Attachment 1a

Form Approved

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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.

1. NEVER
2. 1-2 TIMES DURING THE PAST 7 DAYS
3. 3-4 TIMES DURING THE PAST 7 DAYS
4. 5-6 TIMES DURING THE PAST 7 DAYS
5. 1 TIME PER DAY
6. 2-3 TIMES PER DAY
7. 4-5 TIMES PER DAY
8. 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.

1. NEVER
2. 1-2 TIMES DURING THE PAST 7 DAYS
3. 3-4 TIMES DURING THE PAST 7 DAYS
4. 5-6 TIMES DURING THE PAST 7 DAYS
5. 1 TIME PER DAY
6. 2-3 TIMES PER DAY
7. 4-5 TIMES PER DAY
8. 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.

1. NEVER
2. 1-2 TIMES DURING THE PAST 7 DAYS
3. 3-4 TIMES DURING THE PAST 7 DAYS
4. 5-6 TIMES DURING THE PAST 7 DAYS
5. 1 TIME PER DAY
6. 2-3 TIMES PER DAY
7. 4-5 TIMES PER DAY
8. 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?

1. NEVER
2. 1-2 TIMES DURING THE PAST 7 DAYS
3. 3-4 TIMES DURING THE PAST 7 DAYS
4. 5-6 TIMES DURING THE PAST 7 DAYS
5. 1 TIME PER DAY
6. 2-3 TIMES PER DAY
7. 4-5 TIMES PER DAY
8. 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?

1. NEVER
2. 1-2 TIMES DURING THE PAST 7 DAYS
3. 3-4 TIMES DURING THE PAST 7 DAYS
4. 5-6 TIMES DURING THE PAST 7 DAYS
5. 1 TIME PER DAY
6. 2-3 TIMES PER DAY
7. 4-5 TIMES PER DAY
8. 6 OR MORE TIMES PER DAY

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

1. NEVER
2. 1-2 TIMES DURING THE PAST 7 DAYS
3. 3-4 TIMES DURING THE PAST 7 DAYS
4. 5-6 TIMES DURING THE PAST 7 DAYS
5. 1 TIME PER DAY
6. 2-3 TIMES PER DAY
7. 4-5 TIMES PER DAY
8. 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?

1. NEVER
2. 1-2 TIMES DURING THE PAST 7 DAYS
3. 3-4 TIMES DURING THE PAST 7 DAYS
4. 5-6 TIMES DURING THE PAST 7 DAYS
5. 1 TIME PER DAY
6. 2-3 TIMES PER DAY
7. 4-5 TIMES PER DAY
8. 6 OR MORE TIMES PER DAY

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

1. FORTIFIED
2. 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?

1. NEVER
2. 1-2 TIMES DURING THE PAST 7 DAYS
3. 3-4 TIMES DURING THE PAST 7 DAYS
4. 5-6 TIMES DURING THE PAST 7 DAYS
5. 1 TIME PER DAY
6. 2-3 TIMES PER DAY
7. 4-5 TIMES PER DAY
8. 6 OR MORE TIMES PER DAY

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

1. YES
2. NO

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

1. NEVER
2. 1-2 TIMES DURING THE PAST 7 DAYS
3. 3-4 TIMES DURING THE PAST 7 DAYS
4. 5-6 TIMES DURING THE PAST 7 DAYS
5. 1 TIME PER DAY
6. 2-3 TIMES PER DAY
7. 4-5 TIMES PER DAY
8. 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?

1. NEVER
2. 1-2 TIMES DURING THE PAST 7 DAYS
3. 3-4 TIMES DURING THE PAST 7 DAYS
4. 5-6 TIMES DURING THE PAST 7 DAYS
5. 1 TIME PER DAY
6. 2-3 TIMES PER DAY
7. 4-5 TIMES PER DAY
8. 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]

1. NEVER
2. 1-2 TIMES DURING THE PAST 7 DAYS
3. 3-4 TIMES DURING THE PAST 7 DAYS
4. 5-6 TIMES DURING THE PAST 7 DAYS
5. 1 TIME PER DAY
6. 2-3 TIMES PER DAY
7. 4-5 TIMES PER DAY
8. 6 OR MORE TIMES PER DAY

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

1. NEVER
2. 1-2 TIMES DURING THE PAST 7 DAYS
3. 3-4 TIMES DURING THE PAST 7 DAYS
4. 5-6 TIMES DURING THE PAST 7 DAYS
5. 1 TIME PER DAY
6. 2-3 TIMES PER DAY
7. 4-5 TIMES PER DAY
8. 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?

1. NEVER
2. 1-2 TIMES DURING THE PAST 7 DAYS
3. 3-4 TIMES DURING THE PAST 7 DAYS
4. 5-6 TIMES DURING THE PAST 7 DAYS
5. 1 TIME PER DAY
6. 2-3 TIMES PER DAY
7. 4-5 TIMES PER DAY
8. 6 OR MORE TIMES PER DAY

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

1. NEVER
2. 1-2 TIMES DURING THE PAST 7 DAYS
3. 3-4 TIMES DURING THE PAST 7 DAYS
4. 5-6 TIMES DURING THE PAST 7 DAYS
5. 1 TIME PER DAY
6. 2-3 TIMES PER DAY
7. 4-5 TIMES PER DAY
8. 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?

1. COMMERCIALLY PREPARED BABY FOOD
2. MADE AT A HOME
3. BOTH
4. NEITHER

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

1. YES
2. NO

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

1. NEVER
2. 1-2 TIMES DURING THE PAST 7 DAYS
3. 3-4 TIMES DURING THE PAST 7 DAYS
4. 5-6 TIMES DURING THE PAST 7 DAYS
5. 1 TIME PER DAY
6. 2-3 TIMES PER DAY
7. 4-5 TIMES PER DAY
8. 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?

1. COMMERCIALLY PREPARED BABY FOOD
2. MADE AT A HOME
3. BOTH
4. NEITHER

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

1. YES
2. NO

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

1. NEVER
2. 1-2 TIMES DURING THE PAST 7 DAYS
3. 3-4 TIMES DURING THE PAST 7 DAYS
4. 5-6 TIMES DURING THE PAST 7 DAYS
5. 1 TIME PER DAY
6. 2-3 TIMES PER DAY
7. 4-5 TIMES PER DAY
8. 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?

1. COMMERCIALLY PREPARED BABY FOOD
2. MADE AT A HOME
3. BOTH
4. NEITHER

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

1. YES
2. NO

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

1. NEVER
2. 1-2 TIMES DURING THE PAST 7 DAYS
3. 3-4 TIMES DURING THE PAST 7 DAYS
4. 5-6 TIMES DURING THE PAST 7 DAYS
5. 1 TIME PER DAY
6. 2-3 TIMES PER DAY
7. 4-5 TIMES PER DAY
8. 6 OR MORE TIMES PER DAY

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

1. COMMERCIALLY PREPARED
2. MADE AT A HOME
3. BOTH

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

1. NEVER
2. 1-2 TIMES DURING THE PAST 7 DAYS
3. 3-4 TIMES DURING THE PAST 7 DAYS
4. 5-6 TIMES DURING THE PAST 7 DAYS
5. 1 TIME PER DAY
6. 2-3 TIMES PER DAY
7. 4-5 TIMES PER DAY
8. 6 OR MORE TIMES PER DAY

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

1. COMMERCIALLY PREPARED
2. MADE AT A HOME
3. 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