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NHANES QUESTIONS Set 1: Food Frequency

Target: 6 - 59 months, having started solid foods

FFQ #1. We will be asking you how often {SP} ate different type of foods over the past 7 days. Please use the categories listed on hand card 1 to answer these questions.

During the past 7 days, how many times did {SP} drink sugary drinks such as soda, fruit drinks, sports drinks, or sweet tea? Do not include 100% fruit juice.

- a. NEVER
- b. 1-2 TIMES DURING THE PAST 7 DAYS
- c. 3-4 TIMES DURING THE PAST 7 DAYS
- d. 5-6 TIMES DURING THE PAST 7 DAYS
- e. 1 TIME PER DAY
- f. 2-3 TIMES PER DAY
- g. 4-5 TIMES PER DAY
- h. 6 OR MORE TIMES PER DAY

FFQ #2. During the past 7 days, how many times did {SP} eat vegetables? Include any vegetables that were fresh, frozen, canned, or baby food. Do not include French fries, fried potatoes, or potato chips.

- a. NEVER
- b. 1-2 TIMES DURING THE PAST 7 DAYS
- c. 3-4 TIMES DURING THE PAST 7 DAYS
- d. 5-6 TIMES DURING THE PAST 7 DAYS
- e. 1 TIME PER DAY

- f. 2-3 TIMES PER DAY
- g. 4-5 TIMES PER DAY
- h. 6 OR MORE TIMES PER DAY

FFQ #3. During the past 7 days, how many times did {SP} eat fruits? Include any fruits that were fresh, frozen, canned, or baby food. Do not include juice.

- a. NEVER
- b. 1-2 TIMES DURING THE PAST 7 DAYS
- c. 3-4 TIMES DURING THE PAST 7 DAYS
- d. 5-6 TIMES DURING THE PAST 7 DAYS
- e. 1 TIME PER DAY
- f. 2-3 TIMES PER DAY
- g. 4-5 TIMES PER DAY
- h. 6 OR MORE TIMES PER DAY

FFQ #4. How often did {SP} eat meats and poultry such as beef, pork, chicken, or turkey, including the baby food version, over the last 7 days?

- a. NEVER
- b. 1-2 TIMES DURING THE PAST 7 DAYS
- c. 3-4 TIMES DURING THE PAST 7 DAYS
- d. 5-6 TIMES DURING THE PAST 7 DAYS
- e. 1 TIME PER DAY
- f. 2-3 TIMES PER DAY
- g. 4-5 TIMES PER DAY
- h. 6 OR MORE TIMES PER DAY

FFQ #5. How often did {SP} eat baby food grain snacks such as teething biscuits, rusks, cookies, puffs, banana cookie, or rice rusk toast, over the last 7 days?

- a. NEVER
- b. 1-2 TIMES DURING THE PAST 7 DAYS
- c. 3-4 TIMES DURING THE PAST 7 DAYS
- d. 5-6 TIMES DURING THE PAST 7 DAYS
- e. 1 TIME PER DAY
- f. 2-3 TIMES PER DAY
- g. 4-5 TIMES PER DAY
- h. 6 OR MORE TIMES PER DAY

FFQ #6. How often did {SP} eat fortified infant rice cereal, over the last 7 days?

- a. NEVER
- b. 1-2 TIMES DURING THE PAST 7 DAYS

- c. 3-4 TIMES DURING THE PAST 7 DAYS
- d. 5-6 TIMES DURING THE PAST 7 DAYS
- e. 1 TIME PER DAY
- f. 2-3 TIMES PER DAY
- g. 4-5 TIMES PER DAY
- h. 6 OR MORE TIMES PER DAY

FFQ #7. How often did {SP} eat other infant cereal such as oat, barley, or multigrain, over the last 7 days?

- a. NEVER
- b. 1-2 TIMES DURING THE PAST 7 DAYS
- c. 3-4 TIMES DURING THE PAST 7 DAYS
- d. 5-6 TIMES DURING THE PAST 7 DAYS
- e. 1 TIME PER DAY
- f. 2-3 TIMES PER DAY
- g. 4-5 TIMES PER DAY
- h. 6 OR MORE TIMES PER DAY

FFQ #8. Was the infant cereal {SP} ate fortified or unfortified?

- a. FORTIFIED
- b. UNFORTIFIED

FFQ #9. How often did {SP} have plant-based drinks such as soy, oat, almond, coconut, pea, rice, or cashew milk, over the last 7 days?

- a. NEVER
- b. 1-2 TIMES DURING THE PAST 7 DAYS
- c. 3-4 TIMES DURING THE PAST 7 DAYS
- d. 5-6 TIMES DURING THE PAST 7 DAYS
- e. 1 TIME PER DAY
- f. 2-3 TIMES PER DAY
- g. 4-5 TIMES PER DAY
- h. 6 OR MORE TIMES PER DAY

FFQ #10. Did {SP} have a plant-based drink other than a fortified soy drink?

- a. YES
- b. NO

FFQ #11. How often did {SP} drink apple juice, including the baby food version, over the last 7 days?

- a. NEVER
- b. 1-2 TIMES DURING THE PAST 7 DAYS
- c. 3-4 TIMES DURING THE PAST 7 DAYS
- d. 5-6 TIMES DURING THE PAST 7 DAYS
- e. 1 TIME PER DAY
- f. 2-3 TIMES PER DAY

- g. 4-5 TIMES PER DAY
- h. 6 OR MORE TIMES PER DAY

FFQ #12. How often did {SP} drink grape juice, including the baby food version, over the last 7 days?

- a. NEVER
- b. 1-2 TIMES DURING THE PAST 7 DAYS
- c. 3-4 TIMES DURING THE PAST 7 DAYS
- d. 5-6 TIMES DURING THE PAST 7 DAYS
- e. 1 TIME PER DAY
- f. 2-3 TIMES PER DAY
- g. 4-5 TIMES PER DAY
- h. 6 OR MORE TIMES PER DAY

FFQ #13. How often did {SP} eat avocado, including the baby food version, over the last 7 days?

[HAND CARD 1]

- a. NEVER
- b. 1-2 TIMES DURING THE PAST 7 DAYS
- c. 3-4 TIMES DURING THE PAST 7 DAYS
- d. 5-6 TIMES DURING THE PAST 7 DAYS
- e. 1 TIME PER DAY
- f. 2-3 TIMES PER DAY
- g. 4-5 TIMES PER DAY
- h. 6 OR MORE TIMES PER DAY

FFQ #14. How often did {SP} eat peanuts or foods containing peanuts, over the last 7 days?

- a. NEVER
- b. 1-2 TIMES DURING THE PAST 7 DAYS
- c. 3-4 TIMES DURING THE PAST 7 DAYS
- d. 5-6 TIMES DURING THE PAST 7 DAYS
- e. 1 TIME PER DAY
- f. 2-3 TIMES PER DAY
- g. 4-5 TIMES PER DAY
- h. 6 OR MORE TIMES PER DAY

FFQ #15. How often did {SP} eat foods made with soy, eggs, tree nuts, sesame, or wheat, over the last 7 days?

- a. NEVER
- b. 1-2 TIMES DURING THE PAST 7 DAYS
- c. 3-4 TIMES DURING THE PAST 7 DAYS
- d. 5-6 TIMES DURING THE PAST 7 DAYS
- e. 1 TIME PER DAY
- f. 2-3 TIMES PER DAY
- g. 4-5 TIMES PER DAY
- h. 6 OR MORE TIMES PER DAY

FFQ #16. How often did {SP} eat carrots, including the baby food version, over the last 7 days?

- a. NEVER
- b. 1-2 TIMES DURING THE PAST 7 DAYS
- c. 3-4 TIMES DURING THE PAST 7 DAYS
- d. 5-6 TIMES DURING THE PAST 7 DAYS
- e. 1 TIME PER DAY
- f. 2-3 TIMES PER DAY
- g. 4-5 TIMES PER DAY
- h. 6 OR MORE TIMES PER DAY

If 12 months or less; otherwise continue to #18

FFQ #17. Were the carrots a commercially prepared baby food or made from ingredients at a home?

- a. COMMERCIALLY PREPARED BABY FOOD
- b. MADE AT A HOME
- c. BOTH
- d. NEITHER

FFQ #18. Were any of the carrots {SP} ate organic?

- a. YES
- b. NO

FFQ #19. How often did {SP} eat sweet potatoes, including the baby food version, over the last 7 days?

- a. NEVER
- b. 1-2 TIMES DURING THE PAST 7 DAYS
- c. 3-4 TIMES DURING THE PAST 7 DAYS
- d. 5-6 TIMES DURING THE PAST 7 DAYS
- e. 1 TIME PER DAY
- f. 2-3 TIMES PER DAY
- g. 4-5 TIMES PER DAY
- h. 6 OR MORE TIMES PER DAY

If 12 months or less; otherwise continue to #21

FFQ #20. Were the sweet potatoes a commercially prepared baby food or made from ingredients at a home?

- a. COMMERCIALLY PREPARED BABY FOOD
- b. MADE AT A HOME
- c. BOTH
- d. NEITHER

FFQ #21. Were any of the sweet potatoes {SP} ate organic?

- a. YES
- b. NO

FFQ #22. How often did {SP} eat spinach, including the baby food version, over the last 7 days?

- a. NEVER
- b. 1-2 TIMES DURING THE PAST 7 DAYS
- c. 3-4 TIMES DURING THE PAST 7 DAYS
- d. 5-6 TIMES DURING THE PAST 7 DAYS
- e. 1 TIME PER DAY
- f. 2-3 TIMES PER DAY
- g. 4-5 TIMES PER DAY
- h. 6 OR MORE TIMES PER DAY

If 12 months or less; otherwise continue to #24

FFQ #23. Was the spinach a commercially prepared baby food or made from ingredients at a home?

- a. COMMERCIALLY PREPARED BABY FOOD
- b. MADE AT A HOME
- c. BOTH
- d. NEITHER

FFQ #24. Was any of the spinach {SP} ate organic?

- a. YES
- b. NO

FFQ #25. How often did {SP} eat food containing turmeric including curry powder, and curcumin, over the last 7 days?

- a. NEVER
- b. 1-2 TIMES DURING THE PAST 7 DAYS
- c. 3-4 TIMES DURING THE PAST 7 DAYS
- d. 5-6 TIMES DURING THE PAST 7 DAYS
- e. 1 TIME PER DAY
- f. 2-3 TIMES PER DAY
- g. 4-5 TIMES PER DAY
- h. 6 OR MORE TIMES PER DAY

FFQ #26. Was the food containing turmeric a commercially prepared food or made from ingredients at a home?

- a. COMMERCIALLY PREPARED
- b. MADE AT A HOME
- c. BOTH

FFQ #28. How often did {SP} eat food containing cinnamon including cinnamon powder and cinnamon sticks, over the last 7 days?

- i. NEVER
- j. 1-2 TIMES DURING THE PAST 7 DAYS
- k. 3-4 TIMES DURING THE PAST 7 DAYS
- l. 5-6 TIMES DURING THE PAST 7 DAYS
- m. 1 TIME PER DAY
- n. 2-3 TIMES PER DAY
- o. 4-5 TIMES PER DAY
- p. 6 OR MORE TIMES PER DAY

FFQ #29. Was the food containing cinnamon a commercially prepared food or made from ingredients at a home?

- a. COMMERCIALLY PREPARED
- b. MADE AT A HOME
- c. BOTH

HAND CARD 1

- Never
- 1 - 2 times during the past 7 days
- 3 - 4 times during the past 7 days
- 5 - 6 times during the past 7 days
- 1 time per day
- 2 - 3 times per day
- 4 - 5 times per day
- 6 or more times per day