9	Mills (S. op. plane)	Skim milk		W		D	
V S M	Milk (8 oz. glass)	1 or 2 % milk		W		D	
0 0 0 0 0 0 0 0		Whole milk		W		D	
1 1 1 1 1 1 1		Soy milk		W		D	
2 2 2 2 2 2 2 2	Cream, e.g., coffee, whipp	The state of the s	ım (1 Tbs)	W		D	
3 3 3 3 3 3 3	Non-dairy coffee whitener			W		D	
4 4 4 4 4 4 4	Frozen yogurt, sherbet or	low-fat ice crea	m (1 cup)	W		D	8
5) 5 5 5 5 5 5	Regular ice cream (1 cup)			W		D	
6 6 6 6 6 6 6		icially sweetened		W		D	
7 7 7 7 7 7 7 7 7		ith fruit or other	flavoring	W		D	
8 8 8 8 8 8 8 8	Spreads added to food Margor bread; exclude use	arine		W		D	
9 9 9 9 9 9 9	in cooking Pure	Butter 		W		D	
	Cottage or ricotta cheese	(1/2 cup)		W		D	
	Cream cheese (1 oz.)			W		D	
l -	Other cheese, e.g., Ameri	can, cheddar, et	tc., plain or				
	as part of a dish (1 slice or	0/		W		D	
	What type of chees	se do you usual	ly eat? Soy	Regular I	_ow fat or Lite	e Nonfat I	None

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

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 le once per l		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)	0	0	W	10	0	D		0	0
Prunes or dried plums (6 pr	unes or 1/4 cup)			W	10	0	D			
Prune juice (small glass)			0	W	0	0	D	0	0	0
Bananas (1)			0	W	0	0	D	0		
Cantaloupe (1/4 melon)		0	0	W	0	0	D	0		0
Avocado (1/2 fruit or 1/2 cup)			0	W.	0	0	D	0	10	0
Fresh apples or pears (1)			0	W	0		D		10	0
Apple juice or cider (small o	glass)			W	0	0	D			(3)
Oranges (1)			0	W	0	0	D	0	0	0
Oranga jujes (amell glass)	Calcium fortified			W		0	D	0		
Orange juice (small glass)	Regular (not calcium fort	ified)	0	W	0	0	D	0	0	0
Grapefruit (1/2) or grapefrui	t juice (small glass)		Ō	W		0	D	(5)		
Other fruit juices (small glas	SS)		0	W		0	D		0	0
Strawberries, fresh, frozen	or canned (1/2 cup)		0	W	0	0	D		10	0
Blueberries, fresh, frozen or canned (1/2 cup)			0	W	0	0	D	0	0	0
Peaches or plums (1 fresh or 1/2 cup canned)			0	W			D		10	
Apricots (1 fresh, 1/2 cup ca	nned or 5 dried)	0	0	W	0	(i)	D		0	0

	Never, or less than once per month		1 per week	2–4 per week			2-3 per day	4-5 per day	6+ per day
Tomatoes (2 slices)	0	0	W		0	D		0	
Tomato or V-8 juice (small glass)			W		0	D			
Tomato sauce (1/2 cup) e.g., spaghetti sauce		0	W	0	0	D	0	0	
Salsa, picante or taco sauce (1/4 cup)		0	W		0	D		0	0
String beans (1/2 cup)		0	W		()	D		0	0
Beans or lentils, baked, dried or soup (1/2 cup)			W	0		D			
Tofu, soy burger, soybeans, miso or other soy protein	(0)	0	W	0	0	D	0		0
Peas or lima beans (1/2 cup fresh, frozen, canned)	0		W	0	0	D		0	Û
Broccoli (1/2 cup)	0	0	W	0	0	D	0	0	0
Cauliflower (1/2 cup)	10		W		0	D	0	0	
Cabbage or coleslaw (1/2 cup)		0	W	0	0	D	0	0	0
Brussels sprouts (1/2 cup)		Ü	W	10	0	D		0	0
Carrots, raw (1/2 carrot or 2-4 sticks)			W	(0)	0	D	0	0	0
Carrots, cooked (1/2 cup) or carrot juice (2-3 oz.)			W		0	D	0	0	0
Corn (1 ear or 1/2 cup frozen or canned)		0	W	0	0	D	0	0	
Mixed or stir-fry vegetables (1/2 cup), veg. soup (1 cup	o) (		W		-0	D		-0-	-0-
Yams or sweet potatoes (1/2 cup)		0	W		0	D		0	0
Dark orange (winter) squash (1/2 cup)		0	W	()	0	D	0		0
Eggplant, zucchini or other summer squash (1/2 cup)		0	W	0	0	D	0	0	0
Kale, mustard greens or chard (1/2 cup)			W	10	0	D	0		0
Spinach, cooked (1/2 cup)		0	W	0		D	0	0	0
Spinach, raw as in salad (1 cup)		0	(W)	0	0	D		0	0
Iceberg or head lettuce (1 serving)	0	0	W	0	0	D			0
Romaine or leaf lettuce (1 serving)		0	W	0		D		0	0
Celery (2-3 sticks)	10	0	W	0	0	D	0	0	0
Peppers: green, yellow or red (3 slices)		0	W	0		D		0	0
Onions as a garnish or in salad (1 slice)	10	0	W	0	0	D	0	0	
Onions as a cooked vegetable, rings or soup (1/2 cup		0	W			D	0	0	0

EGGS, MEAT, ETC.		ever, or less than once per month	1–3 per month	1 per week	2–4 per week			2-3 per day	4-5 per day	6+ per day
Eggs (1)	Omega-3 fortified including yolk		0	W	0	0	D	0	0	0
Eggs (1)	Regular eggs including yolk		0	W	0	()	D	0		0
Beef or pork hot dogs (1)			0	W		0	D	0	0	
Chicken or turkey hot dogs or sausage (1)			0	W	0	0	D	0	0	0
Chicken/turkey sandwich or frozen dinner			0	W		0	D	0	0	0
Other chicken or turkey, with skin (3 oz.)			0	W	0	0	D			()
Other chicken or turkey, without skin (3 oz.)- including ground		ground	0	W	0	0	D	0	0	0
Bacon (2 slices)				W	0		D		7 75	

D UNIVERSI			8						3 2				
continued). (continued)	) For eac	h food	listed, fill in the circle indicatir d during the past year.	g how o	ften <u>o</u> ı	n aver	age y	ou hav	ve .				
acca the al			EGGS MEAT ETC.	Never, or I		1–3 per month	1 per week	2-4 per week	5–6 per	1 por dou	2-3	4-5	6+
	India partici	STATE OF STREET	ogna, or other processed meat sandv	ā	1110/1611	IIIOIIIII	Week	Week	week	per day	per day	per day	per day
			processed meats, e.g., sausage, kielbasa,										
			or 2 small links)	,			w	100		D.			
			Lean or extra lean				W			D			
	Har	mburger	r (1 patty) Regular				W			D			
			or lamb as a sandwich or mixed dis casserole, lasagna, frozen dinners, e				W			D		1	
	Por	rk as a r	main dish, e.g., ham or chops (4-6 oz	)			W			D			-
			nb as a main dish, e.g., steak, roast (4-		1		W	-		D			
			na fish (3-4 oz.)				W	-		D			
			sh cakes, pieces, or fish sticks										
	(1 s	serving,	store bought)				W			D			
	Shi	rimp, lob	oster, scallops as a main dish				W			D			
	Dai	rk meat	fish, e.g., tuna steak, mackerel, salm	on,									
			luefish, swordfish (3-5 oz.)	5000			W			D			
	Oth	ner fish,	e.g., cod, haddock, halibut (3-5 oz.)		1		W			D			
	-			[N=		14.6		10 /	·				
		BR	EADS, CEREALS, STARCHES	Never, or once pe		1-3 per month	1 per week	2-4 per week		per day	2-3 per day	4-5 per day	6+ per da
	Co	ld break	fast cereal (1 serving)				W			D.		, ,	
	Co	oked oa	tmeal/cooked oat bran (1 cup)				W			D			
	Oth	her cook	ked breakfast cereal (1 cup)				W			D			
	Б	1	White bread, including pita				W			D			
	200	ead slice)	Rye/Pumpernickel				W			D			
		31100)	Whole wheat, oatmeal, other whole	grain			W			D			
	Cra	ackers, r	regular or lowfat e.g., Triscuits, Ritz (6	)			W			D			
	Ва	gels, En	glish muffins, or rolls (1)				W			D			
	Mu	uffins or	biscuits (1)				W			D			
	Pa	ncakes	or waffles (2 small pieces)				W			D			
	Bro	own rice	(1 cup)				W			D			
	Wh	nite rice	(1 cup)				W			D			
	Pa	sta, e.g.	, spaghetti, noodles, couscous, etc. (	1 cup)			W			D			
	Tor	rtillas (2)					W			D			
	Fre	ench Frie	es (6 oz. or 1 serving)				W			D			
	Ро	tatoes, l	baked, boiled (1) or mashed (1 cup)				VV			D			
	Po	tato chi	ps or corn/tortilla chips (small bag or	1 oz.)			W			D			
	Piz	zza (2 sli	ces)				W			D			
			BEVERAGES	Never, or once pe		1–3 per month			5–6 pe week		2-3 per day	4-5 per day	6+ per da
BONATED VERAGES	Low-Calor (sugar-free	IE .	calorie beverage with caffeine, Diet Coke, Diet Mt. Dew				W			D		The state of the s	
ider the	types	Other	low-cal bev. without caffeine, e.g., D	et 7-Up			W			D			
ng size as ss, bottle In for these	Regular	e.g., (	onated beverage with caffeine & suga Coke, Pepsi, Mt. Dew, Dr. Pepper	Γ,			W			D			
onated rages.	types (not sugar-free	(Other	carbonated beverage with sugar, 7-Up, Root Beer, Ginger Ale, Caffeine	-Free Coke	9		W			D			
THER BEVE	RAGES	Other	r sugared beverages: Punch, lemona s, or sugared ice tea (1 glass, bottle,	de, sports can)			W			D			
		Beer,	regular (1 glass, bottle, can)				W			D			
			Beer, e.g., Bud Light (1 glass, bottle,	 can)			W			D	1		
			vine (5 oz. glass)				W	1		D			
			wine (5 oz. glass)		11.7		W			D			
		Liquo	r, e.g., vodka, gin, etc. (1 drink or sho	t)			W			D	<u> </u>		
			: bottled, sparkling, or tap (8 oz. cup)			1	W		T	D	1		
		Herba	al tea or decaffeinated tea (8 oz. cup)				W	İ	1	D	<u> </u>		
		-	vith caffeine (8 oz. cup), including gree			1	1		1	-	-	1	<del> </del>

Tea with caffeine (8 oz. cup), including green tea

Dairy coffee drink (hot/cold) e.g., Cappuccino (16 oz.)

Decaffeinated coffee (8 oz. cup)

Coffee with caffeine (8 oz. cup)

W

W

W

W

D

D

D

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 once per m			1–3 per month	1 per week	2–4 per week	5–6 per week		2-3 per day	4-5 per day	6+ per day							
Milk chocolate (bar or pack), e.g., Hershey's, M&M's				W	10	0	D	0				P					
Dark chocolate, e.g., He	rshey's Dark or Dove Dark	10	()	W	10		D	0	0	()	()						
Candy bars, e.g., Snicke	ers, Milky Way, Reeses	0	0	W	10	10	D	0	0	0	0	0	0	0	as mus	0	0
Candy without chocolate	e (1 oz.)		0	W		0	(D)	0	0	0	(0)	1	1	1	bu rad	1	1
	Fat free or reduced fat	10	0	W	0	TO	D	0	0	()	(3)	2	2	2	hrd egg	2	2
Cookies (1)	Other	10	0	W	0	Ō	(D)	()	10	0	0	3	3	3	dat fig	3	3
Brownies (1)				W	10	0	D	()		0	10	4	4	4	rhu man	4	4
Doughnuts (1)		16	16	W	10	O	D		M	TÕ		5	5	5	mdf pap	5	5
Deag.mate (1)	Fat free or reduced fat			W			D	In	ň	M		6	6		wg cus	130	6
Cake	Other			W	M	- A	D	m	1	M		7	7		ven htp	12	7
Pie, homemade or ready made (slice)			t X	W	TÃ	M	D	M	m	lŏ		8			pic olv	12	8
Jams, jellies, preserves,				W		1	D	H	175			9			sim en	1	9
Peanut butter (1 Tbs)	Syrup, or noney (1 103)	17	17	W		H	D			M	X				en+ gs	ľ	
realiul buller (1 155)	Fat free or light	1 %	13	W	1	IX.	D		K						GIF GS		
Popcorn (3 cups)						132	-		1X								
	Regular	1	12	W	1	X	D	+	14	H					1		
Sweet roll, coffee cake	Fat free or reduced fat			(W)		I X	(D)	14	14	14		0			as mus	13	0
or other pastry (serving)			12	W	12	1	D	12	12			1			bu rad		1
	trigrain, granola, Kashi (1)		10	(W)			D	10	10	10		2			hrd egg	1	2
	una, Glucerna, Powerbar (1)	10	10	W			D	10	0	10		3	3	3	dat fig	1	3
Low Carb bars, e.g., Atk	kins, Zone, South Beach (1)			W	0		D	0	0			4	4	4	thu mar	1 4	4
Pretzels (1 small bag or	serving)		0	W	0	0	D	0	0			5	5	5	mdf pap	5	5
Peanuts (small packet o	r 1 oz.)			W			D					(6	6	6	wg cus	6	6
Walnuts (1 oz.)		0	0	W	0	0	D	0	0	0	0	7	7	7	ven htp	7	7
Other nuts (small packe	t or 1 oz.)	10	10	W	0	0	D	0		0	10	8	8	8	pic olv	8	8
Oat bran, added to food	I (1 Tbs)	0	0	W	0		D	0	0	0	(	9	9	9	slm en	9	9
Other bran (wheat, etc.)	, added to food (1 Tbs)		10	W	10	10	D	10	0	()	()				en+ gs		
Chowder or cream soup	o (1 cup)		10	W	10	0	D	0	0	10	0	0	0	0		0	0
Ketchup or red chili sau		10	M	W	TÕ	M	D	TÕ	M	m	(6)	1	1	1		(1)	1
Splenda (1 packet)			TÕ	W	10	10	D	10	TÕ	IŎ	- (A)	2	2	2	as mus	2	2
Other artificial sweetene	er (1 packet)	10	tň	W	17	M	D	TÕ	ĬŎ	M		3	3	3	bu rad		3
Olive oil added to food		17	17	W	M	1	D	Ħ	m	T		4			hrd egg		4
Low-fat or fat-free mayo			l×	W	M	m	D		18	IA		5		Y COM	dat fig	12	5
Regular mayonnaise (1		18		W	18	M	D	M	m			6			rhu mar	135	6
Salad dressing (1-2 Tbs		H		w	17	K	D	$\vdash \forall$	1	K		7			mdf pap	1	7
Type of salad dre		v-fat		Olive o		10	1 72	egetab	lo oil			7 8			wg cus	13	8
								, ,	~	ok or m	oro				100	1	
7. Liver: (beef, calf			than 1/		1/m 1/m		2-3			ek or m		"	9	9	ven htp		9
Liver: (chicken or			than 1/		1/m		) 2-3,		1/WE	ek or m	iore .				pic olv		
	ou eat fried or sautéed food		me? (									8			slm en	-	7/25
Less than once					times				Daily						en+ gs	1	0
	is usually used for frying a											9				1	1
Real butter	Margarine Olive oil		etable o	oil (	Veg	. shorte	ening	()I	_ard		1/A					2	2
10. What kind of fat	is usually used for baking	at hor	ne?									10				3	3
Real butter	Margarine Olive oil	Veg	etable o	lic	Veg	. shorte	ening	<u> </u>	ard	01	I/A			OLV		4	4
	oking oil is usually used at											11		CAN	J	5	5
(e.g., Mazola Co	orn Oil) Specify brand ar	nd type	9											COF		6	6
12. How often do you eat deep fried chicken, fish, shrimp, clams or onion rings away from home?											12		SOY		7	7	
Less than once a week 1–3 times per week 4–6 times per week Daily												VEC	à l	8	8		
13. How often do you Less than once	ou eat toasted breads, bage a week 1-3 times per we				in (e.g		e or 1			? imes/d	ay	13				(9)	9
14. Are there any ot	her important foods that at least once per week?				that y				- N			S	Serv	ings	per we	eek	14
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 een listed in the previous sections.)  (b)																	