

BABI FOOD FREQUENCY QUESTIONNAIRE (FFQ)

Instructions for Completing

- Answer all questions that apply to you to the best of your ability.
- Answer each question by selecting the best response from the choices

Public reporting of this collection of information is estimated to average 18 minutes/hours per response, including the time for reviewing instructions 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 current valid OMB control number. Send comments regarding this burden estimate or any other aspect of this collection of information, including suggestions for reducing this burden to CDC/ATSDR Reports Clearance Officer, 1600 Clifton Road NE, MS D-74, Atlanta, Georgia 30333; ATTN: PRA (XXXX-XXXX)

Hispanic Block 2005 FFQ

NutritionQuest HOME LOGS OUT

BDDS Food Frequency Questionnaire

Summary for testuser_1: ID: testuser_1

Total Surveys Permitted: 3	Surveys Completed: 0	Surveys Incomplete: 0	Blank Surveys Remaining: 3
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[Start a new Questionnaire](#)

If you experience any problems starting the questionnaire, click the link below to test/configure your system. When you're done installing Flash, come back to www.nutritionquest.com/login to complete the questionnaire.

[System Test/Configure](#)

NutritionQuest - Questionnaire - Google Chrome
http://www.nutritionquest.com/login/questionnaire.php?fo_id=242

NutritionQuest Stop Survey

WELCOME | ABOUT YOU | BREAKFAST | FRUIT | VEGGIES/PASTA | BEANS | BREADS/NOBREADS | SNACKS/DESSERTS | DRINKS | VITAMINS | LIFESTYLE | YOUR RESULTS

BACK NEXT

This survey asks you about foods you usually eat.

Answer each question as well as you can. If you're not sure, give your best guess.

Continue by clicking the Next button at the top of each screen after answering all the questions on the page.

You can go back to change your answers at any time by clicking the Back button at the top of each page.

Allow 30-40 minutes to finish the questionnaire. Click the Next button above to start!

If at any time you need to stop, click Stop Survey. You can come back to it later, using the same log-in name and password.

About this Survey

This questionnaire was originally developed for research into the role of nutrition in health and disease.

Hundreds of research groups are now using it, with many published scientific reports.

Studies have shown it to be comparable to detailed diet records in estimating average nutritional intake.

NASA is using it as a baseline measure of the nutritional status of our astronauts on the International Space Station, to study the effects of long-term space flight.

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BACK NEXT

Please tell us about you.

Are you:
 Male Female

How old are you? years old

How much do you weigh?

How tall are you? feet and inches

11:18 AM 1/15/2015

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NutritionQuest

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BACK NEXT

Please tell us about you.

Are you:
 Male Female

Are you pregnant or breast-feeding?
 No Yes

How old are you? years old

How much do you weigh?

How tall are you? feet and inches

11:18 AM 1/15/2015

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BACK NEXT

Thank you!

In this section, you will answer 10 questions about the **breakfast foods, cereals, and dairy products** you usually eat. Here's what's coming up on the next pages:

Breakfast foods: <ul style="list-style-type: none">Breakfast sandwichesEggsBreakfast sausageBaconPancakes, waffles, French toast	Cereal: <ul style="list-style-type: none">Cooked cerealsCold cereals	Dairy Products: <ul style="list-style-type: none">Milk on cerealYogurt and frozen yogurtCheese 
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11:18 AM 1/13/2012

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BACK NEXT

Breakfast sandwiches with eggs, like Egg McMuffins

How often do you eat these foods?

None Info

Never A few times per year Once per month 2-3 times per month Once per week 2 times per week 3-4 times per week 5-6 times per week Every day

11:18 AM 1/13/2012

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BACK NEXT

Breakfast sandwiches with eggs, like Egg McMuffins

How often do you eat these foods?
More Info

Never **A few times per year** Once per month 2-3 times per month Once per week 2 times per week 3-4 times per week 5-6 times per week Every day

How many sandwiches in a day?
One **Two**

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BACK NEXT

Other eggs like scrambled, boiled, or omelets (not egg substitutes)

How often do you eat these foods?
More Info

Never **A few times per year** Once per month 2-3 times per month Once per week 2 times per week 3-4 times per week 5-6 times per week Every day

How many eggs a day?
One **Two** Three

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NutritionQuest Stop Survey

WELCOME | ABOUT YOU | BREAKFAST | FRUIT | VEGETABLES/PASTA | HEALTH | BREADS/BREADS | SNACKS/DESSERTS | DRINKS | VITAMINS | LIFESTYLE | YOUR RESULTS

← BACK NEXT →

Breakfast sausage, including in sausage biscuits, or in breakfast sandwiches

How often do you eat these foods?
More info

Never A few times per year Once per month 2-3 times per month Once per week 2 times per week 3-4 times per week 5-6 times per week Every day

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NutritionQuest Stop Survey

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← BACK NEXT →

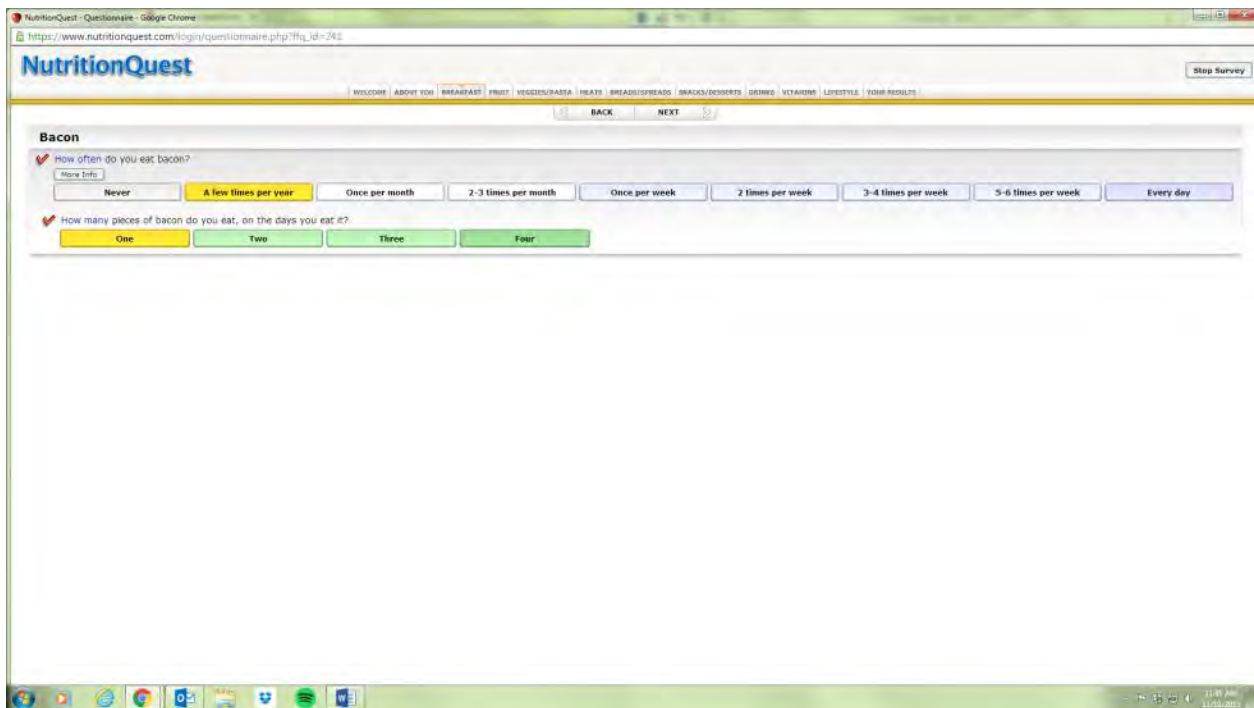
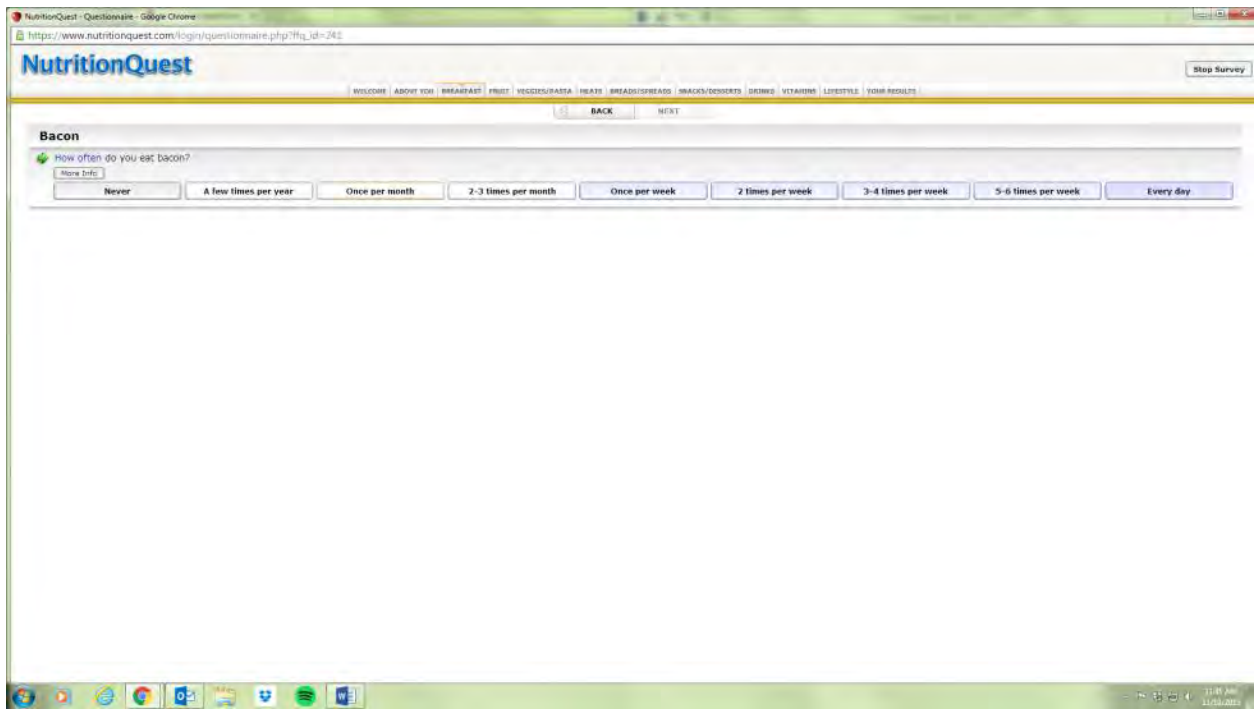
Breakfast sausage, including in sausage biscuits, or in breakfast sandwiches

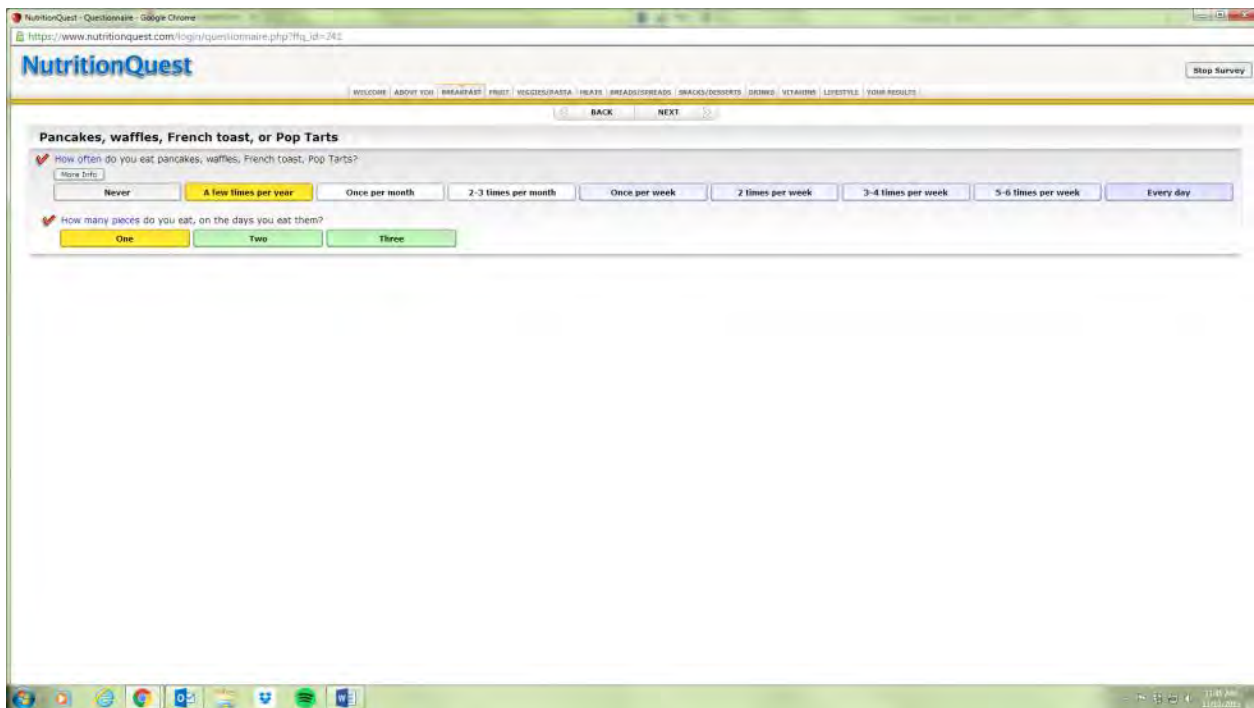
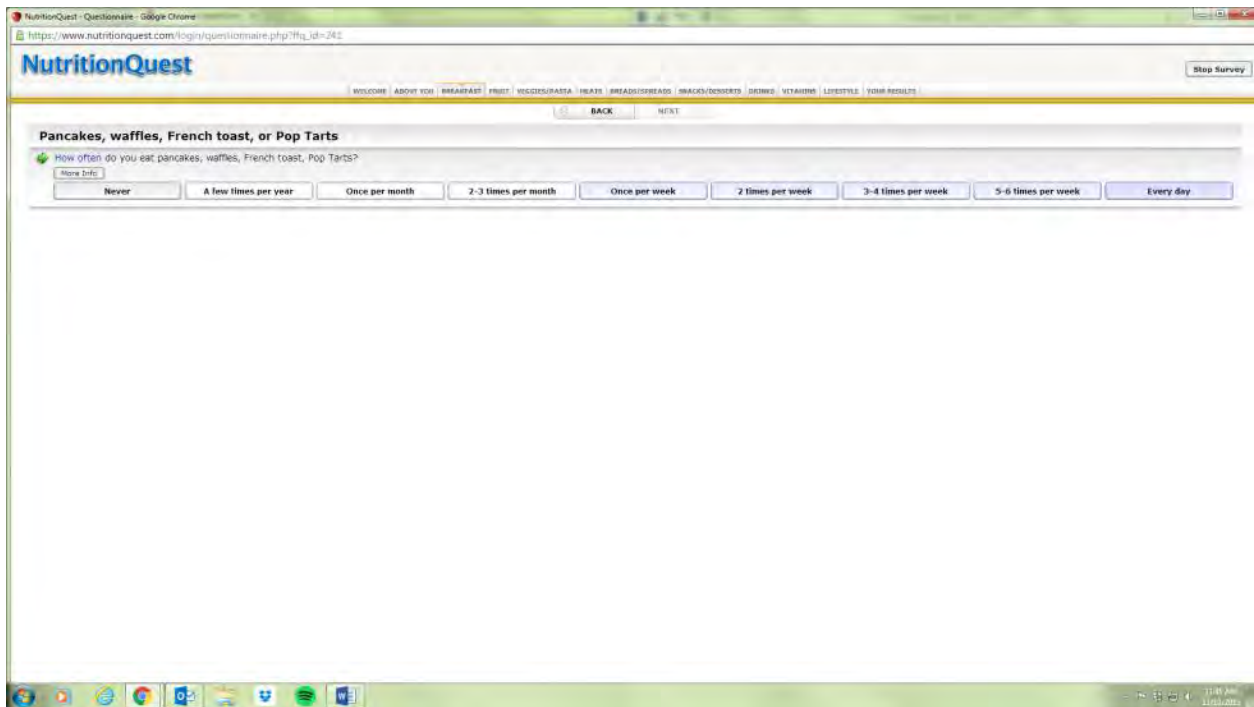
How often do you eat these foods?
More info

Never A few times per year Once per month 2-3 times per month Once per week 2 times per week 3-4 times per week 5-6 times per week Every day

How many pieces?
More info

One Two Three





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BACK NEXT

Cooked cereals like oatmeal, grits, or cream of wheat

How often do you eat cooked cereals?
More info

Never A few times per year Once per month 2-3 times per month Once per week 2 times per week 3-4 times per week 5-6 times per week Every day

11:41 AM 1/10/2011

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BACK NEXT

Cooked cereals like oatmeal, grits, or cream of wheat

How often do you eat cooked cereals?
More info

Never **A few times per year** Once per month 2-3 times per month Once per week 2 times per week 3-4 times per week 5-6 times per week Every day

How much cooked cereal do you eat, on the days you eat it?

1/2 cup 1 cup 2 cups

11:41 AM 1/10/2011

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NutritionQuest

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BACK NEXT

Cold cereal, ANY KIND, like corn flakes, fiber cereals, or sweetened cereals

How often do you eat cold cereals?

More Info

Never A few times per year Once per month 2-3 times per month Once per week 2 times per week 3-4 times per week 5-6 times per week Every day

10:00 AM 1/10/2013

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BACK NEXT

Cold cereal, ANY KIND, like corn flakes, fiber cereals, or sweetened cereals

How often do you eat cold cereals?

More Info

Never **A few times per year** Once per month 2-3 times per month Once per week 2 times per week 3-4 times per week 5-6 times per week Every day

How much cold cereal do you eat, on the days you eat it?

1/2 cup 1 cup 2 cups

10:00 AM 1/10/2013

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BACK NEXT

Stop Survey

What kinds of cold cereal do you usually eat?
Please mark ONLY ONE or TWO choices. If you eat just one kind most often, just mark one choice.
[More Info](#)

- Low-carb cereals like Atkins, Low-Carb Special K
- Cheerios, Grape Nuts, Shredded Wheat, Wheaties, Wheat Chex
- Total
- Fiber One
- Product 19, Complete
- All Bran, Bran Buds
- Other fiber cereals like Raisin Bran, Fruit-n-Fiber
- Sweetened cereals like Frosted Flakes, Froot Loops
- Other cold cereals, like Corn Flakes, Rice Krispies, Special K

10:41 AM
2/16/2011

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BACK NEXT

Close Info Panel

What kinds of cold cereal do you usually eat?
Now, please tell us what kinds of cereal you eat most often.

What kinds of cold cereal do you usually eat?
Please mark ONLY ONE or TWO choices. If you eat just one kind most often, just mark one choice.
[More Info](#)

- Low-carb cereals like Atkins, Low-Carb Special K
- Cheerios, Grape Nuts, Shredded Wheat, Wheaties, Wheat Chex
- Total
- Fiber One
- Product 19, Complete
- All Bran, Bran Buds
- Other fiber cereals like Raisin Bran, Fruit-n-Fiber
- Sweetened cereals like Frosted Flakes, Froot Loops
- Other cold cereals, like Corn Flakes, Rice Krispies, Special K

10:41 AM
2/16/2011

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BACK NEXT

Milk or milk substitutes on cereal

How often do you add milk or milk substitutes to cereal?

More info

Never A few times per year Once per month 2-3 times per month Once per week 2 times per week 3-4 times per week 5-6 times per week Every day

11:41 AM 1/15/2015

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BACK NEXT

Milk or milk substitutes on cereal

How often do you add milk or milk substitutes to cereal?

More info

Never **A few times per year** Once per month 2-3 times per month Once per week 2 times per week 3-4 times per week 5-6 times per week Every day

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BACK NEXT

Yogurt or frozen yogurt

How often do you eat yogurt or frozen yogurt?

More Info

Never A few times per year Once per month 2-3 times per month Once per week 2 times per week 3-4 times per week 5-6 times per week Every day

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BACK NEXT



Yogurt or frozen yogurt

How often do you eat yogurt or frozen yogurt?

More Info

Never **A few times per year** Once per month 2-3 times per month Once per week 2 times per week 3-4 times per week 5-6 times per week Every day

How much yogurt or frozen yogurt do you eat, on the days you eat it?

 1/2 cup  1 cup

11:41 AM 1/15/2015

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NutritionQuest

WELCOME | ABOUT YOU | BREAKFAST | FRUIT | VEGETABLES/PASTA | HEALTH | BREADS/BREADS | SNACKS/DESSERTS | DRINKS | VITAMINS | LIFESTYLE | YOUR RESULTS

BACK NEXT

Cottage cheese or ricotta cheese

How often do you eat cottage cheese or ricotta cheese?

More Info

Never A few times per year Once per month 2-3 times per month Once per week 2 times per week 3-4 times per week 5-6 times per week Every day

11:14 AM 2/25/2015

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BACK NEXT

Cottage cheese or ricotta cheese

How often do you eat cottage cheese or ricotta cheese?

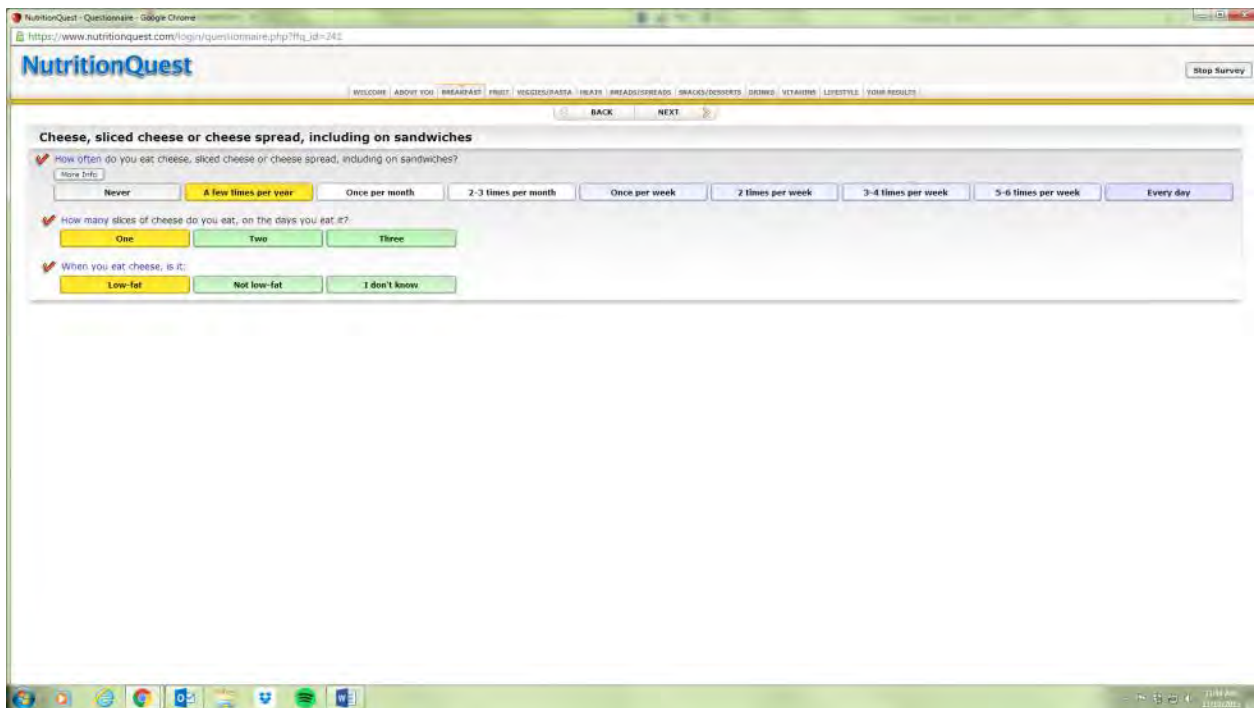
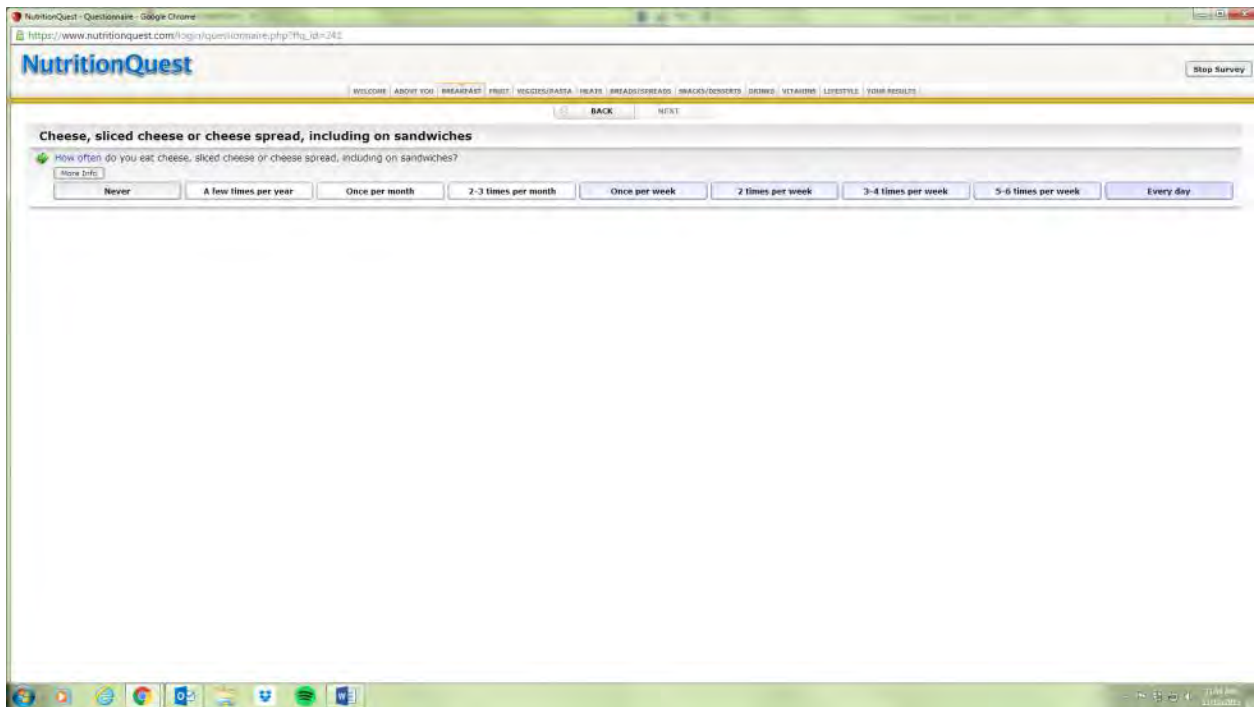
More Info

Never **A few times per year** Once per month 2-3 times per month Once per week 2 times per week 3-4 times per week 5-6 times per week Every day

How much cottage cheese or ricotta cheese do you eat, on the days you eat it?

1/4 cup 1/2 cup 1 cup 2 cups

11:14 AM 2/25/2015



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BACK NEXT

Good job!
You have answered 16 questions so far.

In this section, you will answer 10 questions about the **fruit** you usually eat. Here's what's coming up on the next pages:

Fruit Available All Year:

- Bananas
- Apples and pears
- Oranges or tangerines
- Grapefruit
- Peaches and nectarines
- Other fresh fruit, like grapes, plums

Seasonally Available Fruit:

- Cantaloupe
- Strawberries
- Watermelon

Stop Survey

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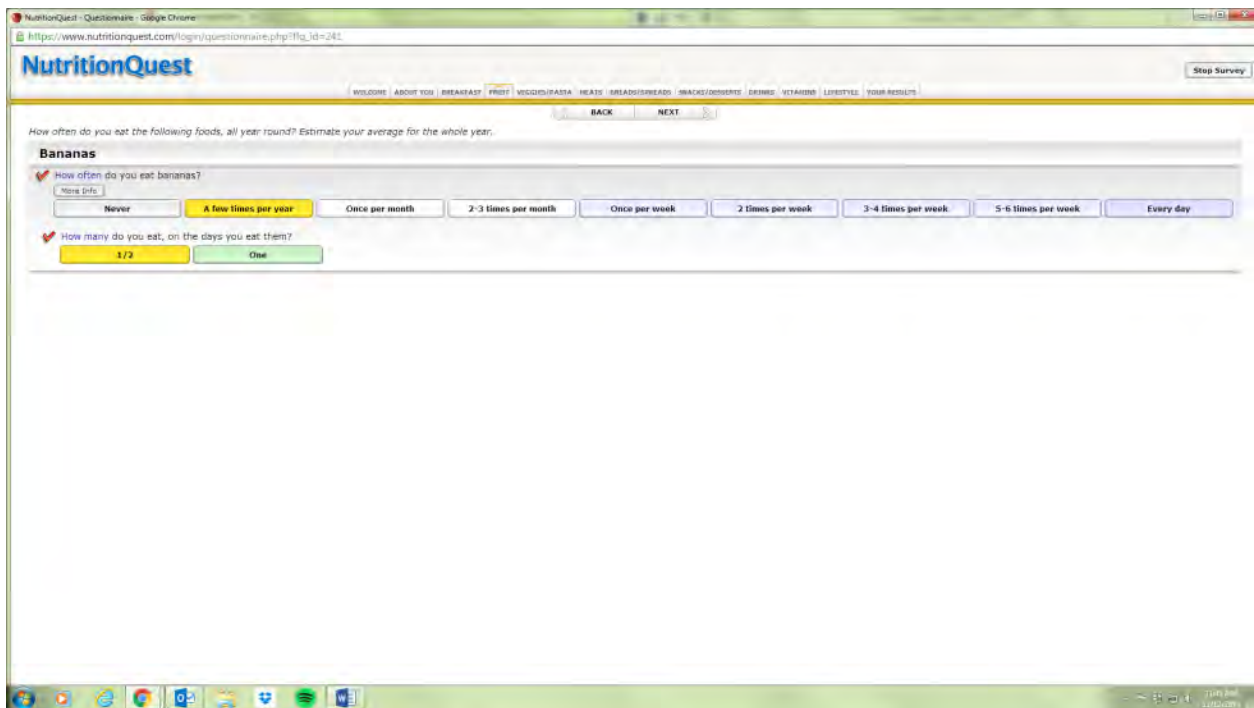
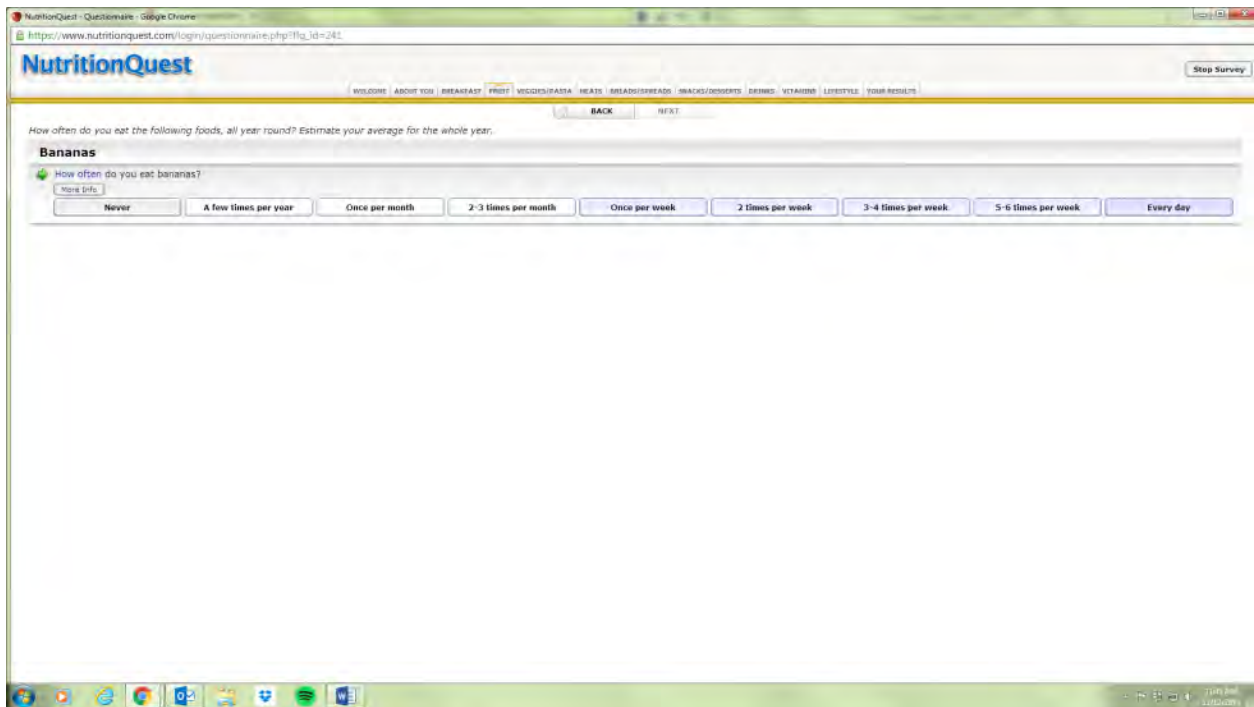
WELCOME | ABOUT YOU | BREAKFAST | FRUIT | VEGETABLES/PASTA | BEANS | BREADS/STARCHES | SNACKS/DESSERTS | DRINKS | VITAMINS | LIFESTYLE | YOUR RESULTS

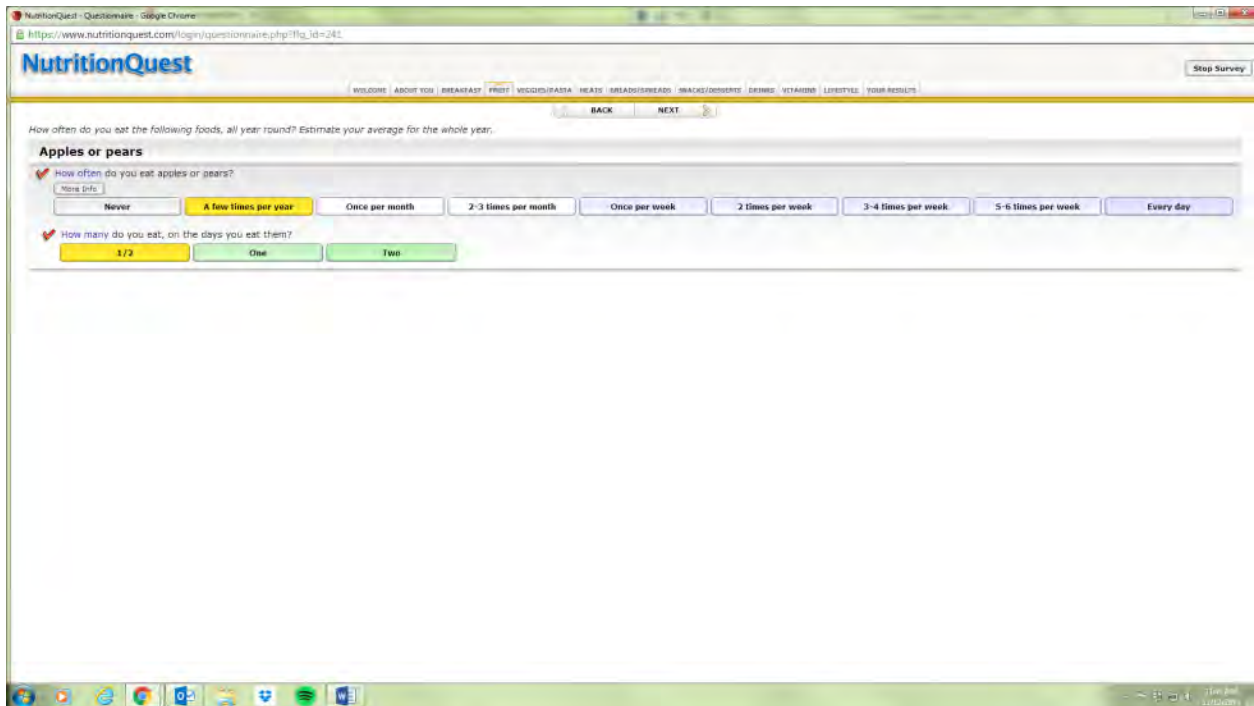
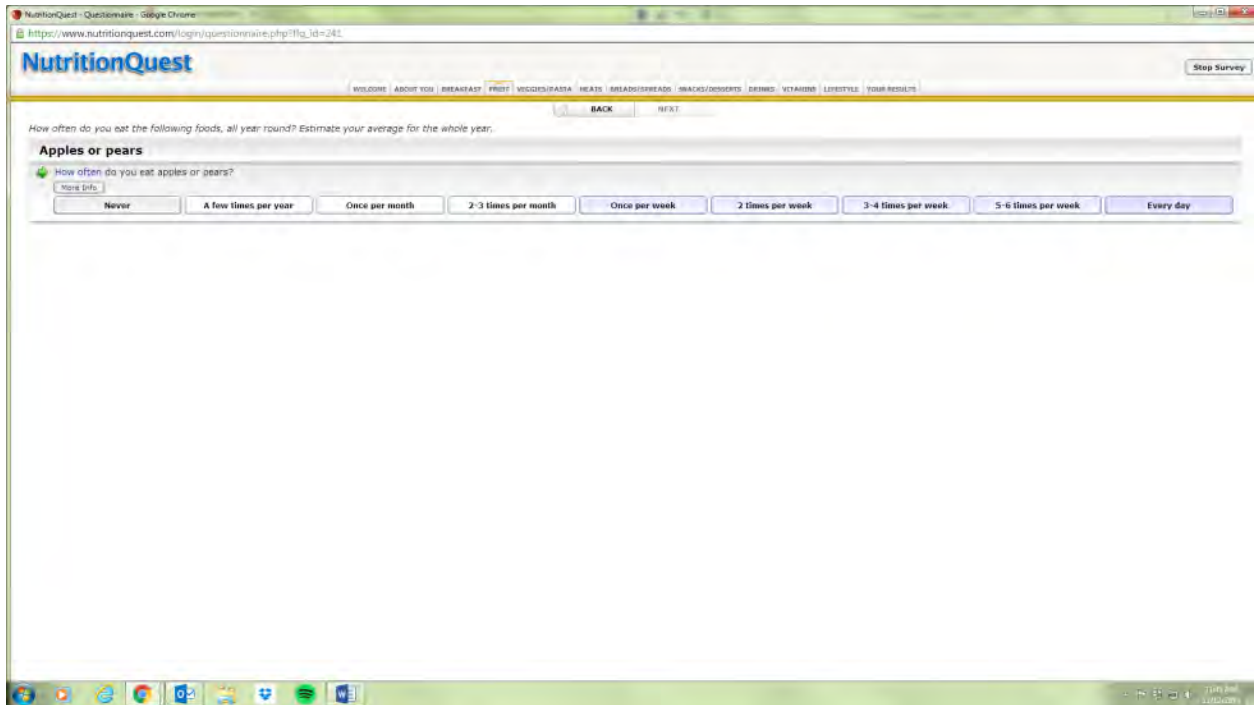
BACK NEXT

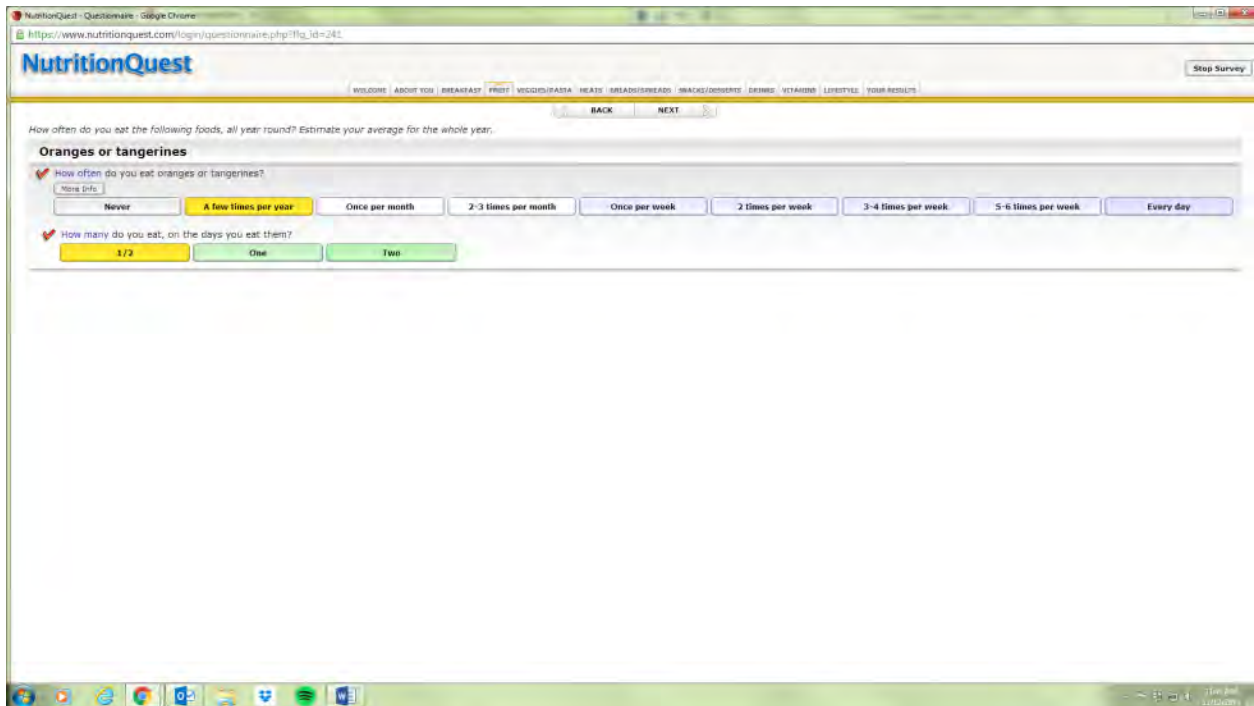
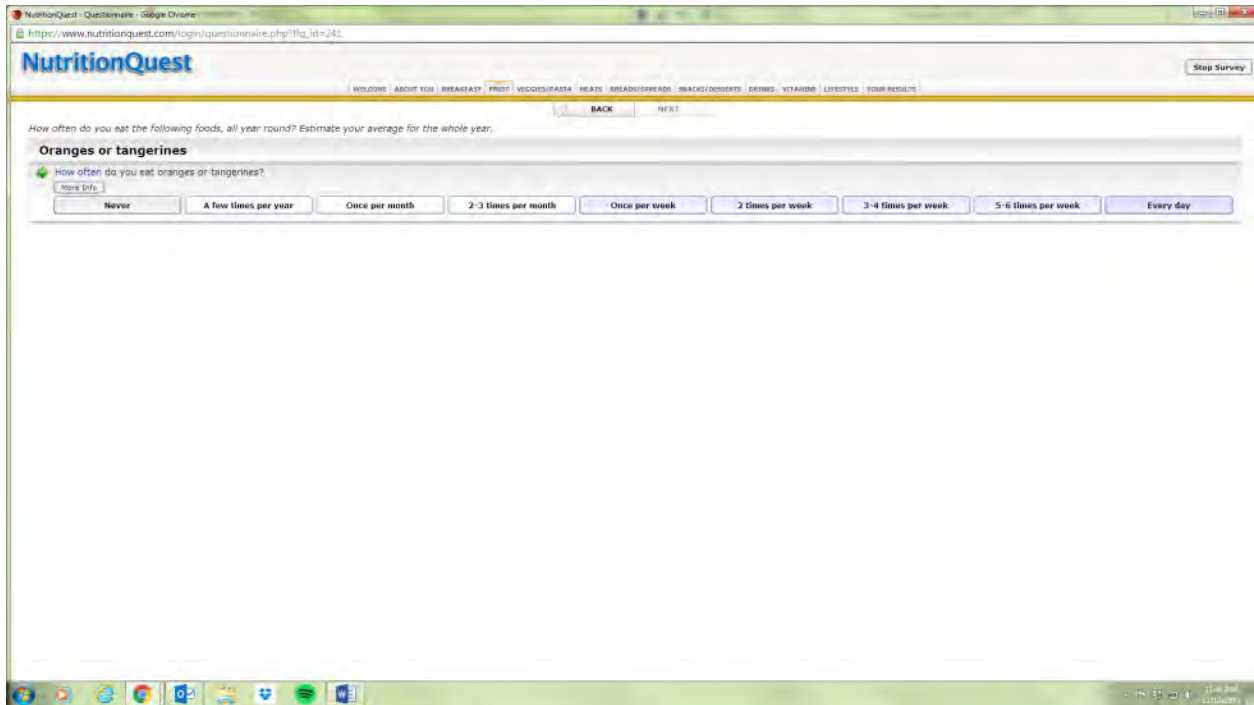
All year round:

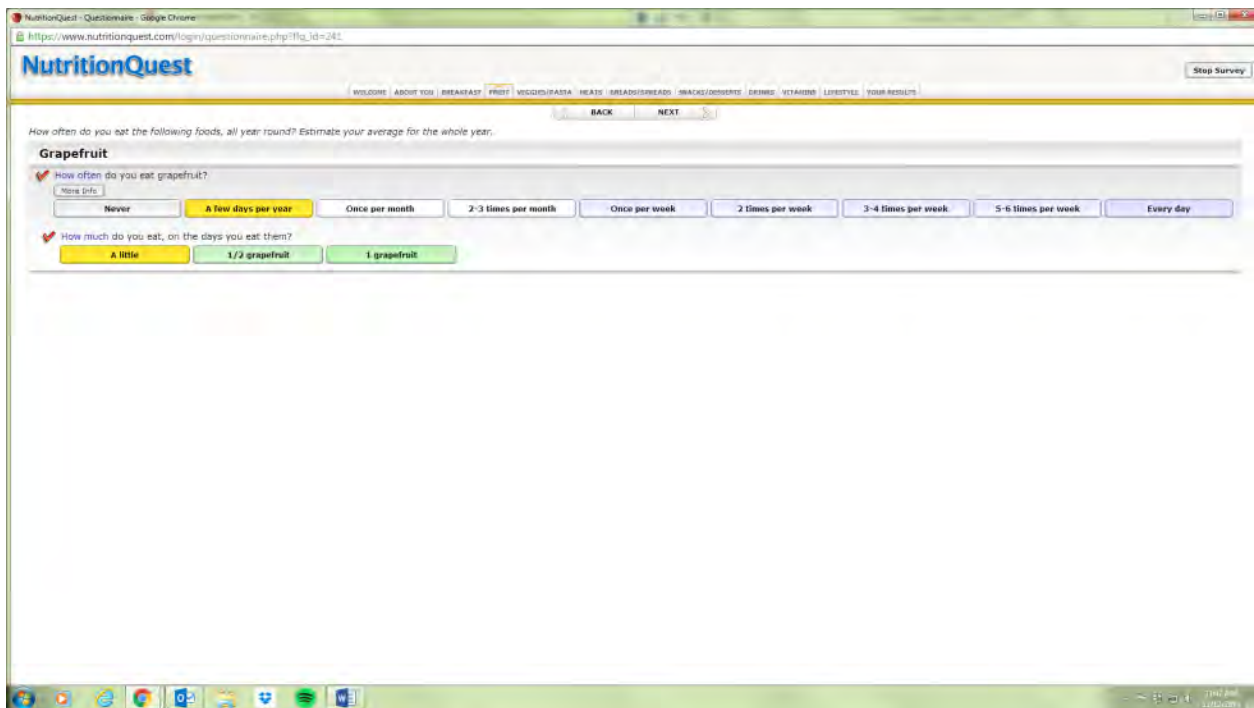
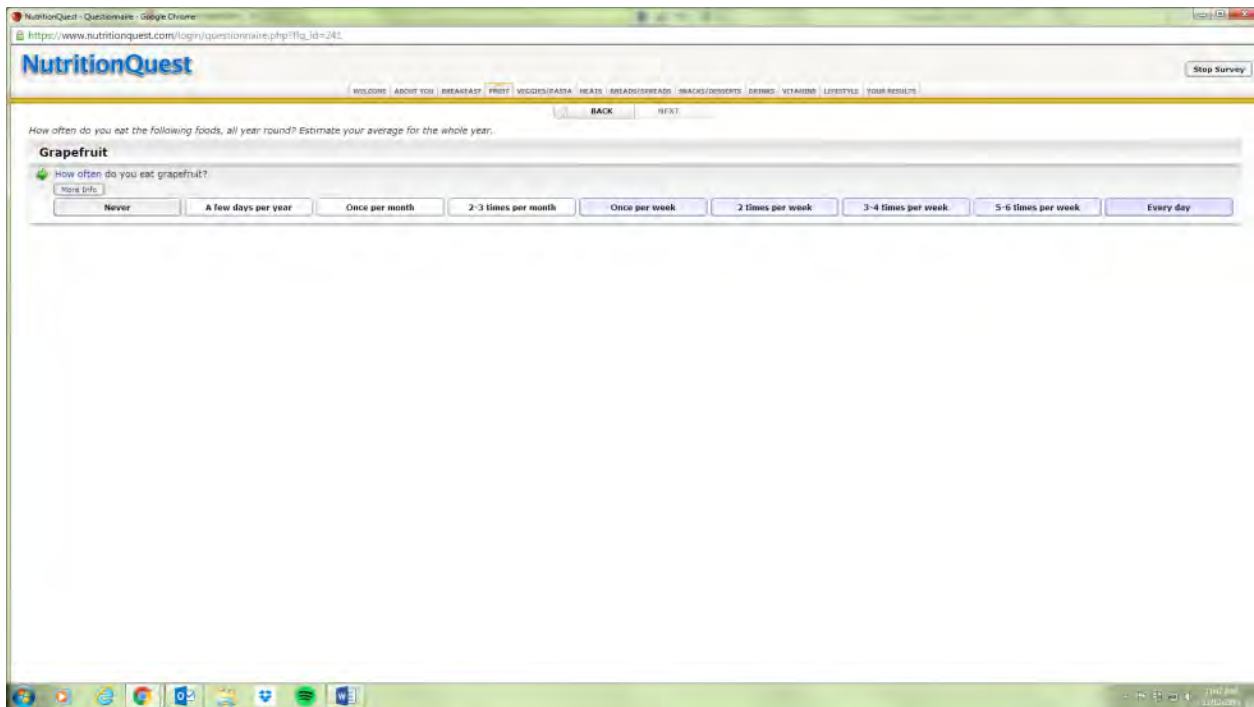
The next seven questions ask about foods that are available year round. Please tell us how often you usually ate the food during the last 12 months.

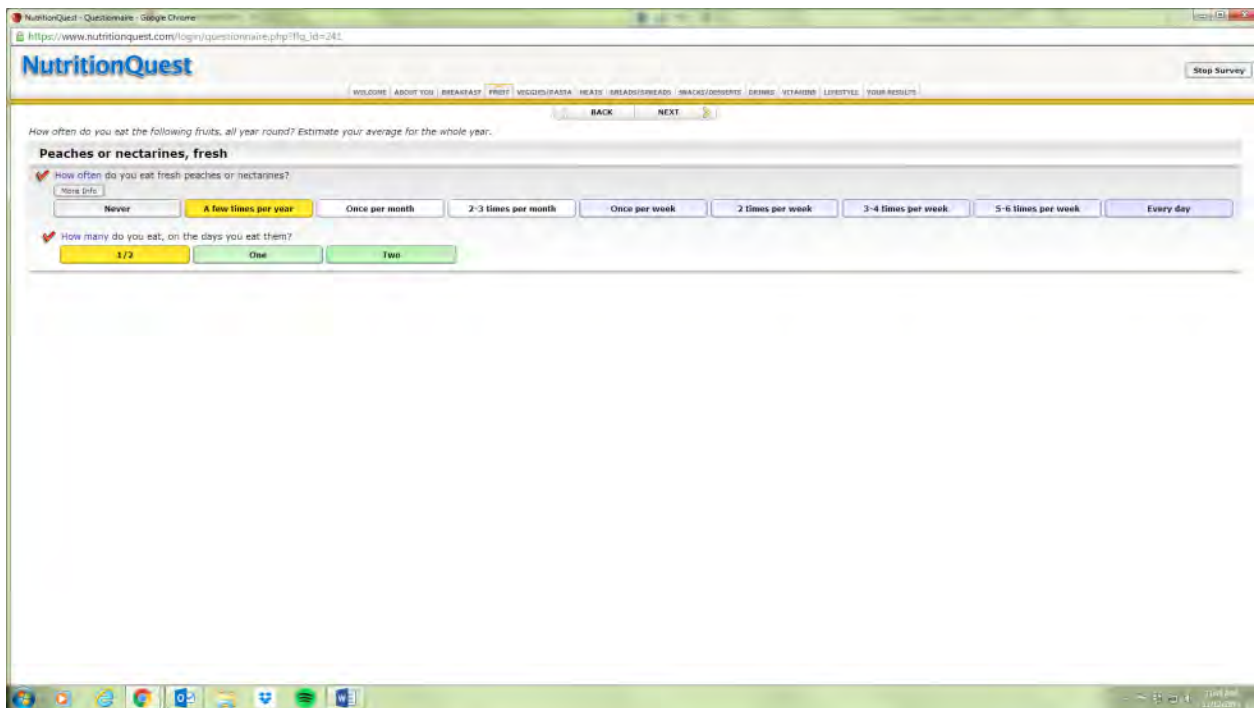
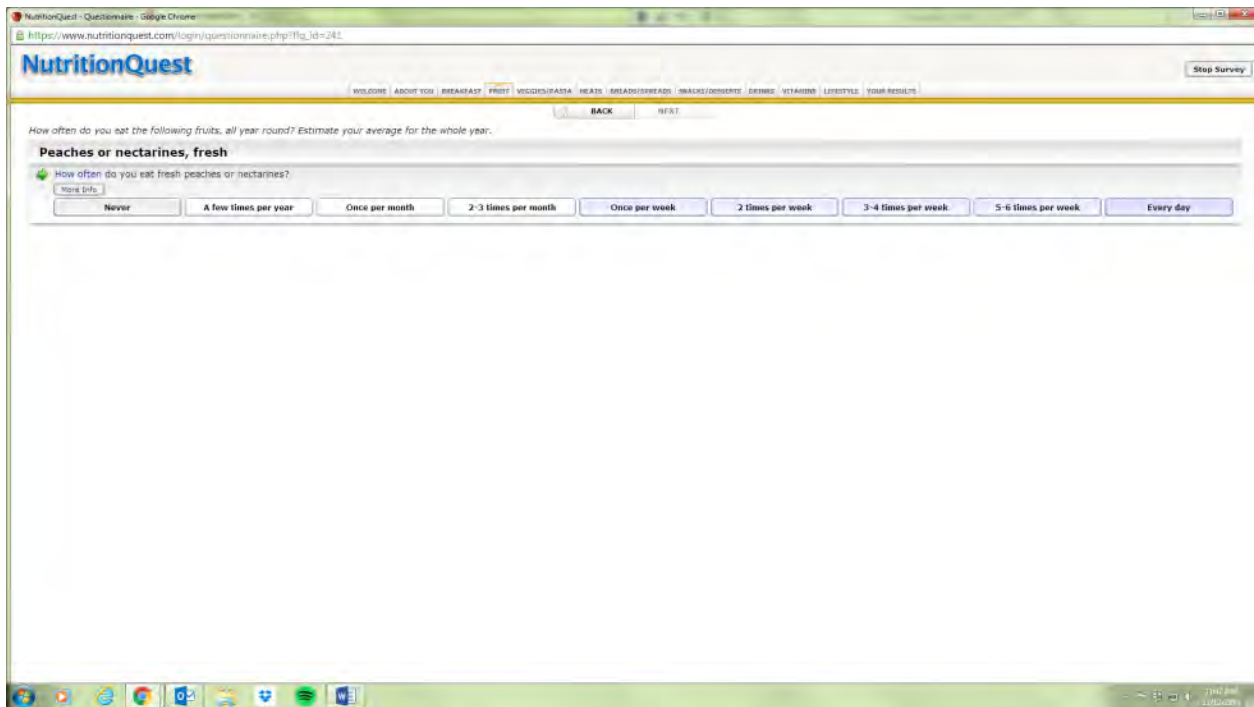
Stop Survey











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BACK NEXT

Stop Survey

How often do you eat the following fruits, all year round? Estimate your average for the whole year.

Peaches or nectarines, fresh

How often do you eat fresh peaches or nectarines?

More info

Never A few times per year Once per month 2-3 times per month Once per week 2 times per week 3-4 times per week 5-6 times per week Every day

How many do you eat, on the days you eat them?

1/2 One Two

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NutritionQuest

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BACK NEXT

Stop Survey

How often do you eat the following fruits, all year round? Estimate your average for the whole year.

Peaches or nectarines, fresh

How often do you eat fresh peaches or nectarines?

More info

Never A few times per year Once per month 2-3 times per month Once per week 2 times per week 3-4 times per week 5-6 times per week Every day

How many do you eat, on the days you eat them?

1/2 One Two

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NutritionQuest

WELCOME | ABOUT YOU | BREAKFAST | **FRUIT** | VEGGIES/PASTA | BEATS | BREADS/BREADS | MILK/ICE CREAMS | DRINKS | VITAMINS | LIFESTYLE | YOUR RESULTS

BACK NEXT

How often do you eat the following foods, all year round? Estimate your average for the whole year.

Canned fruit like applesauce, fruit cocktail, canned peaches, or canned pineapple

How often do you eat canned fruit?

More info

Never A few times per year Once per month 2-3 times per month Once per week 2 times per week 3-4 times per week 5-6 times per week Every day

Taskbar: Chrome, Firefox, Edge, Word, OneDrive, Teams, Outlook, Mail, Photos, File Explorer, Task View, System Tray (10:24 AM, 10/26/2020)

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BACK NEXT

How often do you eat the following foods, all year round? Estimate your average for the whole year.




Canned fruit like applesauce, fruit cocktail, canned peaches, or canned pineapple

How often do you eat canned fruit?

More info

Never **A few times per year** Once per month 2-3 times per month Once per week 2 times per week 3-4 times per week 5-6 times per week Every day

How much do you eat, on the days you eat it?

Taskbar: Chrome, Firefox, Edge, Word, OneDrive, Teams, Outlook, Mail, Photos, File Explorer, Task View, System Tray (10:24 AM, 10/26/2020)

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BACK NEXT

Seasonal Fruits

The next 3 questions will ask about fruits you may eat more of during the summer months when they are in season.
When answering these next 3 questions please tell us how often you eat them just during the summer months when these fruits are in season.

11:08 AM
11/13/2013

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BACK NEXT

How often do you eat each of the following fruits, just during the summer months when they are in season?

Cantaloupe, while it is in season

How often do you eat cantaloupe, while it is in season?

More info

Never A few times per year Once per month 2-3 times per month **Once per week** 2 times per week 3-4 times per week 5-6 times per week Every day

11:08 AM
11/13/2013

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BACK NEXT

How often do you eat each of the following fruits, just during the summer months when they are in season?

Cantaloupe, while it is in season

How often do you eat cantaloupe, while it is in season?
More info

Never **A few times per year** Once per month 2-3 times per month Once per week 2 times per week 3-4 times per week 5-6 times per week Every day

How much cantaloupe do you eat, on the days you eat it?
1/8 of a cantaloupe 1/4 of a cantaloupe 1/2 of a cantaloupe

100% and counting

NutritionQuest - Quiznaire - Google Chrome
https://www.nutritionquest.com/login/questionnaire.php?flg_id=241

NutritionQuest

WELCOME | ABOUT YOU | BREAKFAST | **FRUIT** | VEGETS/PASTA | BEANS | BREADS/BREADS | NUTS/ROSEBERRIES | DRINKS | VITAMINS | LIFESTYLE | YOUR RESULTS

BACK NEXT

How often do you eat each of the following fruits, just during the summer months when they are in season?

Strawberries or other berries, while they are in season

How often do you eat strawberries or other berries, while they are in season?
More info

Never A few times per year Once per month 2-3 times per month **Once per week** 2 times per week 3-4 times per week 5-6 times per week Every day

100% and counting

NutritionQuest - Questionnaire - Google Chrome
https://www.nutritionquest.com/login/questionnaire.php?flg_id=241

NutritionQuest

WELCOME | ABOUT YOU | BREAKFAST | **FRUIT** | VEGGIES/PASTA | BEANS | BREADS/BREADS | SNACKS/DESSERTS | DRINKS | VITAMINS | LIFESTYLE | YOUR RESULTS

BACK NEXT

How often do you eat each of the following fruits, just during the summer months when they are in season?

Strawberries or other berries, while they are in season

How often do you eat strawberries or other berries, while they are in season?

More Info

Never A few times per year **Once per month** 2-3 times per month Once per week 2 times per week 3-4 times per week 5-6 times per week Every day

How much do you eat, on the days you eat them?

1/4 cup 1/2 cup 1 cup

NutritionQuest - Questionnaire - Google Chrome
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NutritionQuest

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BACK NEXT

How often do you eat each of the following fruits, just during the summer months when they are in season?

Watermelon, while it is in season

How often do you eat watermelon, while it is in season?

More Info

Never A few times per year Once per month 2-3 times per month **Once per week** 2 times per week 3-4 times per week 5-6 times per week Every day

NutritionQuest - Questionnaire - Google Chrome
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NutritionQuest

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BACK NEXT

How often do you eat each of the following fruits, just during the summer months when they are in season?

Watermelon, while it is in season

How often do you eat watermelon, while it is in season?

More info

Never **A few times per year** Once per month 2-3 times per month Once per week 2 times per week 3-4 times per week 5-6 times per week Every day

How much do you eat, on the days you eat it?

1/4 cup 1/2 cup 1 cup 2 cups

NutritionQuest - Questionnaire - Google Chrome
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NutritionQuest

WELCOME | ABOUT YOU | BREAKFAST | FRUIT | VEGGIES/PASTA | BEATS | BREADS/SPREADS | SNACKS/DESSERTS | DRINKS | VITAMINS | LIFESTYLE | YOUR RESULTS

BACK NEXT

Nice work!
 You have answered 25 questions so far.

In this section, you will answer 26 questions about the **vegetables** and **pasta** you usually eat. Here's what's coming up on the next pages:

Vegetables:	Potatoes and salad:	Beans, soups, and pastas:
<ul style="list-style-type: none"> Broccoli Carrots and mixed vegetables Corn Green beans and green peas Spinach Greens (mustard, turnip, and collard) 	<ul style="list-style-type: none"> Sweet potatoes White potatoes Cole slaw and cabbage Green salad Raw tomatoes Salad dressing 	<ul style="list-style-type: none"> Refried beans and bean burritos Other beans like pinto beans, or chili with beans Vegetable stew and soup Other soups Pizza Pasta with tomato sauce Macaroni and cheese Noodles and pasta salad Tofu and meat substitutes

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NutritionQuest

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BACK NEXT

All the rest of the questions are about how often you eat the foods all year round.
 How often do you eat the following vegetables **ALL YEAR ROUND**, including fresh, frozen, canned or in stir-fry, at home or in a restaurant?

Broccoli

How often do you eat broccoli?
 More Info

Never A few times per year Once per month 2-3 times per month Once per week 2 times per week 3-4 times per week 5-6 times per week Every day

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NutritionQuest

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BACK NEXT

All the rest of the questions are about how often you eat the foods all year round.
 How often do you eat the following vegetables **ALL YEAR ROUND**, including fresh, frozen, canned or in stir-fry, at home or in a restaurant?

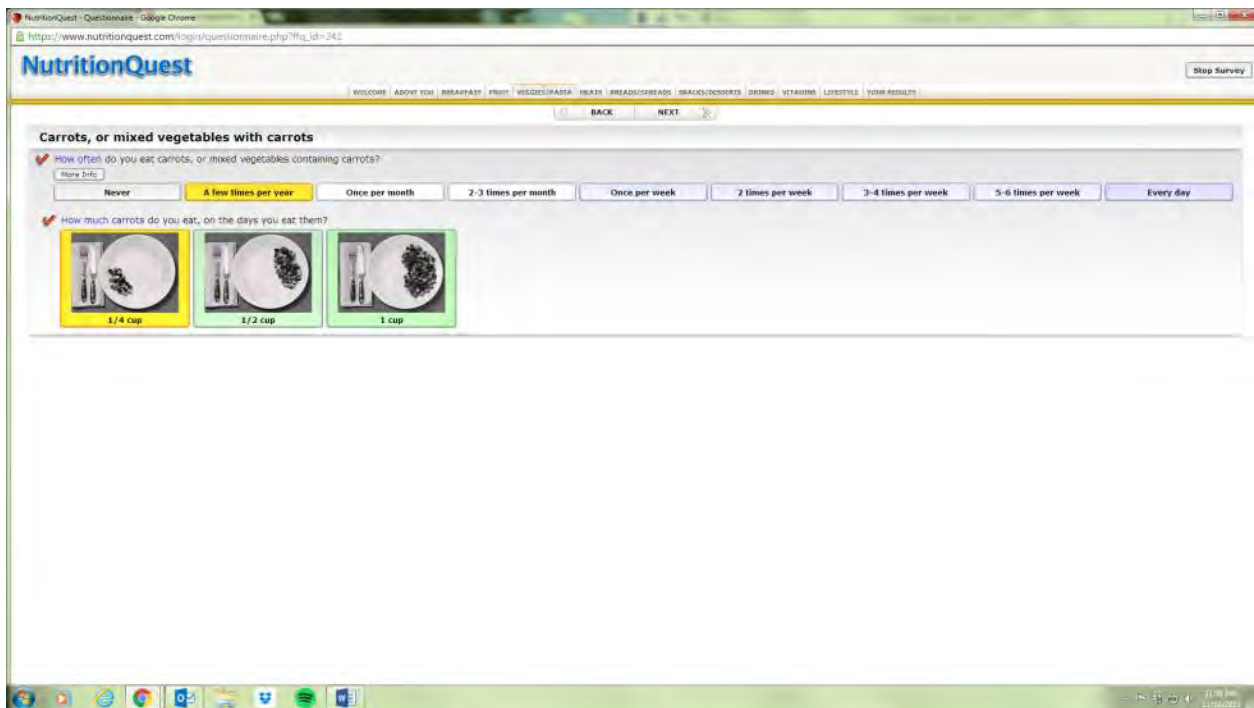
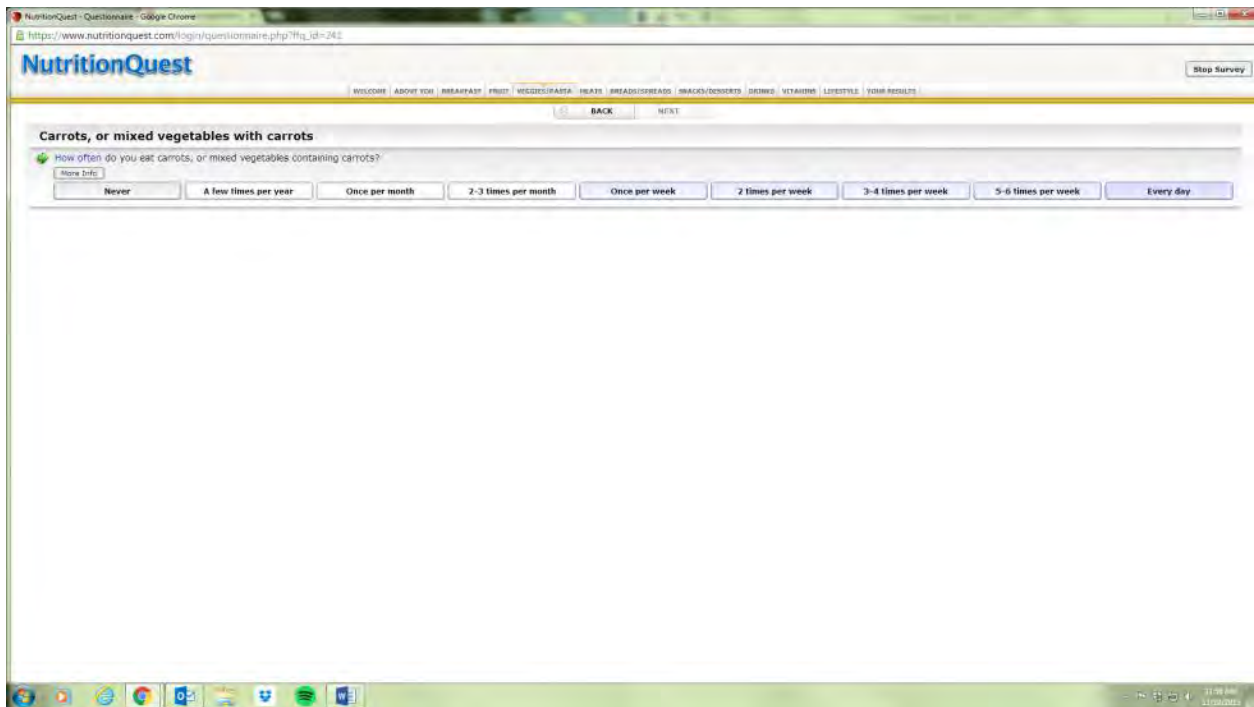
Broccoli

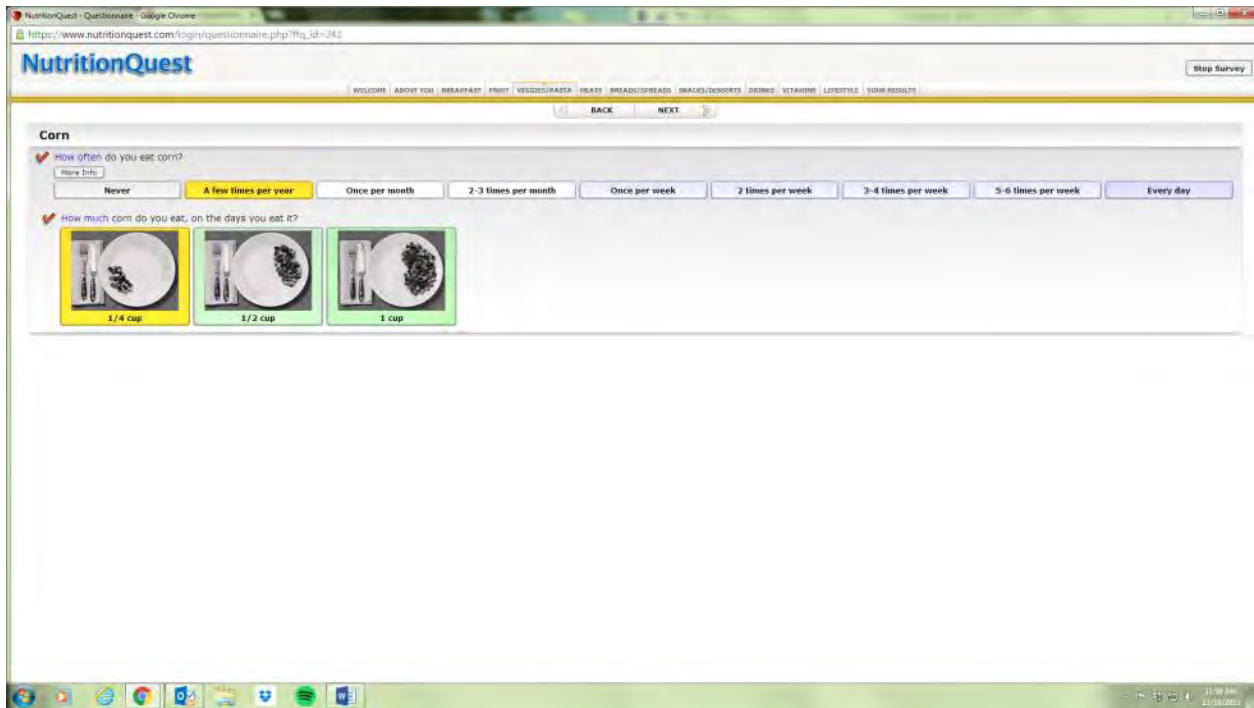
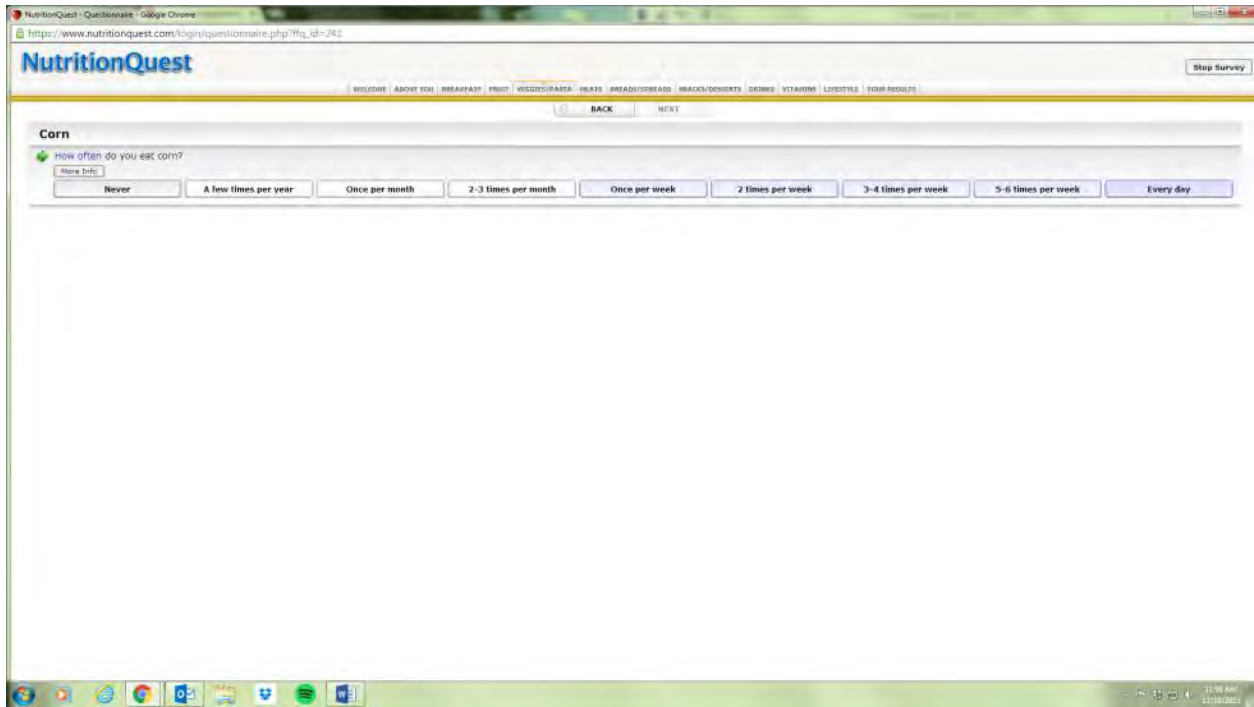
How often do you eat broccoli?
 More Info

Never **A few times per year** Once per month 2-3 times per month Once per week 2 times per week 3-4 times per week 5-6 times per week Every day

How much broccoli do you eat, on the days you eat it?

1/4 cup 1/2 cup 1 cup





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NutritionQuest

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BACK NEXT

Green beans or green peas

How often do you eat green beans or green peas?

More Info

Never A few times per year Once per month 2-3 times per month Once per week 2 times per week 3-4 times per week 5-6 times per week Every day

11:58 AM 11/28/2012

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BACK NEXT

Green beans or green peas

How often do you eat green beans or green peas?

More Info

Never **A few times per year** Once per month 2-3 times per month Once per week 2 times per week 3-4 times per week 5-6 times per week Every day

How much do you eat, on the days you eat them?

1/4 cup 1/2 cup 1 cup

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BACK NEXT

Spinach (cooked)

How often do you eat cooked spinach?

More Info

Never A few times per year Once per month 2-3 times per month Once per week 2 times per week 3-4 times per week 5-6 times per week Every day

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NutritionQuest - Questionnaire - Google Chrome
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NutritionQuest

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BACK NEXT

Spinach (cooked)

How often do you eat cooked spinach?

More Info

Never **A few times per year** Once per month 2-3 times per month Once per week 2 times per week 3-4 times per week 5-6 times per week Every day

How much spinach do you eat, on the days you eat it?

1/4 cup 1/2 cup 1 cup

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NutritionQuest

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BACK NEXT

Greens like collards, turnip greens, mustard greens

How often do you eat collards, turnip greens, or mustard greens?

More info

Never A few times per year Once per month 2-3 times per month Once per week 2 times per week 3-4 times per week 5-6 times per week Every day

11:57 AM
1/26/2011

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NutritionQuest

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BACK NEXT

Greens like collards, turnip greens, mustard greens

How often do you eat collards, turnip greens, or mustard greens?

More info

Never **A few times per year** Once per month 2-3 times per month Once per week 2 times per week 3-4 times per week 5-6 times per week Every day

How much do you eat, on the days you eat them?

1/4 cup 1/2 cup 1 cup

11:57 AM
1/26/2011

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NutritionQuest

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BACK NEXT

Sweet potatoes or yams (not in pie)

How often do you eat sweet potatoes or yams (not in pie)?

More Info

Never A few times per year Once per month 2-3 times per month Once per week 2 times per week 3-4 times per week 5-6 times per week Every day

11:57 AM 11/20/2013

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NutritionQuest

WELCOME | ABOUT YOU | BREAKFAST | FRUIT | **VEGGIES/PASTA** | BEANS | BREADS/BREADS | SNACKS/DESSERTS | DRINKS | VITAMINS | LIFESTYLE | YOUR RESULTS

BACK NEXT

Sweet potatoes or yams (not in pie)

How often do you eat sweet potatoes or yams (not in pie)?

More Info

Never **A few times per year** Once per month 2-3 times per month Once per week 2 times per week 3-4 times per week 5-6 times per week Every day

How much do you eat, on the days you eat them?

1/4 cup 1/2 cup 1 cup

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NutritionQuest

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BACK NEXT

French fries, home fries, hash browns

How often do you eat french fries, fried potatoes or hash browns?

More info

Never A few times per year Once per month 2-3 times per month Once per week 2 times per week 3-4 times per week 5-6 times per week Every day

11:58 AM 1/28/2015

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NutritionQuest

WELCOME | ABOUT YOU | BREAKFAST | FRUIT | **VEGGIES/PASTA** | BEANS | BREADS/BREADS | SNACKS/DESSERTS | DRINKS | VITAMINS | LIFESTYLE | YOUR RESULTS

BACK NEXT

French fries, home fries, hash browns

How often do you eat french fries, fried potatoes or hash browns?

More info

Never A few times per year Once per month 2-3 times per month Once per week 2 times per week 3-4 times per week 5-6 times per week Every day

How much do you eat, on the days you eat them?

More info

1/4 cup 1/2 cup 1 cup 2 cups

11:58 AM 1/28/2015

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NutritionQuest Stop Survey

WELCOME | ABOUT YOU | BREAKFAST | FRUIT | VEGGIES/PASTA | BEANS | BREADS/BREADS | SNACKS/DESSERTS | DRINKS | VITAMINS | LIFESTYLE | YOUR RESULTS

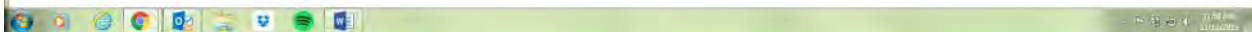
← BACK NEXT →

White potatoes, not fried. Include mashed, boiled, baked, or potato salad

How often do you eat white potatoes, not fried, including boiled, baked, mashed & potato salad?

More Info

Never A few times per year Once per month 2-3 times per month Once per week 2 times per week 3-4 times per week 5-6 times per week Every day



NutritionQuest - Questionnaire - Google Chrome
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NutritionQuest Stop Survey

WELCOME | ABOUT YOU | BREAKFAST | FRUIT | VEGGIES/PASTA | BEANS | BREADS/BREADS | SNACKS/DESSERTS | DRINKS | VITAMINS | LIFESTYLE | YOUR RESULTS

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White potatoes, not fried. Include mashed, boiled, baked, or potato salad

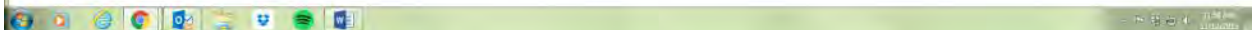
How often do you eat white potatoes, not fried, including boiled, baked, mashed & potato salad?

More Info

Never A few times per year Once per month 2-3 times per month Once per week 2 times per week 3-4 times per week 5-6 times per week Every day

How much do you eat, on the days you eat them?

 1/4 cup  1/2 cup  1 cup  2 cups



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NutritionQuest

WELCOME | ABOUT YOU | BREAKFAST | FRUIT | **VEGGIES/PASTA** | BEANS | BREADS/BREADS | SNACKS/DESSERTS | DRINKS | VITAMINS | LIFESTYLE | YOUR RESULTS

BACK NEXT

Other starchy foods like cassava, manioc, starchy plantains

How often do you eat other starchy foods like cassava, manioc and starchy plantains?

More info

Never A few times per year Once per month 2-3 times per month Once per week 2 times per week 3-4 times per week 5-6 times per week Every day

11:54 AM
1/24/2012

NutritionQuest - Questionnaire - Google Chrome
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NutritionQuest

WELCOME | ABOUT YOU | BREAKFAST | FRUIT | **VEGGIES/PASTA** | BEANS | BREADS/BREADS | SNACKS/DESSERTS | DRINKS | VITAMINS | LIFESTYLE | YOUR RESULTS

BACK NEXT

Other starchy foods like cassava, manioc, starchy plantains

How often do you eat other starchy foods like cassava, manioc and starchy plantains?

More info

Never A few times per year Once per month 2-3 times per month Once per week 2 times per week 3-4 times per week 5-6 times per week Every day

How much do you eat, on the days you eat them?

More info

1/4 cup 1/2 cup 1 cup 2 cups

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1/24/2012

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NutritionQuest

WELCOME | ABOUT YOU | BREAKFAST | FRUIT | **VEGGIES/PASTA** | BEANS | BREADS/BREADS | SNACKS/DESSERTS | DRINKS | VITAMINS | LIFESTYLE | YOUR RESULTS

BACK NEXT

Cole slaw, cabbage, or Chinese cabbage

How often do you eat cole slaw, cabbage, or Chinese cabbage?

More Info

Never A few times per year Once per month 2-3 times per month Once per week 2 times per week 3-4 times per week 5-6 times per week Every day

11:58 AM 1/18/2012

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NutritionQuest

WELCOME | ABOUT YOU | BREAKFAST | FRUIT | **VEGGIES/PASTA** | BEANS | BREADS/BREADS | SNACKS/DESSERTS | DRINKS | VITAMINS | LIFESTYLE | YOUR RESULTS

BACK NEXT

Cole slaw, cabbage, or Chinese cabbage

How often do you eat cole slaw, cabbage, or Chinese cabbage?

More Info

Never **A few times per year** Once per month 2-3 times per month Once per week 2 times per week 3-4 times per week 5-6 times per week Every day

How much do you eat, on the days you eat it?

1/4 cup 1/2 cup 1 cup

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BACK NEXT

Green salad, lettuce salad

How often do you eat green salad or lettuce salad?

More info

Never A few times per year Once per month 2-3 times per month Once per week 2 times per week 3-4 times per week 5-6 times per week Every day

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NutritionQuest

WELCOME | ABOUT YOU | BREAKFAST | FRUIT | **VEGGIES/PASTA** | BEANS | BREADS/BREADS | SNACKS/DESSERTS | DRINKS | VITAMINS | LIFESTYLE | YOUR RESULTS

BACK NEXT

Green salad, lettuce salad

How often do you eat green salad or lettuce salad?

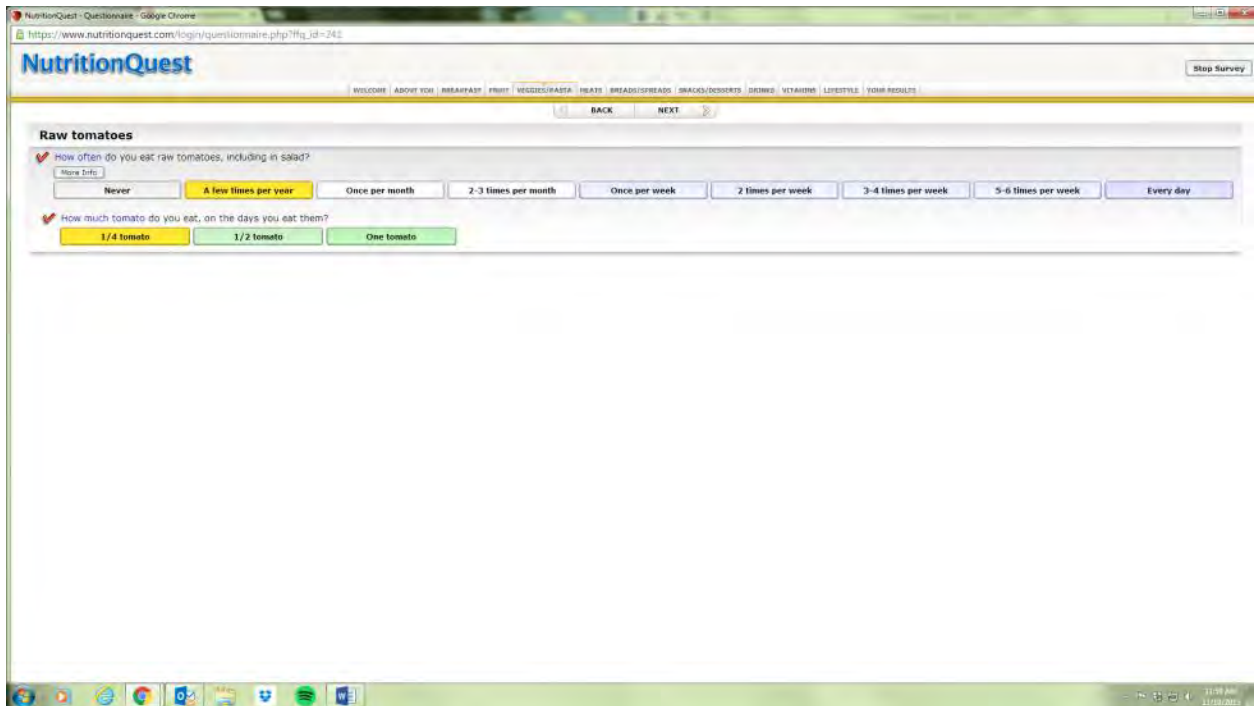
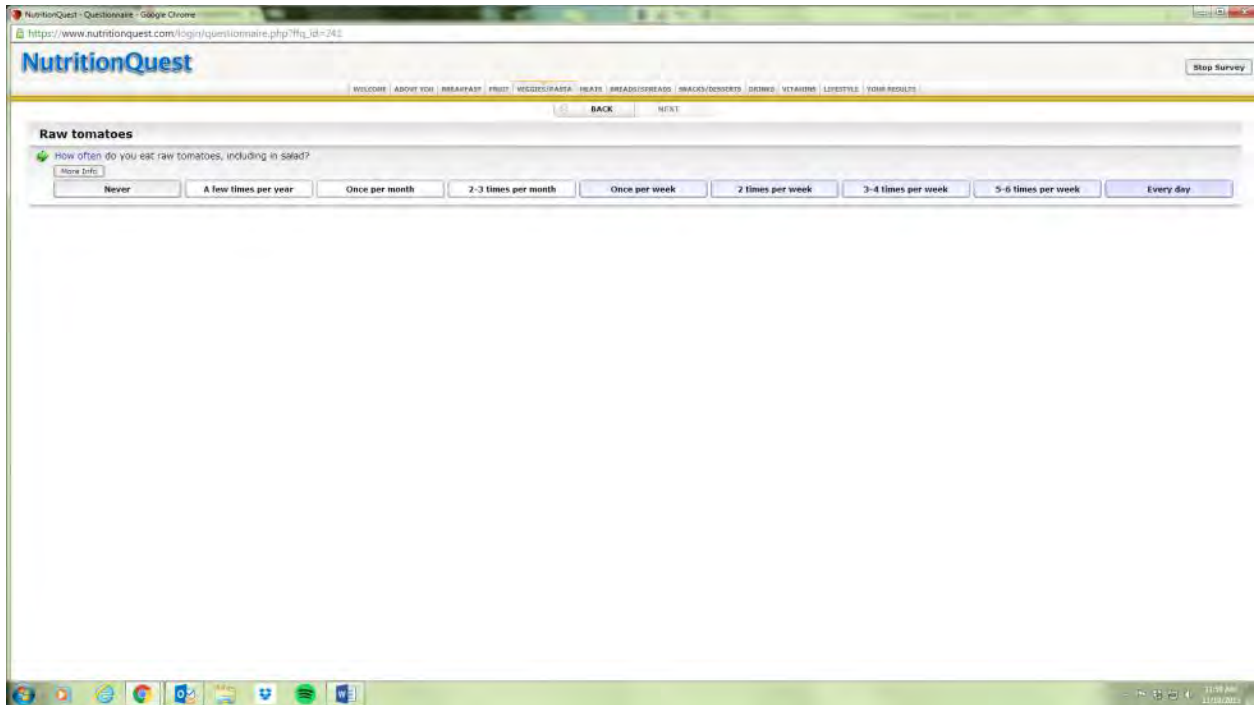
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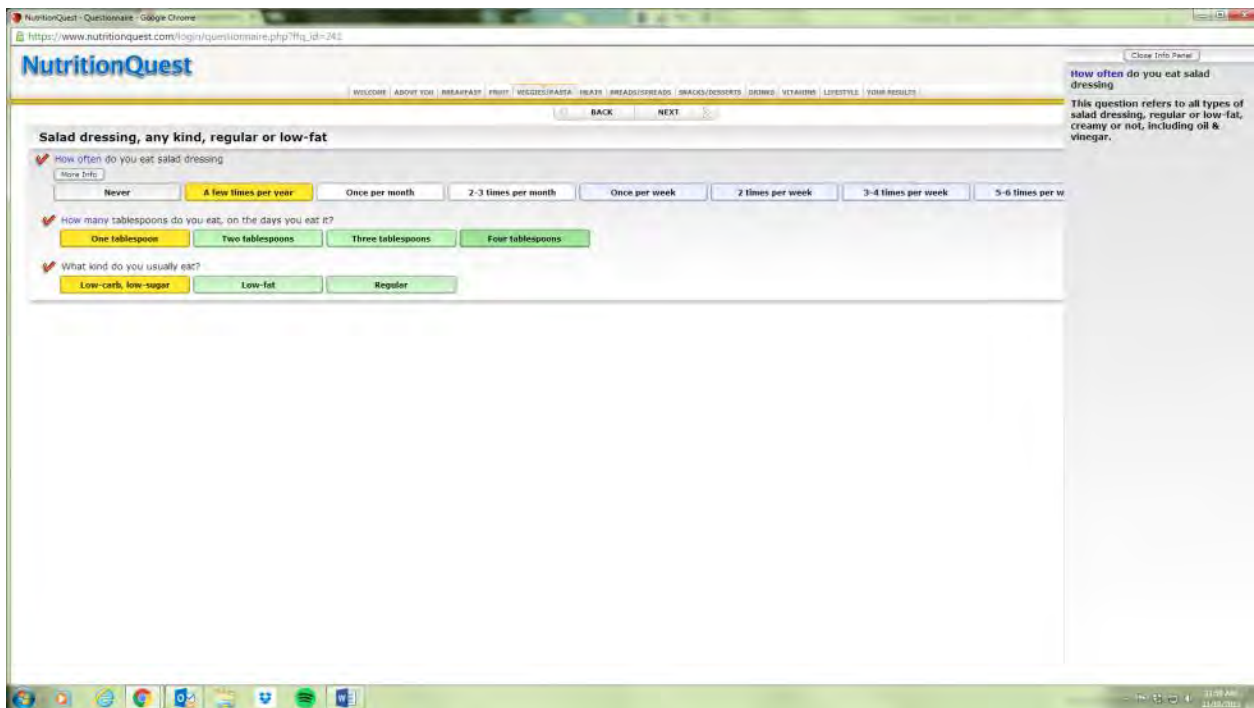
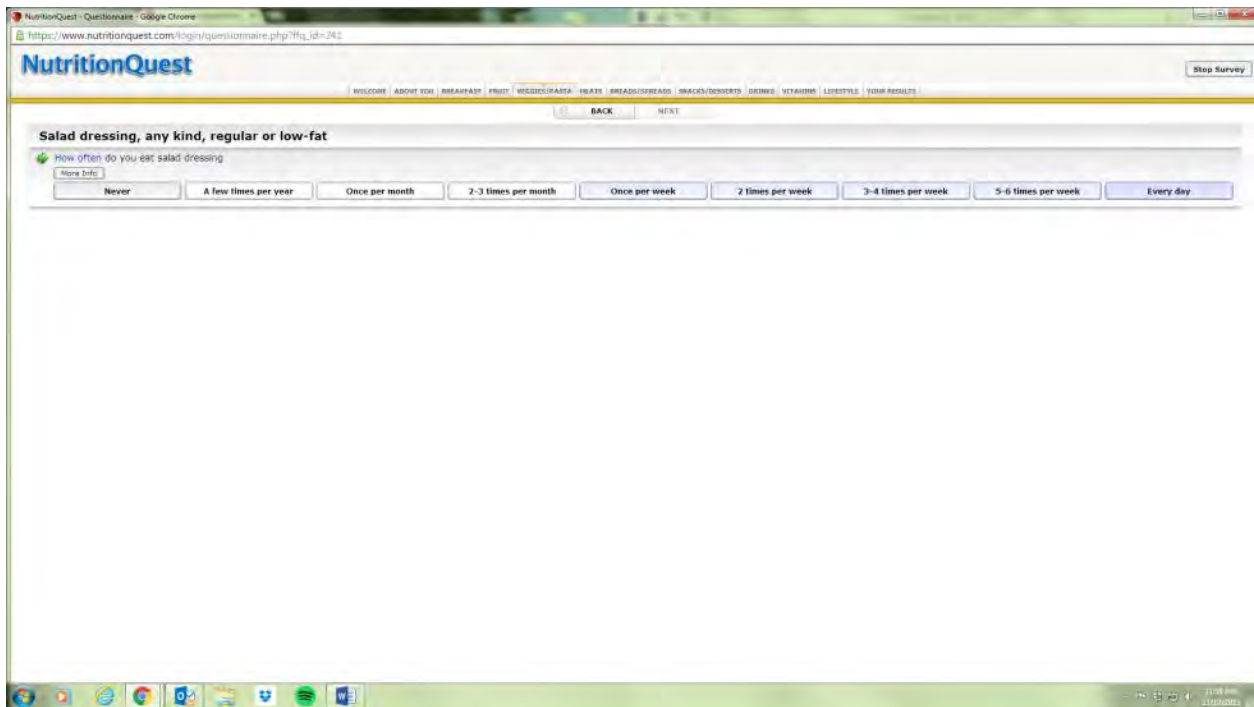
Never **A few times per year** Once per month 2-3 times per month Once per week 2 times per week 3-4 times per week 5-6 times per week Every day

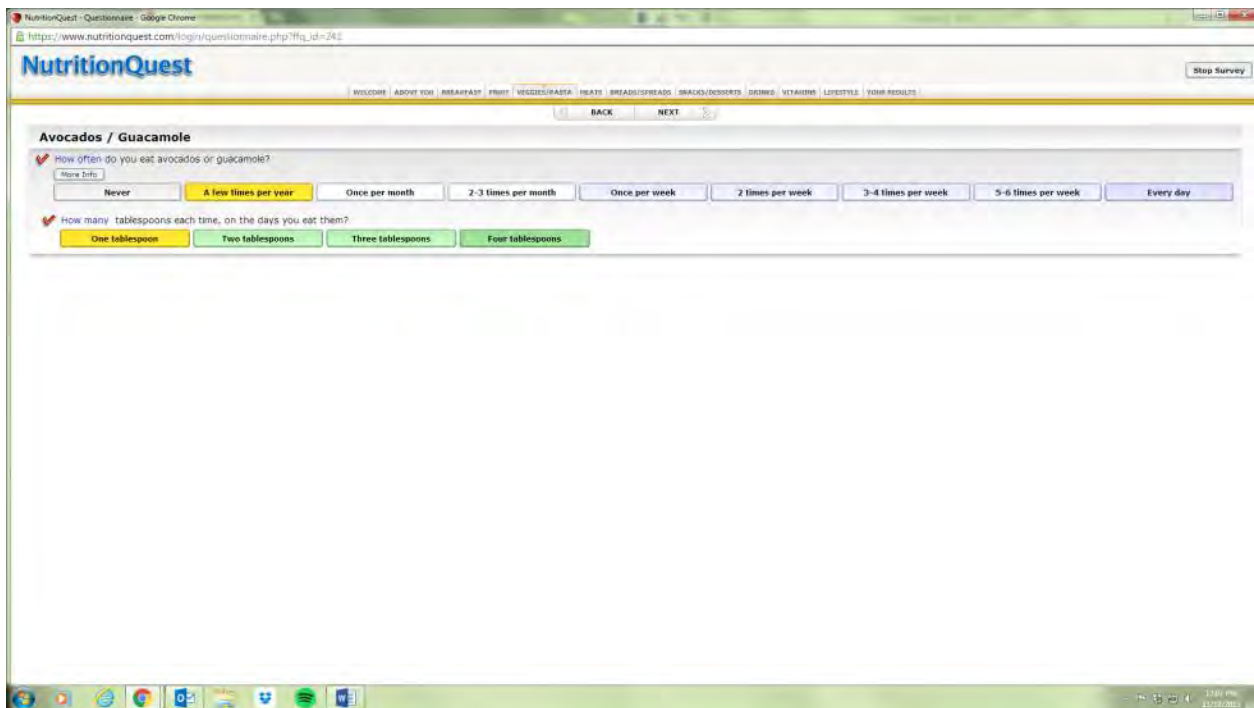
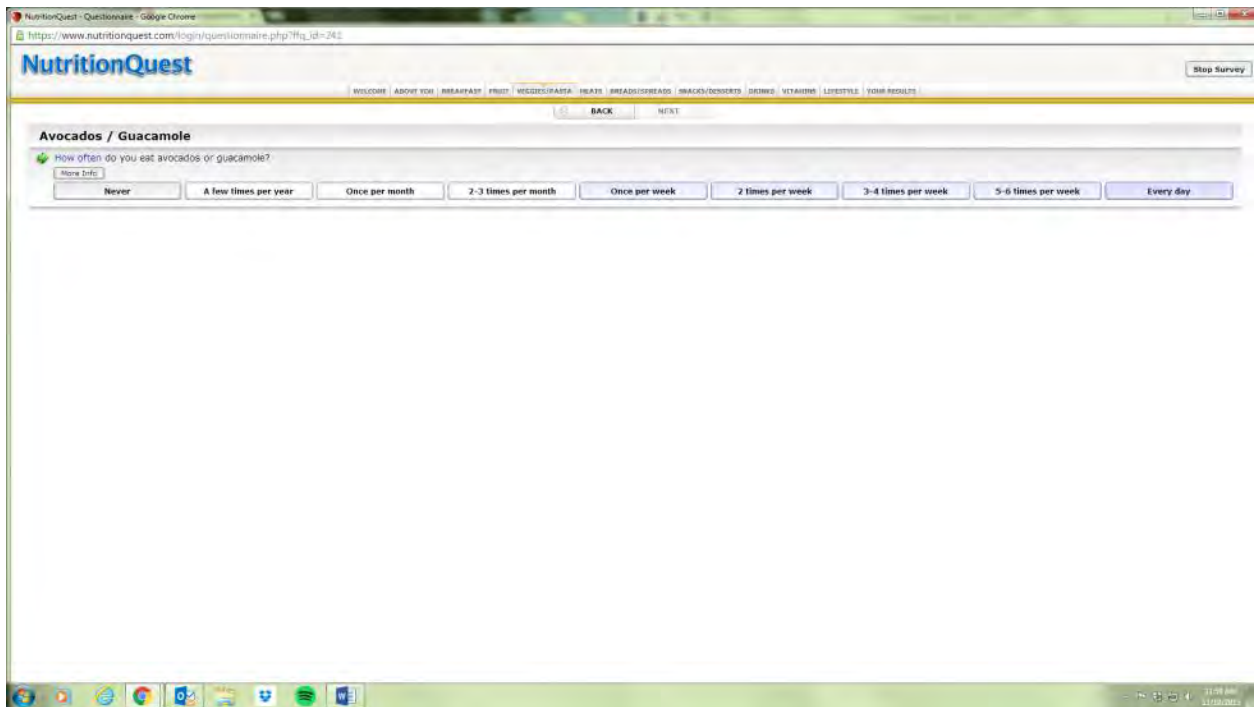
How much do you eat, on the days you eat it?

1/2 cup 1 cup 2 cups

11:58 AM 1/18/2012







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NutritionQuest

WELCOME | ABOUT YOU | BREAKFAST | FRUIT | **VEGGIES/PASTA** | BEANS | BREADS/BREADS | SNACKS/DESSERTS | DRINKS | VITAMINS | LIFESTYLE | YOUR RESULTS

BACK NEXT

Winter squash like acorn, butternut or kabocha

How often do you eat winter squash like acorn, butternut or kabocha?

More Info

Never A few times per year Once per month 2-3 times per month Once per week 2 times per week 3-4 times per week 5-6 times per week Every day

1:04 PM 11/23/2012

NutritionQuest - Questionnaire - Google Chrome
https://www.nutritionquest.com/login/questionnaire.php?fq_id=242

NutritionQuest

WELCOME | ABOUT YOU | BREAKFAST | FRUIT | **VEGGIES/PASTA** | BEANS | BREADS/BREADS | SNACKS/DESSERTS | DRINKS | VITAMINS | LIFESTYLE | YOUR RESULTS

BACK NEXT

Winter squash like acorn, butternut or kabocha

How often do you eat winter squash like acorn, butternut or kabocha?

More Info

Never A few times per year Once per month 2-3 times per month Once per week 2 times per week 3-4 times per week 5-6 times per week Every day

How much do you eat, on the days you eat it?

1/4 cup 1/2 cup 1 cup 2 cups

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NutritionQuest Stop Survey

WELCOME | ABOUT YOU | BREAKFAST | FRUIT | **VEGETABLES** | BEANS | BREADS/BREADS | SNACKS/DESSERTS | DRINKS | VITAMINS | LIFESTYLE | YOUR RESULTS

← BACK NEXT →

Cooked green peppers and chiles, chile rellenos, stewed green chiles

How often do you eat cooked green peppers and chiles, chile rellenos, or stewed green chiles?

More Info

Never A few times per year Once per month 2-3 times per month Once per week 2 times per week 3-4 times per week 5-6 times per week Every day

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NutritionQuest Stop Survey

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← BACK NEXT →

Cooked green peppers and chiles, chile rellenos, stewed green chiles

How often do you eat cooked green peppers and chiles, chile rellenos, or stewed green chiles?

A few times per year Never Once per month 2-3 times per month Once per week 2 times per week 3-4 times per week 5-6 times per week Every day

How much do you eat, on the days you eat them?

1/4 cup 1/2 cup 1 cup 2 cups

NutritionQuest - Questionnaire - Google Chrome
https://www.nutritionquest.com/login/questionnaire.php?fq_id=242

NutritionQuest

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BACK NEXT

Any other vegetable, like squash, cauliflower, okra, cooked peppers

How often do you eat other vegetables like squash, cauliflower, okra, or cooked peppers?

More Info

Never A few times per year Once per month 2-3 times per month Once per week 2 times per week 3-4 times per week 5-6 times per week Every day

11:10 PM 2/15/2012

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NutritionQuest

WELCOME | ABOUT YOU | BREAKFAST | FRUIT | **VEGETABLES/PASTA** | BEANS | BREADS/BREADS | SNACKS/DESSERTS | DRINKS | VITAMINS | LIFESTYLE | YOUR RESULTS

BACK NEXT

Any other vegetable, like squash, cauliflower, okra, cooked peppers

How often do you eat other vegetables like squash, cauliflower, okra, or cooked peppers?

More Info

Never **A few times per year** Once per month 2-3 times per month Once per week 2 times per week 3-4 times per week 5-6 times per week Every day

How much do you eat, on the days you eat them?

1/4 cup 1/2 cup 1 cup 2 cups

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NutritionQuest

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BACK NEXT

Refried beans or bean burritos

How often do you eat refried beans or bean burritos?

More Info

Never A few times per year Once per month 2-3 times per month Once per week 2 times per week 3-4 times per week 5-6 times per week Every day

1:58 PM 21/03/2012

NutritionQuest - Questionnaire - Google Chrome
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NutritionQuest

WELCOME | ABOUT YOU | BREAKFAST | FRUIT | VEGGIES/PASTA | BEANS | BREADS/BREADS | SNACKS/DESSERTS | DRINKS | VITAMINS | LIFESTYLE | YOUR RESULTS

BACK NEXT




Refried beans or bean burritos

How often do you eat refried beans or bean burritos?

More Info

Never **A few times per year** Once per month 2-3 times per month Once per week 2 times per week 3-4 times per week 5-6 times per week Every day

How much of the beans do you eat, on the days you eat them?

 1/4 cup  1/2 cup  1 cup

1:58 PM 21/03/2012

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NutritionQuest

WELCOME | ABOUT YOU | BREAKFAST | FRUIT | VEGGIES/PASTA | BEANS | BREADS/BREADS | SNACKS/DESSERTS | DRINKS | VITAMINS | LIFESTYLE | YOUR RESULTS

BACK NEXT

Pinto beans, black beans, chili with beans, baked beans

How often do you eat pinto beans, black beans, chili with beans, baked beans?

More info

Never A few times per year Once per month 2-3 times per month Once per week 2 times per week 3-4 times per week 5-6 times per week Every day

1:10 PM 2/18/2022

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BACK NEXT

Pinto beans, black beans, chili with beans, baked beans

How often do you eat pinto beans, black beans, chili with beans, baked beans?

More info

Never **A few times per year** Once per month 2-3 times per month Once per week 2 times per week 3-4 times per week 5-6 times per week Every day

How much do you eat, on the days you eat them?

1/4 cup 1/2 cup 1 cup 2 cups

1:11 PM 2/18/2022

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NutritionQuest

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BACK NEXT

Vegetable stew (without meat)

How often do you eat vegetable stew (without meat)?

More Info

Never A few times per year Once per month 2-3 times per month Once per week 2 times per week 3-4 times per week 5-6 times per week Every day

1:54 PM 2/15/2012

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BACK NEXT

Vegetable stew (without meat)

How often do you eat vegetable stew (without meat)?

More Info

Never **A few times per year** Once per month 2-3 times per month Once per week 2 times per week 3-4 times per week 5-6 times per week Every day

How much do you eat, on the days you eat them?

1/2 cup 1 cup 2 cups

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NutritionQuest

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BACK NEXT

Vegetable soup, vegetable-beef soup, or tomato soup

How often do you eat vegetable soup, vegetable-beef soup, or tomato soup?

More Info

Never A few times per year Once per month 2-3 times per month Once per week 2 times per week 3-4 times per week 5-6 times per week Every day

15:11 PM 2/14/2012

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BACK NEXT

Vegetable soup, vegetable-beef soup, or tomato soup

How often do you eat vegetable soup, vegetable-beef soup, or tomato soup?

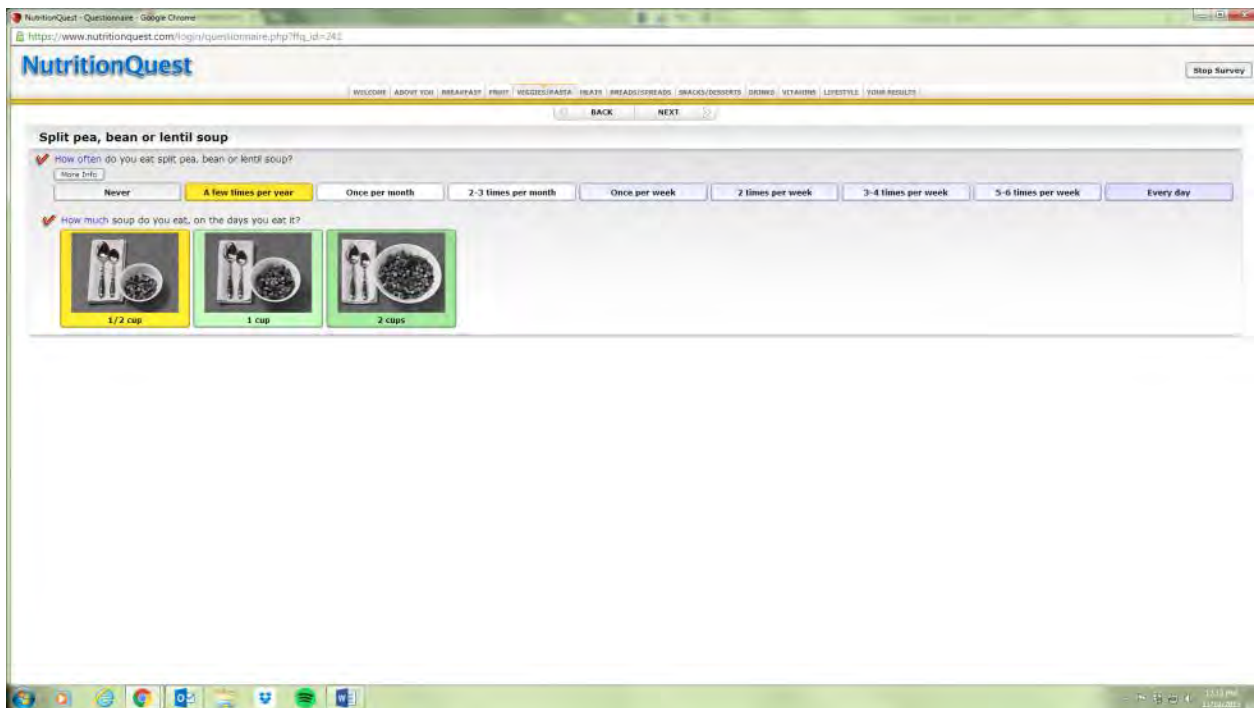
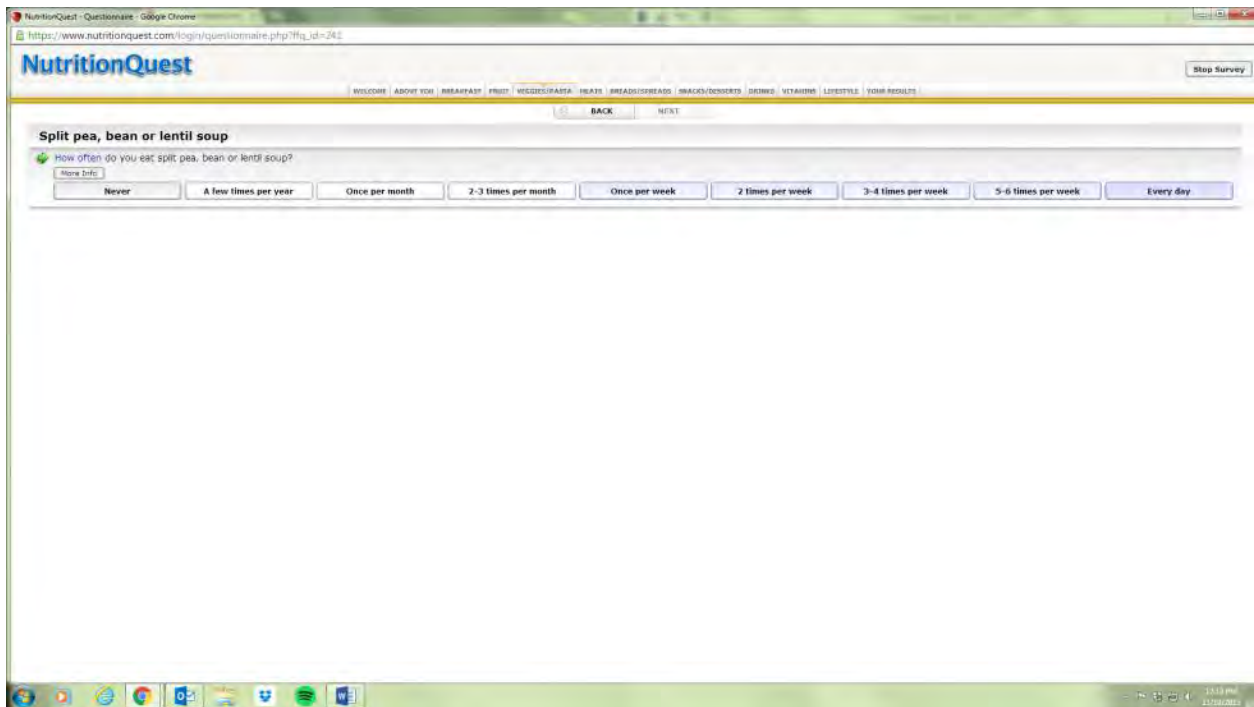
More Info

Never **A few times per year** Once per month 2-3 times per month Once per week 2 times per week 3-4 times per week 5-6 times per week Every day

How much soup do you eat, on the days you eat it?

1/2 cup 1 cup 2 cups

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BACK NEXT

Any other soup, including chicken noodle, cream soups, Cup-A-Soup, ramen

How often do you eat any other type of soup?

More info

Never A few times per year Once per month 2-3 times per month Once per week 2 times per week 3-4 times per week 5-6 times per week Every day

11:11 PM 2/24/2012

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BACK NEXT

Any other soup, including chicken noodle, cream soups, Cup-A-Soup, ramen

How often do you eat any other type of soup?

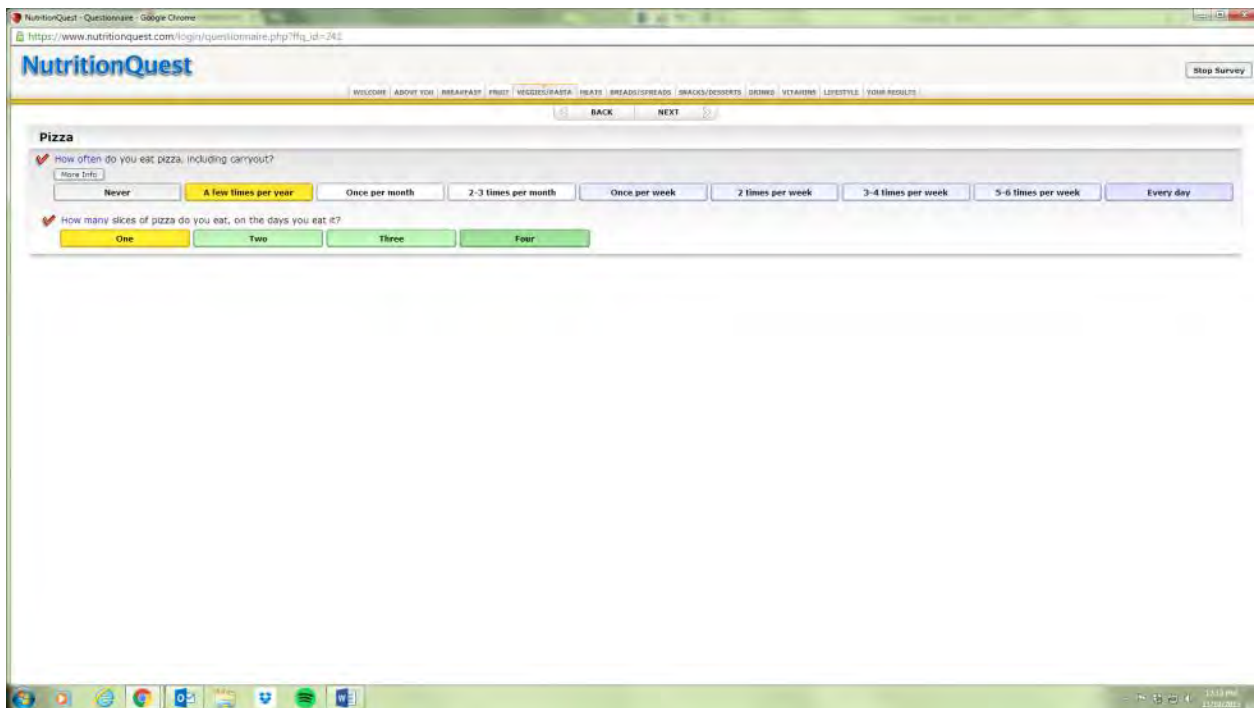
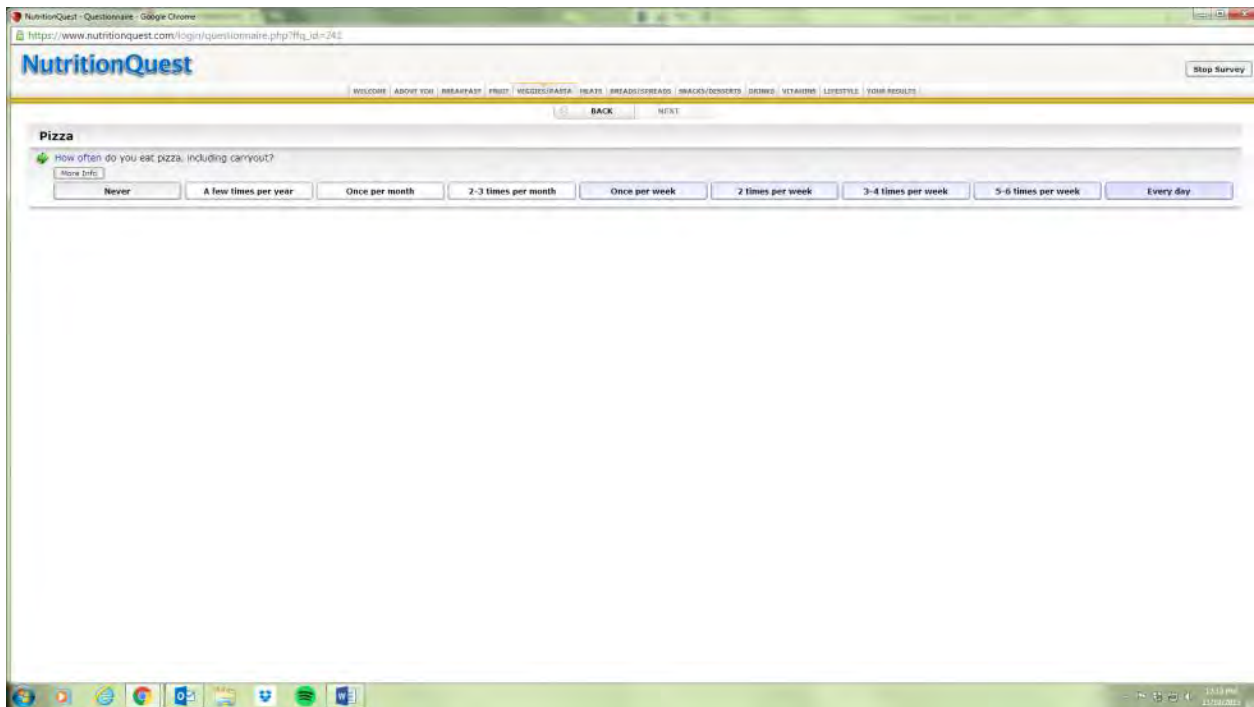
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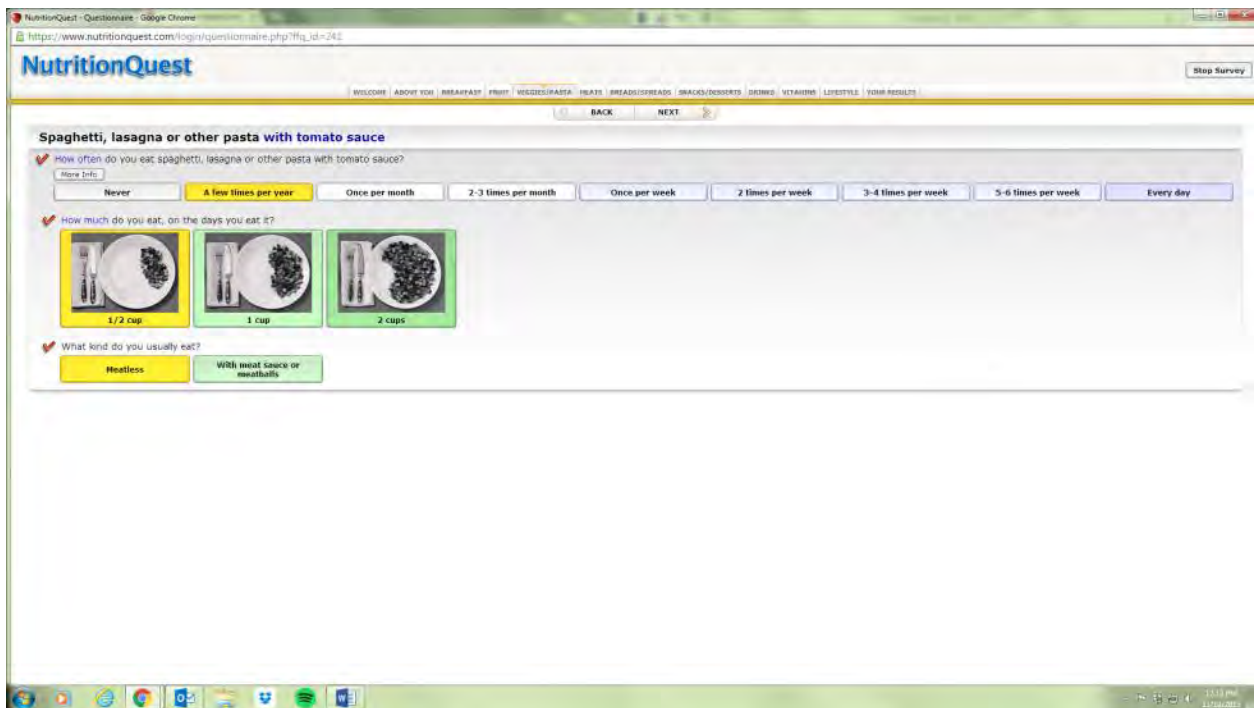
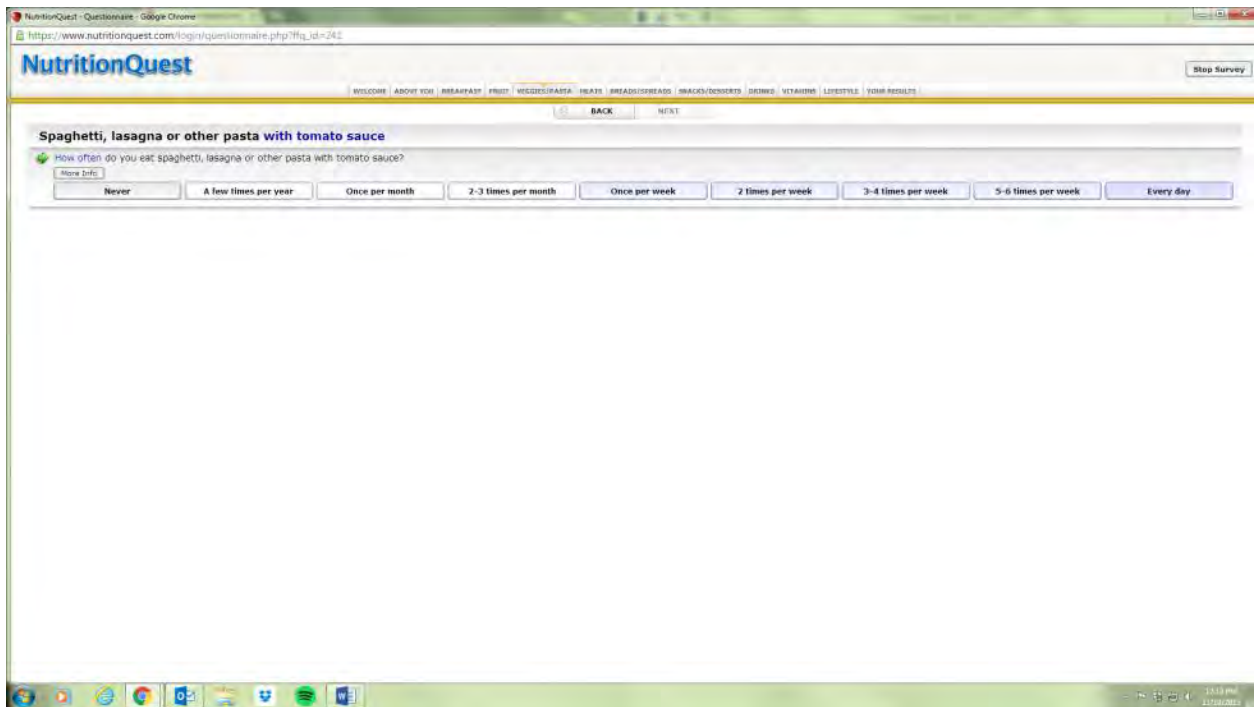
Never **A few times per year** Once per month 2-3 times per month Once per week 2 times per week 3-4 times per week 5-6 times per week Every day

How much soup do you eat, on the days you eat it?

1/2 cup 1 cup 2 cups

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BACK NEXT

Macaroni and cheese

How often do you eat macaroni and cheese?

More Info

Never A few times per year Once per month 2-3 times per month Once per week 2 times per week 3-4 times per week 5-6 times per week Every day

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BACK NEXT

Macaroni and cheese

How often do you eat macaroni and cheese?

More Info

Never **A few times per year** Once per month 2-3 times per month Once per week 2 times per week 3-4 times per week 5-6 times per week Every day

How much do you eat, on the days you eat it?

1/2 cup 1 cup 2 cups

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BACK NEXT

Other noodles like egg noodles, pasta salad, sopa seca

How often do you eat noodles, like egg noodles, pasta salad, sopa seca?

More Info

Never A few times per year Once per month 2-3 times per month Once per week 2 times per week 3-4 times per week 5-6 times per week Every day

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BACK NEXT

Other noodles like egg noodles, pasta salad, sopa seca

How often do you eat noodles, like egg noodles, pasta salad, sopa seca?

More Info

Never **A few times per year** Once per month 2-3 times per month Once per week 2 times per week 3-4 times per week 5-6 times per week Every day

How much do you eat, on the days you eat it?

1/2 cup 1 cup 2 cups

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BACK NEXT

Tofu or tempeh

How often do you eat tofu or tempeh?

More Info

Never A few times per year Once per month 2-3 times per month Once per week 2 times per week 3-4 times per week 5-6 times per week Every day

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BACK NEXT




Tofu or tempeh

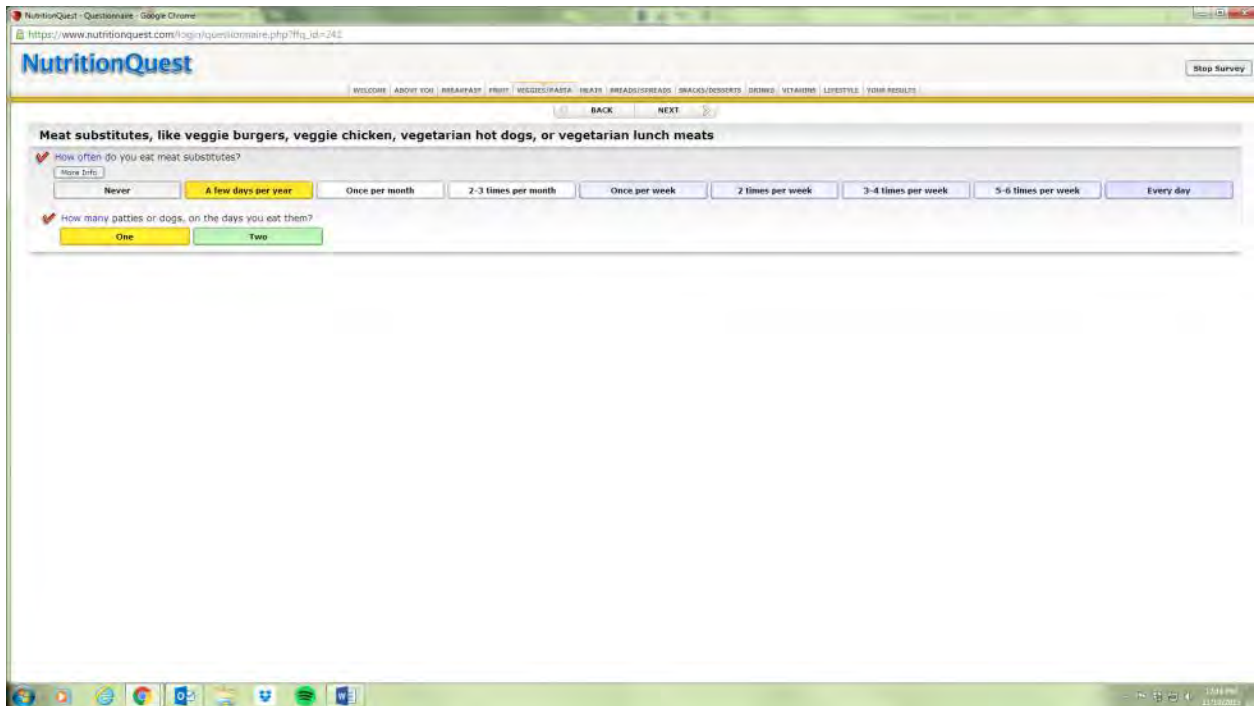
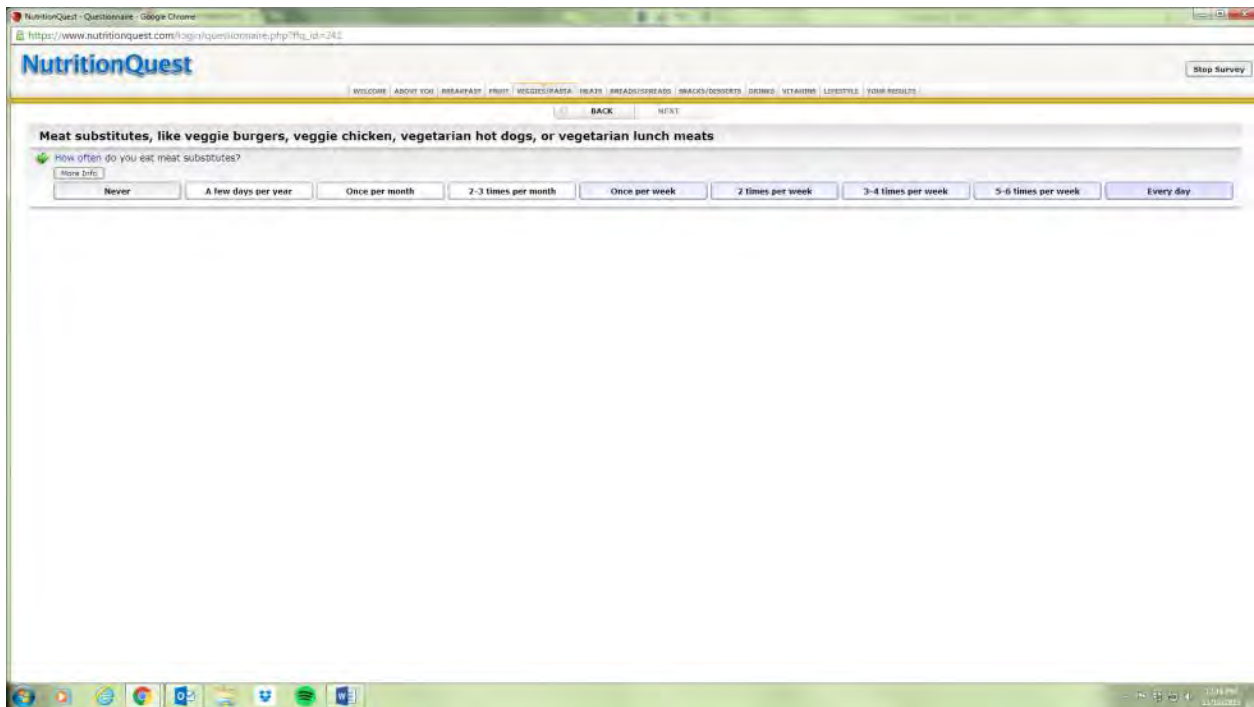
How often do you eat tofu or tempeh?

More Info

Never **A few times per year** Once per month 2-3 times per month Once per week 2 times per week 3-4 times per week 5-6 times per week Every day

How much do you eat, on the days you eat it?

 1/4 cup  1/2 cup  1 cup



BACK NEXT

Excellent!

You have answered 51 questions so far.

In this section, you will answer 21 questions about the **meat, chicken, and seafood** you usually eat. Here's what's coming up on the next pages:

Beef, pork and chicken:

- Hamburgers
- Hot dogs and sausage
- Lunch meats
- Meat loaf and meat balls
- Beef-steaks and roasts
- Tacos and burritos
- Ribs and spare ribs
- Pork chops and roasts
- Veal, lamb, and deer
- Chicken (fried & not fried)

Mixed dishes:

- Liver
- Pigs feet, neck bones and other unusual meats
- Menudo and pozole
- Mixed dishes with beef or pork
- Mixed dishes with chicken

Seafood:

- Oysters
- Other shellfish
- Tuna
- Fish (fried and not fried)



BACK NEXT

Do you **ever** eat chicken, meat or fish?

Yes No

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BACK NEXT

Do you ever eat chicken, meat or fish?

Yes No

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BACK NEXT

Hamburgers, cheeseburgers, at home or in a restaurant

How often do you eat hamburgers or cheeseburgers at home or in a restaurant?

Never A few times per year Once per month 2-3 times per month Once per week 2 times per week 3-4 times per week 5-6 times per week Every day

1:18 PM 2/28/2012

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NutritionQuest

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BACK NEXT

Hamburgers, cheeseburgers, at home or in a restaurant

How often do you eat hamburgers or cheeseburgers at home or in a restaurant?

More Info

Never **A few times per year** Once per month 2-3 times per month Once per week 2 times per week 3-4 times per week 5-6 times per w

How big a burger do you eat, on the days you eat it?

1 small **1 large** 2

What kind do you usually eat?

Hamburgers Cheeseburgers

Close Info Panel

How often do you eat hamburgers or cheeseburgers at home or in a restaurant?

This question refers to hamburgers and cheeseburgers of all sizes, eaten at home or in a restaurant.

It does not include the ground beef used in spaghetti, lasagna, or pizza.

Hamburgers made with turkey should be counted under "chicken or turkey, roasted or broiled."

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BACK NEXT

Hot dogs, or sausage like Polish, Italian, or chorizo

How often do you eat hot dogs, or sausage like Polish, Italian, or chorizo?

More Info

Never **A few times per year** Once per month 2-3 times per month Once per week 2 times per week 3-4 times per week 5-6 times per w

How many do you eat, on the days you eat them?

One **Two** Three

Are your hot dogs usually:

Low-fat or turkey dogs Regular hot dogs I don't know

Close Info Panel

How often do you eat hot dogs, or sausage like Polish, Italian, or chorizo?

All kinds of hot dogs or dinner sausages, including chicken dogs and turkey dogs.

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BACK NEXT

Lunch meat like bologna, sliced ham, turkey bologna, or any other lunch meat

How often do you eat bologna, sliced ham, turkey lunch meat, or other lunch meat?
 More Info
 Never A few times per year Once per month 2-3 times per month Once per week 2 times per week 3-4 times per week 5-6 times per week Every day

How many slices do you eat, on the days you eat it?
 One Two Three Four

Is your lunch meat:
 Usually low-fat or turkey Regular lunch meat I don't know

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NutritionQuest

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BACK NEXT

Meat loaf, meat balls

How often do you eat meat loaf or meat balls, at home or in a restaurant?
 More Info
 Never A few times per year Once per month 2-3 times per month Once per week 2 times per week 3-4 times per week 5-6 times per w

How much meat do you eat, on the days you eat it?
 1/2 cup 1 cup 2 cups

How often do you eat meat loaf or meat balls, at home or in a restaurant?
 This question refers to meat loaf or meat balls.
 It does not include the ground beef used in spaghetti, lasagna, or pizza.

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BACK NEXT





Steak, roast beef, or beef in frozen dinners or sandwiches

How often do you eat these types of beef?

More Info

Never **A few times per year** Once per month 2-3 times per month Once per week 2 times per week 3-4 times per week 5-6 times per week Every day

How much do you eat, on the days you eat it?

1/4 cup 1/2 cup 1 cup 2 cups

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BACK NEXT

Fat on meat

When you eat beef or pork, what do you do with the fat?

Avoid eating it Sometimes eat it Often eat it

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NutritionQuest

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BACK NEXT





Tacos, burritos, enchiladas, tamales, with meat or chicken

How often do you eat tacos, burritos, enchiladas, tamales, etc. with meat or chicken?

More Info

Never **A few times per year** Once per month 2-3 times per month Once per week 2 times per week 3-4 times per week 5-6 times per week Every day

How much do you eat, on the days you eat them?

1/4 cup 1/2 cup 1 cup 2 cups

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BACK NEXT

Ribs or spareribs

How often do you eat ribs or spareribs?

More Info

Never A few times per year Once per month 2-3 times per month Once per week 2 times per week 3-4 times per week 5-6 times per week Every day

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BACK NEXT

Ribs or spareribs

How often do you eat ribs or spareribs?
More Info

Never **A few times per year** Once per month 2-3 times per month Once per week 2 times per week 3-4 times per week 5-6 times per week Every day

How much do you eat, on the days you eat them?

1/4 cup 1/2 cup 1 cup 2 cups

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NutritionQuest

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BACK NEXT

Pork chops, pork roasts, cooked ham (including for breakfast)

How often do you eat pork chops, pork roasts, or cooked ham?
More Info

Never A few times per year Once per month 2-3 times per month **Once per week** 2 times per week 3-4 times per week 5-6 times per week Every day

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https://www.nutritionquest.com/login/questionnaire.php?fig_id=242

NutritionQuest

WELCOME | ABOUT YOU | BREAKFAST | FRUIT | VEGGIES/PASTA | **MEATS** | BREADS/BREADS | SNACKS/DESSERTS | DRINKS | VITAMINS | LIFESTYLE | YOUR RESULTS

BACK NEXT





Pork chops, pork roasts, cooked ham (including for breakfast)

How often do you eat pork chops, pork roasts, or cooked ham?

More Info

Never **A few times per year** Once per month 2-3 times per month Once per week 2 times per week 3-4 times per week 5-6 times per week Every day

How much do you eat, on the days you eat them?

 1/4 cup  1/2 cup  1 cup  2 cups

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NutritionQuest

WELCOME | ABOUT YOU | BREAKFAST | FRUIT | VEGGIES/PASTA | **MEATS** | BREADS/BREADS | SNACKS/DESSERTS | DRINKS | VITAMINS | LIFESTYLE | YOUR RESULTS

BACK NEXT




Veal, lamb, or deer meat

How often do you eat veal, lamb, or deer meat?

More Info

Never **A few times per year** Once per month 2-3 times per month Once per week 2 times per week 3-4 times per week 5-6 times per week Every day

How much do you eat, on the days you eat it?

 1/4 cup  1/2 cup  1 cup

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BACK NEXT

Liver, including chicken livers or liverwurst

How often do you eat liver, including chicken livers or liverwurst?
More Info

Never **A few times per year** Once per month 2-3 times per month Once per week 2 times per week 3-4 times per week 5-6 times per week Every day

How much do you eat, on the days you eat it?

1/4 cup 1/2 cup 1 cup

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BACK NEXT

Pigs feet, neck bones, oxtails, tongue

How often do you eat pigs feet, neck bones, oxtails, or tongue?
More Info

Never A few times per year Once per month 2-3 times per month Once per week 2 times per week 3-4 times per week 5-6 times per week Every day

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BACK NEXT


Pigs feet, neck bones, oxtails, tongue

How often do you eat pigs feet, neck bones, oxtails, or tongue?
More Info

Never A few times per year Once per month 2-3 times per month Once per week 2 times per week 3-4 times per week 5-6 times per week Every day

How much do you eat, on the days you eat it?

1/4 cup 1/2 cup 1 cup



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BACK NEXT

Menudo, pozole, caldo de res, sancocho, ajiaco

How often do you eat menudo, pozole, caldo de res, sancocho, ajiaco, or similar dishes?
More Info

Never A few times per year Once per month 2-3 times per month Once per week 2 times per week 3-4 times per week 5-6 times per week Every day

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BACK NEXT




Menudo, pozole, caldo de res, sancocho, ajiaco

How often do you eat menudo, pozole, caldo de res, sancocho, ajiaco, or similar dishes?

More Info

Never **A few times per year** Once per month 2-3 times per month Once per week 2 times per week 3-4 times per week 5-6 times per week Every day

How much do you eat, on the days you eat it?

1/2 cup 1 cup 2 cups

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BACK NEXT

Any other beef or pork dish, like beef stew, beef pot pie, corned beef hash, Hamburger Helper

How often do you eat any other beef or pork dish, like beef stew, beef pot pie, corned beef hash, Hamburger Helper?

More Info

Never A few times per year Once per month 2-3 times per month **Once per week** 2 times per week 3-4 times per week 5-6 times per week Every day

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BACK NEXT




Any other beef or pork dish, like beef stew, beef pot pie, corned beef hash, Hamburger Helper

How often do you eat any other beef or pork dish, like beef stew, beef pot pie, corned beef hash, Hamburger Helper?

More Info

Never **A few times per year** Once per month 2-3 times per month Once per week 2 times per week 3-4 times per week 5-6 times per week Every day

How much do you eat, on the days you eat it?

1/2 cup 1 cup 2 cups

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BACK NEXT

Fried chicken, including chicken nuggets, wings, chicken patty

How often do you eat fried chicken?

More Info

Never A few times per year Once per month 2-3 times per month Once per week 2 times per week 3-4 times per week 5-6 times per week Every day

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BACK NEXT

Fried chicken, including chicken nuggets, wings, chicken patty

How often do you eat fried chicken?
More Info

Never A few times per year Once per month 2-3 times per month Once per week 2 times per week 3-4 times per week 5-6 times per week Every day

How many medium-sized pieces do you eat, on the days you eat it?
More Info

1 medium piece 2 medium pieces (or 6 nuggets) 3 medium pieces

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BACK NEXT

Roasted or broiled chicken or turkey

How often do you eat roasted or broiled chicken or turkey?
More Info

Never A few times per year Once per month 2-3 times per month Once per week 2 times per week 3-4 times per week 5-6 times per week Every day

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WELCOME | ABOUT YOU | BREAKFAST | FRUIT | VEGGIES/PASTA | **PLATE** | BREADS/BREADS | SNACKS/DESSERTS | DRINKS | VITAMINS | LIFESTYLE | YOUR RESULTS




BACK NEXT

Roasted or broiled chicken or turkey

How often do you eat roasted or broiled chicken or turkey?
More Info

Never **A few times per year** Once per month 2-3 times per month Once per week 2 times per week 3-4 times per week 5-6 times per week Every day

How much do you eat, on the days you eat it?
More Info

1/4 cup 1/2 cup 1 cup

When you eat chicken or turkey, do you eat the skin?
Avoid eating it Sometimes eat it Often eat it

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BACK NEXT

Any other chicken dish, like chicken stew, chicken with noodles, chicken salad, Chinese chicken dishes

How often do you eat any other chicken dish, like chicken and dumplings, chicken pot pie?
More Info

Never A few times per year Once per month 2-3 times per month Once per week 2 times per week 3-4 times per week 5-6 times per week Every day

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WELCOME | ABOUT YOU | BREAKFAST | FRUIT | VEGETABLES/PASTA | **MEATS** | BREADS/STARCHES | SNACKS/DESSERTS | DRINKS | VITAMINS | LIFESTYLE | YOUR RESULTS

BACK NEXT

Any other chicken dish, like chicken stew, chicken with noodles, chicken salad, Chinese chicken dishes

How often do you eat any other chicken dish, like chicken and dumplings, chicken pot pie?
More info: Never A few times per year Once per month 2-3 times per month Once per week 2 times per week 3-4 times per week 5-6 times per week Every day

How much do you eat, on the days you eat it?
  

1/2 cup 1 cup 2 cups

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BACK NEXT

Oysters

How often do you eat oysters?
More info: Never A few times per year Once per month 2-3 times per month Once per week 2 times per week 3-4 times per week 5-6 times per week Every day

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BACK NEXT

Oysters

How often do you eat oysters?
More Info

Never A few times per year Once per month 2-3 times per month Once per week 2 times per week 3-4 times per week 5-6 times per week Every day

How much do you eat, on the days you eat them?
More Info

 1/4 cup  1/2 cup  1 cup

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BACK NEXT

Shellfish like shrimp, scallops and crabs

How often do you eat other shellfish like shrimp, scallops and crabs?
More Info

Never A few times per year Once per month 2-3 times per month Once per week 2 times per week 3-4 times per week 5-6 times per week Every day

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BACK NEXT

Shellfish like shrimp, scallops and crabs

How often do you eat other shellfish like shrimp, scallops and crabs?
More Info

Never **A few times per year** Once per month 2-3 times per month Once per week 2 times per week 3-4 times per week 5-6 times per week Every day

How much do you eat, on the days you eat them?

 1/4 cup  1/2 cup  1 cup  2 cups

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BACK NEXT

Tuna, tuna salad, tuna casserole

How often do you eat tuna, tuna salad, tuna casserole?
More Info

Never A few times per year Once per month 2-3 times per month **Once per week** 2 times per week 3-4 times per week 5-6 times per week Every day

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BACK NEXT

Tuna, tuna salad, tuna casserole

How often do you eat tuna, tuna salad, tuna casserole?
More Info

Never **A few times per year** Once per month 2-3 times per month Once per week 2 times per week 3-4 times per week 5-6 times per week Every day

How much of the tuna do you eat, on the days you eat it?

1/4 cup 1/2 cup 1 cup

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BACK NEXT

Fried fish or fish sandwich, at home or in a restaurant

How often do you eat fried fish or fish sandwich?
More Info

Never A few times per year Once per month 2-3 times per month Once per week 2 times per week 3-4 times per week 5-6 times per week Every day

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BACK NEXT




Fried fish or fish sandwich, at home or in a restaurant

How often do you eat fried fish or fish sandwich?

More Info

Never **A few times per year** Once per month 2-3 times per month Once per week 2 times per week 3-4 times per week 5-6 times per week Every day

How much do you eat, on the days you eat it?

1/4 cup 1/2 cup 1 cup

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BACK NEXT

Other fish, not fried

How often do you eat other fish, not fried?

More Info

Never **A few days per year** Once per month 2-3 times per month Once per week 2 times per week 3-4 times per week 5-6 times per week Every day

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WELCOME | ABOUT YOU | BREAKFAST | FRUIT | VEGETABLES/PASTA | **HEATS** | BREADS/SPREADS | SNACKS/DESSERTS | DRINKS | VITAMINS | LIFESTYLE | YOUR RESULTS




BACK NEXT

Other fish, not fried

✓ How often do you eat other fish, not fried?
More Info

Never **A few days per year** Once per month 2-3 times per month Once per week 2 times per week 3-4 times per week 5-6 times per week Every day

✓ How much do you eat, on the days you eat it?

1/4 cup 1/2 cup 1 cup

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NutritionQuest Stop Survey

WELCOME | ABOUT YOU | BREAKFAST | FRUIT | VEGETABLES/PASTA | **HEATS** | BREADS/SPREADS | SNACKS/DESSERTS | DRINKS | VITAMINS | LIFESTYLE | YOUR RESULTS

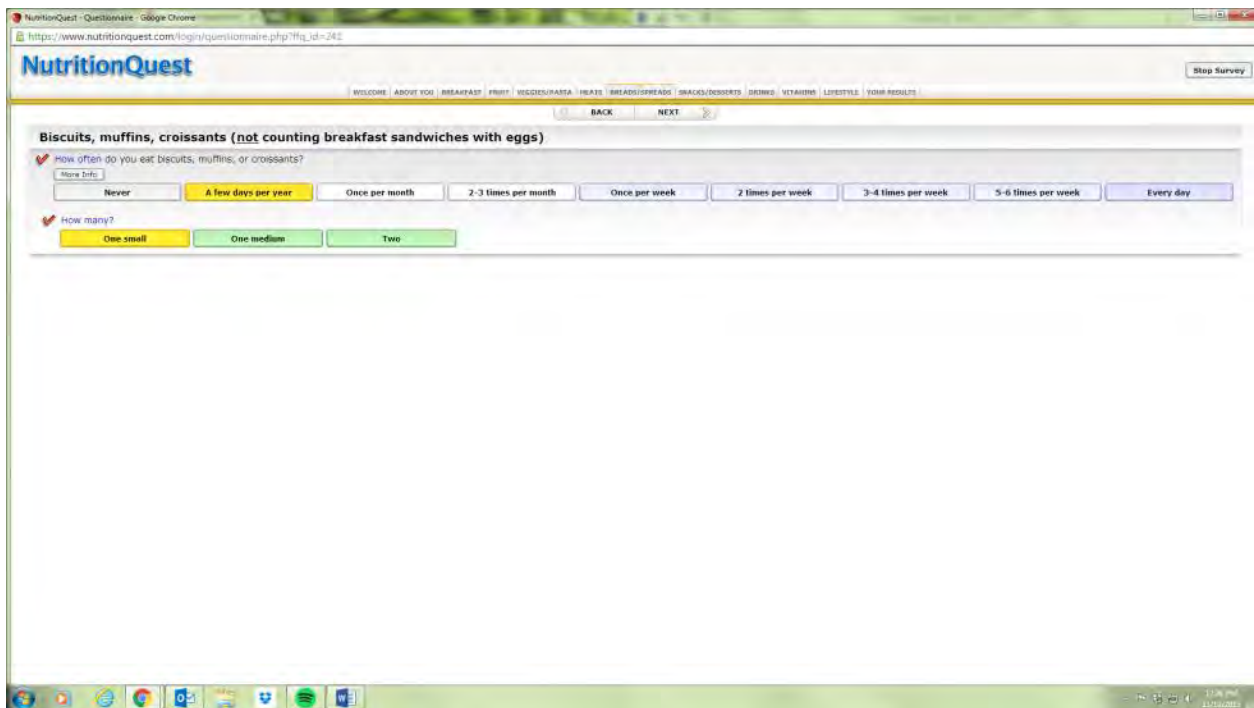
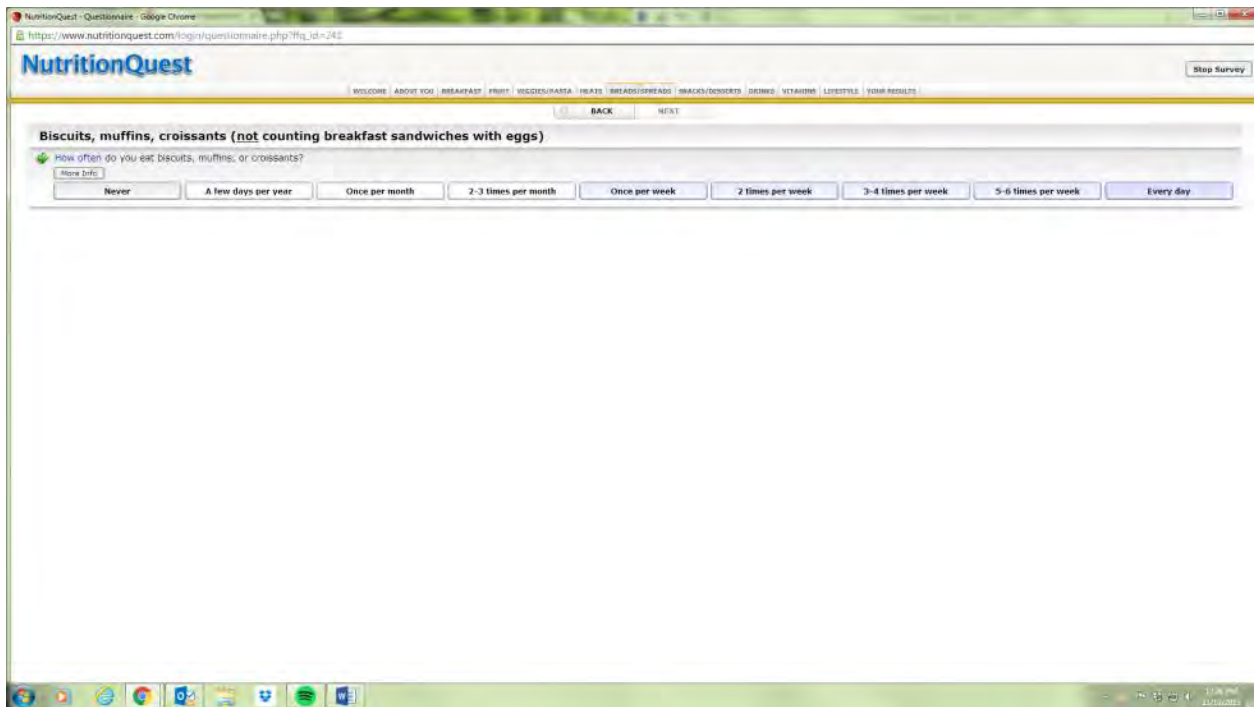
BACK NEXT

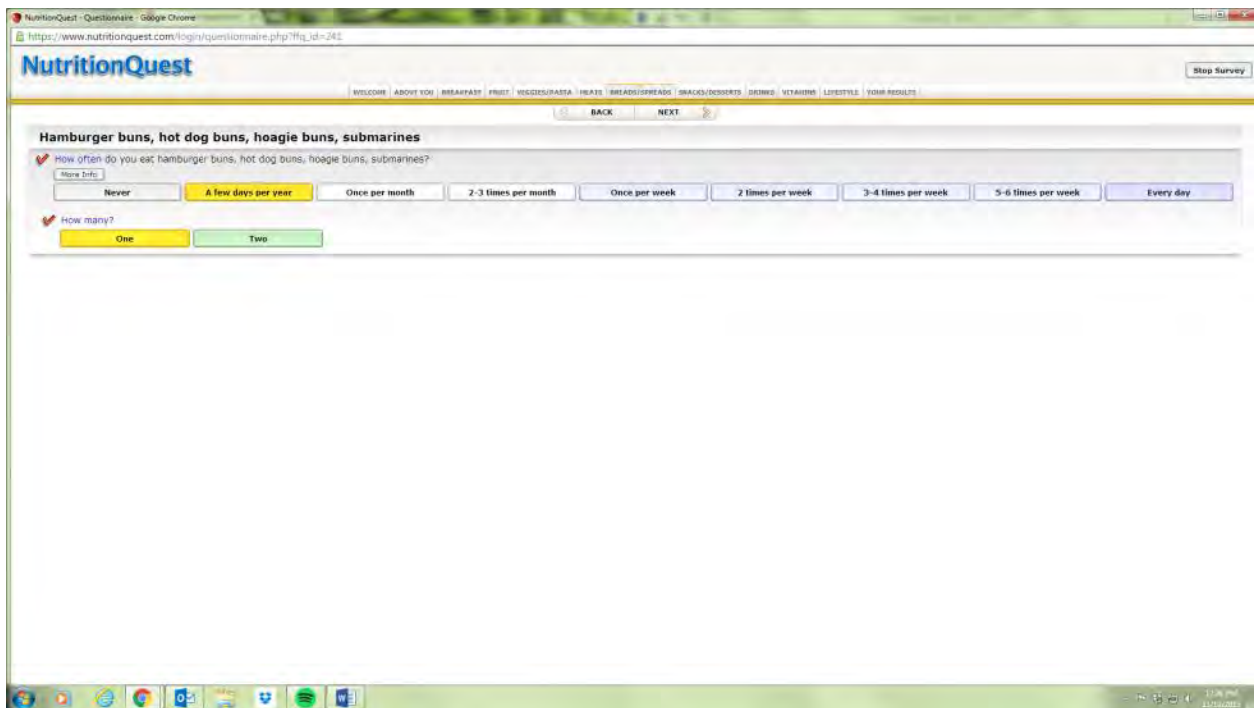
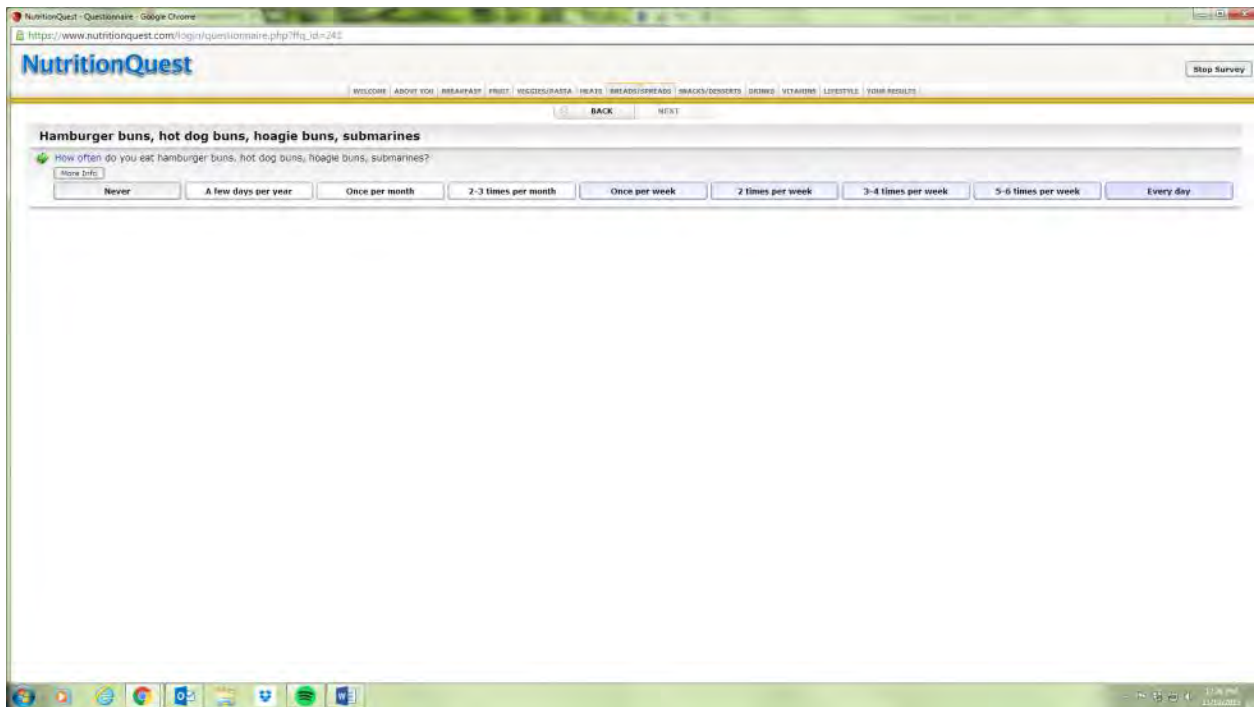
Congratulations - you're halfway done!

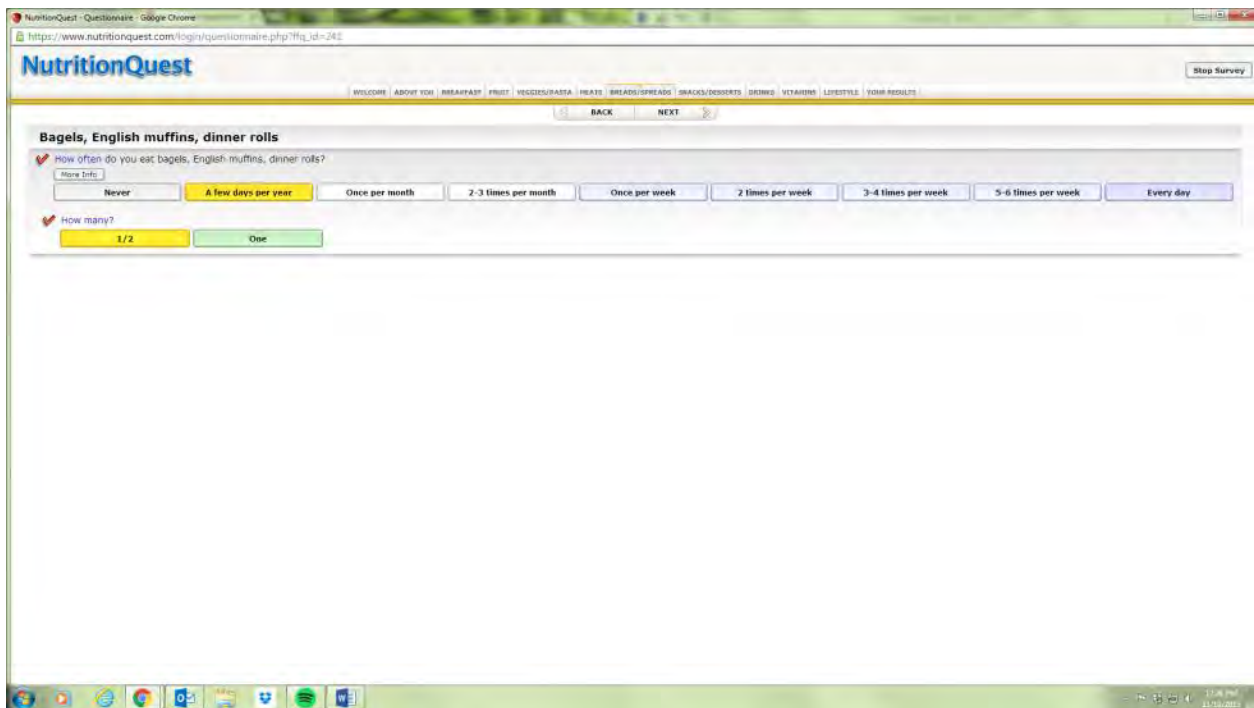
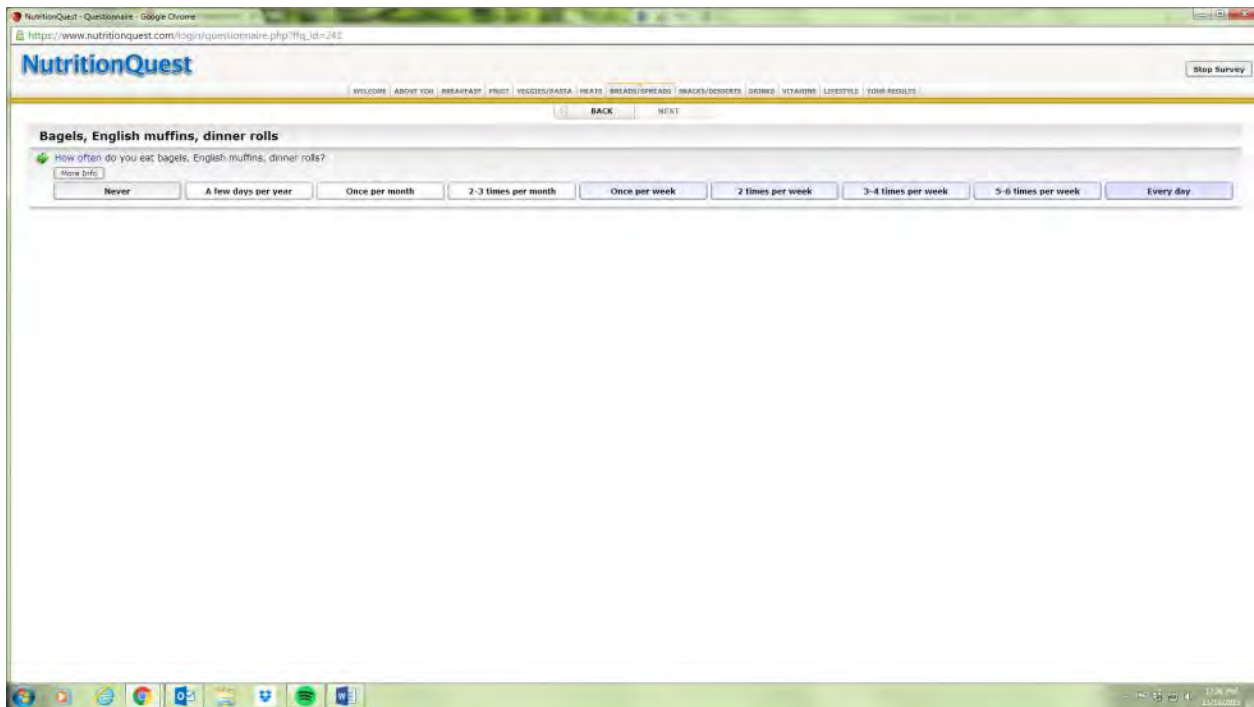
You have answered **72 questions so far.**
 In this section, you will answer 15 questions about the **bread, spreads, and sauces** you usually eat.
 Here's what's coming up on the next pages:

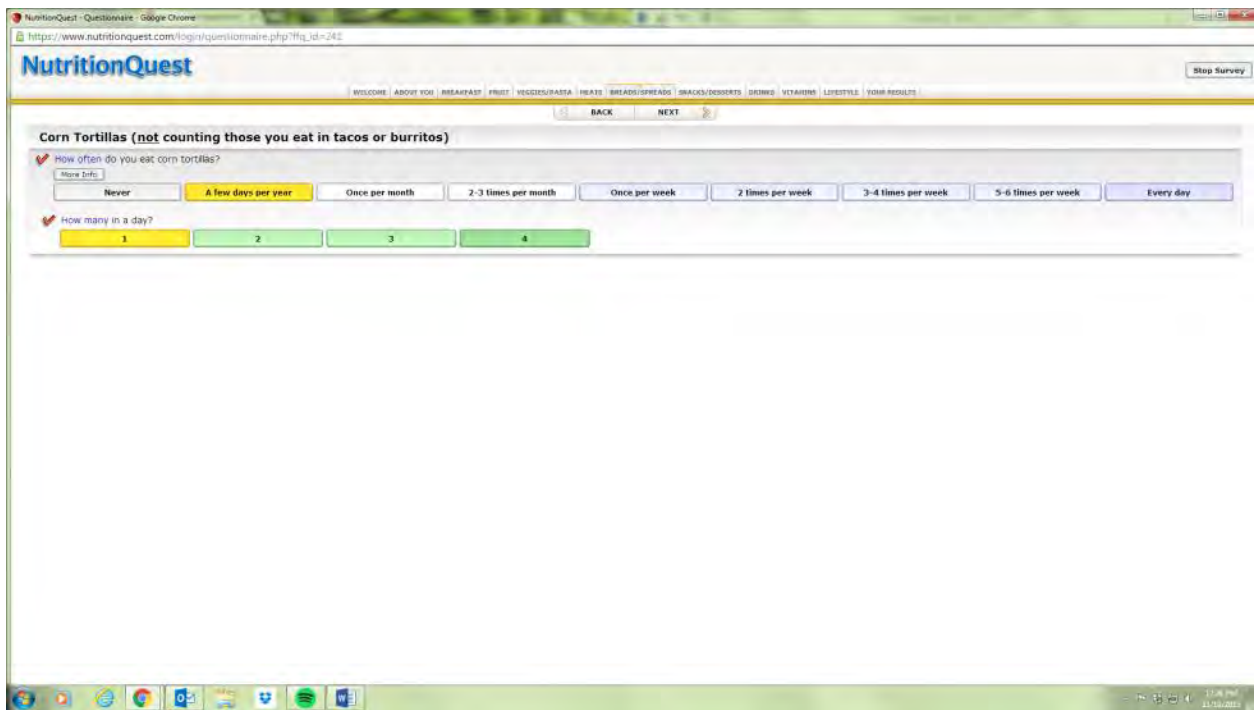
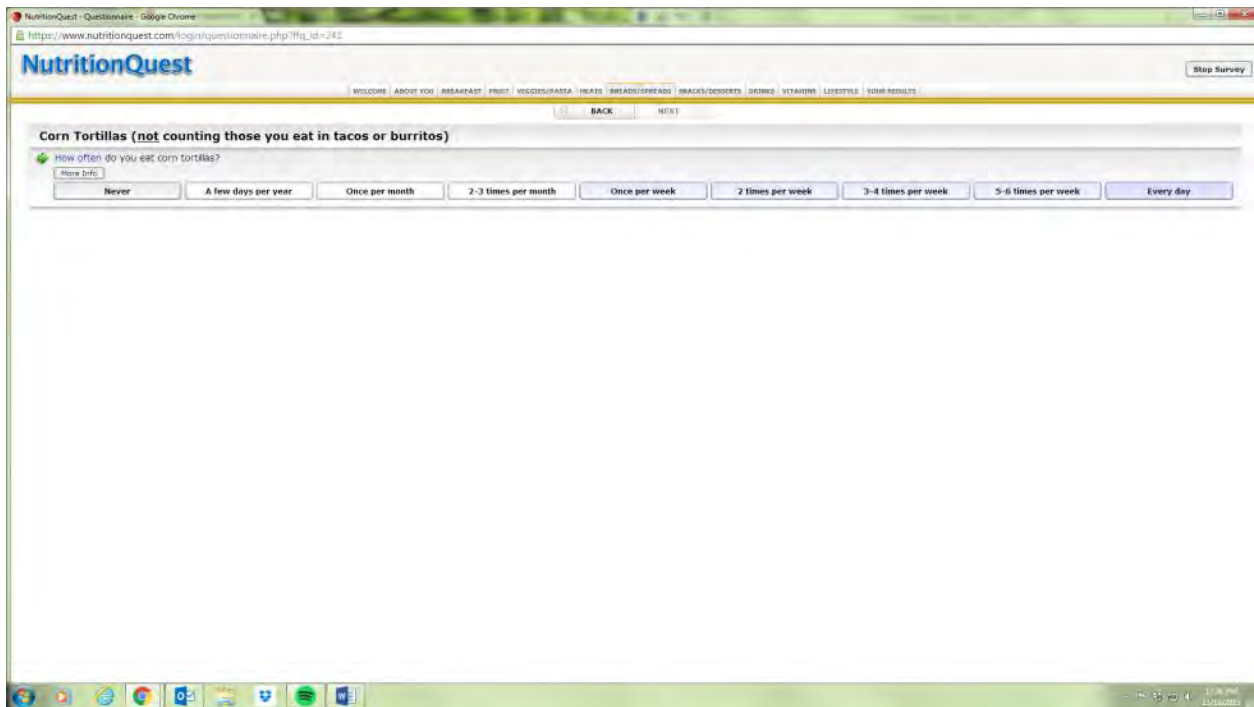
Breads:	Spreads:	Sauces:
Biscuits and muffins	Margarine	Catsup and salsa
Rolls, bagels, buns	Butter	Mustard, soy sauce and other sauces
Tortillas	Peanut butter	
Corn bread	Jelly, jam	
White or dark bread	Mayonnaise and other sandwich spreads	
Rice and rice dishes		

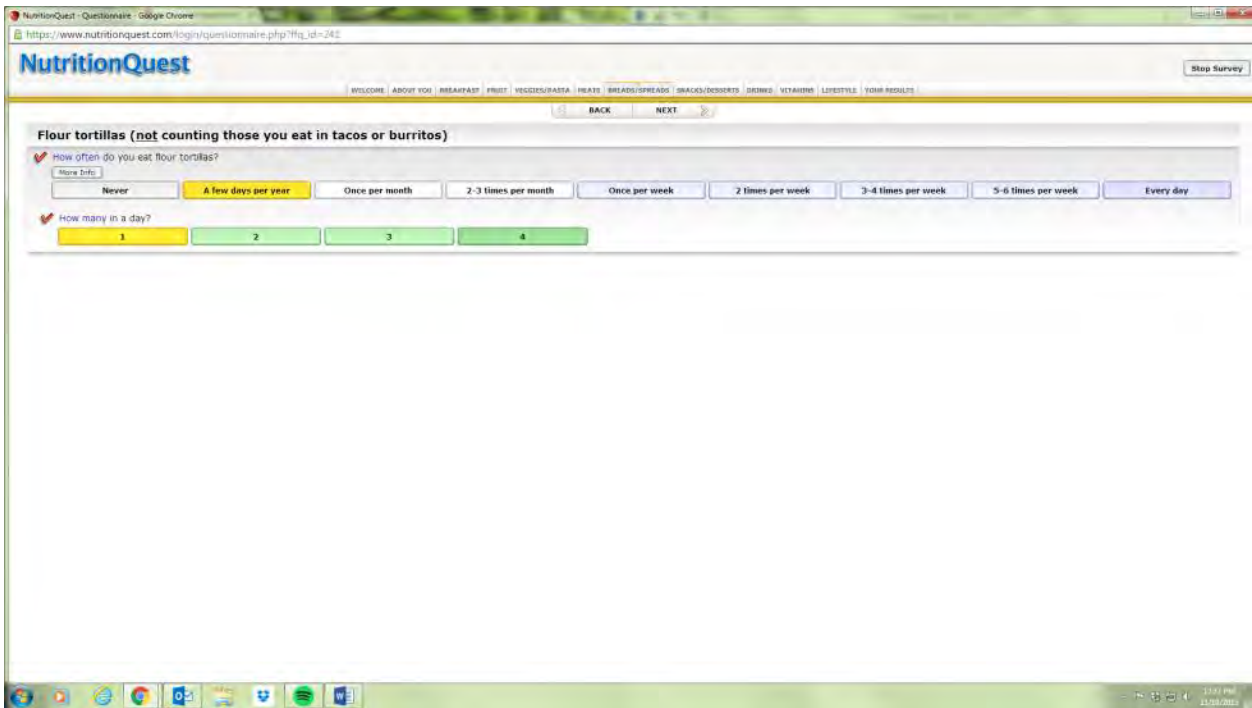
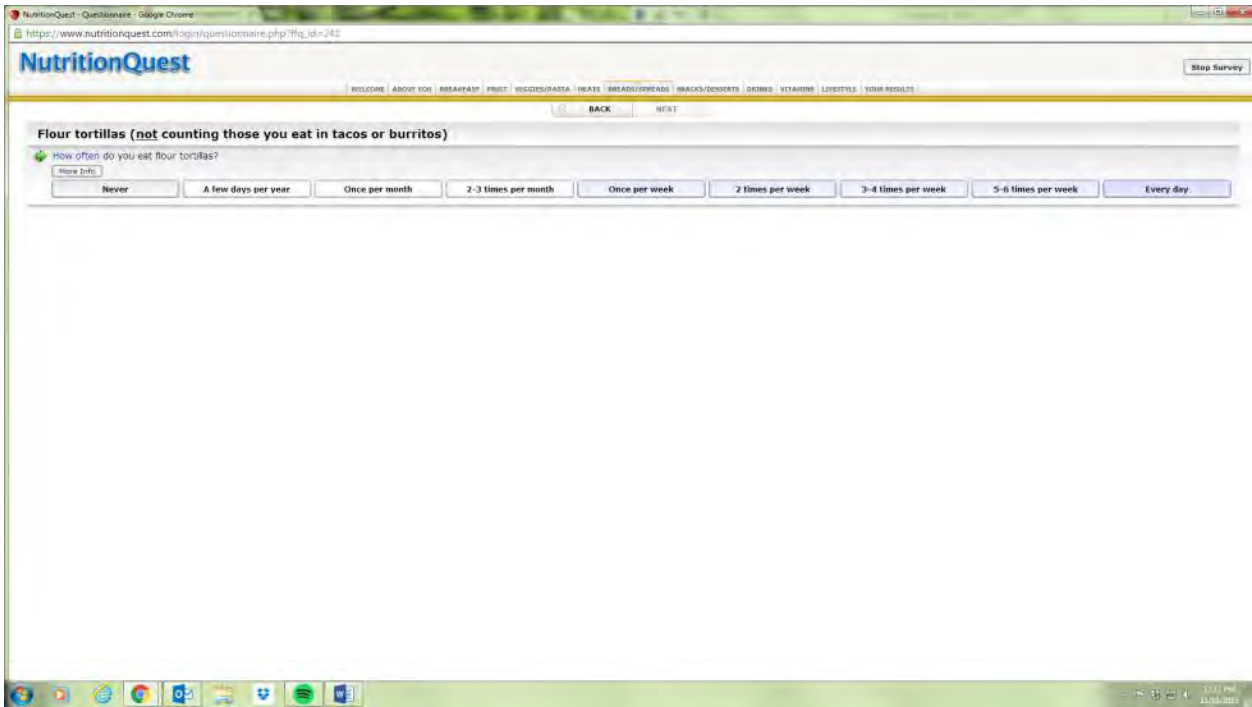
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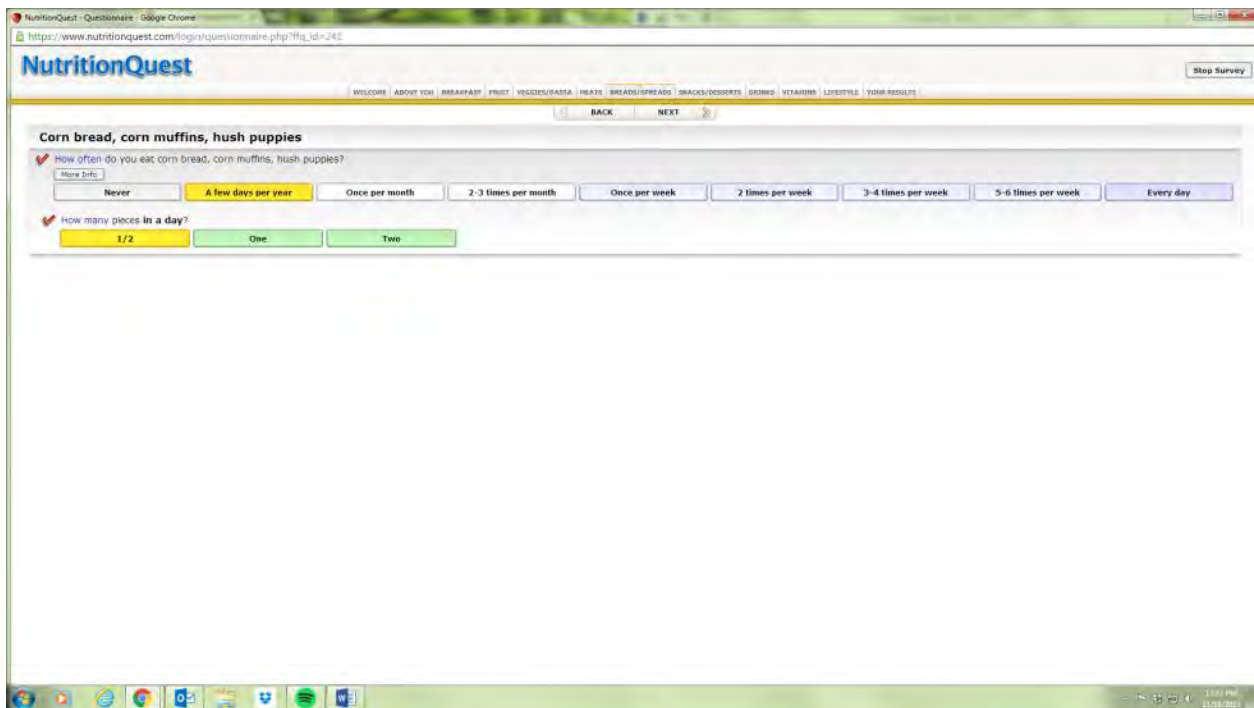
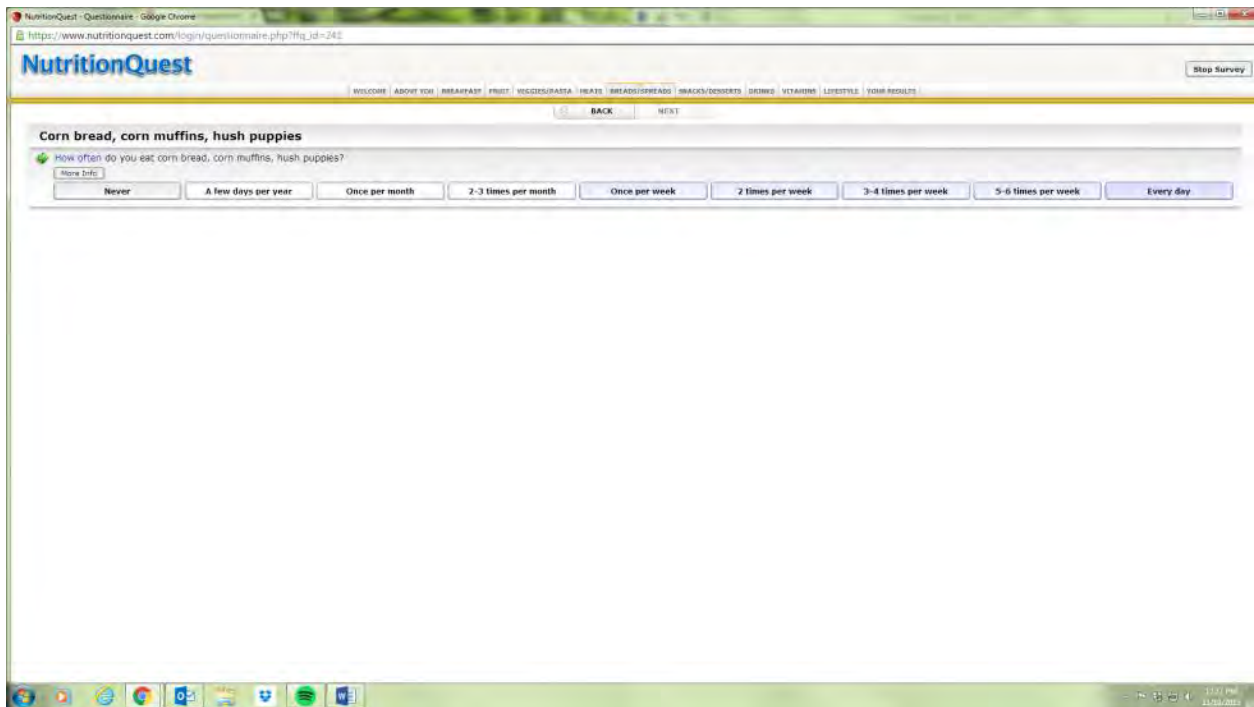


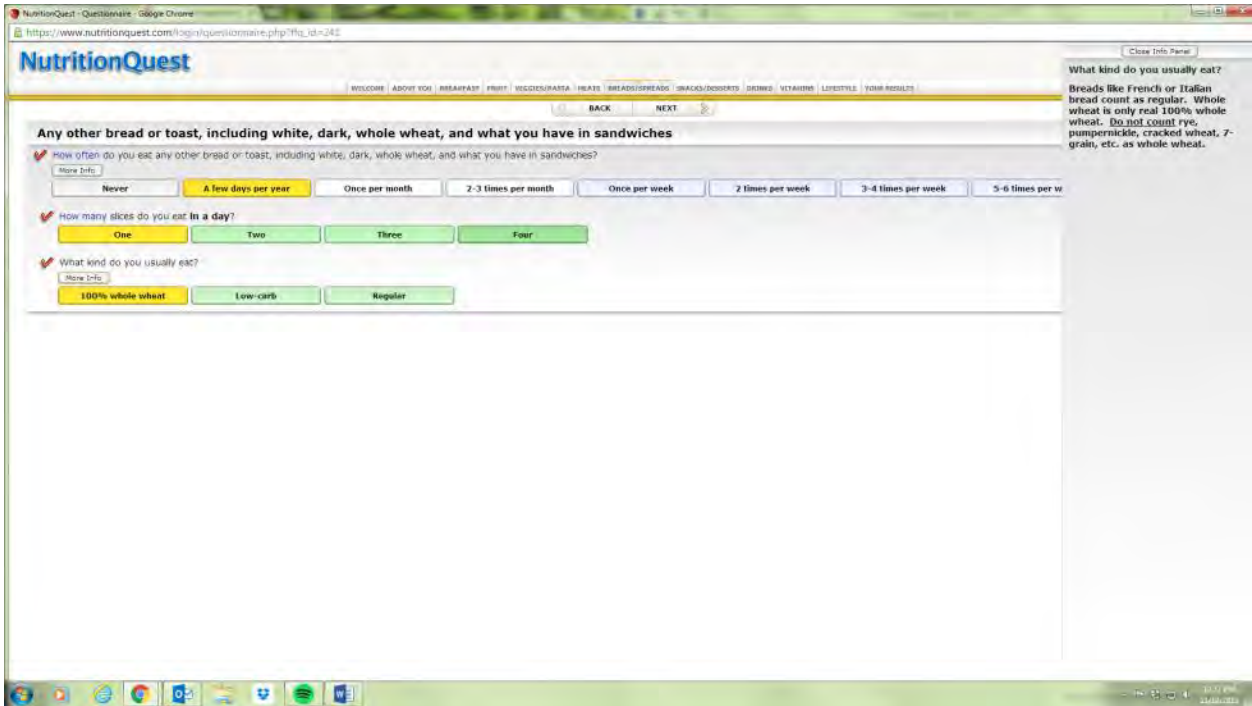
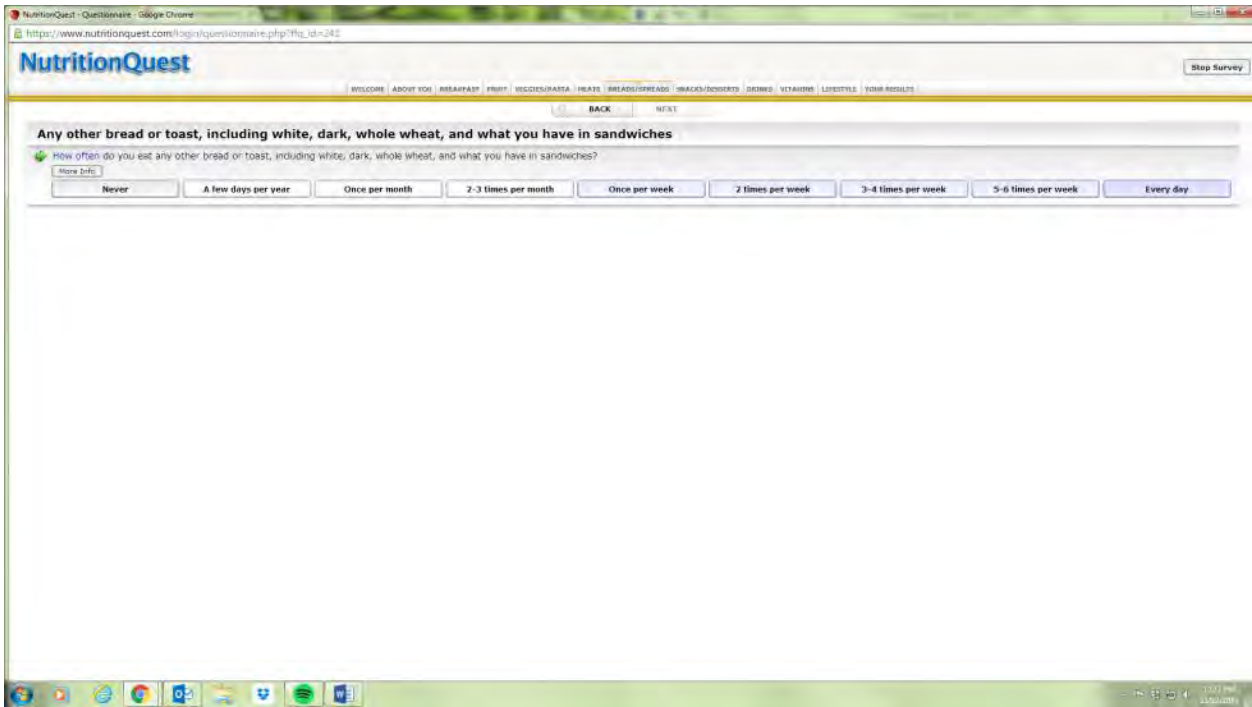












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BACK NEXT

Rice, or dishes made with rice

How often do you eat rice, or dishes made with rice?
More Info

Never **A few days per year** Once per month 2-3 times per month Once per week 2 times per week 3-4 times per week 5-6 times per week Every day

How much in a day?

1/2 cup 1 cup 2 cups

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BACK NEXT

Margarine (not butter) on bread or on vegetables.

How often do you eat margarine on foods?
More Info

Never **A few days per year** Once per month 2-3 times per month Once per week 2 times per week 3-4 times per week 5-6 times per week Every day

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BACK NEXT

Margarine (not butter) on bread or on vegetables.

How often do you eat margarine on foods?
More Info

Never A few days per year Once per month 2-3 times per month Once per week 2 times per week 3-4 times per week 5-6 times per week Every day

How many pats (1 pat = 1 teaspoon) do you eat?
One Two Three Four

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BACK NEXT

Butter (not margarine) on bread or on potatoes or vegetables

How often do you eat butter on foods?
More Info

Never A few days per year Once per month 2-3 times per month Once per week 2 times per week 3-4 times per week 5-6 times per week Every day

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BACK NEXT

Butter (not margarine) on bread or on potatoes or vegetables

How often do you eat butter on foods?
More Info

Never A few days per year Once per month 2-3 times per month Once per week 2 times per week 3-4 times per week 5-6 times per week Every day

How many pats (1 pat = 1 teaspoon) do you eat?
 One Two Three Four

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BACK NEXT

Peanut butter

How often do you eat peanut butter?
More Info

Never A few times per year Once per month 2-3 times per month Once per week 2 times per week 3-4 times per week 5-6 times per week Every day

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WELCOME | ABOUT YOU | BREAKFAST | FRUIT | VEGETABLES/PASTA | MEATS | BREADS/SPREADS | SNACKS/DESSERTS | DRINKS | VITAMINS | LIFESTYLE | YOUR RESULTS

BACK NEXT

Peanut butter

How often do you eat peanut butter?

More Info

Never A few times per year Once per month 2-3 times per month Once per week 2 times per week 3-4 times per week 5-6 times per week Every day

How many tablespoons do you eat, on the days you eat it?

1/2 One Two Three

Stop Survey

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NutritionQuest

WELCOME | ABOUT YOU | BREAKFAST | FRUIT | VEGETABLES/PASTA | MEATS | BREADS/SPREADS | SNACKS/DESSERTS | DRINKS | VITAMINS | LIFESTYLE | YOUR RESULTS

BACK NEXT

Jelly, jam

How often do you eat jelly or jam?

More Info

Never A few times per year Once per month 2-3 times per month Once per week 2 times per week 3-4 times per week 5-6 times per week Every day

Stop Survey

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BACK NEXT

Jelly, jam

How often do you eat jelly or jam?
More Info

Never **A few times per year** Once per month 2-3 times per month Once per week 2 times per week 3-4 times per week 5-6 times per week Every day

How many tablespoons do you eat, on the days you eat it?
1/2 One Two

What kind do you usually eat?
Low-carb, low-sugar Regular

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BACK NEXT

Mayonnaise, sandwich spreads

How often do you eat mayonnaise or sandwich spreads?
More Info

Never **A few times per year** Once per month 2-3 times per month Once per week 2 times per week 3-4 times per week 5-6 times per week Every day

How many tablespoons do you eat, on the days you eat it?
1/2 One Two

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BACK NEXT

Catsup, salsa, or chile peppers

How often do you eat catsup, salsa, or chile peppers?

More Info

Never **A few times per year** Once per month 2-3 times per month Once per week 2 times per week 3-4 times per week 5-6 times per week Every day

How many tablespoons do you eat, on the days you eat it?

1/2 One Two Three

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BACK NEXT

Mustard, barbecue sauce, soy sauce, gravy, other sauces

How often do you eat these sauces?

More Info

Never **A few times per year** Once per month 2-3 times per month Once per week 2 times per week 3-4 times per week 5-6 times per week Every day

How many tablespoons do you eat, on the days you eat it?

1/2 One Two Three

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BACK NEXT

Way to go!
 You have answered **86** questions so far.
 In this section, you will answer 14 questions about the **snacks and desserts** you usually eat.
 Here's what's coming up on the next pages:

<p>Snacks:</p> <ul style="list-style-type: none"> Salty snacks Crackers Peanuts and other nuts Energy bars like Power Bars Breakfast bars 	<p>Desserts:</p> <ul style="list-style-type: none"> Doritos and pastries Cakes Cookies Ice cream Chocolate syrup Pumpkin pie Other pies Chocolate Candy 	
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BACK NEXT

Snack chips like potato chips, tortilla chips, Fritos, Doritos, popcorn (not pretzels)

How often do you eat these snacks?

[More Info](#)

Never
 A few times per year
 Once per month
 2-3 times per month
 Once per week
 2 times per week
 3-4 times per week
 5-6 times per week
 Every day

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BACK NEXT

Snack chips like potato chips, tortilla chips, Fritos, Doritos, popcorn (not pretzels)

How often do you eat these snacks?
More Info

Never **A few times per year** Once per month 2-3 times per month Once per week 2 times per week 3-4 times per week 5-6 times per week Every day

How much do you eat, on the days you eat them?
More Info

1/4 cup 1/2 cup 1 cup 2 cups

10:26 PM 1/28/2012

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BACK NEXT

Crackers

How often do you eat crackers?
More Info

Never A few times per year Once per month 2-3 times per month **Once per week** 2 times per week 3-4 times per week 5-6 times per week Every day

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Close Info Panel

Crackers

How often do you eat crackers?
More Info

Never A few times per year Once per month 2-3 times per month Once per week 2 times per week 3-4 times per week 5-6 times per w

How much do you eat, on the days you eat them?
More Info

1/4 cup 1/2 cup 1 cup

How often do you eat crackers?
Include saltines and any other crackers.

BACK NEXT

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Stop Survey

BACK NEXT

Peanuts, sunflower seeds, other nuts or seeds

How often do you eat peanuts, sunflower seeds, or other nuts or seeds?
More Info

Never A few times per year Once per month 2-3 times per month Once per week 2 times per week 3-4 times per week 5-6 times per week Every day

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BACK NEXT

Peanuts, sunflower seeds, other nuts or seeds

How often do you eat peanuts, sunflower seeds, or other nuts or seeds?
More Info

Never **A few times per year** Once per month 2-3 times per month Once per week 2 times per week 3-4 times per week 5-6 times per week Every day

How much do you eat, on the days you eat them?

1/4 cup 1/2 cup 1 cup

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BACK NEXT

Energy bars, like Power Bars, Clif bars, Balance, Luna, Atkins bars

How often do you eat Energy bars like Power Bars, Clif bars, Balance, Luna, Atkins bars?
More Info

Never A few times per year Once per month 2-3 times per month Once per week 2 times per week 3-4 times per week 5-6 times per week Every day

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BACK NEXT

Energy bars, like Power Bars, Clif bars, Balance, Luna, Atkins bars

✓ How often do you eat Energy bars like Power Bars, Clif bars, Balance, Luna, Atkins bars?
More Info

Never A few times per year Once per month 2-3 times per month Once per week 2 times per week 3-4 times per week 5-6 times per week Every day

✓ How many bars do you eat, on the days you eat them?
 One Two

✓ What kind do you usually eat?
 Low-carb, low-sugar Low-fat Regular

Windows taskbar: 1:28 PM 1/24/2012

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BACK NEXT

Breakfast bars, cereal bars, granola bars (not energy bars).

✓ How often do you eat breakfast bars, cereal bars, or granola bars?
More Info

Never A few times per year Once per month 2-3 times per month Once per week 2 times per week 3-4 times per week 5-6 times per week Every day

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Close Info Panel

Breakfast bars, cereal bars, granola bars (not energy bars).

How often do you eat breakfast bars, cereal bars, or granola bars?
 More Info

Never **A few times per year** Once per month 2-3 times per month Once per week 2 times per week 3-4 times per week 5-6 times per w

How many bars do you eat, on the days you eat them?
 One **Two**

What kind do you usually eat?
 Low-carb, low-sugar Low-fat **Regular**

How often do you eat breakfast bars, cereal bars, or granola bars?
 Include bars eaten at any time of day, not just those eaten at breakfast.

BACK NEXT

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Close Info Panel

Donuts

How often do you eat donuts?
 More Info

Never A few times per year Once per month 2-3 times per month Once per week 2 times per week 3-4 times per week 5-6 times per week **Every day**

BACK NEXT

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Donuts

How often do you eat donuts?
More Info

Never A few times per year Once per month 2-3 times per month Once per week 2 times per week 3-4 times per week 5-6 times per week Every day

How many, on the days you eat them?
One Two Three

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BACK NEXT

Cake or snack cakes like cupcakes, Ho-Hos, Entenmann's, or any other pastry

How often do you eat cake or snack cakes like cupcakes, Ho-Hos, Entenmann's, or any other pastry?
More Info

Never A few times per year Once per month 2-3 times per month Once per week 2 times per week 3-4 times per week 5-6 times per week Every day

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BACK NEXT

Cake or snack cakes like cupcakes, Ho-Hos, Entenmann's, or any other pastry

How often do you eat cake or snack cakes like cupcakes, Ho-Hos, Entenmann's, or any other pastry?
More Info

Never **A few times per year** Once per month 2-3 times per month Once per week 2 times per week 3-4 times per week 5-6 times per w

How many pieces do you eat, on the days you eat them?
More Info

One small **One medium** Two Three

Are these cakes:
More Info

Low carb, low sugar Low fat Regular I don't know

Close Info Panel

Are these cakes:
 Answer this question based on the type of cake/pastry you eat most often.

For example, if you usually eat low-fat cakes (such as Entenmann's) but usually eat regular-fat sweet rolls, answer the question according to whichever food item you eat more often.

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BACK NEXT

Cookies

How often do you eat cookies?
More Info

Never A few times per year Once per month 2-3 times per month Once per week 2 times per week 3-4 times per week 5-6 times per week **Every day**

Stop Survey

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BACK NEXT

Cookies

How often do you eat cookies? [More Info](#)

Never A few times per year Once per month 2-3 times per month Once per week 2 times per week 3-4 times per week 5-6 times per week Every day

How many do you eat, on the days you eat them?

1-2 cookies 3-4 cookies 5-6 cookies 7+ cookies

Are your cookies:

Low carb, low sugar Low-fat Regular I don't know

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BACK NEXT

Pudding, flan

How often do you eat pudding or flan? [More Info](#)

Never A few times per year Once per month 2-3 times per month Once per week 2 times per week 3-4 times per week 5-6 times per week Every day

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BACK NEXT

pudding, flan

How often do you eat pudding or flan?
More Info

Never **A few times per year** Once per month 2-3 times per month Once per week 2 times per week 3-4 times per week 5-6 times per week Every day

How much do you eat, on the days you eat it?

1/4 cup 1/2 cup 1 cup 2 cups

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BACK NEXT

Ice cream, ice cream bars

How often do you eat ice cream or ice cream bars?
More Info

Never A few times per year Once per month 2-3 times per month Once per week 2 times per week 3-4 times per week 5-6 times per week Every day

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Close Info Panel




Is your ice cream usually:
Answer this question based on the type of ice cream you eat most often.

Ice cream, ice cream bars

How often do you eat ice cream or ice cream bars?
More Info

Never | **A few times per year** | Once per month | 2-3 times per month | Once per week | 2 times per week | 3-4 times per week | 5-6 times per w

How much do you eat, on the days you eat it?
More Info

Is your ice cream usually:
More Info

Low carb, low sugar | Low-fat | Regular | I don't know

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Stop Survey

Chocolate syrup or sauce (like in milk or on ice cream)

How often do you eat chocolate syrup?
More Info

Never | A few times per year | Once per month | 2-3 times per month | Once per week | 2 times per week | 3-4 times per week | 5-6 times per week | **Every day**

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Close Info Panel

Chocolate syrup or sauce (like in milk or on ice cream)

How often do you eat chocolate syrup?

More Info

Never A few times per year Once per month 2-3 times per month Once per week 2 times per week 3-4 times per week 5-6 times per w

BACK NEXT

How often do you eat chocolate syrup?
Include syrup or powder you put in milk to drink or that you put on ice cream.

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Stop Survey

Pumpkin pie, sweet potato pie

How often do you eat pumpkin pie or sweet potato pie?

More Info

Never A few times per year Once per month 2-3 times per month Once per week 2 times per week 3-4 times per week 5-6 times per week Every day

BACK NEXT

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BACK NEXT

Pumpkin pie, sweet potato pie

How often do you eat pumpkin pie or sweet potato pie?

More Info

Never **A few times per year** Once per month 2-3 times per month Once per week 2 times per week 3-4 times per week 5-6 times per week Every day

How many pieces do you eat, on the days you eat it?

1/2 One Two

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BACK NEXT

Any other pie including fast food pies or snack pies

How often do you eat any other pie?

More Info

Never **A few times per year** Once per month 2-3 times per month Once per week 2 times per week 3-4 times per week 5-6 times per w

How many pieces do you eat, on the days you eat it?

1/2 One Two

Close Info Panel

How often do you eat any other pie?
This question refers to all types of pie and cobbler, both fruit-filled and not.
Include fast-food pies here.

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Close Info Panel

Chocolate candy like candy bars, M&Ms, Reeses

How often do you eat chocolate candy or candy bars?

More Info

Never A few times per year Once per month 2-3 times per month Once per week 2 times per week 3-4 times per week 5-6 times per w

How much do you eat, on the days you eat them?

1 mini bar 1 medium bar 1 large bar 1 king size

What kind do you usually eat?

Low-carb, low-sugar Low-fat Regular

How often do you eat chocolate candy or candy bars?
This question refers only to chocolate-covered or chocolate-based candy, including candy bars. The point is the chocolate, not just any candy.

BACK NEXT

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Stop Survey

BACK NEXT

Any other candy, not chocolate, like hard candy, Lifesavers, Skittles, Starburst

How often do you eat other candy (not chocolate) like hard candy, caramel, or jelly beans?

More Info

Never A few times per year Once per month 2-3 times per month Once per week 2 times per week 3-4 times per week 5-6 times per week Every day

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BACK NEXT

Any other candy, not chocolate, like hard candy, Lifesavers, Skittles, Starburst

How often do you eat other candy (not chocolate) like hard candy, caramel, or jelly beans?

More Info

Never A few times per year Once per month 2-3 times per month Once per week 2 times per week 3-4 times per week 5-6 times per w

How much in a day?

1 - 2 pieces 1/2 package 1 package

Close Info Panel

How often do you eat other candy (not chocolate) like hard candy, caramel, or jelly beans?
 This question refers to any sugar-based non-chocolate candy, like Lifesavers, Skittles or other hard candy.

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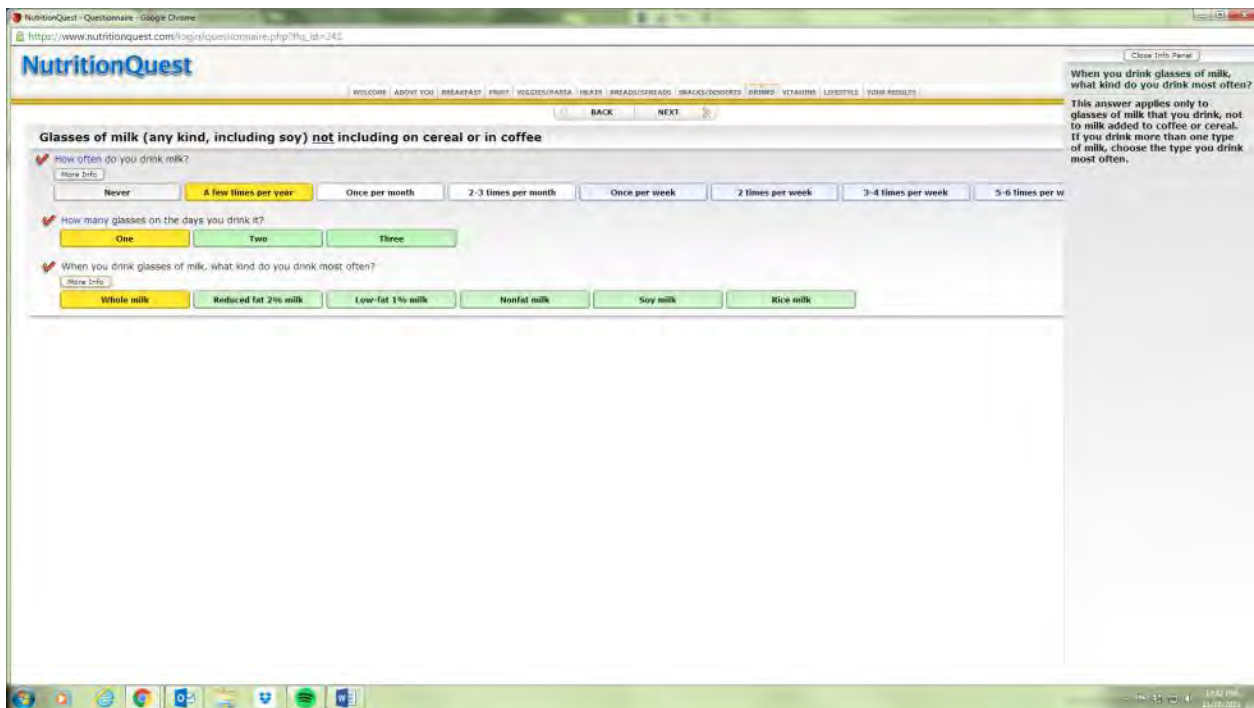
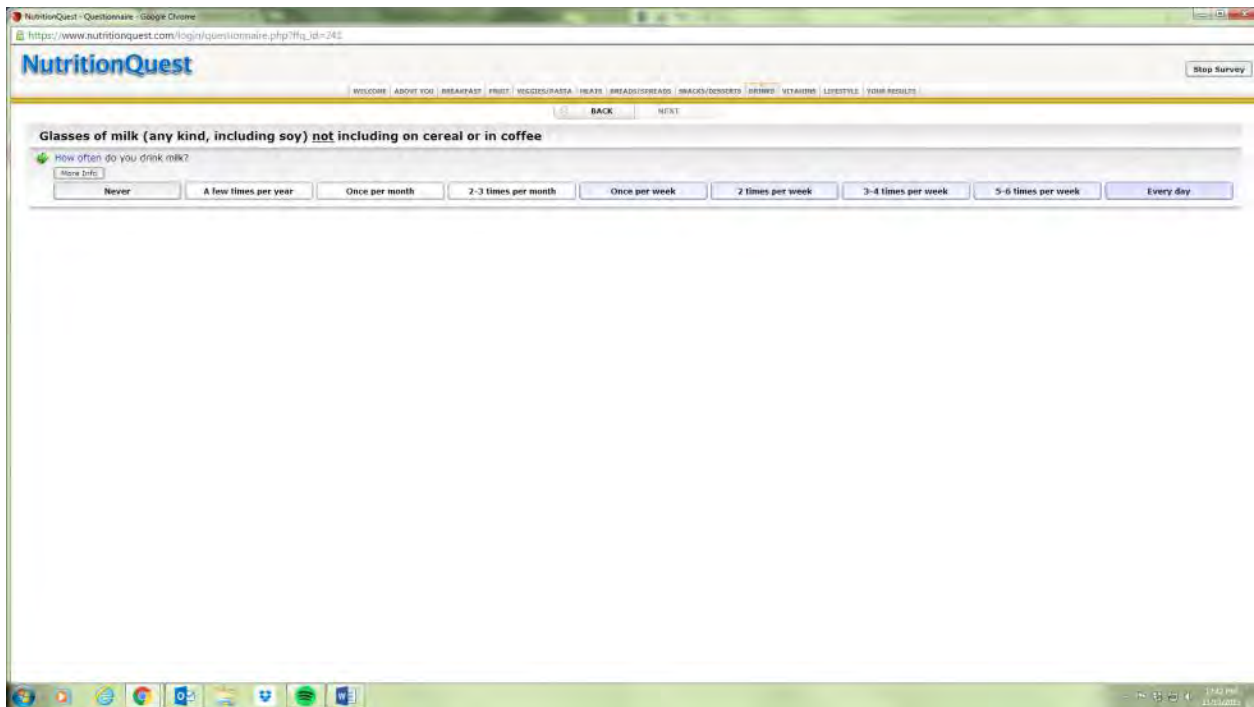
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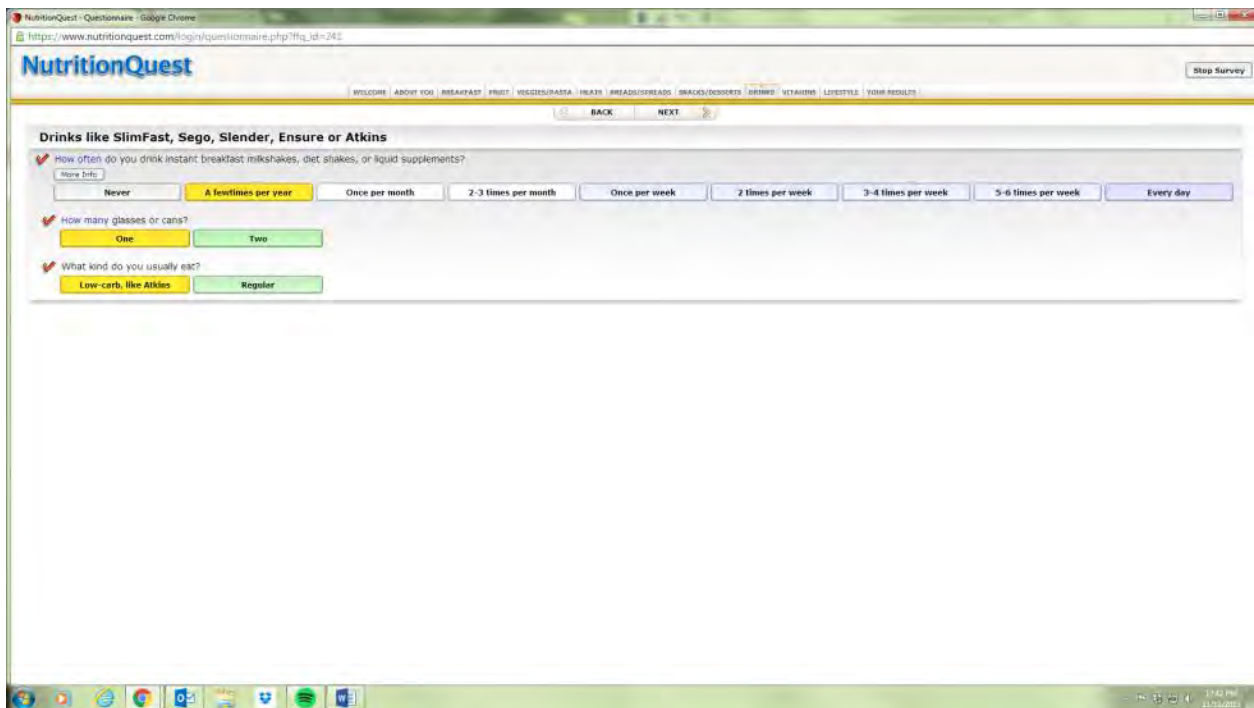
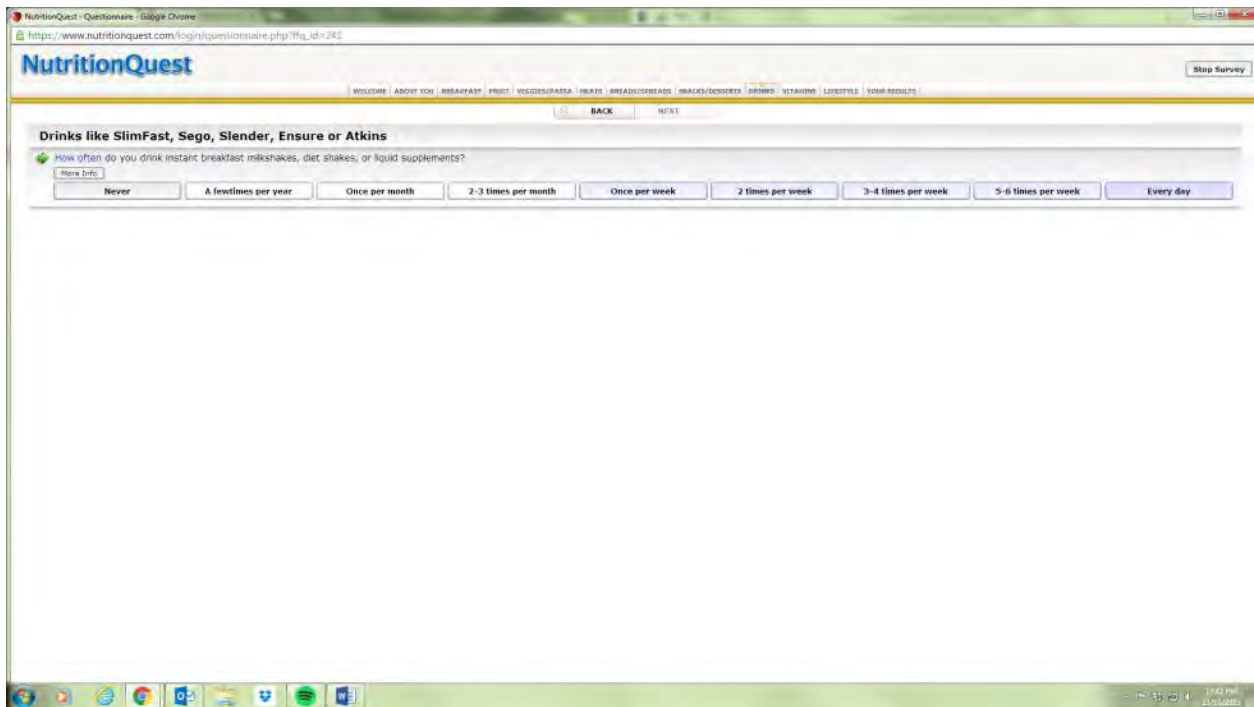
BACK NEXT

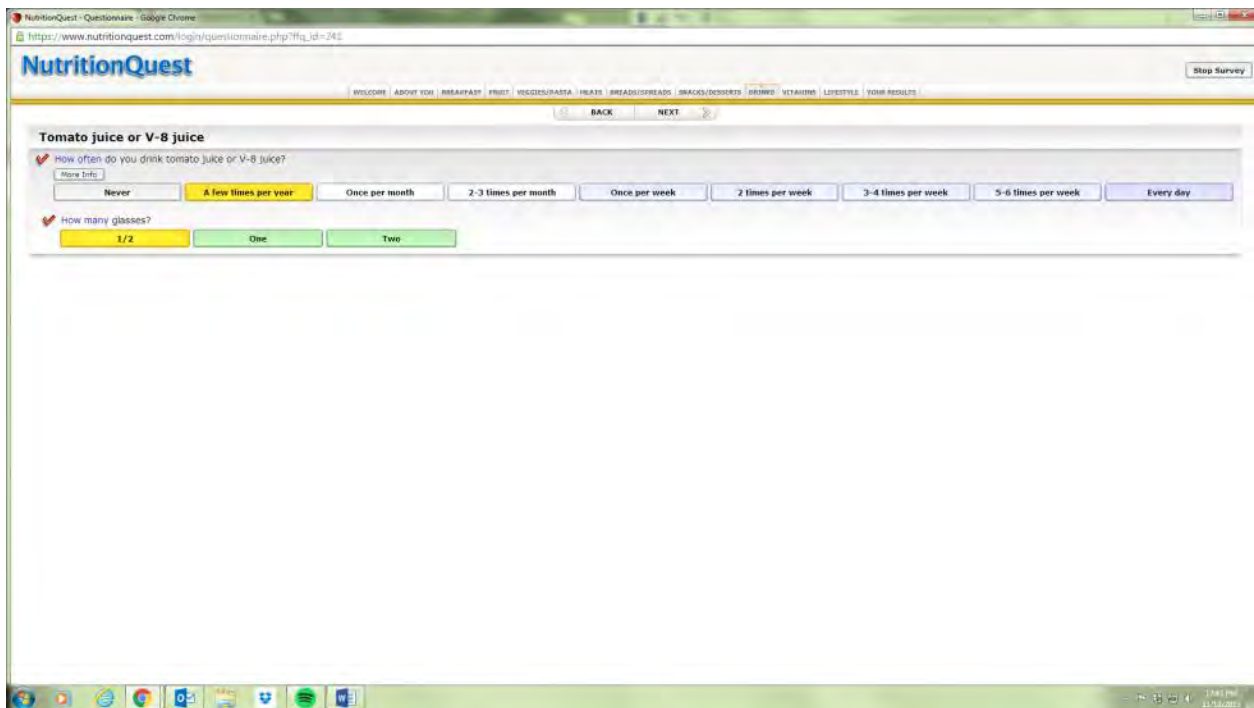
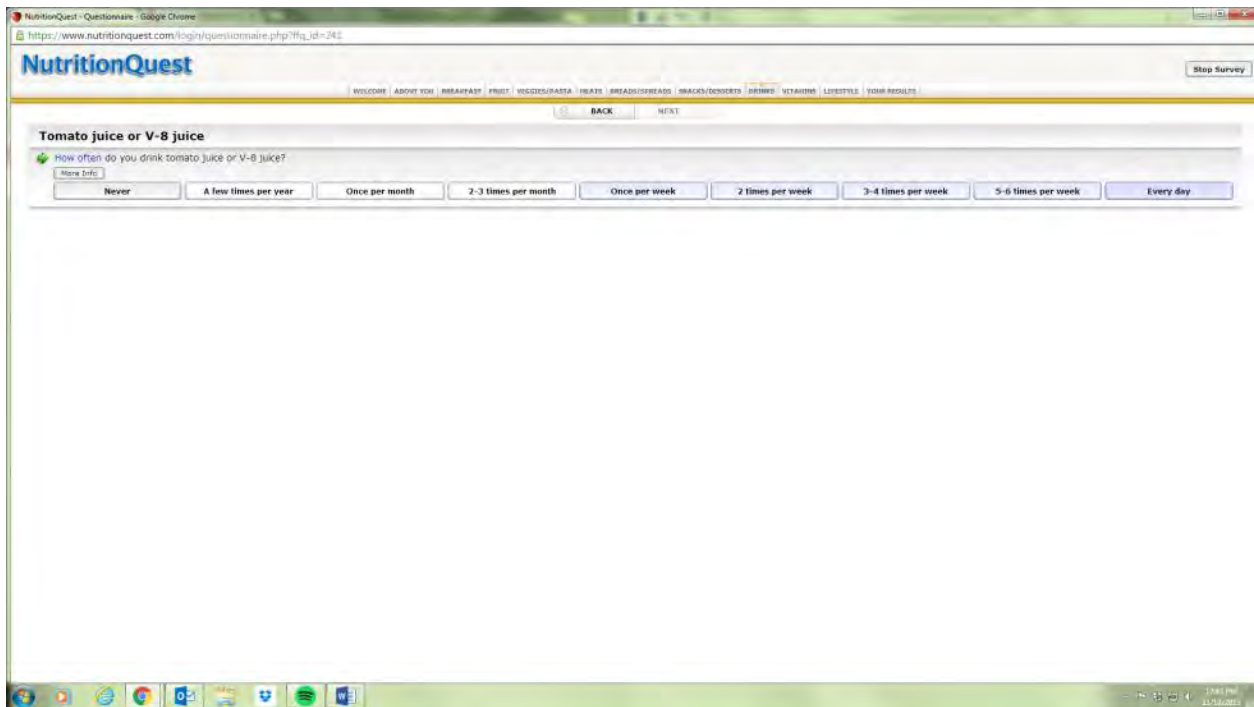
Fantastic work!
 You have answered 100 questions so far.
 In this section, you will answer 21 questions about the **drinks** you usually consume.
 Here's what's coming up on the next pages.

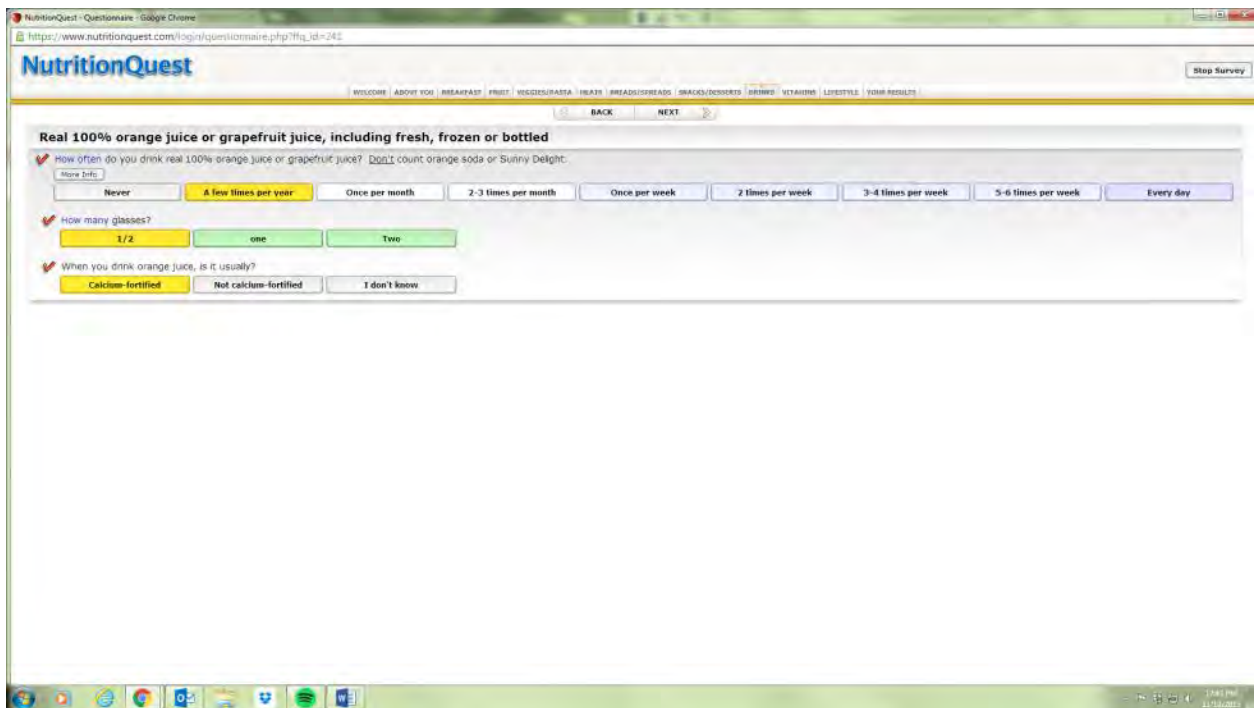
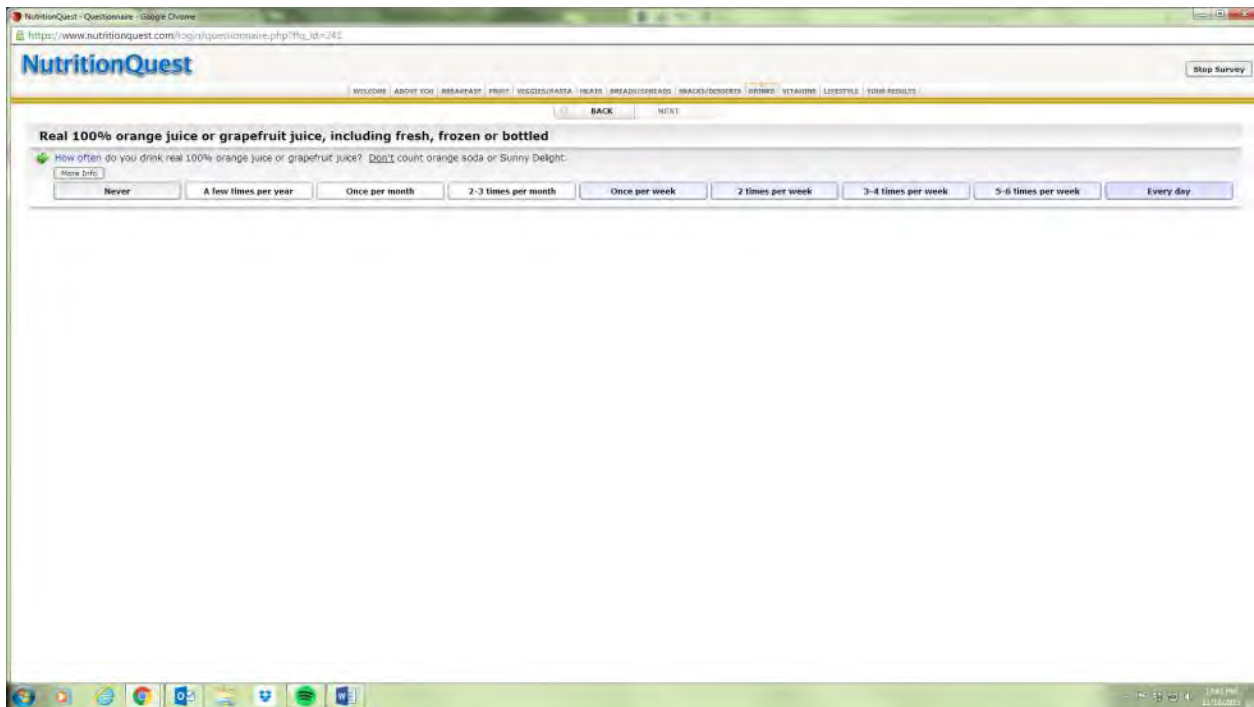
Milk Drinks:	Juices:	Liquor and Coffee:
Milk Diet shakes	Tomato juice Orange juice Other real A&C juices Cranberry juice cocktail, H-C, Hawaiian Punch Sunny Delight and Knudsen juices Kool-aid sports drinks like Gatorade Soft drinks	Beer Wine Liquor Water Coffee Tea

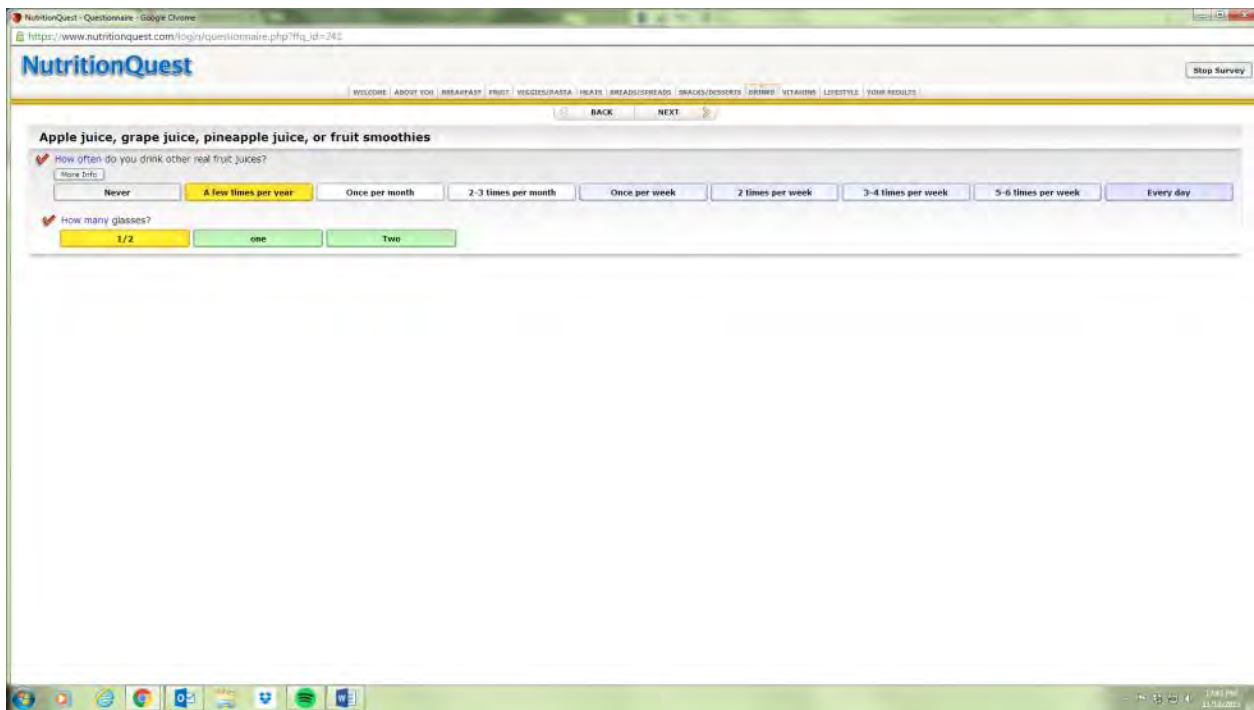
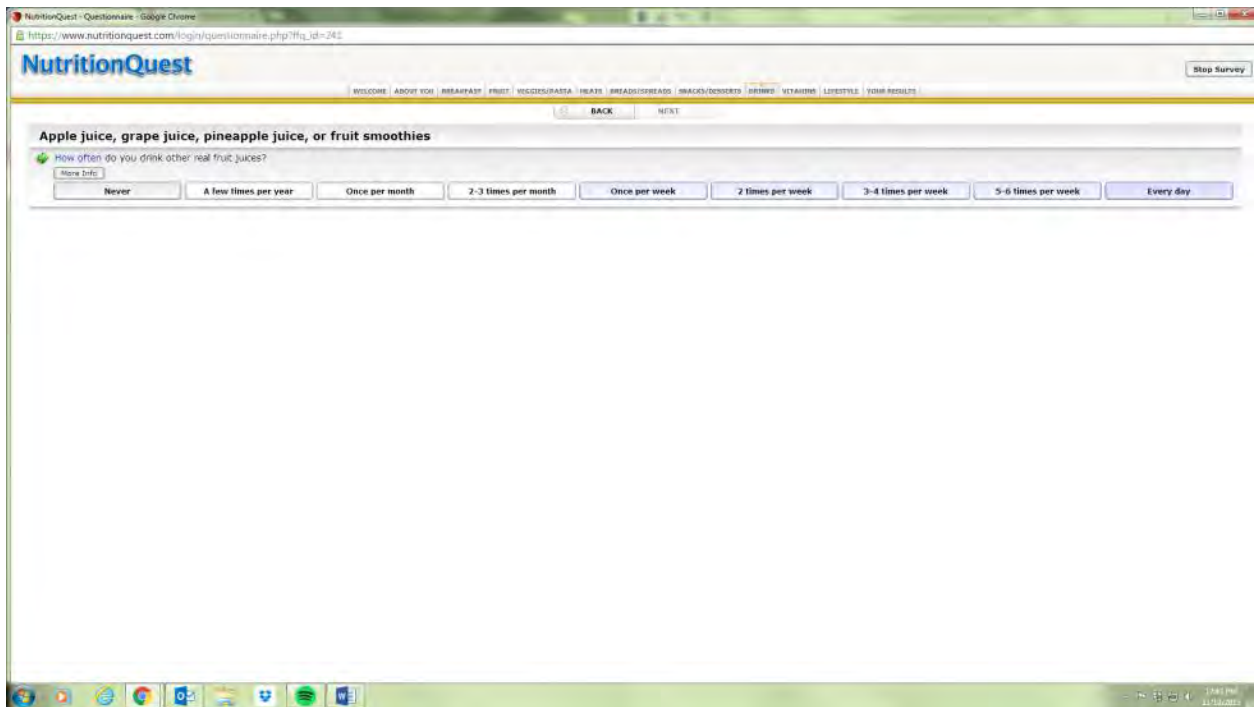
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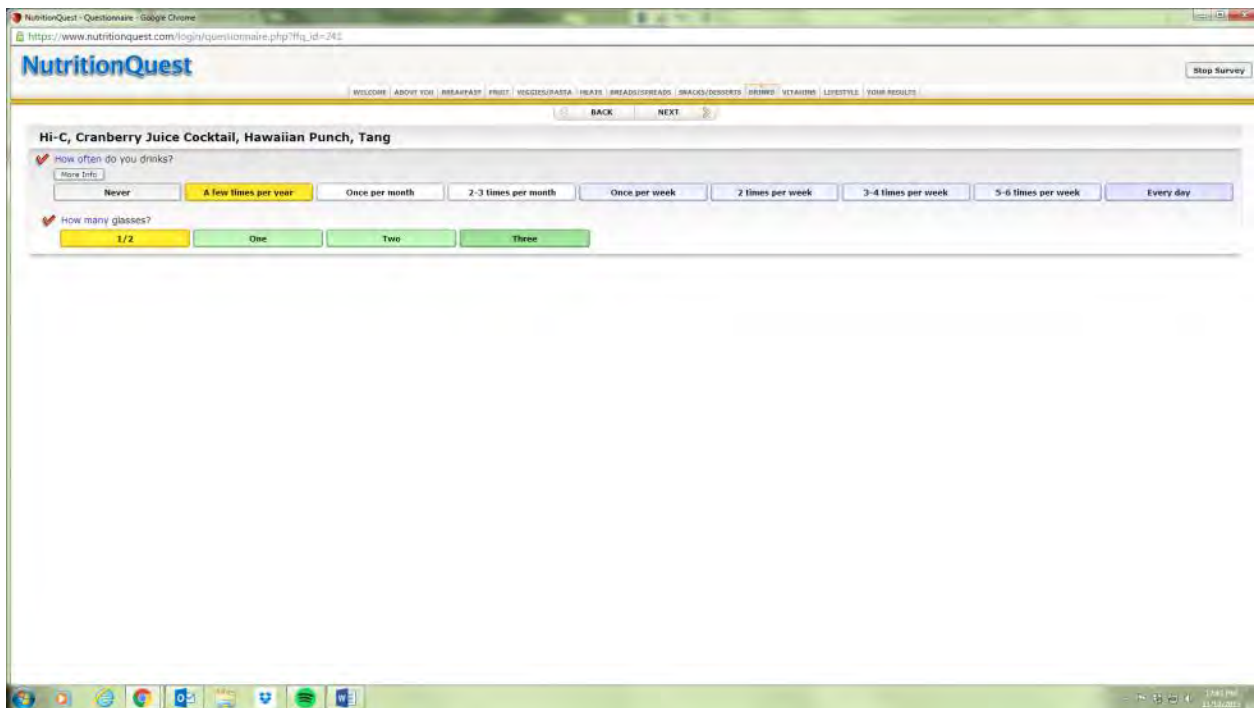
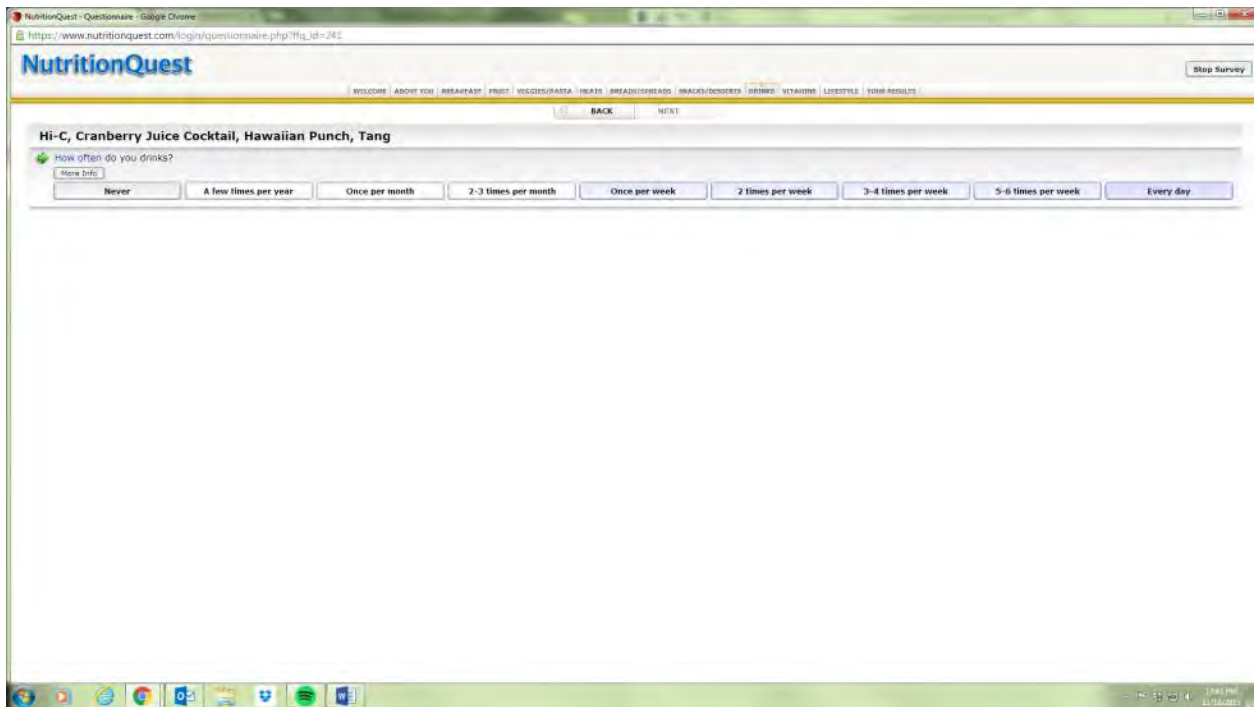


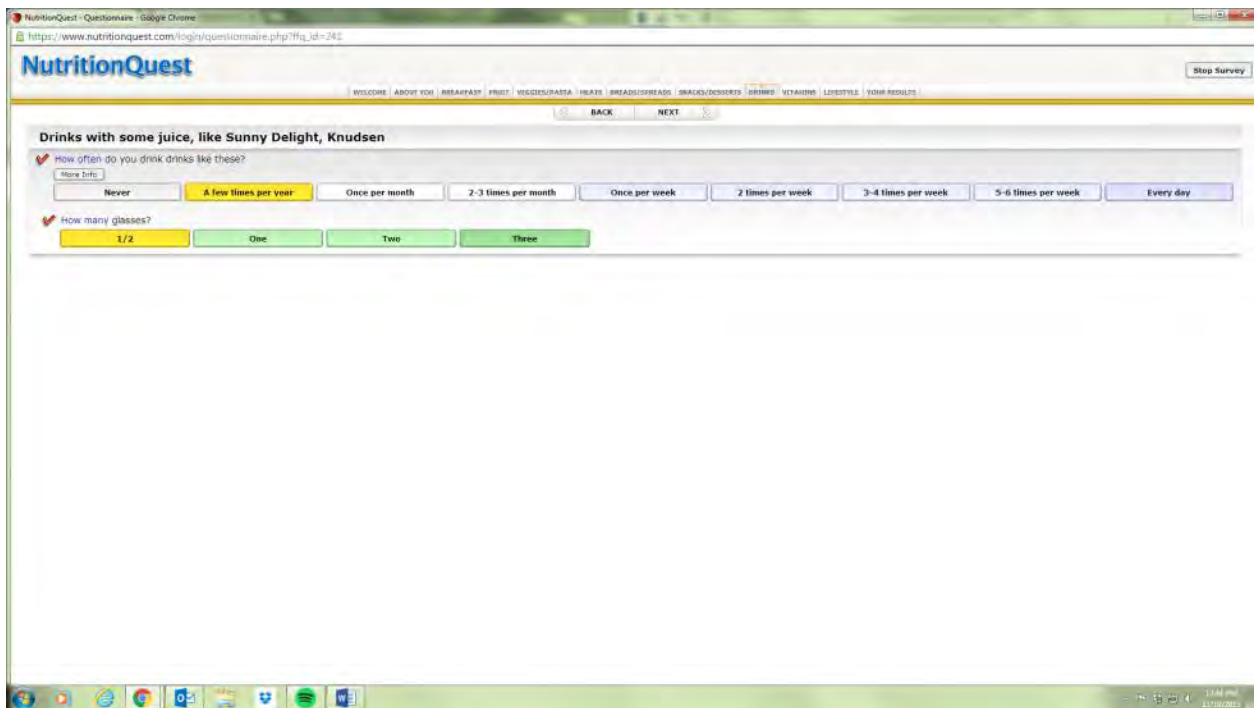
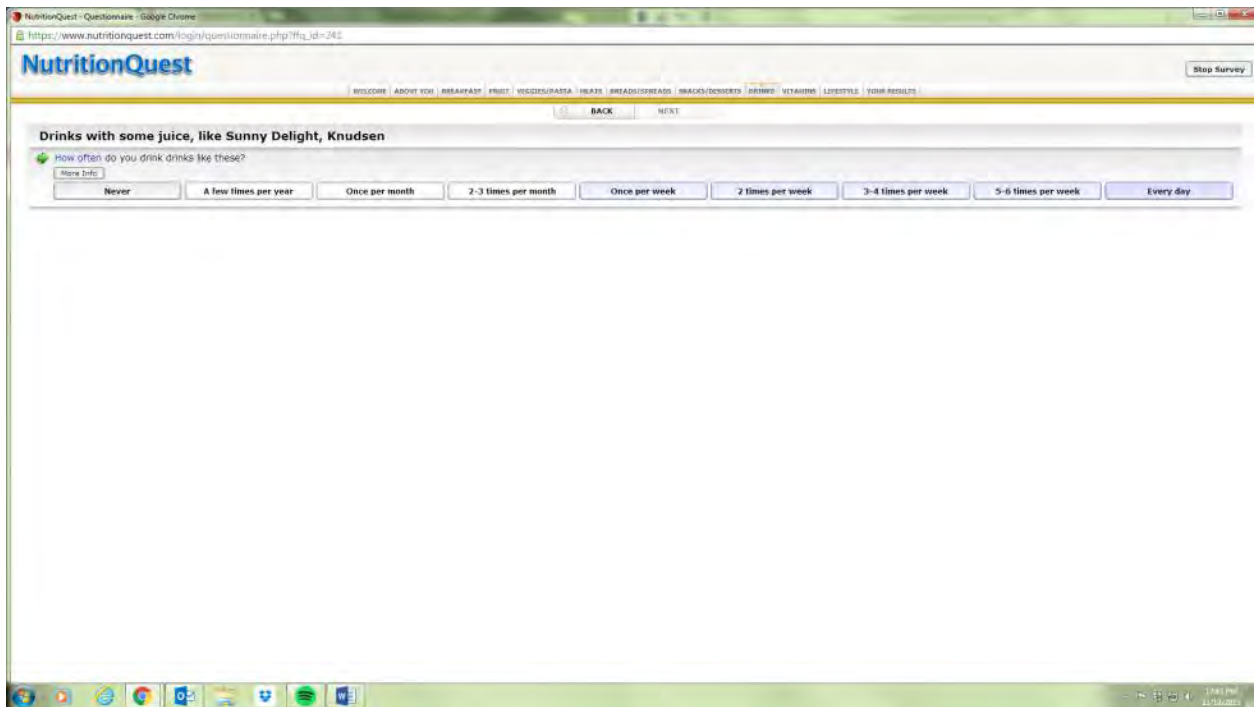












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BACK NEXT

Iced tea

How often do you drink iced tea, homemade, instant, or bottled, like Nestea, Lipton, Snapple, Tazo?

More Info

Never **A few times per year** Once per month 2-3 times per month Once per week 2 times per week 3-4 times per week 5-6 times per week Every day

How many glasses or bottles?

One **Two** Three Four

What kind do you usually drink?

Homemade, no sugar Homemade, with sugar Bottled, sugar-free Bottled, regular

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BACK NEXT

Kool-Aid, lemonade, sports drinks like Gatorade, or fruit flavored drinks

How often do you drink these, (not including iced teas)?

More Info

Never **A few times per year** Once per month 2-3 times per month Once per week 2 times per week 3-4 times per week 5-6 times per week Every day

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BACK NEXT

Kool-Aid, lemonade, sports drinks like Gatorade, or fruit flavored drinks

How often do you drink these, (not including iced teas)?

More Info

Never A few times per year Once per month 2-3 times per month Once per week 2 times per week 3-4 times per week 5-6 times per week Every day

How much in a day?

One glass One 20-ounce bottle Two glasses Two 20-ounce bottles

1:04 PM 2/19/2012

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BACK NEXT

Soft drinks

How often do you drink any kind of soft drink, like cola, Sprite, orange soda, regular or diet?

More Info

Never A few times per year Once per month 2-3 times per month Once per week 2 times per week 3-4 times per week 5-6 times per week Every day

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BACK NEXT

Soft drinks

How often do you drink any kind of soft drink, like cola, Sprite, orange soda, regular or diet?

More Info

Never A few times per year Once per month 2-3 times per month Once per week 2 times per week 3-4 times per week 5-6 times per week Every day

How many bottles or cans on the days you drink it?

One can One 20-ounce bottle Two cans Big Gulp or three cans

What kind do you usually drink?

Diet soda, low-calorie Regular

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BACK NEXT

Beer or non-alcoholic beer

How often do you drink beer or non-alcoholic beer?

More Info

Never A few times per year Once per month 2-3 times per month Once per week 2 times per week 3-4 times per week 5-6 times per week Every day

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Close Info Panel

What kind?
Choose the type you drink most frequently.

BEER | NEXT

Beer or non-alcoholic beer

How often do you drink beer or non-alcoholic beer?
More Info

Never | **A few times per year** | Once per month | 2-3 times per month | Once per week | 2 times per week | 3-4 times per week | 5-6 times per w

How much in a day?
1 can | **2 cans** | 3-4 cans or small pitcher | 5+ cans or large pitcher

What kind?
More Info

Regular | Light | Low-carb | Non-alcoholic

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Stop Survey

BEER | WINE

Wine or wine coolers

How often do you drink wine or wine coolers?
More Info

Never | A few times per year | Once per month | 2-3 times per month | Once per week | 2 times per week | 3-4 times per week | 5-6 times per week | **Every day**

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BACK NEXT

Wine or wine coolers

How often do you drink wine or wine coolers?
[More Info](#)

Never **A few times per year** Once per month 2-3 times per month Once per week 2 times per week 3-4 times per week 5-6 times per week Every day

How many glasses in a day?
1/2 glass 1 glass 2 glasses or half bottle 3 glasses

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BACK NEXT

Liquor or mixed drinks

How often do you drink liquor or mixed drinks?
[More Info](#)

Never A few times per year Once per month 2-3 times per month Once per week 2 times per week 3-4 times per week 5-6 times per week Every day

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BACK NEXT

Liquor or mixed drinks

How often do you drink liquor or mixed drinks?
More Info

Never A few times per year Once per month 2-3 times per month Once per week 2 times per week 3-4 times per week 5-6 times per week Every day

How many drinks on the days you drink it?
 One Two Three Four

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BACK NEXT

Glasses of water, tap or bottled

How often do you drink glasses of water?
More Info

Never A few times per year Once per month 2-3 times per month Once per week 2 times per week 3-4 times per week 5-6 times per week Every day

How many glasses?
 One Two Three or Four Five or More

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BACK NEXT

Coffee, regular or decaf

How often do you drink coffee?

More info

Never A few times per year Once per month 2-3 times per month Once per week 2 times per week 3-4 times per week 5-6 times per week Every day

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BACK NEXT

Coffee, regular or decaf

How often do you drink coffee?

More info

Never **A few times per year** Once per month 2-3 times per month Once per week 2 times per week 3-4 times per week 5-6 times per week Every day

How many cups?

One Two Three Four or more

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Close Info Panel

Do you usually add sugar (or honey) to coffee?

This question refers only to real sugar or honey, not to artificial sweeteners such as NutraSweet or Sweet-n-Low.

If Yes, also fill in the number of teaspoons you normally add.

☐ BACK ☐ NEXT

Coffee, regular or decaf

✔ What do you usually add to coffee?
 More Info
 Cream or half and half Non-dairy creamer Milk None of these

✔ Do you usually add sugar (or honey) to coffee?
 More Info
 No Yes

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Stop Survey

☐ BACK ☐ NEXT

Hot Tea

✔ How often do you drink hot tea per including herbal teas
 More Info

Never A few times per year Once per month 2-3 times per month Once per week 2 times per week 3-4 times per week 5-6 times per week Every day

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BACK NEXT

Hot Tea

How often do you drink hot tea not including herbal teas

More Info

Never A few times per year Once per month 2-3 times per month Once per week 2 times per week 3-4 times per week 5-6 times per week Every day

How many cups?

One Two Three Four or more

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BACK NEXT

Hot tea

What do you usually add to tea?

More Info

Cream or half and half Non-dairy creamer Milk None of these

Do you usually add sugar (or honey) to tea?

More Info

No Yes

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BACK NEXT

Hot tea

✓ What do you usually add to tea?
More Info

Cream or half and half Non-dairy creamer Milk None of these

✓ Do you usually add sugar (or honey) to tea?
More Info

No Yes

Close Info Panel

Do you usually add sugar (or honey) to tea?

This question refers only to real sugar or honey, not to artificial sweeteners such as NutraSweet or Sweet-n-Low.

If Yes, also fill in the number of teaspoons you normally add.

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BACK NEXT

Just three final food questions:

About how many servings of vegetables do you eat, per day or per week, not counting salad or potatoes?
More Info

Rarely 1-2 per WEEK 3-4 per WEEK 5-6 per WEEK 1 per DAY 1 1/2 per DAY 2 per DAY 3 per DAY 4+ per DAY

About how many servings of fruit do you eat, not counting juices?
More Info

Rarely 1-2 per WEEK 3-4 per WEEK 5-6 per WEEK 1 per DAY 1 1/2 per DAY 2 per DAY 3 per DAY

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BACK NEXT

Just three final food questions:

About how many servings of vegetables do you eat, per day or per week, *not counting salad or potatoes?*

More Info

Rarely **1-2 per WEEK** 3-4 per WEEK 5-6 per WEEK 1 per DAY 1 1/2 per DAY 2 per DAY 3 per DAY

About how many servings of fruit do you eat, *not counting juices?*

More Info

Rarely **1-2 per WEEK** 3-4 per WEEK 5-6 per WEEK 1 per DAY 1 1/2 per DAY 2 per DAY 3 per DAY

Just three final food questions:

About how many servings of vegetables do you eat, per day or per week, *not counting salad or potatoes?*

This question asks how many times vegetables of any kind show up on your plate during the day. Do not try to take portion size into account, just "how often".

Count each time you eat a vegetable at each meal.

For example, if you eat green beans with lunch and squash with dinner, you would select two servings a day. If you eat carrots both at lunch and at dinner, you would also select two servings a day. If you do not eat any vegetables at lunch but you have squash, carrots, and corn with dinner, you would select three servings a day.

Close Info Panel

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BACK NEXT

How often do you use fat or oil in cooking?

More Info

Rarely 1-2 per WEEK 3-4 per WEEK 5-6 per WEEK 1 per DAY 1 1/2 per DAY 2 per DAY 3 per DAY

What kinds of fat or oil do you usually use in cooking?

Please mark **ONLY ONE** or **TWO** choices.

More Info

- Don't know, or Pam
- Stick margarine
- Soft tub margarine
- Butter
- Butter/margarine blend
- Low-fat margarine
- Corn oil, vegetable oil
- Olive oil or canola oil
- Lard, fatback, bacon fat
- Crisco

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← BACK NEXT →

✓ How often do you use fat or oil in cooking?
More info

Rarely
 1-2 per WEEK
 3-4 per WEEK
 5-6 per WEEK
 1 per DAY
 1 1/2 per DAY
 2 per DAY
 3 per DAY

✓ What kinds of fat or oil do you usually use in cooking?
Please mark ONLY ONE or TWO choices. More info

Don't know, or Pam
 Stick margarine
 Soft tub margarine
 Butter
 Butter/margarine blend
 Low-fat margarine
 Corn oil, vegetable oil
 Olive oil or canola oil
 Lard, fatback, bacon fat
 Crisco

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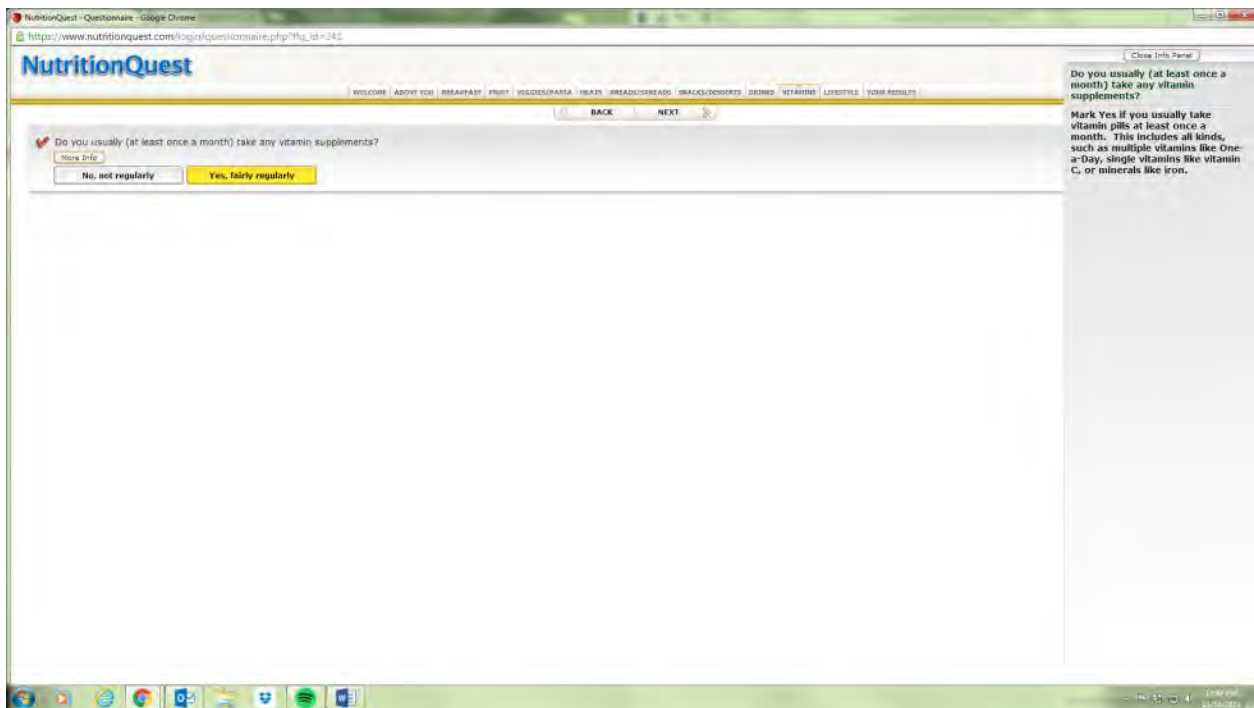
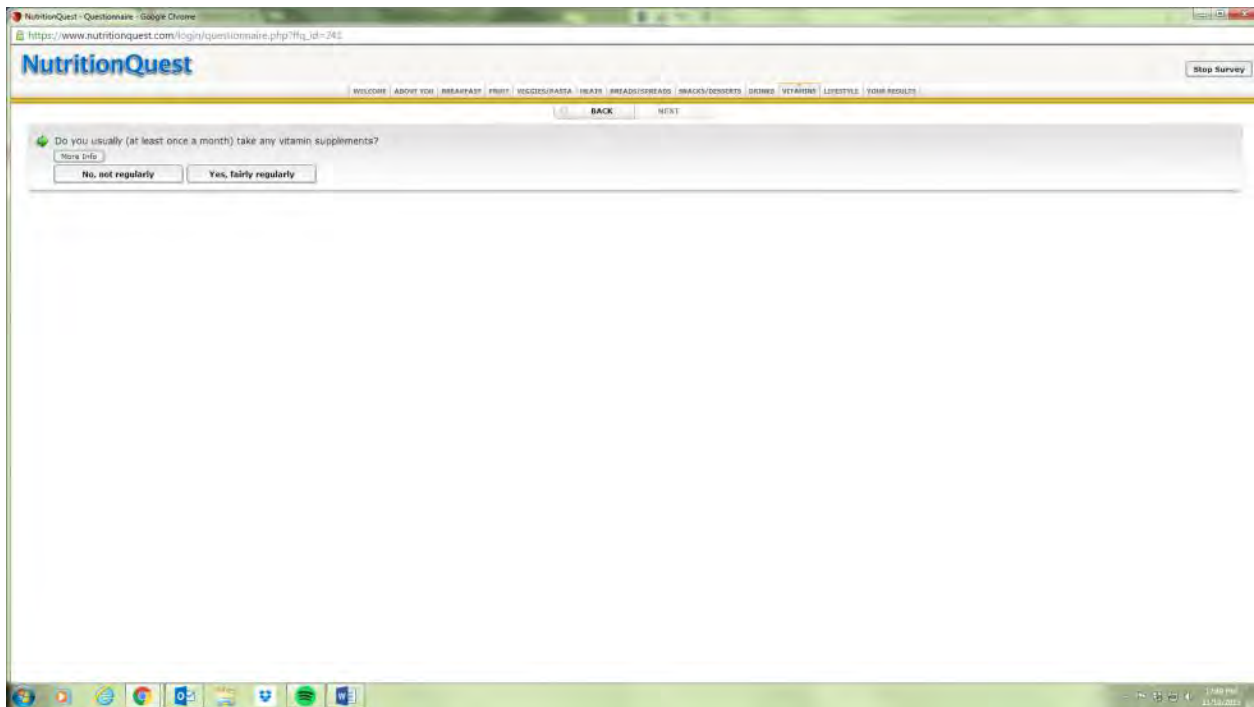
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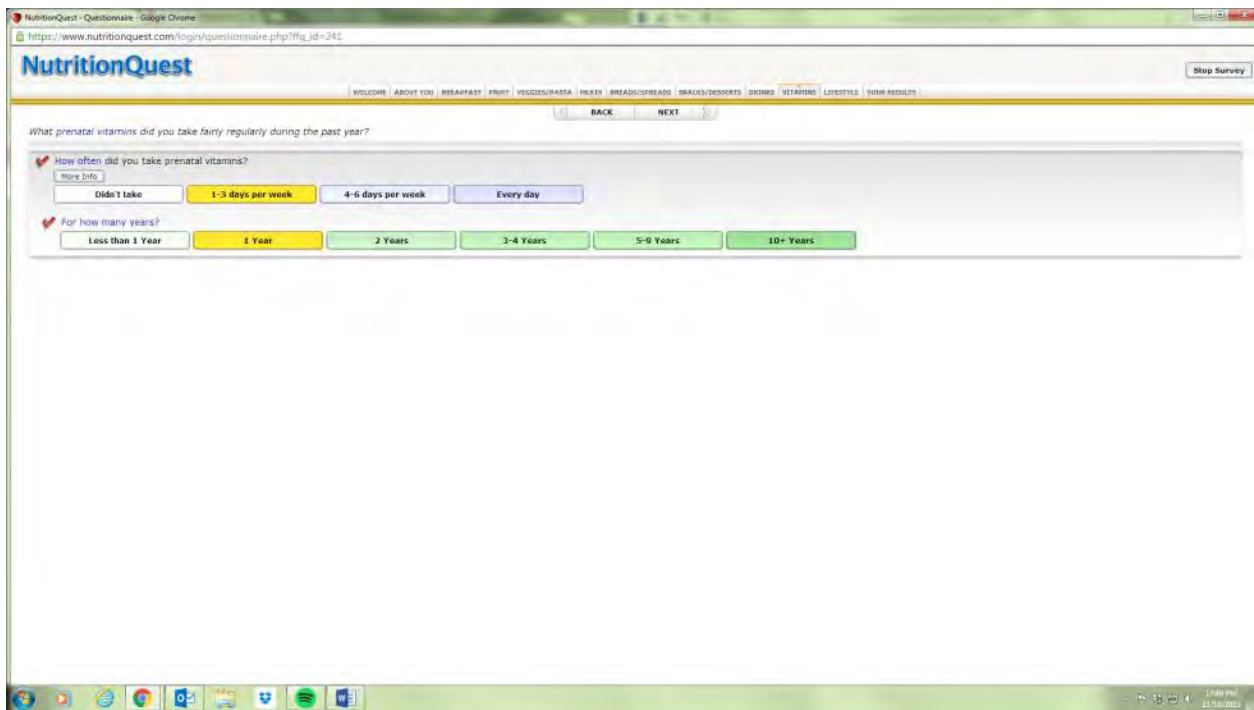
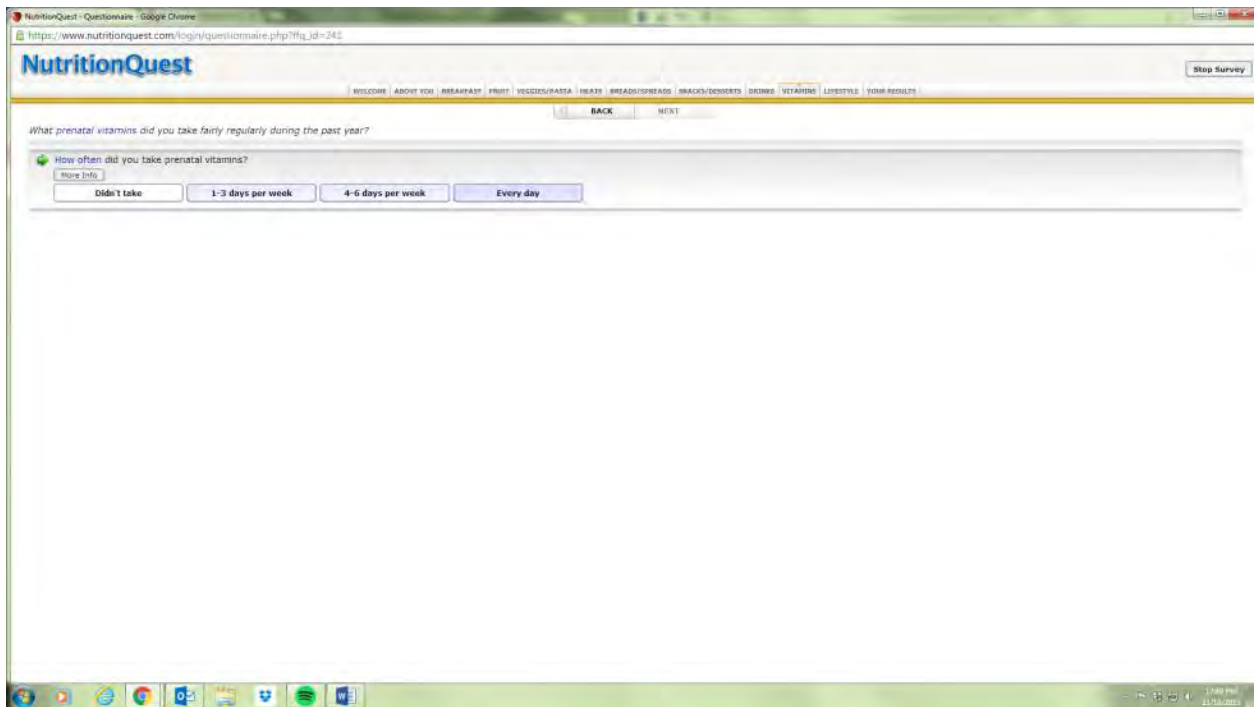
← BACK NEXT →

Excellent almost done!
You have answered 121 questions.
 In this section, you will answer 10 questions about the **vitamins** you take on a fairly regular basis.
 Here's what's coming up on the next pages:

Multiple Vitamins:	Single Vitamins:	Supplements:
Prenatal vitamins Regular Once-A-Day Centrum or Thera-Type Stress tabs or B-complex	Vitamin A Beta-carotene Vitamin C Vitamin E Folic acid, folate Calcium or Turms Vitamin D Zinc Iron Selenium Omega-3, fish oil, flax seed oil	Ginkgo Ginseng St. John's Wort Kava Kava Echinacea Melatonin DHEA Glucosamine Chondroitin

Please click the "Next" button to start answering questions about vitamins!





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BACK NEXT

What multivitamins did you take fairly regularly during the past year?

Regular Once-A-Day, Centrum, or Theragran, "senior" vitamins or house brands of multiple vitamins

How often did you take Regular Once-A-Day, Centrum, or Thera type vitamins?
More info

Didn't take 1-3 days per week 4-6 days per week Every day

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BACK NEXT

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Regular Once-A-Day, Centrum, or Theragran, "senior" vitamins or house brands of multiple vitamins

How often did you take Regular Once-A-Day, Centrum, or Thera type vitamins?
More info

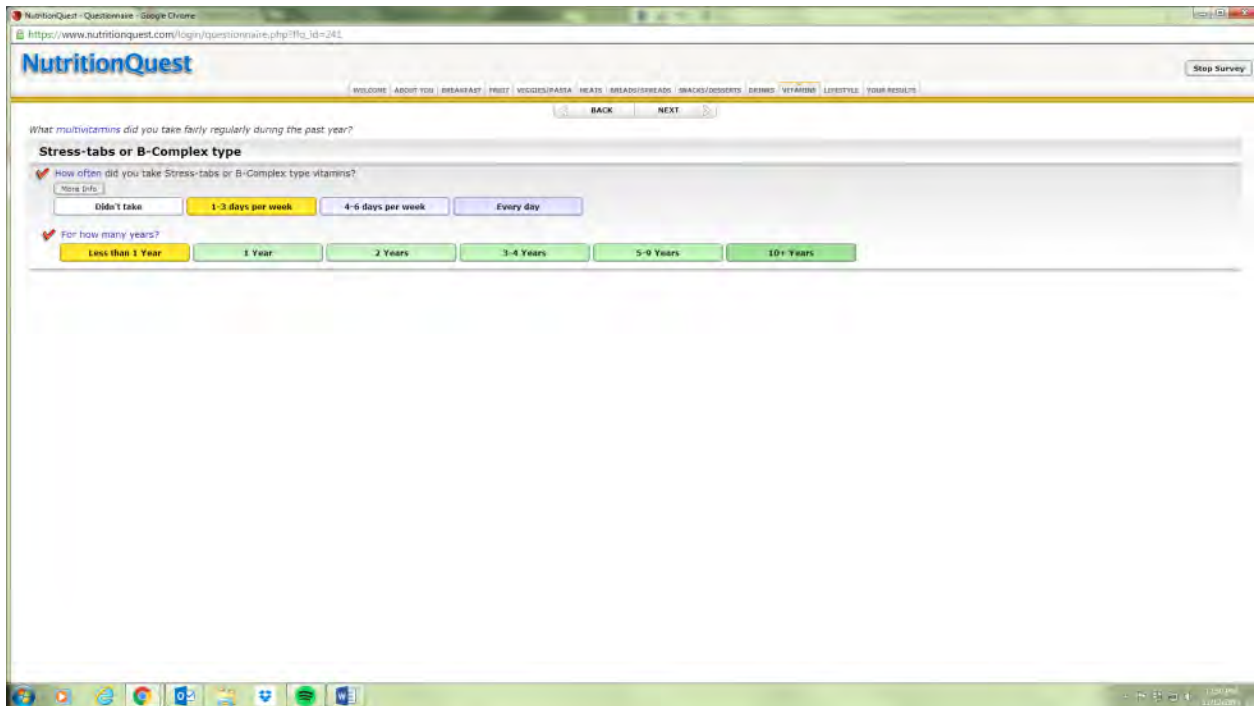
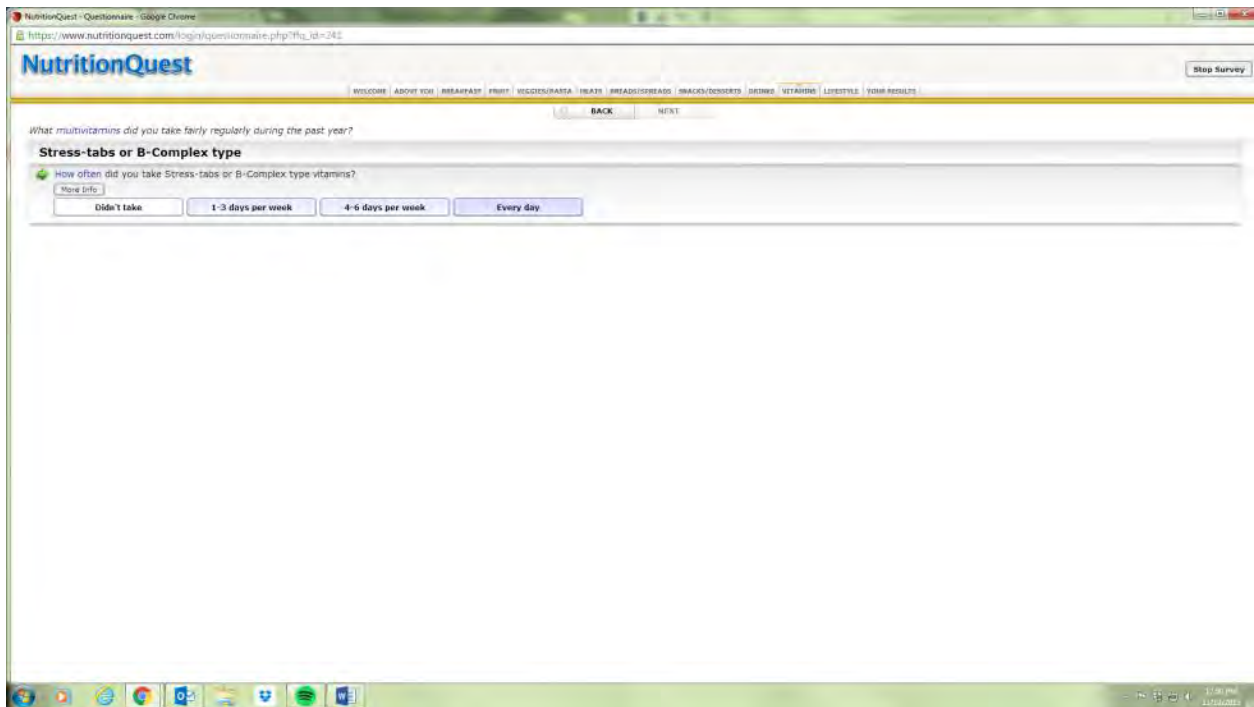
Didn't take 1-3 days per week 4-6 days per week Every day

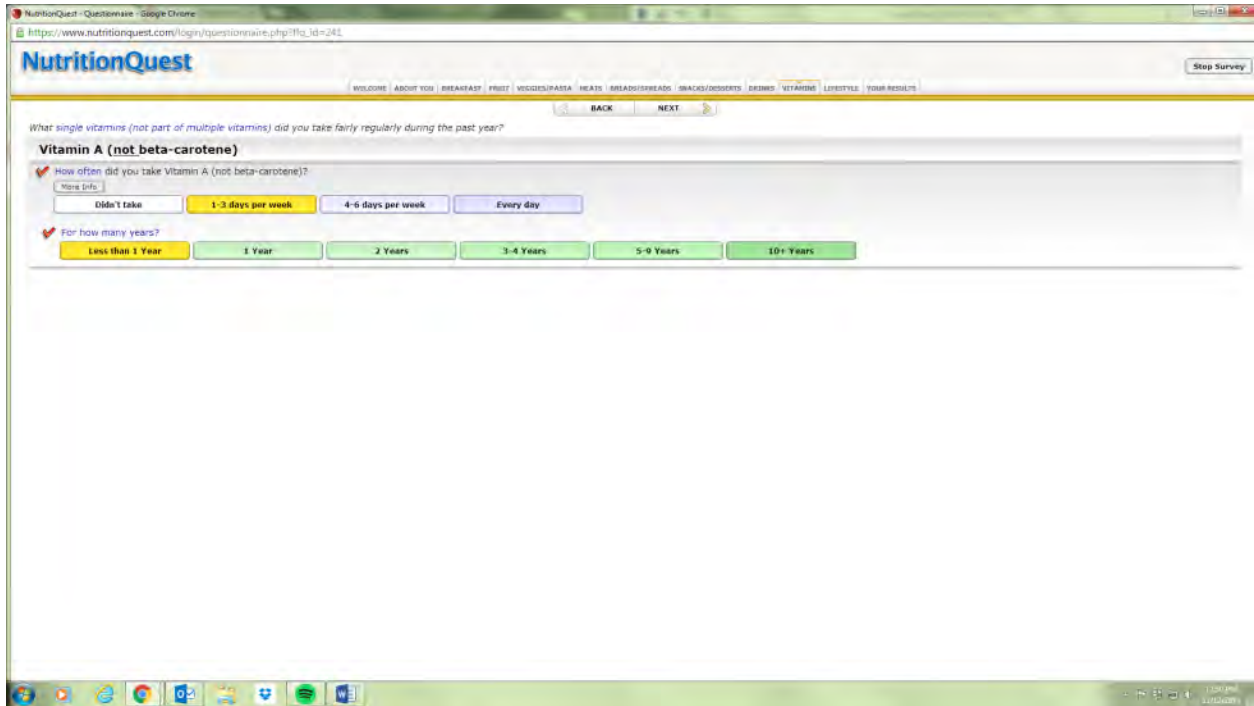
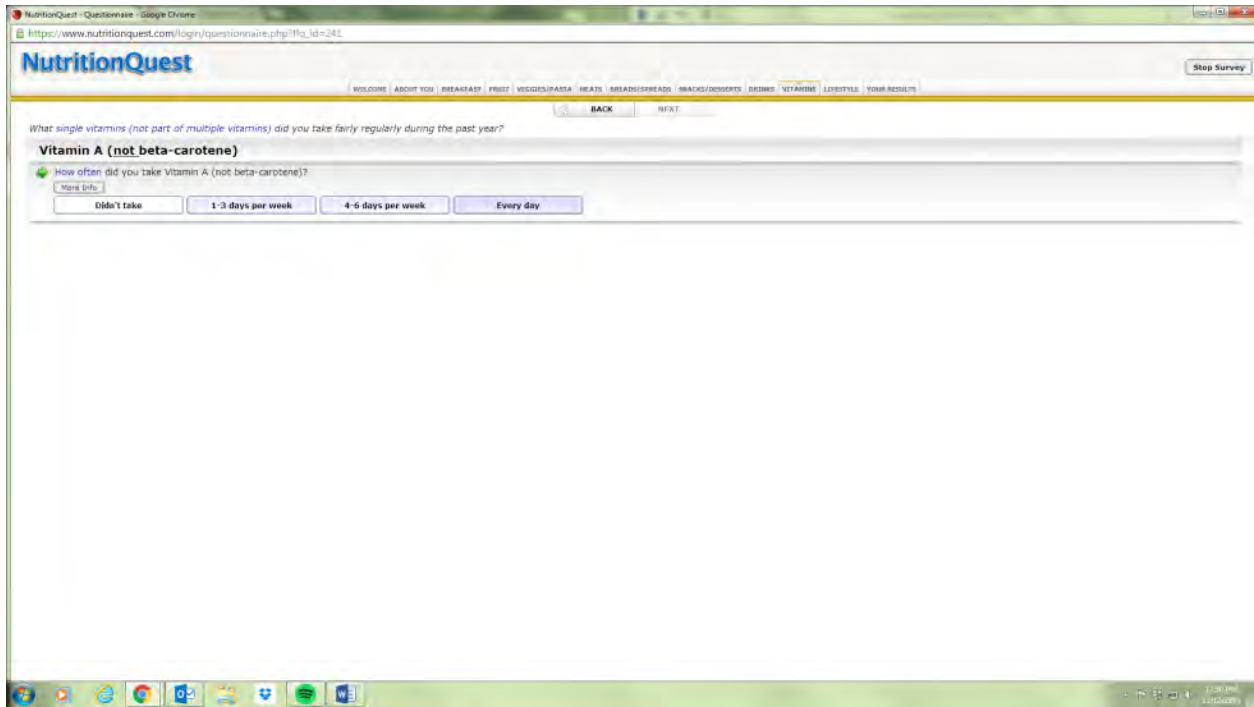
For how many years?

Less than 1 Year 1 Year 2 Years 3-4 Years 5-9 Years 10+ Years

Did you usually take types that:

Contain minerals, iron, zinc, etc. Do not contain minerals Don't know





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BACK NEXT

What single vitamins (not part of multiple vitamins) did you take fairly regularly during the past year?

Beta-carotene

How often did you take beta-carotene?

More info

Didn't take 1-3 days per week 4-6 days per week Every day

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BACK NEXT

What single vitamins (not part of multiple vitamins) did you take fairly regularly during the past year?

Beta-carotene

How often did you take Beta-carotene?

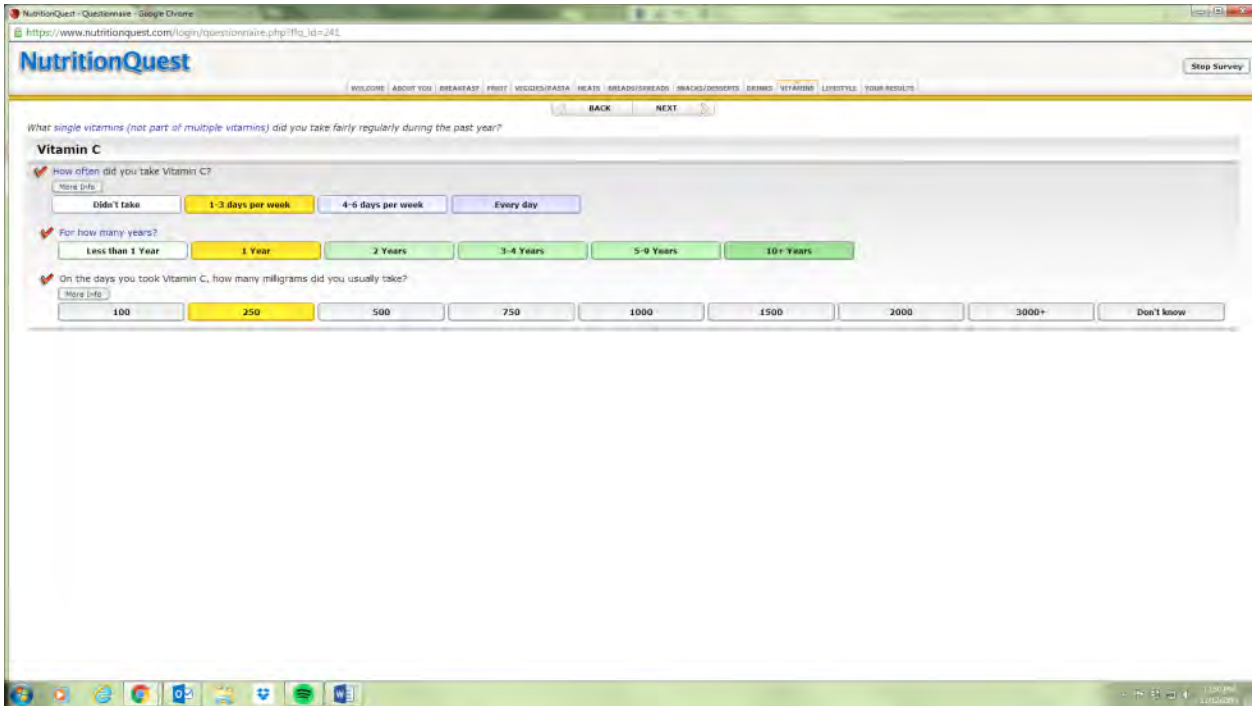
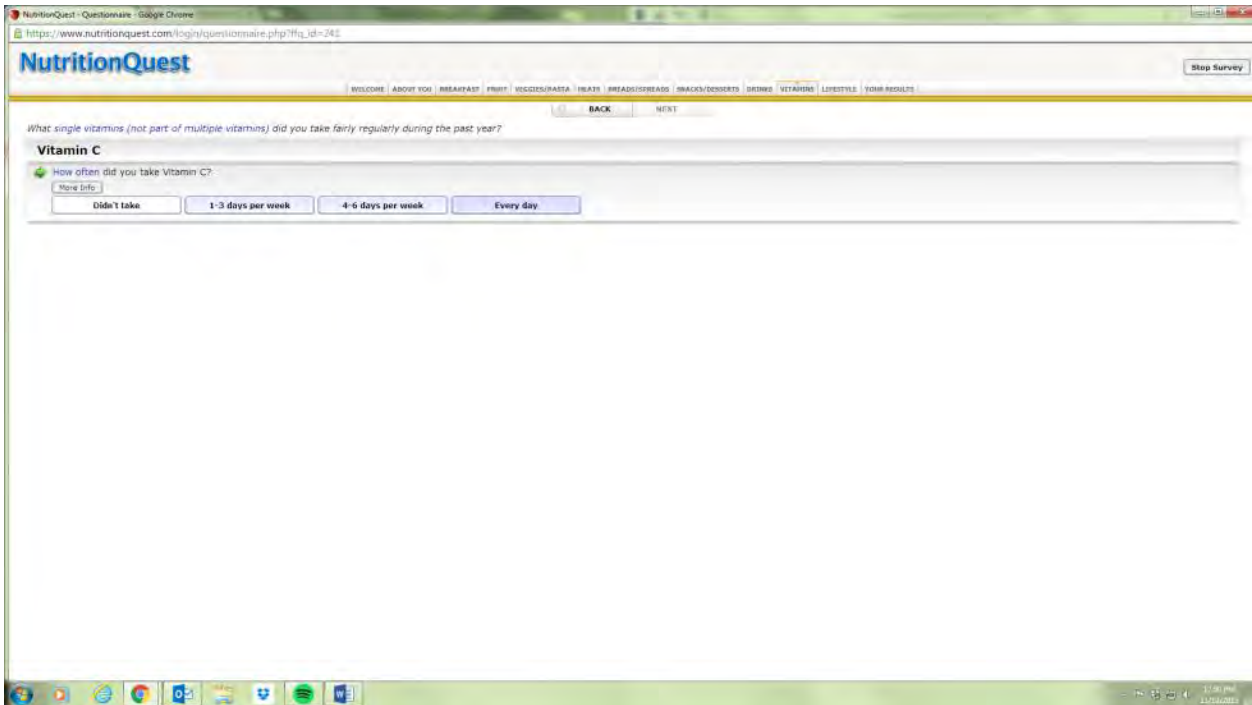
More info

Didn't take 1-3 days per week 4-6 days per week Every day

For how many years?

Less than 1 Year 1 Year 2 Years 3-4 Years 5-9 Years 10+ Years

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BACK NEXT

What single vitamins (not part of multiple vitamins) did you take fairly regularly during the past year?

Vitamin E

How often did you take Vitamin E?
[More Info](#)

Didn't take 1-3 days per week 4-6 days per week Every day

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BACK NEXT

What single vitamins (not part of multiple vitamins) did you take fairly regularly during the past year?

Vitamin E

How often did you take Vitamin E?
[More Info](#)

Didn't take 1-3 days per week 4-6 days per week Every day

For how many years?
[More Info](#)

Less than 1 Year 1 Year 2 Years 3-4 Years 5-9 Years 10+ Years

On the days you took Vitamin E, how many IU's did you usually take?
[More Info](#)

100 200 300 400 600 800 1000 2000+ Don't know

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BACK NEXT

What single vitamins (not part of multiple vitamins) did you take fairly regularly during the past year?

Folic acid or folate

How often did you take folic acid or folate?

More info

Didn't take 1-3 days per week 4-6 days per week Every day

For how many years?

Less than 1 Year 1 Year 2 Years 3-4 Years 5-9 Years 10+ Years

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BACK NEXT

What single vitamins (not part of multiple vitamins) did you take fairly regularly during the past year?

Calcium, or Tums

How often did you take Calcium, alone or combined with something else, or Tums?

More info

Didn't take 1-3 days per week 4-6 days per week Every day

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BACK NEXT

What single vitamins (not part of multiple vitamins) did you take fairly regularly during the past year?

Calcium, or Tums

How often did you take Calcium, alone or combined with something else, or Tums?
[More info](#)

Didn't take 1-3 days per week 4-6 days per week Every day

For how many years?
Less than 1 Year 1 Year 2 Years 3-4 Years 5-9 Years 10+ Years

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Stop Survey

BACK NEXT

What single vitamins (not part of multiple vitamins) did you take fairly regularly during the past year?

Vitamin D, alone or combined with calcium

How often did you take Vitamin D, alone or combined with calcium?
[More info](#)

Didn't take 1-3 days per week 4-6 days per week Every day

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BACK NEXT

What single vitamins (not part of multiple vitamins) did you take fairly regularly during the past year?

Vitamin D, alone or combined with calcium

How often did you take Vitamin D, alone or combined with calcium?
[More info](#)

Didn't take 1-3 days per week 4-6 days per week Every day

For how many years?
 Less than 1 Year 1 Year 2 Years 3-4 Years 5-9 Years 10+ Years

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WELCOME | ABOUT YOU | BREAKFAST | FRUIT | VEGGIES/PASTA | BEANS | BREADS/BREADS | SNACKS/DESSERTS | DRINKS | **VITAMINS** | LIFESTYLE | YOUR RESULTS

Stop Survey

BACK NEXT

What single vitamins (not part of multiple vitamins) did you take fairly regularly during the past year?

Zinc, alone or combined with something else

How often did you take zinc, alone or combined with something else?
[More info](#)

Didn't take 1-3 days per week 4-6 days per week Every day

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NutritionQuest

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BACK NEXT

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How often did you take zinc, alone or combined with something else?

More info

Didn't take 1-3 days per week 4-6 days per week Every day

For how many years?

Less than 1 Year 1 Year 2 Years 3-4 Years 5-9 Years 10+ Years

10:18 PM 1/24/2012

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BACK NEXT

What single vitamins (not part of multiple vitamins) did you take fairly regularly during the past year?

Iron

How often did you take iron?

More info

Didn't take 1-3 days per week 4-6 days per week Every day

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BACK NEXT

What single vitamins (not part of multiple vitamins) did you take fairly regularly during the past year?

Iron

How often did you take iron?
More Info

Didn't take 1-3 days per week 4-6 days per week Every day

For how many years?
More Info

Less than 1 Year 1 Year 2 Years 3-4 Years 5-9 Years 10+ Years

10:54 PM 1/24/2011

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BACK NEXT

What single vitamins (not part of multiple vitamins) did you take fairly regularly during the past year?

Selenium

How often did you take selenium?
More Info

Didn't take 1-3 days per week 4-6 days per week Every day

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Stop Survey

BACK NEXT

What single vitamins (not part of multiple vitamins) did you take fairly regularly during the past year?

Selenium

How often did you take selenium?
[More info](#)

Didn't take 1-3 days per week 4-6 days per week Every day

For how many years?
Less than 1 Year 1 Year 2 Years 3-4 Years 5-9 Years 10+ Years

NutritionQuest - Quiznaire - Google Chrome
https://www.nutritionquest.com/login/questionnaire.php?fq_id=241

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WELCOME | ABOUT YOU | BREAKFAST | FRUIT | VEGGIES/PASTA | BEANS | BREADS/STARCHES | SNACKS/DESSERTS | DRINKS | **VITAMINS** | LIFESTYLE | YOUR RESULTS

Stop Survey

BACK NEXT

What single vitamins (not part of multiple vitamins) did you take fairly regularly during the past year?

Omega-3, fish oil, flax seed oil

How often did you take omega-3 supplements?
[More info](#)

Didn't take 1-3 days per week 4-6 days per week Every day

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NutritionQuest

WELCOME | ABOUT YOU | BREAKFAST | FRUIT | VEGGIES/PASTA | BEANS | BREADS/STARCHES | DRINKS | VITAMINS | LIFESTYLE | YOUR RESULTS

BACK NEXT

What single vitamins (not part of multiple vitamins) did you take fairly regularly during the past year?

Omega-3, fish oil, flax seed oil

How often did you take omega-3 supplements?

More Info

Didn't take 1-3 days per week 4-6 days per week Every day

For how many years?

Less than 1 Year 1 Year 2 Years 3-4 Years 5-9 Years 10+ Years

10:52 AM 1/24/2011

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NutritionQuest

WELCOME | ABOUT YOU | BREAKFAST | FRUIT | VEGGIES/PASTA | BEANS | BREADS/STARCHES | DRINKS | VITAMINS | LIFESTYLE | YOUR RESULTS

BACK NEXT

During the past year, did you take any of these supplements at least once a month? (Check all that apply)

- Ginkgo
- Ginseng
- St. John's Wort
- Kava Kava
- Echinacea
- Melatonin
- DHEA
- Glucosamine/Chondroitin
- None of the above

10:52 AM 1/24/2011

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BACK NEXT

Stop Survey

During the past year, did you take any of these supplements at least once a month? (Check all that apply)

- Ginkgo
- Ginseng
- St. John's Wort
- Kava Kava
- Echinacea
- Melatonin
- DHEA
- Glucosamine/ Chondroitin
- None of the above

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BACK NEXT

Stop Survey

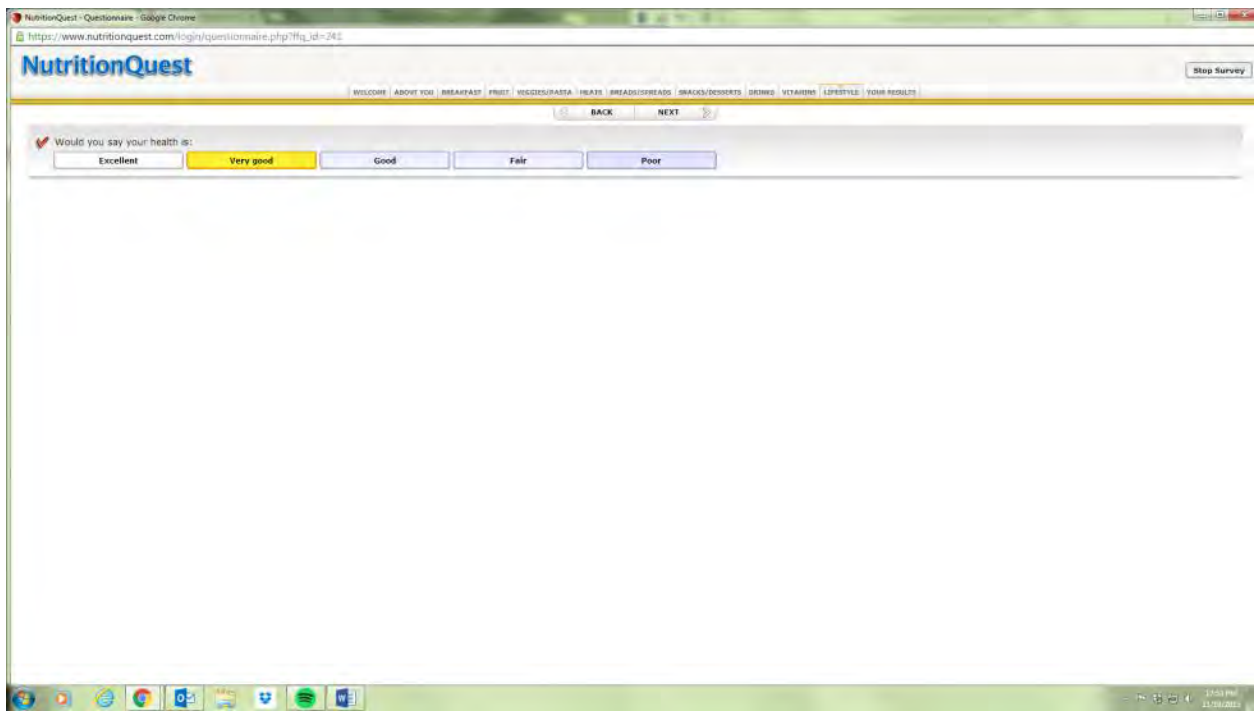
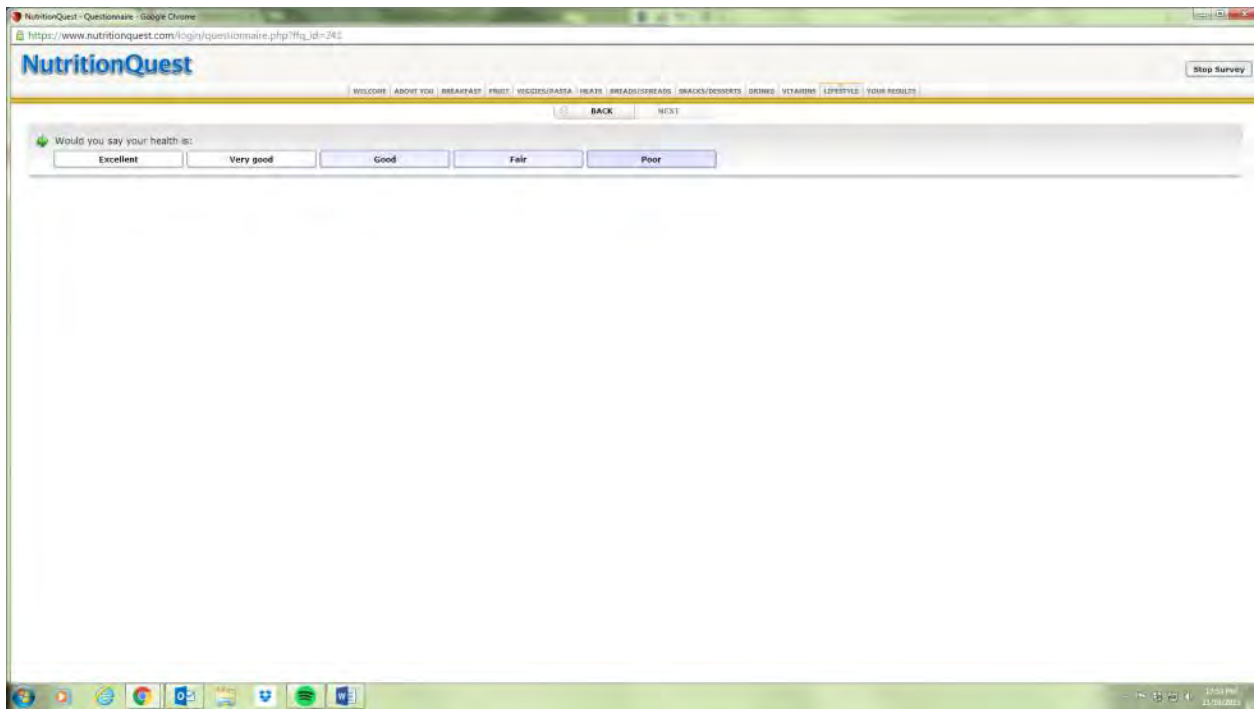
Last section!
You have answered **139** questions so far.

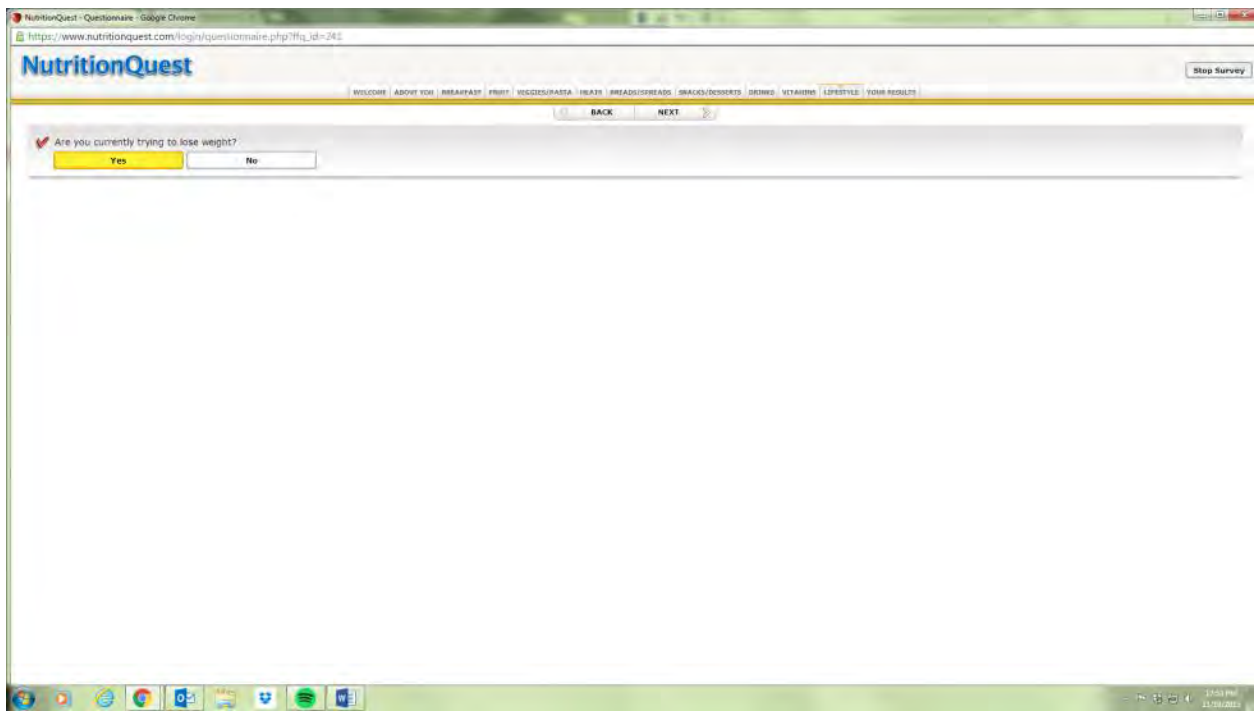
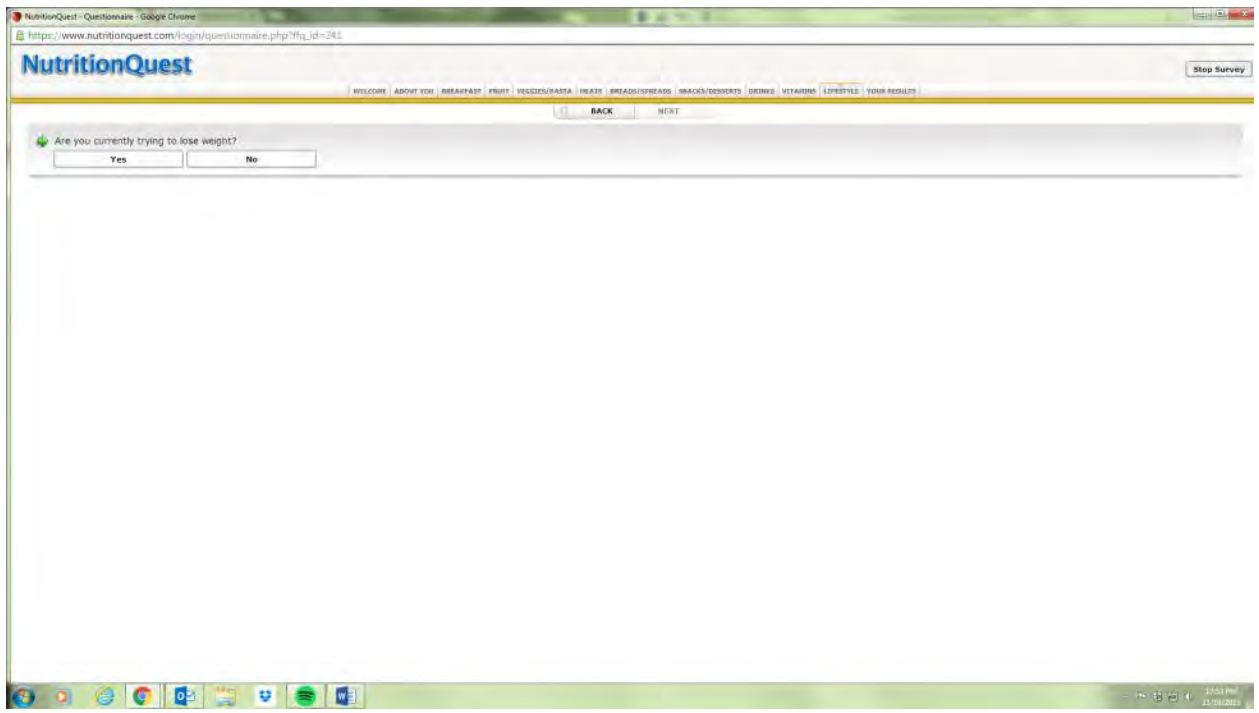
In this section, you will answer 6 questions about your **general health habits** as well as a few **background questions**.

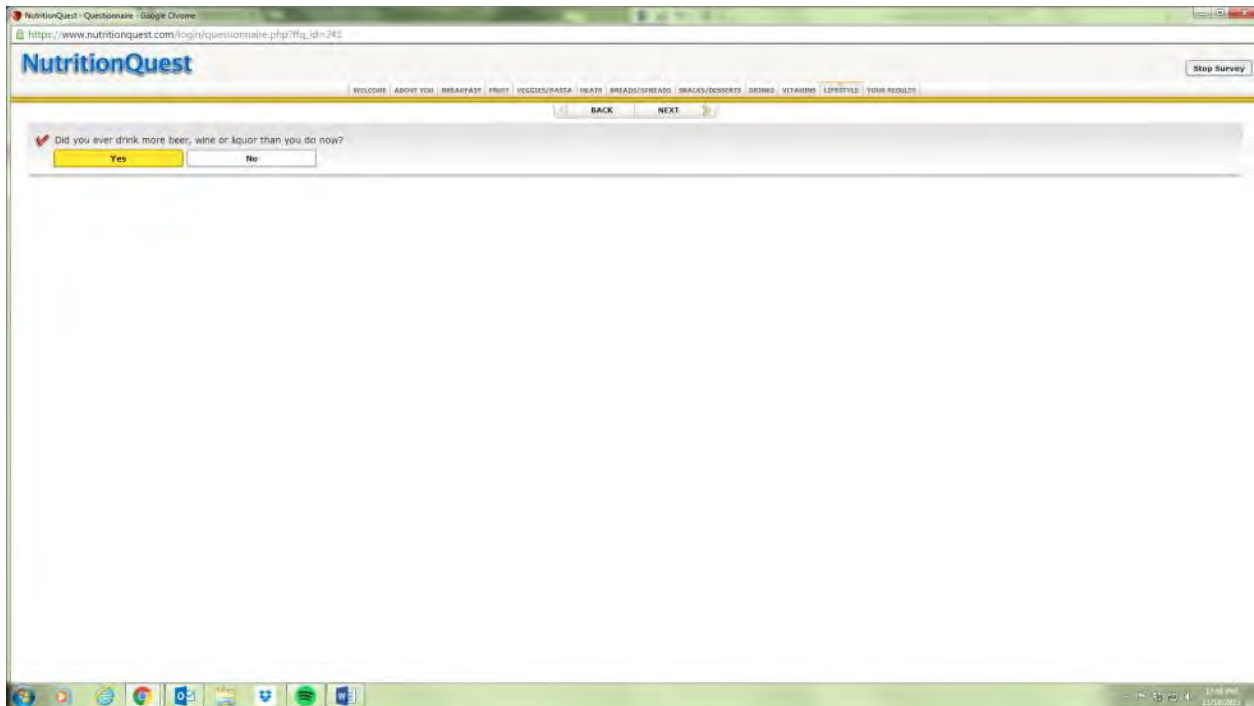
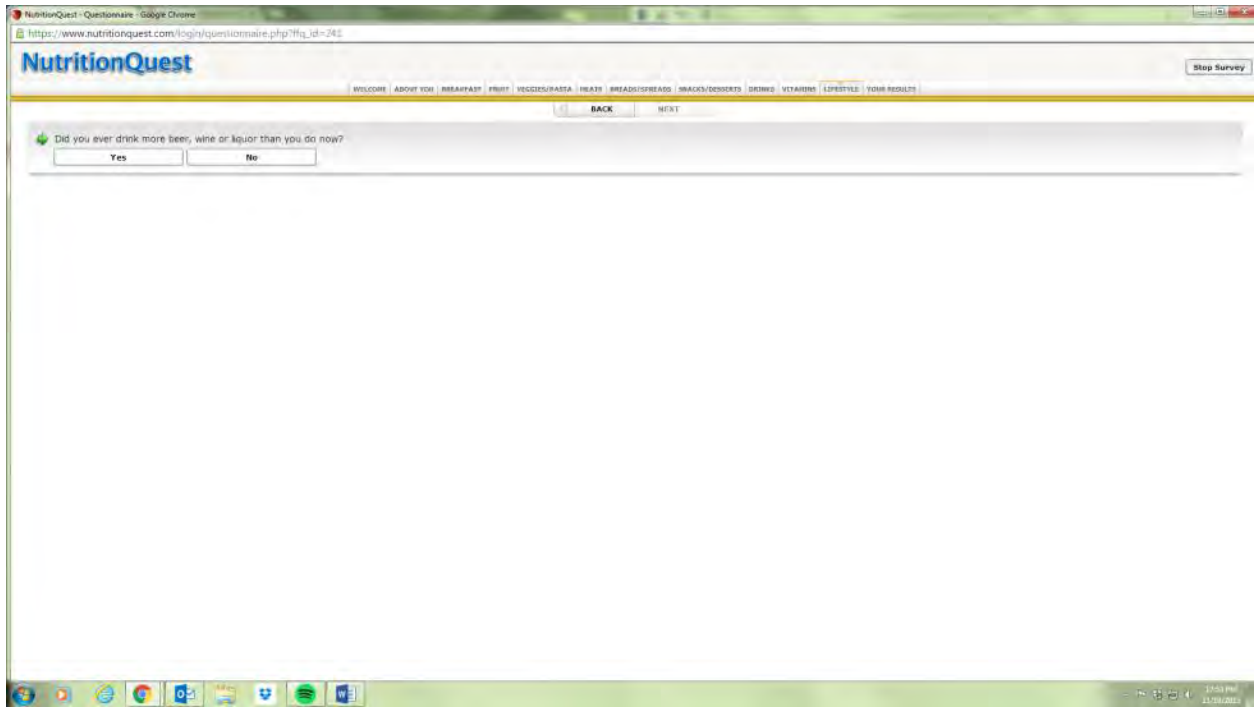
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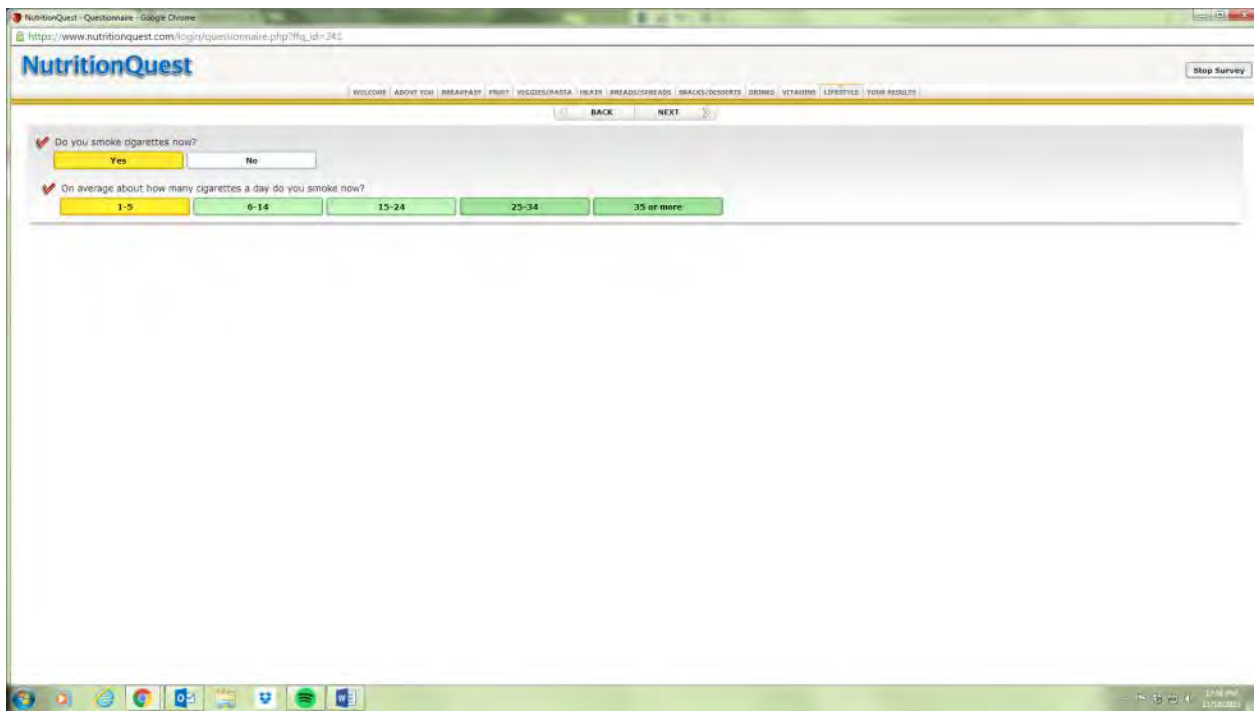
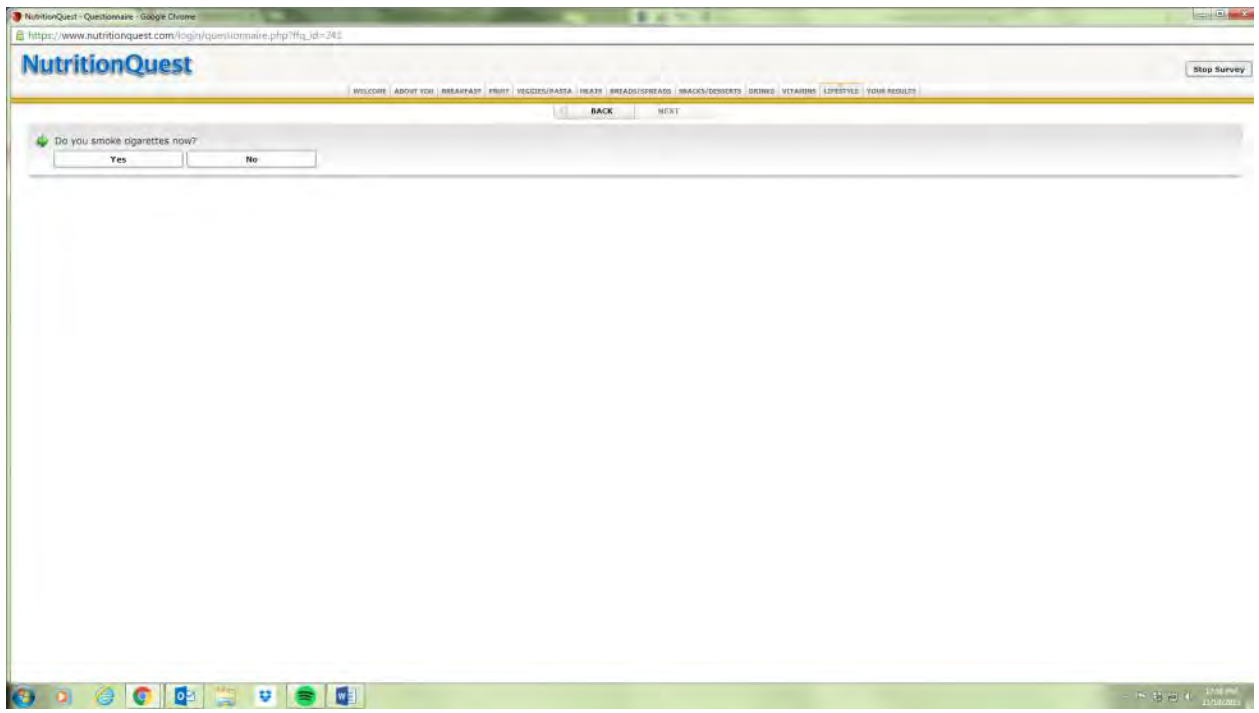
- General health
- Dieting
- Use of alcohol
- Use of cigarettes

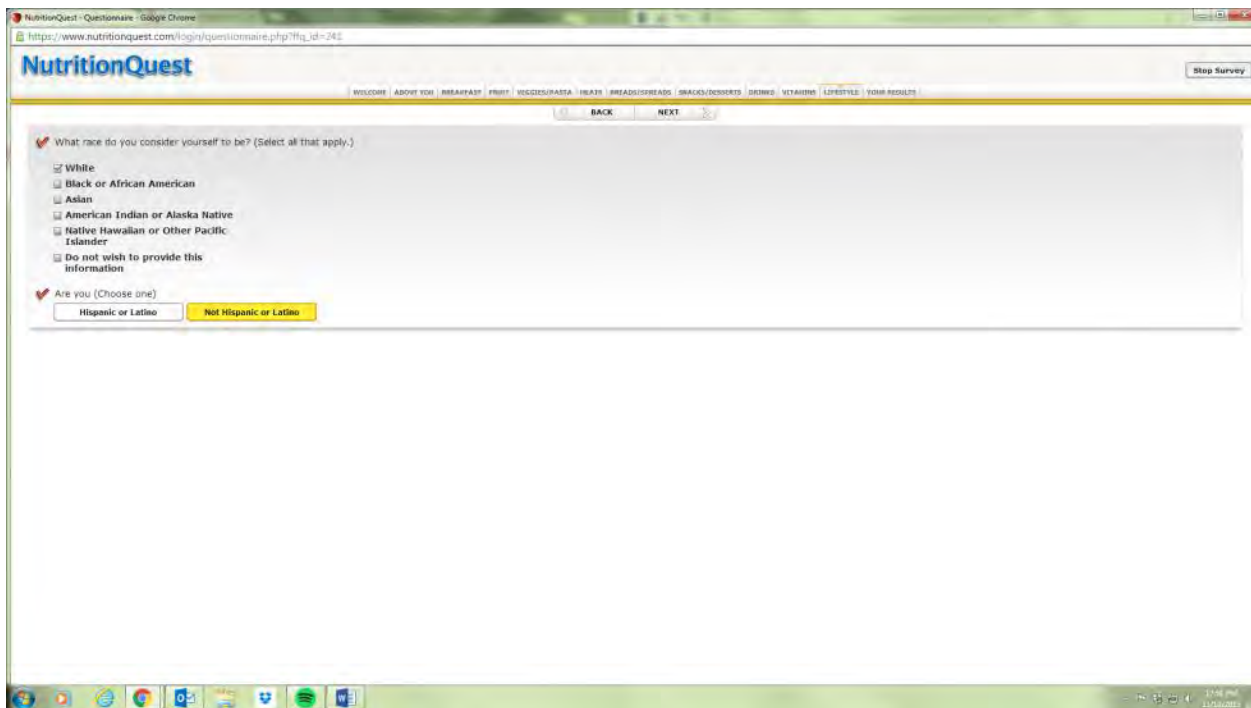
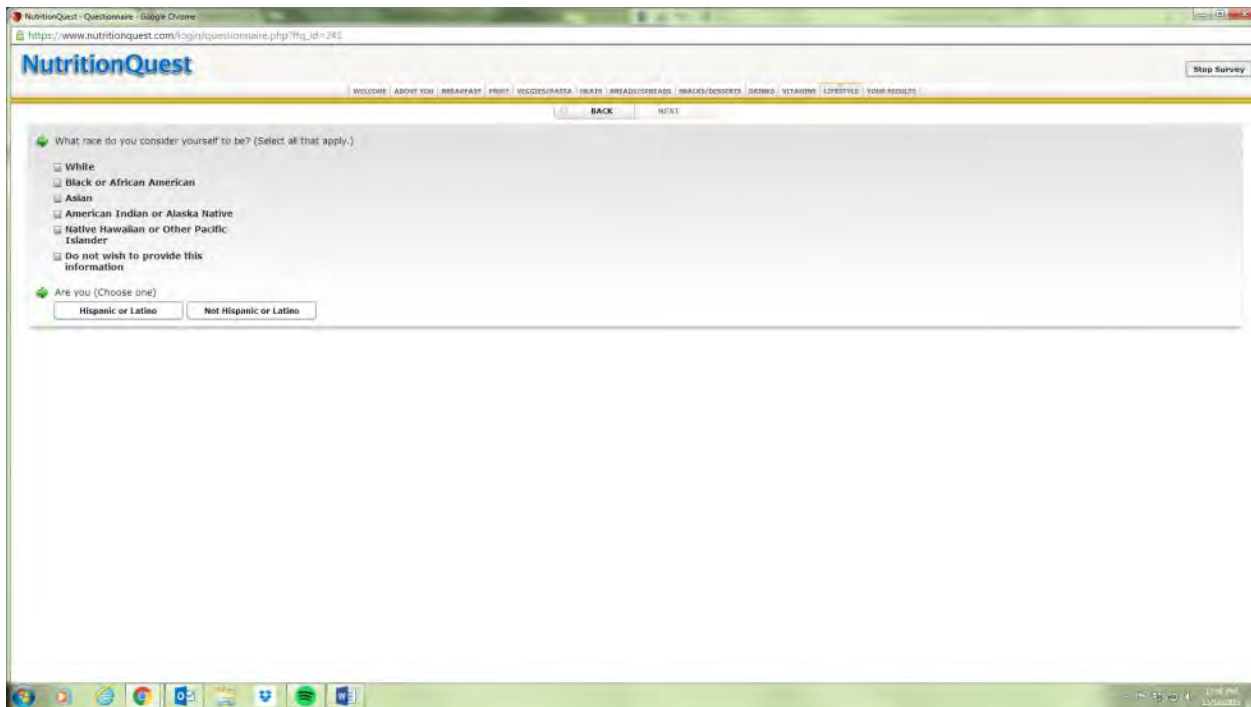
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WELCOME | ABOUT YOU | BREAKFAST | FRUIT | VEGETABLES/PASTA | BEANS | BREADS/NOBREADS | SNACKS/DESSERTS | DRINKS | VITAMINS | LIFESTYLE | YOUR RESULTS

BACK NEXT

You have completed the final section of the survey. Thank you!

STOP SURVEY

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WELCOME | ABOUT YOU | BREAKFAST | FRUIT | VEGETABLES/PASTA | BEANS | BREADS/NOBREADS | SNACKS/DESSERTS | DRINKS | VITAMINS | LIFESTYLE | YOUR RESULTS

BACK NEXT PRINT RESULTS

	Your Average Intake	Your Recommended Levels
General Dietary Intake	Calories: 198.77 Kcal Fat (total): 9.64 grams Fat (as % of calories): 43.64 % Saturated fat: 2.79 grams Saturated fat (as % of calories): 12.63 % Monounsaturated fat: 3.91 grams Polyunsaturated fat: 2.23 grams	Depends on your age, sex, body size, activity level 25-35% of total calories 25-35% of total calories or less Less than 7% of calories
Dietary Vitamin Intake	Protein: 6.93 grams Protein (as % of calories): 17.98 % Carbohydrate: 18.99 grams Carbohydrate (as % of calories): 38.21 %	5.00-10.00 grams per day 10-20% of total calories (5.00 - 10.00 grams) 50-80% of total calories (primarily from whole grains, vegetables and fruits)
Food Group Servings	Cholesterol: 31.57 milligrams Dietary Fiber: 1.85 grams % of your calories from alcohol: 3.15 % % of your calories from sweets: 15.48 %	Less than 200 milligrams 20-35 grams or more 1 drink per day or less Use sparingly. Full of empty calories.
<p>(Note: A very low calorie estimate could mean that you eat a lot of foods that weren't on the list, or you underestimated how often you eat certain things. And, if you are not very physically active, you may in fact have quite a low calorie intake. If you're watching your weight, you may be sitting back too far on some of the foods that are good for you. It is likely that your score for percent of calories from fat is quite accurate, even if your calorie estimate is low.)</p>		
Your Top Sources	Your Average Intake Antioxidants from food Vitamin A: 147.58 RAE Beta-carotene: 426.82 micrograms Vitamin C: 10.61 milligrams Vitamin E: 1.03 mg	Your Recommended Levels RDA for you: 700.00 RAE 5000-6000 micrograms from food A good diet can provide 200-600 milligrams RDA: 12.00 milligrams
Vitamins from Supplements	B-Vitamins from food B1, B2: 0.161 milligrams Niacin: 2.44 milligrams Folate: 50.47 micrograms Vitamin B6: 0.21 milligrams	RDA: 1.10 milligrams RDA: 14.00 milligrams RDA: 400.00 micrograms DFE RDA: 1.30 milligrams
Suggestions	Minerals from food Calcium: 76.31 milligrams Zinc: 1.69 milligrams Iron: 1.48 milligrams Potassium: 242.47 milligrams Sodium: 143.75 milligrams	RDA: 1000.00 milligrams RDA: 8.00 milligrams RDA: 18.00 milligrams 3000 milligrams or more 2300 milligrams per day

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General Dietary Intake
Potassium: 242.47 milligrams
Sodium (salt): 336.72 milligrams
Magnesium: 28.44 milligrams

Dietary Vitamin Intake
Your food group servings
Bread, pasta, rice: 0.507 1 oz. equiv.
Whole grains: 0.0775 1 oz. equiv.
Vegetables group: 0.135 cups
Vegetables group (excluding potatoes): 0.115 cups
Fruits, fruit juices: 0.096 cups
Milk, cheese, yogurt: 0.093 cups
Meat, eggs, or beans: 0.761
Good oils, in foods: 0.116

USDA Pyramid recommendations
 3.00 oz. equiv. per day
 1.50 oz. equiv. per day
 1.00 cups per day
 0.8 cups per day
 1.00 cups per day
 2.00 cups per day
 2.00 oz. equiv. per day
 3.00 "teaspoons" per day

Food Group Servings
Calories
 Stick margarine
 Breakfast egg sandwich
 Canned fruit

Your Top Sources
Fat
 Stick margarine
 Breakfast egg sandwich
 Ribs

Saturated fat
 Stick margarine
 Breakfast egg sandwich
 Low carb ice cream

Vitamins from Supplements
Cholesterol
 Breakfast egg sandwich
 Other eggs
 Liver

Sodium
 Stick margarine
 Breakfast egg sandwich
 Lowfat hot dogs

Suggestions
Fiber
 Low carb energy bars
 Canned fruit
 Low carb breakfast bars

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General Dietary Intake
Vitamin C
 Vit C
 Calcium fortified orange juice
 Menu20

Dietary Vitamin Intake
Vitamins from Supplements

Food Group Servings
Vitamin A: 1723.71 RAE
Vitamin C: 295.71 milligrams
Vitamin E: 26.74 milligrams
Folate: 514.29 micrograms
Calcium: 297.14 milligrams
Iron: 25.29 milligrams
Zinc: 27.43 milligrams

Your Top Sources
Suggestions about your diet
For better health, lower your saturated fat intake to less than 7% of total calories.
 To achieve this goal, eat more vegetables, fruits and grains, and fewer fatty foods. Look at your top three sources of saturated fat. Try eating these less often or switching to smaller portions or low-fat types.

Your calcium intake is below your requirements.
 Good calcium sources are non-fat and low-fat milk and dairy products. It is needed for strong bones and for regulating blood pressure, transmitting nerve impulses, and in blood clotting. Calcium supplements are also valuable, to ensure that you are getting enough.

You're not getting your 5 to 10 servings per day of veggies and fruits!
 They can lower the risk of cancer and heart disease. And of course, they are usually low in fat. Getting at least five servings every day is not that hard! For example, have a glass of juice or a piece of fruit with breakfast (1), a salad with lunch (2), a piece of fruit for a snack (3), and potatoes and a vegetable with dinner (4,5).

My Pyramid Food Groups
 Learn how your diet compares to USDA My Pyramid recommendations for your calorie level. Half of all your grain servings (bread, pasta, rice) should be whole grains. Since 2005 USDA gives fruit and vegetable advice in "cups" of food. Beneficial oils are from natural (unhydrogenated) vegetable oils and olive foods, like avocados, nuts, seeds, and fish. My Pyramid has a website, <http://www.mypyramid.gov/>.

Suggestions
Body Mass Index (BMI)
 Your self-reported height is 5 feet 07 inches.
 Your self-reported weight is 135 pounds.
 Your Body Mass Index (BMI) is 21.14.

NutritionQuest - Questionnaire - George Chavez
https://www.nutritionquest.com/login/questionnaire.php?tid_04=211

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HOME | ABOUT YOU | BREAKFAST | FIRST | VEGGIES/PASTA | BEANS | BREAD/CEREALS | MEAT/EGG/DAIRY | DRINKS | VITAMINS | LIQUIDS | YOUR RESULTS

BACK NEXT PRINT RESULTS

Menu
Canned fruit

General Dietary Intake
Vitamins from Supplements
Vitamin A: 1223.71 RAE
Vitamin C: 255.71 milligrams
Vitamin E: 36.74 milligrams
Folate: 514.29 micrograms
Calcium: 297.14 milligrams
Iron: 26.29 milligrams
Zinc: 17.43 milligrams

Dietary Vitamin Intake
Suggestions about your diet
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Food Group Servings

Your Top Sources

Vitamins from Supplements

Suggestions

My Pyramid Food Groups
 Learn how your diet compares to USDA My Pyramid recommendations for your calorie level. Half of all your grain servings (bread, pasta, rice) should be whole grains. Since 2005 USDA gives fruit and vegetable advice as "cups" of food. Beneficial oils are from natural (unhydrogenated) vegetable oils and some foods, like avocados, nuts, seeds, and fish. My Pyramid has a website, <http://www.mypyramid.gov/>.

Body Mass Index (BMI)
 Your self-reported height is 5 feet 07 inches.
 Your self-reported weight is 135 pounds.
 Your Body Mass Index (BMI) is 21.14.
 Body Mass Index (BMI) is one of many factors that may be related to developing a chronic disease such as heart disease, cancer, or diabetes.
 BMI: Below 18.5, Weight Status: Underweight
 BMI: 18.5 to 24.9, Weight Status: Normal
 BMI: 25.0 to 29.9, Weight Status: Overweight
 BMI: 30.0 and above, Weight Status: Obese
 If your BMI is above 25, or if you are Asian or South Asian and your BMI is above 23, you might want to talk to your healthcare provider about weight loss strategies. For overweight people, even a small weight loss may help to lower the risk of disease.