## NATIONAL INSTITUTES OF HEALTH

# Diet History Questionnaire

# **GENERAL INSTRUCTIONS**

- Answer each question as best you can. Estimate if you are not sure. A guess is better than leaving a blank.
- · Use only a No. 2 pencil.
- · Be certain to completely blacken in each of the answers.
- · Erase completely if you make any changes.
- · Do not make any stray marks on this form.
- If you blacken NEVER or NO for a question, please follow any arrows or instructions that direct you to the next question.

### Statement of Confidentiality

Collection of this information is authorized by the Public Health Service Act, Section 412 (42 USC 285 a-1). Rights of study participants are protected by the Privacy Act of 1974. Participation is voluntary and there are no penalties for not participating or withdrawing from the study at any time. Participation will not influence a person's relationship with any provider of medical care or any federal program such as Social Security or Medicare. The information collected in this study will be kept confidential, and will not be disclosed to anyone but the researchers conducting this study, except as otherwise required by law. Names and other identifiers will be separated from information provided and will not appear in any report of the study. Information provided will be combined for all study participants and reported as statistical summaries. Study records will be kept for approximately 2 years past the end of the study, and then destroyed.

Public reporting burden for this collection of information is estimated to average 58 minutes per response, including the time for reviewing instructions, searching existing data sources, gathering and maintaining the data needed, 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 currently 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: NIH, Project Clearance Branch, 6705 Rockledge Drive, MSC 7974, Bethesda, MD 20892-7974. ATTN: PRA (0925-0407). Do not return the completed form to this address.

# BEFORE TURNING THE PAGE, PLEASE COMPLETE THE FOLLOWING QUESTIONS.

#### MONTH DAY YEAR JAN 1998 O FEB 1999 MAR 2000 APR 2001 MAY 2002 JUN 2003 JUL 2004 AUG 2005 SEP 2006 OCT NOV DEC

Today's date:

re you b	orn?
) JAN	
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	FEB MAR APR MAY JUN JUL AUG SEP OCT NOV

In what month

# 

In what year

were you born?



Are you male or female?

Over the past 12 months, how o tomato juice or vegetable juice		r the p	ast 12 months	
NEVER (GO TO QUESTION 2	4.		erry cocktail, Hi-C, len	er <b>fruit drinks</b> (such as nonade, or Kool-Aid, diet or
1 time per month or less 2–3 times per month 1–2 times per week 2		O 1 1 0 2 - 0 1 - 0 3 -	EVER (GO TO QUESTI time per month or less 3 times per month 2 times per week 4 times per week 6 times per week	ON 5)  1 time per day 2–3 times per day 4–5 times per day 6 or more times per day
Less than 3/4 cup (6 ound 3/4 to 11/4 cups (6 to 10 of	ounces) 0 ounces) often did you drink	4a.	Less than 1 cup (8 of 1 to 2 cups (8 to 16 of 16	ounces) ounces) 16 ounces)
2–3 times per month	1 time per day 2–3 times per day 4–5 times per day 6 or more times per day		Almost never or nev About 1/4 of the time About 1/2 of the time About 3/4 of the time About 3/4 of the time Almost always or al	e e e
2a. Each time you drank ora grapefruit juice, how mu drink?		coffee,		k as a beverage (NOT in ease include chocolate milk
Less than <sup>3</sup> / <sub>4</sub> cup (6 ound of 3/ <sub>4</sub> to 1 <sup>1</sup> / <sub>4</sub> cups (6 to 10 of 6) More than 1 <sup>1</sup> / <sub>4</sub> cups (10 of 6) More than 1 <sup>1</sup> / <sub>4</sub> cups (10 of 6) More than 1 <sup>1</sup> / <sub>4</sub> cups (10 of 6) More than 1 <sup>1</sup> / <sub>4</sub> cups (10 of 6) More than 1 <sup>1</sup> / <sub>4</sub> cups (10 of 6) More than 1 <sup>1</sup> / <sub>4</sub> cups (10 of 6) More than 1 <sup>1</sup> / <sub>4</sub> cups (10 of 6) More than 1 <sup>1</sup> / <sub>4</sub> cups (10 of 6) More than 1 <sup>1</sup> / <sub>4</sub> cups (10 of 6) More than 1 <sup>1</sup> / <sub>4</sub> cups (10 of 6) More than 1 <sup>1</sup> / <sub>4</sub> cups (10 of 6) More than 1 <sup>1</sup> / <sub>4</sub> cups (10 of 6) More than 1 <sup>1</sup> / <sub>4</sub> cups (10 of 6) More than 1 <sup>1</sup> / <sub>4</sub> cups (10 of 6) More than 1 <sup>1</sup> / <sub>4</sub> cups (10 of 6) More than 1 <sup>1</sup> / <sub>4</sub> cups (10 of 6) More than 1 <sup>1</sup> / <sub>4</sub> cups (10 of 6) More than 1 <sup>1</sup> / <sub>4</sub> cups (10 of 6) More than 1 <sup>1</sup> / <sub>4</sub> cups (10 of 6) More than 1 <sup>1</sup> / <sub>4</sub> cups (10 of 6) More than 1 <sup>1</sup> / <sub>4</sub> cups (10 of 6) More than 1 <sup>1</sup> / <sub>4</sub> cups (10 of 6) More than 1 <sup>1</sup> / <sub>4</sub> cups (10 of 6) More than 1 <sup>1</sup> / <sub>4</sub> cups (10 of 6) More than 1 <sup>1</sup> / <sub>4</sub> cups (10 of 6) More than 1 <sup>1</sup> / <sub>4</sub> cups (10 of 6) More than 1 <sup>1</sup> / <sub>4</sub> cups (10 of 6) More than 1 <sup>1</sup> / <sub>4</sub> cups (10 of 6) More than 1 <sup>1</sup> / <sub>4</sub> cups (10 of 6) More than 1 <sup>1</sup> / <sub>4</sub> cups (10 of 6) More than 1 <sup>1</sup> / <sub>4</sub> cups (10 of 6) More than 1 <sup>1</sup> / <sub>4</sub> cups (10 of 6) More than 1 <sup>1</sup> / <sub>4</sub> cups (10 of 6) More than 1 <sup>1</sup> / <sub>4</sub> cups (10 of 6) More than 1 <sup>1</sup> / <sub>4</sub> cups (10 of 6) More than 1 <sup>1</sup> / <sub>4</sub> cups (10 of 6) More than 1 <sup>1</sup> / <sub>4</sub> cups (10 of 6) More than 1 <sup>1</sup> / <sub>4</sub> cups (10 of 6) More than 1 <sup>1</sup> / <sub>4</sub> cups (10 of 6) More than 1 <sup>1</sup> / <sub>4</sub> cups (10 of 6) More than 1 <sup>1</sup> / <sub>4</sub> cups (10 of 6) More than 1 <sup>1</sup> / <sub>4</sub> cups (10 of 6) More than 1 <sup>1</sup> / <sub>4</sub> cups (10 of 6) More than 1 <sup>1</sup> / <sub>4</sub> cups (10 of 6) More than 1 <sup>1</sup> / <sub>4</sub> cups (10 of 6) More than 1 <sup>1</sup> / <sub>4</sub> cups (10 of 6) More than 1 <sup>1</sup> / <sub>4</sub> cups (10 of 6) More than 1 <sup>1</sup> / <sub>4</sub> cups (10 of 6) More than 1 <sup>1</sup> / <sub>4</sub> cups (10 of 6) More than 1 <sup>1</sup> / <sub>4</sub> cups (10 of 6) More than 1 <sup>1</sup> / <sub>4</sub> cups (10 of 6) More than 1 <sup>1</sup> / <sub>4</sub> cups (10 of 6) More than 1 <sup>1</sup> / <sub>4</sub> cups (10 of 6) More than 1 <sup>1</sup> / <sub>4</sub> cups (10 of 6) More than 1 <sup>1</sup> / <sub>4</sub> cups (10 of 6) More than 1 <sup>1</sup> / <sub>4</sub> cups (10 of 6) More than 1 <sup>1</sup> / <sub>4</sub> cups (10 of 6) More than 1 <sup>1</sup> / <sub>4</sub> cups (10 of 6) Mor	ounces) 0 ounces) often did you drink	O 1 1 O 2- O 1-	EVER (GO TO QUESTI time per month or less -3 times per month -2 times per week -4 times per week	ON 6)  1 time per day 2-3 times per day 4-5 times per day 6 or more times per day
other 100% fruit juice or 100% (such as apple, grape, pineapple	e, or others)?	○ 5- 5a.		milk as a beverage, how
2–3 times per month	1 time per day 2–3 times per day 4–5 times per day 6 or more times per day	5b.	Less than 1 cup (8 to 1 to 1 1/2 cups (8 to 1 More than 1 1/2 cups)      What kind of milk di	ounces) 12 ounces) s (12 ounces)
3a. Each time you drank oth juice mixtures, how much drink?  Less than 3/4 cup (6 oun 3/4 to 11/2 cups (6 to 12 oun More than 11/2 cups (12	nces)		Whole milk 2% fat milk 1 % fat milk Skim, nonfat, or 1/2' Soy milk Rice milk Other	% fat milk
Question 4 appears in the next column.	V	tion 6 aj	opears on the next page	9.

Ov	er the p	east 12 months	7d.	How often were these sof pop diet or sugar-free?	t drinks, soda, or		
6.	How	often did you drink meal replacement, energy,		pop diet of bugui free.			
		h-protein beverages such as Instant Breakfast,		<ul> <li>Almost never or never</li> </ul>			
		e, Slimfast, Sustacal or others?		About 1/4 of the time			
	Liloui	o, ominad, oddaddi or omoro:					
1	_ O N	EVER (GO TO QUESTION 7)	About <sup>1</sup> / <sub>2</sub> of the time About <sup>3</sup> / <sub>4</sub> of the time				
		EVER (GO TO QUESTION T)		The second of th			
	01	time per month or less		<ul> <li>Almost always or always</li> </ul>			
		time per month or less 0 1 time per day  -3 times per month 2-3 times per day	7e.	How often were these sof	t drinke enda or non		
			76.		t critiks, soda, or pop		
		-2 times per week		caffeine-free?			
		-4 times per week		~			
	05	-6 times per week per day		Almost never or never			
				O About 1/4 of the time			
	6a.	Each time you drank meal replacement		O About 1/2 of the time			
		beverages, how much did you usually drink?		O About 3/4 of the time			
				<ul> <li>Almost always or always</li> </ul>			
		C Less than 1 cup (8 ounces)					
		1 to 11/2 cups (8 to 12 ounces)					
		More than 11/2 cups (12 ounces)	8. Over	the past 12 months, did you	u drink beer?		
1		The district statement an experience of the contract of the co		•			
V			ON	IO (GO TO QUESTION 9)			
7.	Over	the past 12 months, did you drink soft drinks,		2.70			
		or pop?	OY	'ES			
		in page	II II				
	_ON	O (GO TO QUESTION 8)	- V				
		0 (00 10 4020110110)	8a.	How often did you drink b	eer IN THE SUMMER?		
	OY	ES	-	Tion offer did you diffin a			
	T.			○ NEVER			
	V			Oneven			
	7a.	How often did you drink soft drinks, soda, or		1 time per month or less	1 time per day		
	I d.	pop IN THE SUMMER?		2–3 times per month	2–3 times per day		
		pop IN THE SOMMEN!		1–2 times per week	0 4–5 times per day		
		O NEVER		3–4 times per week	6 or more times		
		O NEVER					
		O 4 time was month as long. O 4 time and day		<ul> <li>5–6 times per week</li> </ul>	per day		
1		1 time per month or less 1 time per day					
		2–3 times per month 2–3 times per day	8b.	,	eer DURING THE		
		1–2 times per week 4–5 times per day	10	REST OF THE YEAR?			
1		3-4 times per week 6 or more times					
				O NEVER			
1	7b.	How often did you drink soft drinks, soda, or		1 time per month or less	1 time per day		
1		pop DURING THE REST OF THE YEAR?		<ul> <li>2–3 times per month</li> </ul>	<ul> <li>2–3 times per day</li> </ul>		
				<ul> <li>1–2 times per week</li> </ul>	4-5 times per day		
		○ NEVER		3-4 times per week	6 or more times		
				5-6 times per week	per day		
		1 time per month or less 1 time per day					
1		2-3 times per month 2-3 times per day					
		1-2 times per week 4-5 times per day	8c.	Each time you drank bee	r. how much did you		
		3-4 times per week 6 or more times		usually drink?	,		
		5–6 times per week per day		accounty armiti			
		Del day		O Less than a 12-ounce car	n or hottle		
1	7c.	Each time you drank soft drinks, soda, or		1 to 3 12-ounce cans or b			
	10.	pop, how much did you usually drink?		More than 3 12-ounce ca			
		pop, now much did you usually drink?		More triair 3 12-ourice ca	no of bottles		
		Less than 12 ounces or less than 1 can or bottle		and			
				100			
		12 to 16 ounces or 1 can or bottle		4195107			
		More than 16 ounces or more than 1 can or bottle		11777			
V			V				
1		No. of the Control of	7				
Que	stion 8 a	ppears in the next column.	Question 9 a	appears on the next page.			

Over the past 12 months	<ol> <li>How often did you eat oatmeal, grits, or other cooked cereal DURING THE REST OF THE</li> </ol>
How often did you drink wine or wine coolers?	YEAR?
NEVER (GO TO QUESTION 10)	O NEVER
1 time per month or less 2-3 time per day 2-3 times per month 2-3 times per day 1-2 times per week 4-5 times per day 3-4 times per week 6 or more times per day 5-6 times per week per day  9a. Each time you drank wine or wine coolers, how much did you usually drink?  1 Less than 5 ounces or less than 1 glass 5 to 12 ounces or 1 to 2 glasses  1 More than 12 ounces or more than 2 glasses	1-6 times per year 2 times per week 7-11 times per year 3-4 times per week 1 time per month 5-6 times per week 2-3 times per month 1 time per day 1 time per week 2 or more times per day  11c. Each time you ate oatmeal, grits, or other cooked cereal, how much did you usually eat?  Less than 3/4 cup 3/4 to 11/4 cups More than 11/4 cups
10. How often did you drink liquor or mixed drinks?	Word than 1 74 cups
NEVER (GO TO QUESTION 11)	12. How often did you eat cold cereal?
1 time per month or less 2-3 times per month 2-3 times per day 1-2 times per week 4-5 times per day 3-4 times per week 5-6 times per week 10a. Each time you drank liquor or mixed drinks, how much did you usually drink?	NEVER (GO TO QUESTION 13)  1–6 times per year
Less than 1 shot of liquor  1 to 3 shots of liquor  More than 3 shots of liquor  11. Over the past 12 months, did you eat oatmeal, grits, or other cooked cereal?  NO (GO TO QUESTION 12)	12a. Each time you ate cold cereal, how much did you usually eat?  Less than 1 cup  1 to 2 1/2 cups  More than 2 1/2 cups  12b. How often was the cold cereal you ate Total, Product 19, or Right Start?  Almost never or never
YES	About 1/4 of the time About 1/2 of the time
11a. How often did you eat oatmeal, grits, or other cooked cereal IN THE WINTER?	About <sup>3</sup> / <sub>4</sub> of the time Almost always or always
O NEVER	12c. How often was the cold cereal you ate All Bran, Fiber One, 100% Bran, or Bran Buds?
1–6 times per winter 2 times per week 7–11 times per winter 3–4 times per week 1 time per month 5–6 times per week 2–3 times per month 1 time per day 1 time per week 2 or more times per day	Almost never or never About 1/4 of the time About 1/2 of the time About 3/4 of the time Almost always or always
Question 12 appears in the next column.	Question 13 appears on the next page.

Over the past 12 months	13a. Each time you ate applesauce, how much did you usually eat?
12d. How often was the cold cereal you ate some other bran or fiber cereal (such as Cheerios, Shredded Wheat, Raisin Bran, Bran Flakes, Grape-Nuts, Granola, Wheaties, or Healthy Choice)?	Less than 1/2 cup  1/2 to 1 cup  More than 1 cup
Almost never or never  About <sup>1</sup> /4 of the time  About <sup>1</sup> /2 of the time	14. How often did you eat apples?  NEVER (GO TO QUESTION 15)
<ul> <li>○ About <sup>3</sup>/<sub>4</sub> of the time</li> <li>○ Almost always or always</li> </ul>	<ul> <li>1−6 times per year</li> <li>7−11 times per year</li> <li>3−4 times per week</li> </ul>
12e. How often was the cold cereal you ate any other type of cold cereal (such as Corn Flakes, Rice Krispies, Frosted Flakes, Special K, Froot Loops, Cap'n Crunch, or others)?	1 time per month 5–6 times per week 2–3 times per month 1 time per day 1 time per week 2 or mcre times per day  14a. Each time you ate apples, how many did you
Almost never or never	usually eat?
<ul> <li>About <sup>1</sup>/<sub>4</sub> of the time</li> <li>About <sup>1</sup>/<sub>2</sub> of the time</li> <li>About <sup>3</sup>/<sub>4</sub> of the time</li> <li>Almost always or always</li> </ul>	Less than 1 apple 1 apple More than 1 apple
12f. Was milk added to your cold cereal?	<ol> <li>How often did you eat pears (fresh, canned, or frozen)?</li> </ol>
NO (GO TO QUESTION 13)	NEVER (GO TO QUESTION 16)
YES	1–6 times per year 2 times per week
12g. What kind of <b>milk</b> was usually added?  Whole milk	7-11 times per year 3-4 times per week 1 time per month 5-6 times per week 2-3 times per month 1 time per day 1 time per week 2 or more times per day
2% fat milk 1% fat milk Skim, nonfat, or 1/2% fat milk	15a. Each time you ate <b>pears</b> , how much did you usually eat?
Soy milk Rice milk Other	Less than 1 pear 1 pear More than 1 pear
12h. Each time milk was added to your cold cereal, how much was usually added?	<b>V</b>
Less than 1/2 cup	16. How often did you eat bananas ?  NEVER (GO TO QUESTION 17)
More than 1 cup	1–6 times per year 2 times per week 3–4 times per week
13. How often did you eat applesauce?  NEVER (GO TO QUESTION 14)	1 time per month 5–6 times per week 2–3 times per month 1 time per day 1 time per week 2 or more times per day
1–6 times per year 7–11 times per year 3–4 times per week 1 time per month 5–6 times per week 1 time per month 1 time per day 1 time per week 2 or more times per day  Question 14 appears in the next column.	Question 17 appears on the next page.

=	Over the past 12 months	18c. Each time you ate peaches, nectarines, or plums, how much did you usually eat?
=	16a. Each time you ate bananas, how many did you usually eat?  Less than 1 banana  1 banana  More than 1 banana	O Less than 1 fruit or less than 1/2 cup O 1 to 2 fruits or 1/2 to 3/4 cup O More than 2 fruits or more than 3/4 cup  19. How often did you eat grapes?
=	17. How often did you eat <b>dried fruit</b> , such as prunes or raisins (not including dried apricots)?	NEVER (GO TO QUESTION 20)
	NEVER (GO TO QUESTION 18)  1–6 times per year 2 times per week 7–11 times per year 3–4 times per week 1 time per month 5–6 times per week 2–3 times per month 1 time per day 1 time per week 2 or more times per day  17a. Each time you ate <b>dried fruit</b> , how much did you usually eat (not including dried apricots)?  Less than 2 tablespoons 2 to 5 tablespoons More than 5 tablespoons	1-6 times per year 7-11 times per year 1 time per month 2-3 times per month 1 time per week 2 times per week 2-3 times per month 1 time per day 2 or more times per day  19a. Each time you ate grapes, how much did you usually eat?  Less than 1/2 cup or less than 10 grapes 1/2 to 1 cup or 10 to 30 grapes More than 1 cup or more than 30 grapes  More than 1 cup or more than 30 grapes  Over the past 12 months, did you eat cantaloupe?
=	18. Over the past 12 months, did you eat peaches, nectarines, or plums?	NO (GO TO QUESTION 21)  YES
Ξ	O YES	20a. How often did you eat fresh cantaloupe WHEN IN SEASON?
	18a. How often did you eat fresh peaches, nectarines, or plums WHEN IN SEASON?  NEVER  1-6 times per season 2 times per week 7-11 times per season 3-4 times per week 1 time per month 5-6 times per week 2-3 times per month 1 time per day	O NEVER  1–6 times per season 7–11 times per season 1 time per month 2–3 times per month 1 time per week 2 or more times per day
=	1 time per week     2 or more times per day  18b. How often did you eat peaches, nectarines, or plums (fresh, canned, or frozen) DURING	20b. How often did you eat fresh or frozen cantaloupe DURING THE REST OF THE YEAR?
	THE REST OF THE YEAR?  NEVER  1-6 times per year	1-6 times per year 7-11 times per year 1 time per month 2-3 times per month 1 time per week 2 times per week 5-6 times per week 1 time per day 2 or more times per day  Question 21 appears on the next page.

Question 21 appears on the next page.

Over the past 12 months	22. Over the past 12 months, did you eat strawberries?		
20c. Each time you ate cantaloupe, how much did you usually eat?  Less than 1/4 melon or less than 1/2 cup  1/4 melon or 1/2 to 1 cup  More than 1/4 melon or more than 1 cup	O NO (GO TO QUESTION 23)  O YES  V  22a. How often did you eat fresh strawberries WHEN IN SEASON?		
21. Over the past 12 months, did you eat melon, other than cantaloupe (such as watermelon or honeydew)?  ONO (GO TO QUESTION 22)  YES	NEVER  1-6 times per season 2 times per week 7-11 times per season 3-4 times per week 1 time per month 5-6 times per week 2-3 times per month 1 time per day 1 time per week 2 or more times		
21a. How often did you eat fresh melon, other than cantaloupe, (such as watermelon or honeydew) WHEN IN SEASON?  NEVER  1-6 times per season 2 times per week	22b. How often did you eat fresh or frozen strawberries DURING THE REST OF THE YEAR?		
7–11 times per season 3–4 times per week 1 time per month 5–6 times per week 2–3 times per month 1 time per day 1 time per week 2 or more times per day 21b. How often did you eat fresh or frozen melon,	1-6 times per year 2 times per week 3-4 times per week 5-6 times per week 2-3 times per month 1 time per week 2 or more times per day per day		
other than cantaloupe (such as watermelon or honeydew) DURING THE REST OF THE YEAR?	22c. Each time you ate <b>strawberries</b> , how much did you usually eat?  Less than <sup>1</sup> / <sub>4</sub> cup or less than 3 berries <sup>1</sup> / <sub>4</sub> to <sup>3</sup> / <sub>4</sub> cup or 3 to 8 berries		
1 6 times per year 7-11 times per year 1 time per month 2-3 times per month 1 time per week 2 or more times per day	O More than 3/4 cup or more than 8 berries  23. Over the past 12 months, did you eat oranges, tangerines, or tangelos?  NO (GO TO QUESTION 24)		
21c. Each time you ate melon other than cantaloupe, how much did you usually eat?  Less than 1/2 cup or 1 small wedge  1/2 to 2 cups or 1 medium wedge  More than 2 cups or 1 large wedge	YES  23a. How often did you eat fresh oranges, tangerines, or tangelos WHEN IN SEASON?  NEVER		
Question 22 appears in the next column.	1-6 times per season 2 times per week 7-11 times per season 3-4 times per week 1 time per month 5-6 times per week 2-3 times per month 1 time per day 1 time per week 2 or more times per day  Question 24 appears on the next page.		

=	Over the past 12 months	25. How often did you eat other kinds of fruit?
Ξ	23b. How often did you eat oranges, tangerines, or tangelos (fresh or canned) DURING THE REST OF THE YEAR?	NEVER (GO TO QUESTION 26)  1–6 times per year  2 times per week
=======================================	O NEVER  1-6 times per year 7-11 times per year 1 time per month 2-3 times per month 1 time per week 2 or more times	2 times per week 7-11 times per year 3-4 times per week 5-6 times per week 2-3 times per month 1 time per week 2 or more times per day  25a. Each time you ate other kinds of fruit, how much did you usually eat?
=	23c. Each time you ate oranges, tangerines, or tangelos, how many did you usually eat?  Less than 1 fruit  1 fruit  More than 1 fruit	Less than 1/4 cup 1/4 to 3/4 cup More than 3/4 cup  46. How often did you eat <b>COOKED greens</b> (such as spinach, turnip, collard, mustard, chard, or kale)?
	24. Over the past 12 months, did you eat grapefruit?  NO (GO TO QUESTION 25)  YES  V  24a. How often did you eat fresh grapefruit WHEN IN SEASON?  NEVER  1-6 times per season 2 times per week	NEVER (GO TO QUESTION 27)  1–6 times per year
=	7-11 times per season 3-4 times per week 1 time per month 5-6 times per week 2-3 times per month 1 time per day 1 time per week 2 or more times per day	27. How often did you eat RAW greens (such as spinach, turnip, collard, mustard, chard, or kale)? (We will ask about lettuce later.)
=	24b. How often did you eat grapefruit (fresh or canned) DURING THE REST OF THE YEAR?  Never  1-6 times per year 7-11 times per year 1 time per month 2-3 times per month 1 time per day 1 time per week 2 or more times per day  per day	NEVER (GO TO QUESTION 28)  1–6 times per year
Ξ	24c. Each time you ate grapefruit, how much did you usually eat?	1/2 to 1 cup More than 1 cup
=	Uses than 1/2 grapefruit  1/2 grapefruit  More than 1/2 grapefruit  Question 25 appears in the next column.	Question 28 appears on the next page.

Over the past 12 months	31. How often did you eat string beans or green beans (fresh, canned, or frozen)?				
28. How often did you eat coleslaw?	NEVER (GO TO QUESTION 32)				
NEVER (GO TO QUESTION 29)					
O DOMESTICA E PRODUCTIONS	1–6 times per year 2 times per week				
1-6 times per year 2 times per week	7-11 times per year 3-4 times per week				
7-11 times per year 3-4 times per week	1 time per month 5–6 times per week				
1 time per month 5–6 times per week	2–3 times per month 1 time per day				
	1 time per week 2 or more times per day				
1 time per week     2 or more times per day	Od - Fact that and the base of many				
28a. Each time you ate <b>coleslaw</b> , how much did you usually eat?	31a. Each time you ate string beans or green beans, how much did you usually eat?				
you usually eat?	O Less than 1/2 cup				
0	The state of the s				
Less than 1/4 cup	1/2 to 1 cup				
O 1/4 to 3/4 cup	More than 1 cup				
More than 3/4 cup	V				
	Y				
29. How often did you eat sauerkraut or cabbage	32. How often did you eat peas (fresh, canned, or frozen)?				
(other than coleslaw)?	NEVER (GO TO QUESTION 33)				
O NEVER (CO TO OUESTION 20)	NEVER (GO TO QUESTION 33)				
NEVER (GO TO QUESTION 30)	O 4 C times services O 2 times servicely				
1 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2	1–6 times per year 2 times per week				
1–6 times per year 2 times per week	○ 7–11 times per year  ○ 3–4 times per week				
○ 7–11 times per year     ○ 3–4 times per week	1 time per month     5-6 times per week				
1 time per month 5–6 times per week	2–3 times per month  1 time per day				
2-3 times per month 1 time per day	1 time per week     2 or more times per day				
1 time per week 2 or more times per day	1986. 1987.2.1994.141.010				
Carlo sum and summer.	32a. Each time you ate peas, how much did you				
29a. Each time you ate cabbage or sauerkraut, how much did you usually eat?	usually eat?				
	C Less than 1/4 cup				
○ Less than 1/4 cup	1/4 to 3/4 cup				
1/4 to 1 cup	O More than 3/4 cup				
O More than 1 cup	V /				
, more man i cap	V				
V	33. Over the past 12 months, did you eat corn?				
30. How often did you eat carrots (fresh, canned, or frozen)?	NO (GO TO QUESTION 34)				
1102611/1	O HO (OO TO GOLO HOLO I)				
NEVER (GO TO QUESTION 31)	O YES				
NEVER (GO TO QUESTION 31)	U TES				
0.4.04	I V				
1–6 times per year 2 times per week	22- Have then did you and force are MILEN IN				
○ 7–11 times per year     ○ 3–4 times per week	33a. How often did you eat fresh corn WHEN IN				
1 time per month 5–6 times per week	SEASON?				
2–3 times per month 1 time per day					
1 time per week     2 or more times per day	○ NEVER				
30a. Each time you ate carrots, how much did	○ 1–6 times per season ○ 2 times per week				
you usually eat?	○ 7–11 times per season ○ 3–4 times per week				
A CONTRACTOR OF THE CONTRACTOR	1 time per month 5–6 times per week				
<ul> <li>Less than <sup>1</sup>/<sub>4</sub> cup or less than 2 baby carrots</li> </ul>	2-3 times per month 1 time per day				
1/4 to 1/2 cup or 2 to 5 baby carrots	1 time per week 2 or more times				
<ul> <li>More than <sup>1</sup>/<sub>2</sub> cup or more than 5 baby carrots</li> </ul>	per day				
V	V				
Y					
Question 31 appears in the next column.	Question 34 appears on the next page.				
	9				

=	Over the past 12 months	36. I	How often did you eat mixed vegetables?
Ξ	33b. How often did you eat corn (fresh, canned, or frozen) DURING THE REST OF THE YEAR?		O NEVER (GO TO QUESTION 37)
=	O NEVER  1-6 times per year 7-11 times per year 1 time per month 2-3 times per month 1 time per day  2 times per week 3-4 times per week 5-6 times per week 1 time per day		1-6 times per year 7-11 times per year 1 time per month 2-3 times per month 1 time per month 1 time per week 2 or more times per day 36a. Each time you ate mixed vegetables, how
=	1 time per week 2 or more times per day  33c. Each time you ate corn, how much did you		much did you usually eat?  Less than 1/2 cup
Ξ	usually eat?  O Less than 1 ear or less than 1/2 cup		More than 1 cup
Ξ	1 ear or 1/2 to 1 cup More than 1 ear or more than 1 cup	37. H	How often did you eat onions?  O NEVER (GO TO QUESTION 38)
=	34. Over the past 12 months, how often did you eat broccoli (fresh or frozen)?  ONEVER (CO TO QUESTION 35)		1–6 times per year 2 times per week 7–11 times per year 3–4 times per week 1 time per month 5–6 times per week
Ξ	NEVER (GO TO QUESTION 35)  1–6 times per year 2 times per week 7–11 times per year 3–4 times per week		2-3 times per month 1 time per day 2 or more times per day 37a. Each time you ate onions, how much did you
Ξ	1 time per month 5–6 times per week 2–3 times per month 1 time per day 1 time per week 2 or more times per day		usually eat?  O Less than 1 slice or less than 1 tablespoon
=	34a. Each time you ate <b>broccoli</b> , how much did you usually eat?		1 slice or 1 to 4 tablespoons     More than 1 slice or more than 4 tablespoons
=	Less than 1/4 cup  1/4 to 1 cup  More than 1 cup	t I	Now think about all the <b>cooked vegetables</b> you ate the <u>past 12 months</u> and how they were prepared. How often were your vegetables <b>COOKED WITH</b> some sort of <b>fat</b> , including oil spray? ( <i>Please do not include potatoes</i> .)
Ξ	35. How often did you eat cauliflower or Brussels sprouts (fresh or frozen)?		O NEVER (GO TO QUESTION 39)
=	NEVER (GO TO QUESTION 36)  1–6 times per year 2 times per week 7–11 times per year 3–4 times per week 1 time per month 5–6 times per week 2–3 times per month 1 time per day		1-6 times per year 7-11 times per year 1 time per month 2-3 times per week 5-6 times per week 1 time per week 1 time per week 2 cr more times per day 2 times per week 3-4 times per week 5-6 times per week 2 times per week 2 times per week 2 times per week 2 cr more times per day
=	35a. Each time you ate cauliflower or Brussels sprouts, how much did you usually eat?  O Less than 1/4 cup		
Ξ	O 1/4 to 1/2 cup O More than 1/2 cup		
_	Question 36 appears in the next column.	Questi	ion 39 appears on the next page.

Over the past 12 months	40. Over the <u>past 12 months</u> , how often did you eat sweet peppers (green, red, or yellow)?			
38a. Which fats were usually added to your vegetables DURING COOKING? (Please do not include potatoes. Mark as many as apply.)	000410001000100000000000000000000000000			
Margarine (including low-fat) Canola or rapeseed oil Butter (including low-fat) Oil spray, such as low-fat) Pam or others Lard, fatback, or bacon fat None of the above	1-6 times per year 2 times per week 7-11 times per year 3-4 times per week 1 time per month 5-6 times per week 2-3 times per month 1 time per day 1 time per week 2 or more times per day 40a. Each time you ate sweet peppers, how much did you usually eat?			
39. Now, thinking again about all the <b>cooked</b> vegetables you ate in the past 12 months, how often was some sort of fat, sauce, or dressing	Less than 1/8 pepper  1/8 to 1/4 pepper  More than 1/4 pepper			
added AFTER COOKING OR AT THE TABLE? (Please do not include potatoes.)	41. Over the past 12 months, did you eat fresh tomatoes (including those in salads)?			
NEVER (GO TO QUESTION 40)	NO (GO TO QUESTION 42)			
1-6 times per year 3-4 times per week 7-11 times per year 5-6 times per week 1 time per month 1 time per day 2-3 times per month 2 times per day 1-2 times per week 3 or more times per day	YES  41a. How often did you eat fresh tomatoes			
39a. Which fats, sauces, or dressings were usually added AFTER COOKING OR AT THE TABLE?	(including those in salads) WHEN IN SEASON?			
(Please do not include potatoes. Mark as many as apply.)	1-6 times per season 2 times per week 7-11 times per season 3-4 times per week			
Margarine (including Salad dressing low-fat) Cheese sauce Butter (including White sauce low-fat) Other Lard, fatback, or	1 time per month 5–6 times per week 2–3 times per month 1 time per day 2 or more times per day			
bacon fat  39b. If margarine, butter, lard, fatback, or bacon fat	41b. How often did you eat fresh tomatoes (including those in salads) DURING THE REST OF THE YEAR?			
was added to your cooked vegetables AFTER COOKING OR AT THE TABLE, how much did you usually add?	O NEVER			
<ul> <li>Did not usually add these</li> <li>Less than 1 teaspoon</li> <li>1 to 3 teaspoons</li> <li>More than 3 teaspoons</li> </ul>	1-6 times per year 2 times per week 7-11 times per year 3-4 times per week 1 time per month 5-6 times per week 2-3 times per month 1 time per day 1 time per week 2 or more times			
39c. If salad dressing, cheese sauce, or white sauce was added to your cooked vegetables AFTER COOKING OR AT THE TABLE, how much did you usually add?	per day  41c. Each time you ate <b>fresh tomatoes</b> , how much did you usually eat?			
Did not usually add these Less than 1 tablespoon 1 to 3 tablespoons More than 3 tablespoons	Less than 1/4 tomato  1/4 to 1/2 tomato  More than 1/2 tomato			
Question 40 appears in the next column.	Question 42 appears on the next page.			

=	Ove	r the past 12 months		45.	How often did you eat French fries, home fries, hash browned potatoes, or tater tots?
=	42.	How often did you eat lettu other vegetables)?	ce salads (with or without		— NEVER (GO TO QUESTION 46)
		NEVER (GO TO QUEST)  1–6 times per year  7–11 times per year  1 time per month  2–3 times per month  1 time per week	2 times per week 3–4 times per week 5–6 times per week 1 time per day 2 or more times per day		1–6 times per year 7–11 times per year 3–4 times per week 5–6 times per week 2–3 times per month 1 time per week 2 or more times per day 45a. Each time you ate French fries, home fries, hash browned potatoes, or tater tots how
		42a. Each time you ate le did you usually eat?  O Less than 1/4 cup O 1/4 to 11/4 cups O More than 11/4 cups		V 46.	much did you usually eat?  O Less than 10 fries or less than 1/2 cup O 10 to 25 fries or 1/2 to 1 cup O More than 25 fries or more than 1 cup  How often did you eat potato salad?
=	¥ 43.	How often did you eat salae	d dressing (including		NEVER (GO TO QUESTION 47)
		low-fat) on salads?  NEVER (GO TO QUESTI  1–6 times per year 7–11 times per year 1 time per month 2–3 times per month 1 time per week  43a. Each time you ate sa how much did you us  Less than 2 tablesp 2 to 4 tablespoons	2 times per week 3-4 times per week 5-6 times per week 1 time per day 2 or more times per day alad dressing on salads, sually eat?		1-6 times per year 7-11 times per year 1 time per month 2-3 times per month 1 time per week 2 or more times per day 46a. Each time you ate potato salad, how much did you usually eat?  Less than 1/2 cup 1/2 to 1 cup More than 1 cup
=		More than 4 tablesp	ooons	47.	How often did you eat <b>baked</b> , <b>boiled</b> , or <b>mashed potatoes</b> ?
Ξ	44.	How often did you eat swee	et potatoes or yams?		NEVER (GO TO QUESTION 48)
		NEVER (GO TO QUESTION     1-6 times per year     7-11 times per year     1 time per month     2-3 times per month     1 time per week  44a. Each time you ate sweehow much did you usu     1 small potato or leading potato or leading potato or medium potato o	2 times per week 3–4 times per week 5–6 times per week 1 time per day 2 or more times per day eet potatoes or yams, ually eat? ss than 1/4 cup		1-6 times per year 7-11 times per year 1 time per month 2-3 times per month 1 time per week 2-3 times per month 1 time per week 2 or more times per day 47a. Each time you ate baked, boiled, or mashed potatoes, how much did you usually eat?  1 small potato or less than 1/2 cup 1 medium potato or 1/2 to 1 cup 1 large potato or more than 1 cup
=	V			V	

Question 45 appears in the next column.

Over the past 12 months  47b. How often was sour cream (including low-fat) added to your potatoes, EITHER IN COOKING OR AT THE TABLE?		47h. Each time cheese or cheese sauce was added to your potatoes, how much was usually added?			
			C Less than 1 table	000000	
			1 to 3 tablespoons     More than 3 tablespoons		
	- Almost never or never (GO TO QUESTION 47d)		Wore than 3 tabl	espooris	
	About 1/4 of the time				
	About 1/2 of the time	48.	How often did you eat sa	les?	
	About 3/4 of the time	40.	riow often did you eat se	1134 :	
	Almost always or always		NEVER (GO TO QUE	STION 49)	
	Annost always or always		O NEVER (GO TO GOE	31101(49)	
47c	Each time sour cream was added to your		1-6 times per year	2 times per week	
	potatoes, how much was usually added?		7-11 times per year	3–4 times per week	
	potatood, non madii mad addany addod.		1 time per month	○ 5–6 times per week	
	Less than 1 tablespoon		2-3 times per month	1 time per day	
	1 to 3 tablespoons		1 time per week	2 or more times per day	
	More than 3 tablespoons		O I tille per week	2 of filore times per day	
	Will than a tablespoons		48a Fach time you ate	salsa, how much did you	
→ 47d	How often was margarine (including low-fat)		usually eat?	- Suisu, non muon did you	
TIU.	added to your potatoes, EITHER IN COOKING		asadily out:		
	OR AT THE TABLE?	81	O I see than 1 tahl	esnoon	
	OKAT THE TABLE!		Less than 1 tablespoon  1 to 5 tablespoons		
	Almost never or never	4	More than 5 table		
	About 1/4 of the time	V	o lwore trian 5 tabl	espoons	
	About 1/2 of the time	49.	How often did you got as	eterra?	
	A CONTROL OF THE PROPERTY	49.	How often did you eat ca	itsup?	
	About 3/4 of the time		NEVER (GO TO QUESTION 50)		
	Almost always or always		-O NEVER (GO TO QUE	S 110N 50)	
470	How often was butter (including low-fat) added		1-6 times per year	2 times per week	
470.	to your potatoes, EITHER IN COOKING OR AT		7–11 times per year	3–4 times per week	
	THE TABLE?		The second secon	The state of the s	
	THE TABLE:		1 time per month	5–6 times per week	
	Almost never or never		2–3 times per month	1 time per day	
	About 1/4 of the time		1 time per week	2 or more times per day	
			40a Fach time vou ste	antenna bannannah ataum	
	About 1/2 of the time			catsup, how much did you	
	About 3/4 of the time		usually eat?		
	Almost always or always		C I th I t		
475	Fach time managine as butter and added to		Cless than 1 teas		
471.	Each time margarine or butter was added to		1 to 6 teaspoons		
	your potatoes, how much was usually added?		More than 6 teas	spoons	
	Never added	V		-	
	Less than 1 teaspoon	50	How often did you and at	uffing dragging of	
	1 to 3 teaspoons	50.	How often did you eat st	uning, aressing, or	
			dumplings?		
	More than 3 teaspoons		— NEVER (GO TO QUE	STION 51)	
470	How often was cheese or cheese sauce added		MEVER (GO TO QUE	31101(31)	
Try.	to your potatoes, EITHER IN COOKING OR AT		○ 1_6 times per year	O 2 times per week	
	THE TABLE?		1–6 times per year	2 times per week	
	THE TABLE!		7-11 times per year	3–4 times per week	
	Almost rever or never (CO TO OLIESTICAL 48)		1 time per month	5–6 times per week	
	Almost never or never (GO TO QUESTION 48)		2–3 times per month	1 time per day	
	About 1/4 of the time		1 time per week	2 or more times per day	
	About 1/2 of the time		FA . F		
	About 3/4 of the time			stuffing, dressing, or	
	Almost always or always		dumplings, how	much did you usually eat?	
			O		
A.			Less than 1/2 cu	P	
V		V	O 1/2 to 1 cup	_	
Ougstion 49	appears in the next column.	Our	More than 1 cup		
WILLOUIDII 40	appears in the next column.	wues	stion 51 appears on the next	page.	

Ove	r the past 12 months			53b. How often were the refried beans, be	ne beans you ate	
51.	How often did you eat ch	nili?			r with meat added?	
-	O NEVER (GO TO QUE	STION 52)		<ul> <li>Almost never or</li> </ul>	never	
-				O About 1/4 of the	time	
-	<ul> <li>1–6 times per year</li> </ul>	<ul> <li>2 times per week</li> </ul>		O About 1/2 of the	time	
-	<ul><li>7–11 times per year</li></ul>	<ul> <li>3–4 times per week</li> </ul>		O About 3/4 of the	time	
	<ul> <li>1 time per month</li> </ul>	<ul> <li>5–6 times per week</li> </ul>	И	<ul> <li>Almost always o</li> </ul>	r always	
	<ul> <li>2–3 times per month</li> </ul>	1 time per day				
•	<ul> <li>1 time per week</li> </ul>	<ul> <li>2 or more times per day</li> </ul>				
•	0/21		54.	How often did you eat of	ther kinds of vegetables?	
•		chili, how much did you				
	usually eat?		IL	— NEVER (GO TO QUE	STION 55)	
	O Less than 1/2 cu	р		1-6 times per year	2 times per week	
	O 1/2 to 13/4 cups			7-11 times per year	3-4 times per week	
	O More than 13/4 of	cups	131	<ul> <li>1 time per month</li> </ul>	<ul> <li>5–6 times per week</li> </ul>	
• \/				2–3 times per month	1 time per day	
				<ul> <li>1 time per week</li> </ul>	2 or more times per day	
<b>5</b> 2.	How often did you eat M					
		tamales, fajitas, enchiladas,				
	quesadillas, and chimich	angas)?	Ш	54a. Each time you ate how much did you	other kinds of vegetables,	
	NEVER (GO TO QUE	STION 53)		now macin aid you	dustrally eat:	
	, , , , , , , , , , , , , , , , , , , ,			O Less than 1/4 cu	n.	
- 1	1-6 times per year	2 times per week		O 1/4 to 1/2 cup	r.	
	7-11 times per year	3-4 times per week		O More than 1/2 cu	ID.	
	1 time per month	5-6 times per week	11/	111010 (11011 72 00	· P	
	2-3 times per month	1 time per day	V			
	1 time per week	2 or more times per day	55.	How often did you eat ric	ce or other cooked	
		, , , , ,			cracked wheat, or millet)?	
	52a. Each time you ate	Mexican foods, how much		VIII. X P. X	, , , , , , , , , , , , , , , , , , ,	
	did you usually ea	it?		NEVER (GO TO QUE	STION 56)	
	C Less than 1 tacc	burrito etc		1-6 times per year	2 times per week	
	1 to 2 tacos, bur			7-11 times per year	3–4 times per week	
	More than 2 tack			1 time per month	5-6 times per week	
1 1				2-3 times per month	1 time per day	
. V				1 time per week	2 or more times per day	
<b>5</b> 3.	How often did you eat co	ooked dried beans (such as		O i milo poi irodii	o a or more united per day	
		ney, blackeyed peas, lima,		55a. Each time you ate	rice or other cooked grains,	
		ed beans)? (Please don't		how much did you		
	include bean soups or cl	hili.)		773.00		
				O Less than 1/2 cu	р	
	— NEVER (GO TO QUE)	STION 54)		1/2 to 11/2 cups		
				O More than 11/2 of	cups	
-	<ul> <li>1–6 times per year</li> </ul>	<ul> <li>2 times per week</li> </ul>				
•	7-11 times per year	<ul> <li>3–4 times per week</li> </ul>		55b. How often was bι		
•	1 time per month	<ul> <li>5–6 times per week</li> </ul>			IN COOKING OR AT THE	
	<ul><li>2–3 times per month</li></ul>	1 time per day		TABLE?		
•	1 time per week	2 or more times per day		O Al-		
	53a. Each time you ate beans, how much			Almost never or		
				About 1/4 of the		
	did you usually ea	N. F		About 1/2 of the		
	O Leas the 16			O About 3/4 of the		
	Less than 1/2 cu	p		<ul> <li>Almost always o</li> </ul>	always	
	O Mare thee 1 cup					

# Over the past 12 months...

56. How often did you eat pancakes, waffles, or French

toast?				
O NEVED (OO TO OUTOT	ION 579		Less than 1 table	
NEVER (GO TO QUESTI	ION 57)		<ul> <li>1 to 4 tablespoo</li> <li>More than 4 tables</li> </ul>	
1-6 times per year	2 times per week		More than 4 tabl	espoons
A STATE OF THE PROPERTY OF THE	3-4 times per week			
	5–6 times per week	57.	How often did you eat la	sagna, stuffed shells.
1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1	1 time per day			oli, or tortellini? (Please do
· ·	2 or more times per day		not include spaghetti or o	
	TOTAL TOTAL STATES			
56a. Each time you ate pa			- NEVER (GO TO QUE	STION 58)
French toast, how n	much did you usually eat?		O 4 0 ii	0.00
O Loss than 1 madiu	m place		1–6 times per year	2 times per week
<ul> <li>Less than 1 medium</li> <li>1 to 3 medium piece</li> </ul>			7-11 times per year	3-4 times per week
			1 time per month	5-6 times per week
More than 3 medius	m pieces		2–3 times per month 1 time per week	1 time per day     2 or more times per day
56b. How often was marg	parine (including low-fat)		O Tume per week	2 or more times per day
	ikes, waffles, or French		57a Each time you ate	lasagna, stuffed shells,
	ING OR AT THE TABLE?			i, ravioli, or tortellini, how
todot Al TER GOOK	INO ORAL THE TABLE.		much did you usu	
<ul> <li>Almost never or never</li> </ul>	ver			
About 1/4 of the time			Less than 1 cup	
O About 1/2 of the time	e		1 to 2 cups	
O About 3/4 of the time	e		<ul><li>More than 2 cup</li></ul>	s
<ul> <li>Almost always or al</li> </ul>	lways	1/		
		V	A A LALLOCTE AND A SHORT AND A POST OF A POST	NULS SELECTION CONTRACTOR CONTRACTOR
	er (including low-fat) added	58.	How often did you eat m	acaroni and cheese?
	affles, or French toast		NEVER (GO TO QUE	STION FO
AI TER COOKING C	OKAT THE TABLE:		O NEVER (GO TO QUE	31101433)
<ul> <li>Almost never or ne</li> </ul>	ver		<ul> <li>1–6 times per year</li> </ul>	2 times per week
<ul> <li>About <sup>1</sup>/<sub>4</sub> of the time</li> </ul>			<ul><li>7–11 times per year</li></ul>	<ul> <li>3–4 times per week</li> </ul>
<ul> <li>About <sup>1</sup>/<sub>2</sub> of the tim</li> </ul>			<ul> <li>1 time per month</li> </ul>	<ul> <li>5–6 times per week</li> </ul>
O About 3/4 of the time			<ul><li>2–3 times per month</li></ul>	1 time per day
<ul> <li>Almost always or a</li> </ul>	lways		1 time per week	2 or more times per day
56d. Each time margarin	e or butter was added to		58a Fach time you ate	macaroni and cheese,
	les, or French toast, how		how much did you	
much was usually ac			non maon ala you	addaily dat.
			Chess than 1 cup	
<ul> <li>Never added</li> </ul>			1 to 11/2 cups	
<ul> <li>Less than 1 teaspo</li> </ul>	oon		O More than 11/2 of	cups
<ul><li>1 to 3 teaspoons</li></ul>		1/		
<ul> <li>More than 3 teaspo</li> </ul>	oons	V	Manne ton the company of the control	
		59.	How often did you eat pa	asta salad or macaroni
56e. How often was syru			salad?	
pancakes, waffles, o	or French toast?		O NEVER (CO TO OUE	STION 60)
Almost never or ne	ver (GO TO QUESTION 57)		— NEVER (GO TO QUE	3 1 ON 00)
Almost flever of the			1-6 times per year	2 times per week
About 1/2 of the tim			7–11 times per year	3-4 times per week
About 3/4 of the tim			1 time per month	5-6 times per week
Almost always or a			2-3 times per month	1 time per day
			1 time per week	2 or more times per day
7.37		X Z	o i milo poi vioon	_ z or more union per day
/ \//		11/		

56f. Each time syrup was added to your pancakes,

added?

waffles, or French toast, how much was usually

Question 57 appears in the next column.

Question 60 appears on the next page.

	59a. Each time you ate pasta salad or macaroni salad, how much did you usually eat?	NEVER (GO TO INTRODUCTION TO QUESTION 62)
		1-6 times per year 2 times per week
	○ Less than 1/2 cup	7-11 times per year 3-4 times per week
	0 1/2 to 1 cup	1 time per month 5–6 times per week
	More than 1 cup	2–3 times per month 1 time per day
	O More than 1 cap	
		1 time per week 2 or more times per day
).	Other than the pastas listed in Questions 57, 58, and 59, how often did you eat pasta, spaghetti, or other	61a. Each time you ate <b>bagels</b> or <b>English muffins</b> , how many did you usually eat?
	noodles?	11
		<ul> <li>Less than 1 bagel or English muffin</li> </ul>
	— O NEVER (GO TO QUESTION 61)	1 bage or English muffin
		<ul> <li>More than 1 bagel or English muffin</li> </ul>
	<ul> <li>1–6 times per year</li> <li>2 times per week</li> </ul>	
	7-11 times per year 3-4 times per week	61b. How often was margarine (including low-fat)
	1 time per month     5-6 times per week	added to your bagels or English muffins?
	2-3 times per month 1 time per day	CONTROL OF CONTROL CONTROL OF CON
	1 time per week 2 or more times per day	<ul> <li>Almost never or never</li> </ul>
	State of the second sec	About 1/4 of the time
	60a. Each time you ate pasta, spaghetti, or other	About 1/2 of the time
	noodles, how much did you usually eat?	About 3/4 of the time
	mental and you account can	About 14 of the time
	Less than 1 cup	All lost always of always
	1 to 3 cups	61c. How often was butter (including low-fat) added
	More than 3 cups	to your bagels or English muffins?
	O More than 5 cups	to your bagers of English mullins :
	60b. How often did you eat your pasta, spaghetti, or	Almost never or never
	other noodles with tomato sauce or spaghetti	About 1/4 of the time
	sauce made WITH meat?	About 1/2 of the time
	Sauce made Willi meat:	
	Almost never or never	About 3/4 of the time
		Almost always or always
	About 1/4 of the time	Cad Foot the manual of the transport of
	About 1/2 of the time	61d. Each time margarine or butter was added to
	About 3/4 of the time	your bagels or English muffins, how much was
	<ul> <li>Almost always or always</li> </ul>	usually added?
	60c. How often did you eat your pasta, spaghetti, or	Never added
	other noodles with tomato sauce or spaghetti	Less than 1 teaspoon
	sauce made WITHOUT meat?	1 to 2 teaspoons
		More than 2 teaspoons
	<ul> <li>Almost never or never</li> </ul>	×
	About 1/4 of the time	61e. How often was cream cheese (including
	About 1/2 of the time	low-fat) spread on your bagels or English
	O About 3/4 of the time	muffins?
	Almost always or always	
		Almost never or never (GO TO INTRODUCTION
	60d. How often did you eat your pasta, spaghetti, or	TO QUESTION 62)
	other noodles with margarine, butter, oil, or	O About 1/4 of the time
	cream sauce?	About 1/2 of the time
	Jiddiii Jadoo :	About 12 of the time  About 3/4 of the time
	Almost never or never	The state of the s
		Almost always or always
	About 1/4 of the time	
	About 1/2 of the time	
	O About 3/4 of the time	Con
	<ul> <li>Almost always or always</li> </ul>	CREAM CHEESE
1		TATA ATA

Over the past 12 months...

61. How often did you eat bagels or English muffins?

Over the past 12 months	62d. Each time mayonnaise or mayonnaise-type dressing was added to your sandwich breads
61f. Each time cream cheese was added to your	or rolls, how much was usually added?
bagels or English muffins, how much was	_
usually added?	<ul> <li>Less than 1 teaspoon</li> </ul>
	1 to 3 teaspoons
<ul> <li>Less than 1 tablespoon</li> </ul>	More than 3 teaspoons
1 to 2 tablespoons	_
More than 2 tablespoons	62e. How often was margarine (including low-fat) added to your sandwich bread or rolls?
The next questions ask about your intake of breads	Almost never or never
other than bagels or English muffins. First, we will ask	O About 1/4 of the time
about bread you ate as part of sandwiches only. Then	O About 1/2 of the time
we will ask about all other bread you ate.	About 3/4 of the time
*	Almost always or always
62. How often did you eat breads or rolls AS PART OF	_
SANDWICHES (including burger and hot dog rolls)?	62f. How often was butter (including low-fat) added =
	to your sandwich bread or rolls?
NEVER (GO TO QUESTION 63)	_
7251	Almost never or never
○ 1-6 times per year     ○ 2 times per week	○ About ¹/4 of the time ■
7–11 times per year 3–4 times per week	○ About <sup>1</sup> /2 of the time ■
1 time per month     5-6 times per week	O About 3/4 of the time
2–3 times per month 0 1 time per day	Almost always or always
1 time per week 2 or more times per day	_
00- 5-14	62g. Each time margarine or butter was added to
62a. Each time you ate breads or rolls AS PART	your sandwich breads or rolls, how much was
OF SANDWICHES, how many did you usually	usually added?
eat?	O Neves added
O 4 allow on 16 and	Never added
1 slice or <sup>1</sup> / <sub>2</sub> roll 2 slices or 1 roll	Less than 1 teaspoon  1 to 2 teaspoons
More than 2 slices or more than 1 roll	More than 2 teaspoons
Word than 2 slices of filore than 1 for	Wore than 2 teaspoons
62b. How often were the breads or rolls that you	_
used for your sandwiches white bread	63. How often did you eat breads or dinner rolls, NOT
(including burger and hot dog rolls)?	AS PART OF SANDWICHES?
<ul> <li>Almost never or never</li> </ul>	NEVER (GO TO QUESTION 64)
O About 1/4 of the time	_
About 1/2 of the time	1–6 times per year 2 times per week
About 3/4 of the time	7–11 times per year 3–4 times per week
<ul> <li>Almost always or always</li> </ul>	1 time per month 5–6 times per week
62a How often was assumed a service of	2–3 times per month 1 time per day
62c. How often was mayonnaise or mayonnaise- type dressing (including low-fat) added to your	1 time per week     2 or more times per day
sandwich bread or rolls?	63a. Each time you ate breads or dinner rolls, NOT
Sandwich bread or folis?	AS PART OF SANDWICHES, how much did
Almost never or never (GO TO QUESTION 62e)	you usually eat?
About 1/4 of the time	you doddiny out
About 1/2 of the time	1 slice or 1 dinner roll
About 3/4 of the time	2 slices or 2 dinner rolls
Almost always or always	More than 2 slices or 2 dinner rolls
	A BORAN !
	A DINEAU
\ _/ \\	Land Hill
V Question 62e appears in the next column.	V
Question 63 appears in the next column.	Question 64 appears on the next page.

er the past 12 months			64. How often did you eat jam, jelly, or honey on bagels, muffins, bread, rolls, or crackers?			
63b.	How often were the breads or rolls you ate		manno, broad, rono, or o			
	white bread?		NEVER (GO TO QUE	STION 65)		
	Almost never or never		1−6 times per year	2 times per week		
	O About 1/4 of the time		7-11 times per year	3-4 times per week		
	About 1/2 of the time		1 time per month	5-6 times per week		
	About <sup>3</sup> / <sub>4</sub> of the time					
			2–3 times per month	1 time per day		
	Almost always or always		1 time per week	2 cr more times per day		
63c.	How often was margarine (including low-fat) added to your breads or rolls?		64a. Each time you ate much did you usu	jam, jelly, or honey, how ally eat?		
	Almost never or never		C Less than 1 teas	spoon		
	About 1/4 of the time		1 to 3 teaspoons			
	About 1/2 of the time		More than 3 teas			
	About 3/4 of the time		O More man 5 teas	spooris		
		W				
	Almost always or always	65.	How often did you eat pe	eanut butter or other		
63d.	How often was <b>butter</b> (including low-fat) added to your breads or rolls?	00.	nut butter?	differ butter of builting		
	10 / 011 010 010 1010 1		NEVER (GO TO QUE	STION 66)		
	Almost never or never					
	O Abcut 1/4 of the time		<ul> <li>1–6 times per year</li> </ul>	2 times per week		
	About 1/2 of the time		7-11 times per year	3-4 times per week		
	About 3/4 of the time		1 time per month	5-6 times per week		
	Almost always or always		2-3 times per month	1 time per day		
	O / III Dot dividyo of dividyo		1 time per week	2 or more times per day		
63e.	Each time margarine or butter was added to		O I ullie bei week	2 of more unles per day		
7-77-77-7	your breads or rolls, how much was usually		65a. Each time you ate	peanut butter or other nut		
	added?			did you usually eat?		
	Never added		O Less than 1 table	espoon		
	O Less than 1 teaspoon		1 to 2 tablespoo			
	1 to 2 teaspoons		More than 2 table			
	More than 2 teaspoons		O Word Harr 2 tabl	03,00013		
	More than 2 teaspoors	V				
63f.	How often was cream cheese (including low-fat) added to your breads or rolls?	66.	How often did you eat ro SANDWICHES?	east beef or steak IN		
	- Almost never or never (GO TO QUESTION 64)	_	NEVER (GO TO QUE	STION 67)		
	O About 1/4 of the time					
	O About 1/2 of the time		<ul> <li>1–6 times per year</li> </ul>	2 times per week		
	O About 3/4 of the time		7-11 times per year	3-4 times per week		
	Almost always or always		1 time per month	5-6 times per week		
	O / alliast alliays of alliays		2-3 times per month	1 time per day		
630	Each time cream cheese was added to your		1 time per week	2 or more times per day		
osy.	breads or rolls, how much was usually added?			701 10 10 10 10 10		
	O I am those 4 tables are			roast beef or steak IN		
	Less than 1 tablespoon		SANDWICHES, I	now much did you usually eat?		
	1 to 2 tablespoons		O Loss these A silver	and look then 2 are and		
	More than 2 tablespoons			e or less than 2 ounces		
			1 to 2 slices or 2			
			More than 2 slice	es or more than 4 ounces		
i i		1/				

Question 67 appears on the next page.

Question 64 appears in the next column.

# Over the past 12 months...

Question 69 appears in the next column.

Over the past 12 months		69.	How often did you eat other cold cuts or luncheon meats (such as bologna, salami, corned beef,		
67.	How often did you eat turkey or chicken cold CUTS (such as loaf, luncheon meat, turkey ham, turkey salami, or turkey pastrami)? (We will ask about other			iding low-fat)? (Please do	
	turkey or chicken later.)		NEVER (GO TO QUE	STION 70)	
	NEVER (GO TO QUESTION 68)		1-6 times per year	2 times per week	
			<ul> <li>7–11 times per year</li> </ul>	3-4 times per week	
	1-6 times per year     2 times per week		<ul> <li>1 time per month</li> </ul>	5-6 times per week	
	7-11 times per year 3-4 times per week		2-3 times per month	1 time per day	
	1 time per month 5–6 times per week		1 time per week	2 or more times per day	
	2-3 times per month 1 time per day		*		
	1 time per week     2 or more times per day			e other cold cuts or luncheon a did you usually eat?	
	67a. Each time you ate turkey or chicken COLD				
	CUTS, how much did you usually eat?		<ul> <li>Less than 1 slice</li> </ul>	в	
	A MY APPRENTED TO CONTRACT TO A CHARLEST AND CONTRACT COLUMNS OF THE CONTRACT COLUMNS OF THE COL	Ш	1 to 3 slices		
	<ul> <li>Less than 1 slice</li> </ul>		<ul> <li>More than 3 slic</li> </ul>	es	
	1 to 3 slices				
V	More than 3 slices			ne other cold cuts or luncheon	
				ht, low-fat, or fat-free cold	
00	11			meats? (Please do not	
68.	How often did you eat luncheon or deli-style ham?		include nam, turki	ey, or chicken cold cuts.)	
	(We will ask about other ham later.)	14	<ul> <li>Almost never or</li> </ul>	never	
200	NEVER (GO TO QUESTION 69)	Ш	O About 1/4 of the		
	011211(001040201101100)		O About 1/2 of the		
	1-6 times per year 2 times per week	Ш	O About 3/4 of the		
	7–11 times per year 3–4 times per week		Almost always o		
	1 time per month 5–6 times per week	100	O' milosi amayo c	a amaya	
	2-3 times per month 1 time per day	V			
	1 time per week 2 or more times per day	70.	How often did you eat ca salads, sandwiches, or o		
	68a. Each time you ate luncheon or deli-style				
	ham, how much did you usually eat?	IF	NEVER (GO TO QUE	STION 71)	
	Less than 1 slice		1-6 times per year	2 times per week	
	1 to 3 slices		7-11 times per year	3-4 times per week	
	More than 3 slices		1 time per month	5-6 times per week	
		Ш	2-3 times per month	1 time per day	
	68b. How often was the luncheon or deli-style ham		1 time per week	2 or more times per day	
	you ate light, low-fat, or fat-free?				
	O Almost annua as as			canned tuna, how much	
	Almost never or never		did you usually ea	atr	
	About 1/4 of the time		0.000		
	About 1/2 of the time			p or less than 2 ounces	
	About 3/4 of the time		0 1/4 to 1/2 cup or		
	<ul> <li>Almost always or always</li> </ul>		More than 1/2 cu	up or more than 3 ounces	
			70b. How often was th	e canned tuna you ate	
	Control of the Contro		water-packed tu		
	(383)				
			<ul> <li>Almost never or</li> </ul>	never	
			O About 1/4 of the		
	<b>经</b> 链交换到		O About 1/2 of the		
			O About 3/4 of the		
			<ul> <li>Almost always of</li> </ul>		
		12. U.S.	70	19	

Question 71 appears on the next page.

Ove	t the past 12 months	1,	(such as meatballs, casseroles, chili, or meatloaf)?
70c. How often was the canned tuna you ate prepared with mayonnaise or other dressing (including low-fat)?			(cast as meaning eaconotes, chan, or meanour,)
		NEVER (GO TO QUESTION 74)	
			○ 1–6 times per year     ○ 2 times per week
	<ul> <li>Almost never or never</li> </ul>		
	<ul> <li>About <sup>1</sup>/<sub>4</sub> of the time</li> </ul>		1 time per month     5–6 times per week
	O About 1/2 of the time		2–3 times per month  1 time per day
	○ About <sup>3</sup> / <sub>4</sub> of the time		1 time per week     2 or more times per day
	<ul> <li>Almost always or always</li> </ul>		Company of
			73a. Each time you ate ground beef in mixtures, how much did you usually eat?
71.			
	(We will ask about other chicken and turkey later.)		<ul> <li>Less than 3 ounces or less than <sup>1</sup>/<sub>2</sub> cup</li> </ul>
			3 to 8 ounces or 1/2 to 1 cup
	── NEVER (GO TO QUESTION 72)		More than 8 ounces or more than 1 cup
		1	
	1−6 times per year  2 times per week	V	<b>√</b>
	7-11 times per year 3-4 times per week	74	4. How often did you eat hot dogs or frankfurters?
	1 time per month 5–6 times per week		(Please do not include sausages or vegetarian hot
	2-3 times per month 1 time per day		dogs.)
	1 time per week 2 or more times per day		5/
	O I alle per work	١,	NEVER (GO TO QUESTION 75)
	71a. Each time you ate GROUND chicken or		O Haran (ad 10 data non 10)
	turkey, how much did you usually eat?		1–6 times per year 2 times per week
	turkey, now much did you doubly eat:		7–11 times per year 3–4 times per week
	O I are then 2 aware as loss than 1/2 and		
	Less than 2 ounces or less than 1/2 cup		1 time per month 5–6 times per week
	2 to 4 ounces or 1/2 to 1 cup		2–3 times per month 1 time per day
	<ul> <li>More than 4 ounces or more than 1 cup</li> </ul>		1 time per week 2 or more times per day
V			74s Fach time you at het dans a footfact.
70	Users where did one and be of beautiful.		74a. Each time you ate hot dogs or frankfurters,
72.	How often did you eat beef hamburgers or		how many did you usually eat?
	cheeseburgers?		0.0000000000000000000000000000000000000
	A NEVER (CO TO OLIFOTION 70)		Less than 1 hot dog
	— NEVER (GO TO QUESTION 73)		1 to 2 hot dogs
	5111		<ul> <li>More than 2 hot dogs</li> </ul>
	1–6 times per year 2 times per week		12.14 24 25 25 25 25 25 25 25 25 25 25 25 25 25
	7–11 times per year 3–4 times per week		74b. How often were the hot dogs or frankfurters you
	1 time per month 5–6 times per week		ate light or low-fat hot dogs?
	2–3 times per month 0 1 time per day		
	1 time per week     2 or more times per day		<ul> <li>Almost never or never</li> </ul>
			About 1/4 of the time
	<ol><li>72a. Each time you ate beef hamburgers or</li></ol>		About 1/2 of the time
	cheeseburgers, how much did you usually eat?		About 3/4 of the time
			<ul> <li>Almost always or always</li> </ul>
	<ul> <li>Less than 1 patty or less than 2 ounces</li> </ul>		
	1 patty or 2 to 4 ounces		
	<ul> <li>More than 1 patty or more than 4 ounces</li> </ul>		
			All All
	72b. How often were the beef hamburgers or		/4 - 1/2
	cheeseburgers you ate made with lean ground		139 19 11
	beef?		40
	. 100		
	<ul> <li>Almost never or never</li> </ul>		600 34 100
	O About 1/4 of the time		
	About 1/2 of the time		
	About 3/4 of the time		
8 1	Almost always or always		7
V	or runnos amayo or amayo	V	V
Que	stion 73 appears in the next column.	0	Question 75 appears on the next page.
		0	

Ove	r the past 12 months		77b. How often was the	e steak you ate lean steak?
75.	How often did you eat beef mixtures such a stew, beef pot pie, beef and noodles, or by vegetables?		Almost never or About 1/4 of the About 1/2 of the	time
	NEVER (GO TO QUESTION 76)		O About 3/4 of the Almost always o	
	1–6 times per year 2 times per wee 3–4 times per w		. How often did you eat po	
	1 time per month 5–6 times per w	MANUAL TO 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1	— O NEVER (GO TO QUE	
	1 time per week 2 or more times	per day	1–6 times per year	2 times per week
	75a. Each time you ate beef stew, beef p beef and noodles, or beef and veg how much did you usually eat?		7-11 times per year 1 time per month 2-3 times per month 1 time per week	3-4 times per week 5-6 times per week 1 time per day 2 or more times per day
V	Less than 1 cup 1 to 2 cups More than 2 cups			pork or beef spareribs, how
<b>7</b> 6.	How often did you eat roast beef or pot roa (Please do not include roast beef or pot roa sandwiches.)		Less than 4 ribs 4 to 12 ribs More than 12 rib	
Г	NEVER (GO TO QUESTION 77)	79.	Usus often did vevs eet we	and turkey turkey entlets
	1–6 times per year 2 times per wee 3–4 times per w  1 time per month 5–6 times per w	k eek	or turkey nuggets (inclu	
	2-3 times per month 1 time per day 2 or more times		1–6 times per year 7–11 times per year	2 times per week 3–4 times per week
	76a. Each time you ate roast beef or pot (including in mixtures), how much did usually eat?		1 time per month 2–3 times per month 1 time per week	5-6 times per week 1 time per day 2 or more times per day
	Less than 2 ounces 2 to 5 ounces More than 5 ounces			nuggets, how much did (Please note: 4–8 turkey
77.	How often did you eat steak (beef)? (Do not include steak in sandwiches)		Less than 2 oun 2 to 4 ounces More than 4 our	
Г	NEVER (GO TO QUESTION 78)			
	1-6 times per year 7-11 times per year 1 time per month 2-3 times per wort 1 time per month 1 time per day	eek eek	sandwiches, casserole mixtures?	1 TO THE PARTY OF
	1 time per week 2 or more times		NEVER (GO TO QU	Salver and the salver
	77a. Each time you ate steak (beef), how you usually eat?	much did	<ul><li>1–6 times per year</li><li>7–11 times per year</li><li>1 time per month</li></ul>	2 times per week 3-4 times per week 5-6 times per week
V Z	Less than 3 ounces 3 to 7 ounces		2-3 times per month 1 time per week	1 time per day 2 or more times per day
V	More than 7 ounces	V		And the second s
Que	stion 78 appears in the next column.	Qu 21	estion 81 appears on the next	page.

Over the past 12 months	82. How often did you eat baked ham or ham steak?			
80a. Each time you ate chicken as part of salads, sandwiches, casseroles, stews, or other mixtures, how much did you usually eat?  Less than 1/2 cup 1/2 to 11/2 cups More than 11/2 cups How often did you eat baked, broiled, roasted, stewed, or fried chicken (including nuggets)?  (Please do not include chicken in mixtures.)	NEVER (GO TO QUESTION 83)  1–6 times per year 2 times per week 7–11 times per year 3–4 times per week 1 time per month 5–6 times per week 2–3 times per month 1 time per day 1 time per week 2 or more times per day  82a. Each time you ate baked ham or ham steak, how much did you usually eat?  Less than 1 ounce			
NEVER (GO TO QUESTION 82)  1–6 times per year	O 1 to 3 ounces  More than 3 ounces  How often did you eat <b>pork</b> (including chops, roasts, and in mixed dishes)? (Please do not include ham, ham steak, or sausage.)			
<ul> <li>1 time per week</li></ul>	NEVER (GO TO QUESTION 84)  1-6 times per year			
Almost never or never About 1/4 of the time About 3/4 of the time About 3/4 of the time Almost always or always  81c. How often was the chicken you ate WHITE meat?  Almost never or never About 1/4 of the time About 1/2 of the time About 3/4 of the time Almost always or always  81d. How often did you eat chicken WITH skin?  Almost never or never About 1/4 of the time About 1/4 of the time About 1/4 of the time About 1/2 of the time About 1/2 of the time	84. How often did you eat gravy on meat, chicken, potatoes, rice, etc.?  NEVER (GO TO QUESTION 85)  1-6 times per year 2 times per week 7-11 times per year 3-4 times per week 2-3 times per month 5-6 times per week 2-3 times per month 1 time per day 1 time per week 2 or more times per day  84a. Each time you ate gravy on meat, chicken, potatoes, or rice, etc., how much did you usually eat?  Less than 1/8 cup 1/8 to 1/2 cup More than 1/2 cup			
About <sup>3</sup> / <sub>4</sub> of the time Almost always or always  Question 82 appears in the next column.	Question 85 appears on the next page.			

81.

87a. Each time you ate sausage, how much did you usually eat?
Less than 1 patty or 2 links  1 to 3 patties or 2 to 5 links  More than 3 patties or 5 links  87b. How often was the sausage you ate light, low-fat, or lean sausage?  Almost never or never  About 1/4 of the time  About 1/2 of the time  About 3/4 of the time  Almost always or always
88. How often did you eat fish sticks or fried fish (including fried seafood or shellfish)?
NEVER (GO TO QUESTION 89)
1-6 times per year 2 times per week 7-11 times per year 3-4 times per week 1 time per month 5-6 times per week 2-3 times per month 1 time per day 1 time per week 2 or more times per day  88a. Each time you ate fish sticks or fried fish, how much did you usually eat?  Less than 2 ounces or less than 1 fillet 2 to 7 ounces or 1 fillet More than 7 ounces or more than 1 fillet More than 7 ounces or more than 1 fillet NOT FRIED (including shellfish)?  NEVER (GO TO THE INTRODUCTION TO QUESTION 90)  1-6 times per year 2 times per week 7-11 times per year 3-4 times per week 1 time per month 5-6 times per week
2–3 times per month 1 time per day 2 or more times per day 89a. Each time you ate <b>fish</b> or <b>seafood that was</b>
not fried, how much did you usually eat?  Less than 2 ounces or less than 1 fillet  2 to 5 ounces or 1 fillet  More than 5 ounces or more than 1 fillet

Over the past 12 months...

Now think about all the meat, poultry, and fish you ate in the <u>past 12 months</u> and how they were prepared.

 How often was oil, butter, margarine, or other fat used to FRY, SAUTE, BASTE, OR MARINATE any meat, poultry, or fish you ate? (Please do not include deep frying.)

— NEVER (GO TO QUE	STION	l 91)
1-6 times per year	O 2	times per week
<ul> <li>7–11 times per year</li> </ul>	O 3	-4 times per week
1 time per month	05	-6 times per week
<ul><li>2–3 times per month</li></ul>	01	time per day
1 time per week	02	or more times per day
	-	fats were regularly used coultry, or fish? ( <i>Mark al</i>
Margarine (inclu	ding	Ocrn oil
low-fat)		O Canola or rapeseed o
<ul> <li>Butter (including low-fat)</li> </ul>		Oil spray, such as Par or others
<ul> <li>Lard, fatback, or bacon fat</li> </ul>		Other kinds of oils None of the above
Olive oil		

91. How often did you eat tofu, soy burgers, or soy meat-substitutes?

NEVER (GO TO QUESTION 92)

1-6 times per year	2 times per week
7-11 times per year	3-4 times per week
1 time per month	5-6 times per week
2-3 times per month	1 time per day
1 time per week	2 or more times per day

91a. Each time you ate tofu, soy burgers, or soy meat-substitutes, how much did you usually eat?

Less than 1/4 cup or less than 2 ounces
1/4 to 1/2 cup or 2 to 4 ounces

O More than 1/2 cup or more than 4 ounces



Question 92 appears in the next column.

92.	Over t	he past 12 months, did y	ou eat soups?
	O N	O (GO TO QUESTION 93)	
	OY	ES	
	92a.	How often did you eat s	oup DURING THE
		O NEVER	
		1-6 times per winter 7-11 times per winter 1 time per month 2-3 times per month 1 time per week	2 times per week 3-4 times per weel 5-6 times per weel 1 time per day 2 or more times per day
	92b.	How often did you eat s REST OF THE YEAR?	oup DURING THE
		O NEVER	
		1-6 times per year 7-11 times per year 1 time per month 2-3 times per month 1 time per week	2 times per week 3-4 times per weel 5-6 times per weel 1 time per day 2 or more times per day
	92c.	Each time you ate soup usually eat?	, how much did you
		Less than 1 cup 1 to 2 cups More than 2 cups	
	92d.	How often were the sou soups?	ips you ate bean
		Almost never or never Almost 1/4 of the time Almost 1/2 of the time Almost 3/4 of the time Almost always or alwa	
	92e.	How often were the sou soups (including chow	
		Almost never or never	

Question 93 appears on the next page.

Almost 1/2 of the time
 Almost 3/4 of the time
 Almost always or always

Over the past 12 months	94a. Each time you ate crackers, how many did you usually eat?			
92f. How often were the soups you ate tomato o				
vegetable soups?	Fewer than 4 crackers			
C March Control	O 4 to 10 crackers			
Almost never or never	O More than 10 crackers			
Almost 1/4 of the time				
Almost 1/2 of the time	95 How often did you eat corn bread or corn muffins?			
Almost <sup>3</sup> / <sub>4</sub> of the time	95. How often did you eat corn bread or corn muffins?			
<ul> <li>Almost always or always</li> </ul>	NEVER (GO TO QUESTION 96)			
92g. How often were the soups you ate broth so				
(including chicken) with or without noodles				
rice?	7-11 times per year 3-4 times per week			
1106 :	1 time per month 5–6 times per week			
Almost never or never	2–3 times per month 1 time per day			
Almost 1/4 of the time	1 time per week 2 or more times per day			
Almost 1/2 of the time	Tame per week 2 or more arrest per day			
Almost ½ of the time	95a. Each time you ate corn bread or corn			
Almost always or always	muffins, how much did you usually eat?			
Allifost diways of diways	manne, now made and you addainy date			
	Cless than 1 piece or muffin			
93. How often did you eat pizza?	1 to 2 pieces or muffins			
out their enter and you am present	More than 2 pieces or muffins			
NEVER (GO TO QUESTION 94)	No. maio manta pacasa an manina			
	V			
	96. How often did you eat biscuits?			
7-11 times per year 3-4 times per week	_			
1 time per month 5–6 times per week	NEVER (GO TO QUESTION 97)			
2–3 times per month 1 time per day	_			
1 time per week 2 or more times per day	1–6 times per year 2 times per week			
0	7-11 times per year 3-4 times per week			
93a. Each time you ate pizza, how much did you	1 time per month 5–6 times per week			
usually eat?	2–3 times per month 1 time per day			
	1 time per week 2 or more times per day			
<ul> <li>Less than 1 slice or less than 1 mini pizza</li> </ul>	_			
1 to 3 slices or 1 mini pizza	96a. Each time you ate biscuits, how many did you -			
<ul> <li>More than 3 slices or more than 1 mini pizza</li> </ul>	usually eat?			
	_			
93b. How often did you eat pizza with pepperoni				
sausage, or other meat?	1 to 2 biscuits			
	More than 2 biscuits			
<ul> <li>Almost never or never</li> </ul>	_			
Almost 1/4 of the time	W 19 20 20 2 2 10 10 10 10 10 10 10 10 10 10 10 10 10			
Almost 1/2 of the time	97. How often did you eat potato chips, tortilla chips,			
Almost 3/4 of the time	or corn chips (including low-fat, fat-free, or			
<ul> <li>Almost always or always</li> </ul>	low-salt)?			
V	O NEVER (OO TO OUESTION OO)			
04 How often did you get angles of	NEVER (GO TO QUESTION 98)			
94. How often did you eat crackers?	0 1 6 times per year			
O NEVER (CO TO OLIESTION OF)	1–6 times per year 2 times per week			
NEVER (GO TO QUESTION 95)	7-11 times per year 3-4 times per week			
1 6 times per year	1 time per month 5–6 times per week			
1–6 times per year 2 times per week	2–3 times per month 1 time per day			
7–11 times per year 3–4 times per week	1 time per week     2 or more times per day			
1 time per month 5–6 times per week				
2–3 times per month 1 time per day				
1 time per week 2 or more times per day				
V	I V			
Ougetion 05 appears in the next relumn	Question QR appears on the next page			
Question 95 appears in the next column.	Question 98 appears on the next page.			

Ξ	Over th	e pa	ast 12 months			99a.	Each time you you usually eat	ate <b>pretzels</b> , how many did ?
-	9	7a.		potato chips, tortilla				
_				ips, how much did you			<ul><li>Fewer than 5</li></ul>	
			usually eat?				5 to 20 avera	
							O More than 20	average twists
			A STATE OF THE PARTY OF THE PAR	hips or less than 1 cup				
			10 to 25 chips or	1000			WV	
=				ps or more than 2 cups	100.	other n		eanuts, walnuts, seeds, or
-	S	97b.		e chips you ate Wow chips				
			or other chips ma or Olestra)?	de with fat substitute (Olean	I	— O NE	VER (GO TO QUE	STION 101)
			der to a desirence mano.			0 1-6	times per year	2 times per week
-			Almost never or	never		07-1	1 times per year	3-4 times per week
-			O Almost 1/4 of the	time		O 1 tir	me per month	<ul> <li>5–6 times per week</li> </ul>
			O Almost 1/2 of the	time		0 2-3	times per month	1 time per day
			O Almost 3/4 of the	time		1 tir	me per week	2 or more times per day
-			O Almost always or	r always				
-			100			100a.	Each time you	ate peanuts, walnuts,
-	5	97c.		e chips you ate other				r nuts, how much did you
-			low-fat or fat-free	chips?			usually eat?	
-								
			<ul> <li>Almost never or</li> </ul>	never			O Less than 1/4	cup
			O Almost 1/4 of the	time			1/4 to 1/2 cup	
-			O Almost 1/2 of the	time			O More than 1/2	cup
-			O Almost 3/4 of the	time	1/			
			<ul> <li>Almost always or</li> </ul>	r always	V			
Ξ	98. H	ow o	often did you eat <b>po</b>	ppcorn (including low-fat)?	101.		ast bars such as	nergy, high-protein, or Power Bars, Balance, Clif, o
=		O N	EVER (GO TO QUES	STION 99)	-	— NE	VER (GO TO QUE	STION 102)
-		01	C times per user	2 times per week		010	times per year	2 times per week
-			-6 times per year -11 times per year	3–4 times per week	11		11 times per year	3–4 times per week
	100			5–6 times per week			me per month	5–6 times per week
_			time per month	1 time per day			3 times per month	1 time per day
=	100		-3 times per month time per week	2 or more times per day			me per week	2 or more times per day
Ξ			dorect distribution	STATE OF THE STATE	Ш	O I til	······	)
Ξ	(	98a.	usually eat?	popcorn, how much did you		101a.		ate energy, high-protein, ars, how much did you
-			O Less than 2 cups					
_			2 to 5 cups, pop		11		Less than 1 t	par
_			More than 5 cup	s, popped	Ш		0 1 bar	
	V						More than 1	bar
	V				W			
_	99. H	ow c	often did you eat pr	etzels?	400			A A LOT Land all a
Ξ		0 1	NEVER (GO TO QUE	ESTION 100)	102		yogurt)?	ogurt (NOT including
_			-6 times per year	2 times per week		NE	VER (GO TO QUE	STION 103)
-			-11 times per year	3-4 times per week			N 17000 D 0000000000000000000000000000000	0.00
	100		time per month	5-6 times per week			6 times per year	2 times per week
_			-3 times per month	1 time per day			11 times per year	3–4 times per week
-		01	time per week	2 or more times per day			me per month	5-6 times per week
-							3 times per month	1 time per day
-	V				W	0 1 ti	me per week	<ul> <li>2 or more times per day</li> </ul>
_	Overette	0.40	O appears in the most	column	0	etion 100	onnours on the re-	et nage
1	GUESTIO.	11 10	0 appears in the next	GOIGITITI.	4/4/6	2001 103	appears on the nex	t page.

Over the past 12 months	104c. How often was the cheese you ate fat-free cheese?
102a. Each time you ate yogurt, how much did you usually eat?  Less than 1/2 cup or less than 1 container  1/2 to 1 cup or 1 container  More than 1 cup or more than 1 container	Almost never or never     Almost 1/4 of the time     Almost 1/2 of the time     Almost 3/4 of the time     Almost always or always
103. How often did you eat cottage cheese (including low-fat)?	105. How often did you eat frozen yogurt, sorbet, or ices (including low-fat or fat-free)?
NEVER (GO TO QUESTION 104)	NEVER (GO TO QUESTION 106)
1-6 times per year 2 times per week 7-11 times per year 3-4 times per week 1 time per month 5-6 times per week 2-3 times per month 1 time per day 1 time per week 2 or more times per day  103a. Each time you ate cottage cheese, how much did you usually eat?	2 times per week 7-11 times per year 3-4 times per week 1 time per month 5-6 times per week 2-3 times per month 1 time per day 1 time per week 2 or more times per day 105a. Each time you ate frozen yogurt, sorbet, or ices, how much did you usually eat?
Less than 1/4 cup 1/4 to 1 cup More than 1 cup	Less than 1/2 cup or less than 1 scoop  1/2 to 1 cup or 1 to 2 scoops  More than 1 cup or more than 2 scoops
104. How often did you eat cheese (including low-fat; including on cheeseburgers or in sandwiches or subs)?  NEVER (GO TO QUESTION 105)  1-6 times per year  7-11 times per year  3-4 times per week	106. How often did you eat ice cream, ice cream bars, or sherbet (including low-fat or fat-free)?  ONEVER (GO TO QUESTION 107)  1-6 times per year  7-11 times per year  3-4 times per week
1 time per month 5–6 times per week 2–3 times per month 1 time per day 2 or more times per day	O 1 time per month O 5–6 times per week □ 2–3 times per month O 1 time per day □ 1 time per week □ 2 or more times per day □
104a. Each time you ate cheese, how much did you usually eat?	106a. Each time you ate ice cream, ice cream bars, or sherbet, how much did you usually eat?
Less than 1/2 ounce or less than 1 slice  1/2 to 11/2 ounces or 1 slice  More than 11/2 ounces or more than 1 slice	Less than 1/2 cup or less than 1 scoop  1/2 to 11/2 cups or 1 to 2 scoops  More than 11/2 cups or more than 2 scoops
104b. How often was the cheese you ate light or low-fat cheese?	106b. How often was the ice cream you ate light, low-fat, or fat-free ice cream or sherbet?
Almost never or never Almost 1/4 of the time Almost 1/2 of the time Almost 3/4 of the time Almost always or always	Almost never or never Almost 1/4 of the time Almost 1/2 of the time Almost 3/4 of the time Almost always or always

Question 105 appears in the next column.

	Danish, or pop-tarts?
107. How often did you eat cake (including low-fat	Participant surprise and according to the
or fat-free)?	NEVER (GO TO QUESTION 110)
NEVER (GO TO QUESTION 108)	1–6 times per year 2 times per week
	7-11 times per year 3-4 times per week
1-6 times per year 2 times per week	1 time per month 5–6 times per week
7-11 times per year 3-4 times per week	2–3 times per month  1 time per day
1 time per month 5–6 times per week	1 time per week 2 or more times per day
2–3 times per month 1 time per day	7 time per wook 2 or more times per day
1 time per week 2 or more times per day	109a. Each time you ate doughnuts, sweet rolls, Danish, or pop-tarts, how much did you
107a. Each time you ate cake, how much did you	usually eat?
usually eat?	
	C Less than 1 piece
Less than 1 medium piece	1 to 2 pieces
1 medium piece	More than 2 pieces
More than 1 medium piece	The diana process
	V
107b. How often was the cake you ate light, low-fat, or fat-free cake?	110. How often did you eat sweet muffins or dessert breads (including low-fat or fat-free)?
Almost never or never	NEVER (GO TO QUESTION 111)
O About 1/4 of the time	O
O About 1/2 of the time	
O About 3/4 of the time	7-11 times per year 3-4 times per week
Almost always or always	1 time per month 5-6 times per week
7 Annost dividys of dividys	2–3 times per month 1 time per day
V	1 time per week 2 or more times per day
108. How often did you eat cookies or brownies	O i une per week O 2 or more unes per day
(including low-fat or fat-free)?	110a. Each time you ate sweet muffins or dessert
(including low-lat of lat-flee):	breads, how much did you usually eat?
NEVER (GO TO QUESTION 109)	breads, now much did you usually eat?
O NEVER (GO TO QUESTION 109)	Less than 1 medium piece
1-6 times per year 2 times per week	1 medium piece
- 1   1   1   1   1   1   1   1   1   1	The state of the s
7–11 times per year 3–4 times per week	More than 1 medium piece
1 time per month 5–6 times per week	110b. How often were the sweet muffins or dessert
2–3 times per month 1 time per day	
1 time per week 2 or more times per day	breads you ate light, low-fat, or fat-free sweet muffins or dessert breads?
108a. Each time you ate cookies or brownies, how	sweet munins or dessert breads?
much did you usually eat?	Almost never or never
madriala you asaany dati	About 1/4 of the time
Less than 2 cookies or 1 small brownie	About 1/2 of the time
2 tc 4 cookies or 1 medium brownie	
More than 4 cookies or 1 large brownie	About 3/4 of the time
More than 4 cookies of 1 large brownie	Almost always or always
108b. How often were the cookies or brownies you	111. How often did you eat fruit crisp, cobbler, or
ate light, low-fat, or fat-free cookies or	strudel?
brownies?	ottador.
	NEVER (GO TO QUESTION 112)
Almost never or never	
About 1/4 of the time	1-6 times per year 2 times per week
About 1/2 of the time	7-11 times per year 3-4 times per week
About 3/4 of the time	1 time per month 5-6 times per week
About 9/4 of the time Almost always or always	2–3 times per month 1 time per day
Allifost diways of diways	1 time per week 2 or more times per day
	T time per week 2 or more times per day
117	TAIL

109. How often did you eat doughnuts, sweet rolls,

Question 109 appears in the next column.

Over the past 12 months...

Question 112 appears on the next page.

	_
111a. Each time you ate fruit crisp, cobbler, or	Almost never or never
strudel how much did you usually eat?	The state of the s
struder now much did you usually eatr	O About 1/4 of the time
	O About 1/2 of the time
C Less than 1/2 cup	O About 3/4 of the time
1/2 to 1 cup	Almost always or always
More than 1 cup	
O More than 1 dap	
	440 11
	113. How often did you eat chocolate candy?
12. How often did you eat pie?	-
	NEVER (GO TO QUESTION 114)
NEVER (GO TO QUESTION 113)	The state of the s
O 17-1-11 (1-1-11-11-11-11-11-11-11-11-11-11-11-11	1–6 times per year 2 times per week
O 4 0 times assumed	
1–6 times per year 2 times per week	7-11 times per year 3-4 times per week
7–11 times per year 3–4 times per week	1 time per month 5–6 times per week
1 time per month     5–6 times per week	2–3 times per month  1 time per day
2–3 times per month 1 time per day	1 time per week     2 or more times per day
1 time per week 2 or more times per day	The second seconds and the seconds of the second se
O 1 and por wook	113a. Each time you ate chocolate candy, how
112a Each time you ato all have much did	
112a. Each time you ate pie, how much did you	much did you usually eat?
usually eat?	100 y as yes a 100 y
	<ul> <li>Less than 1 average bar or less than 1 ounce</li> </ul>
Less than 1/8 of a pie	1 average bar or 1 to 2 ounces
○ About <sup>1</sup> / <sub>8</sub> of a pie	More than 1 average bar or more than 2 ounces
10 TO THE TOTAL CONTROL OF THE PROPERTY OF THE	Word than I divolage bar of filore than 2 defices
More than 1/8 of a pie	V
	NAME OF THE PROPERTY OF THE PR
	114. How often did you eat other candy?
The next four questions ask about the kinds of pie	
you ate. Please read all four questions before	NEVER (GO TO QUESTION 115)
answering.	September 2 September 2 September 1 September 1 September 2 Septem
allowering.	O 1 6 times per year O 3 times per week
774 V 4 4 4 4 4 4 4 4 4 4 4 4 4 4 4 4 4	0 1–6 times per year 2 times per week
112b. How often were the pies you ate fruit pie	7–11 times per year 3–4 times per week
(such as apple, blueberry, others)?	1 time per month 5–6 times per week
	2-3 times per month 1 time per day
<ul> <li>Almost never or never</li> </ul>	1 time per week 2 or more times per day
O About 1/4 of the time	0
	114a. Each time you ate other candy, how much
About 1/2 of the time	
About 3/4 of the time	did you usually eat?
<ul> <li>Almost always or always</li> </ul>	1000 mg - 22 mg
	Fewer than 2 pieces
112c. How often were the pies you ate cream,	2 to 9 pieces
pudding, custard, or meringue pie?	More than 9 pieces
padding, odotard, or mornigae pre-	O More train o pieces
Almost naves as a server	I V
Almost never or never	GOVERNMENT AND ADDRESS AND ADD
○ About ¹/₄ of the time	115. How often did you eat eggs, egg whites, or egg
About 1/2 of the time	substitutes (NOT counting eggs in baked goods and
O About 3/4 of the time	desserts)? (Please include eggs in salads, quiche, and ==
Almost always or always	souffles.)
All lost always of always	doubled.y
112d. How often were the size you ate numerica	O NEVER (CO TO OLIERTION 446)
112d. How often were the pies you ate pumpkin or	NEVER (GO TO QUESTION 116)
sweet potato pie?	50.25
	1–6 times per year     2 times per week
<ul> <li>Almost never or never</li> </ul>	7-11 times per year 3-4 times per week
O About 1/4 of the time	1 time per month 5–6 times per week
About 1/2 of the time	2–3 times per month 0 1 time per day
About 3/4 of the time	1 time per week 2 or more times per day
<ul> <li>Almost always or always</li> </ul>	
/	\//
	Ψ
uestion 113 appears in the next column.	Question 116 appears on the next page.

112e. How often were the pies you ate pecan pie?

Over the past 12 months...

er the past 12 months	116. How many cups of coffee, caffeinated or decaffeinated, did you drink?			
115a. Each time you ate eggs, how many did you				
usually eat?	O NONE (GO TO QUESTION 117)			
1 egg	○ Less than 1 cup per ○ 5–6 cups per week			
O 2 eggs	month 0 1 cup per day			
3 or more eggs	1-3 cups per month 2-3 cups per day			
O o i more ogge	1 cup per week 4–5 cups per day			
115b. How often were the eggs you ate egg	2-4 cups per week 6 or more cups per day			
substitutes?				
substitutes:	116a. How often was the coffee you drank			
Almost never or never	decaffeinated?			
Almost never or never	decanomatou:			
About 1/4 of the time	Almost never or never			
About 1/2 of the time	About 1/4 of the time			
About 3/4 of the time				
<ul> <li>Almost always or always</li> </ul>	About 1/2 of the time			
	About 3/4 of the time			
115c. How often were the eggs you ate egg	Almost always or always			
whites only?				
	117. How many glasses of ICED tea, caffeinated or			
<ul> <li>Almost never or never</li> </ul>	decaffeinated, did you drink?			
O About 1/4 of the time				
O About 1/2 of the time	NONE (GO TO QUESTION 118)			
O About 3/4 of the time	The same of the sa			
<ul> <li>Almost always or always</li> </ul>	○ Less than 1 cup per ○ 5–6 cups per week			
Secretary and an anti-	month 0 1 cup per day			
115d. How often were the eggs you ate regular	1–3 cups per month 2–3 cups per day			
whole eggs?	1 cup per week 4–5 cups per day			
	2-4 cups per week 6 or more cups per day			
Almost never or never	The state of the s			
About 1/4 of the time	117a. How often was the iced tea you drank			
About 1/2 of the time	decaffeinated or herbal tea?			
About 72 of the time	A STATE OF THE STA			
Almost always or always	Almost never or never			
Allilost always or always	O About 1/4 of the time			
115e. How often were the eggs you ate cooked	About 1/2 of the time			
in oil, butter, or margarine?	About 3/4 of the time			
in oil, butter, or margarine?	About 14 of the time			
Almost never or never	Tallion allaye of allaye			
	I V			
About 1/4 of the time	118. How many cups of HOT tea, caffeinated or			
About 1/2 of the time	decaffeinated, did you drink?			
About 3/4 of the time	decalionated, aid you dimin.			
<ul> <li>Almost always or always</li> </ul>	NONE (GO TO QUESTION 119)			
4456 II 6 the same you also need of age	O NONE (GO TO GOESTION TTO)			
115f. How often were the eggs you ate part of egg	Less than 1 cup per 5-6 cups per week			
salad?	month 1 cup per day			
N.				
Almost never or never	A STATE OF THE PROPERTY OF THE			
About 1/4 of the time	The state of the s			
About 1/2 of the time	2–4 cups per week 6 or more cups per day			
O About 3/4 of the time	440 - New often was the hellow you deadly			
<ul> <li>Almost always or always</li> </ul>	118a. How often was the hot tea you drank			
The second secon	decaffeinated or herbal tea?			
四周市	La voi su			
	Almost never or never			
	About 1/4 of the time			
Gran	About 1/2 of the time			
AA	About 3/4 of the time			
	<ul> <li>Almost always or always</li> </ul>			

Question 116 appears in the next column.

Question 119 appears on the next page.

over the past 12 months	usually use?
19. How often did you add sugar or honey to your	doddily doc:
coffee or tea?	<ul> <li>Regular powdered</li> </ul>
771177 71 3441	C Low-fat or fat-free powdered
NEVER (GO TO QUESTION 120)	Regular liquid
O HETELT (OU TO MOLOTION TEXT)	O Low-fat or fat-free liquid
Less than 1 time per 5–6 times per week	Con-lat of lat-life liquid
month 1 time per day	
1–3 times per month 2–3 times per day	122. How often was cream or half and half added to
1 time per week 4–5 times per day	your coffee or tea?
A Section of the second section of the section of the second section of the section of the second section of the section o	A brace greatule to active makes (
2-4 times per week 6 or more times per da	
110s. Each time assess as becauses added to us	NEVER (GO TO QUESTION 123)
119a. Each time sugar or honey was added to you	
coffee or tea, how much was usually added?	
	month 1 time per day
Cless than 1 teaspoon	0 1–3 times per month 2–3 times per day
1 to 3 teaspoons	1 time per week 4–5 times per day
More than 3 teaspoons	2–4 times per week 6 or more times per day
/	400 F 1 F 1 F 1 F 1 F 1 F 1 F 1 F 1 F 1 F
	122a. Each time cream or half and half was added
20. How often did you add artificial sweetener to	to your coffee or tea, how much was usually
your coffee or tea?	added?
	A THE SAME OF THE
NEVER (GO TO QUESTION 121)	Less than 1 tablespoon
Search and service Made of Service	1 to 2 tablespoons
<ul> <li>Less than 1 time per</li> <li>5–6 times per week</li> </ul>	More than 2 tablespoons
month 0 1 time per day	
1–3 times per month 2–3 times per day	V
1 time per week 4–5 times per day	123. How often was milk added to your coffee or tea?
2-4 times per week 6 or more times per da	ay
Adequate accordance (Adequate 1991)	NEVER (GO TO QUESTION 124)
120a. What kind of artificial sweetener do you	
usually use?	Less than 1 time per 5–6 times per week
F231	month 1 time per day
<ul> <li>Equal or aspartame</li> </ul>	1-3 times per month 2-3 times per day
Sweet N Low or saccharin	1 time per week 4–5 times per day
	2-4 times per week 6 or more times per day
V	
21. How often was non-dairy creamer added to your	123a. Each time milk was added to your coffee
coffee or tea?	or tea, how much was usually added?
NEVER (GO TO QUESTION 122)	Cless than 1 tablespoon
	1 to 3 tablespoons
○ Less than 1 time per ○ 5–6 times per week	More than 3 tablespoons
month 0 1 time per day	O mere man e saurospoorio
1–3 times per month 2–3 times per day	123b. What kind of milk was usually added to
1 time per week 4–5 times per day	your coffee or tea?
2–4 times per week 6 or more times per day	•
o or more unies per da	Whole milk
121a. Each time non-dairy creamer was added to	
	1% milk
your coffee or tea, how much was usually	
used?	Skim, nonfat, or 1/2% milk
O Leas then d teasures	Evaporated or condensed (canned) milk
Less than 1 teaspoon	O Soy milk
1 to 3 teaspoons	Rice milk
<ul> <li>More than 3 teaspoons</li> </ul>	Other
/	
	Y
Duestion 122 appears in the next column.	Question 124 appears on the next page.
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#### 125c. How often was the margarine you ate Over the past 12 months... fat-free margarine? 124. How often was sugar or honey added to foods you ate? (Please do not include sugar in coffee, tea, other Almost never or never beverages, or baked goods.) O About 1/4 of the time About 1/2 of the time O NEVER (GO TO INTRODUCTION TO About 3/4 of the time QUESTION 125) Almost always or always 1-6 times per year 2 times per week 3-4 times per week 7-11 times per year 126. Over the past 12 months, did you eat butter? 1 time per month 5-6 times per week 2-3 times per month O NO (GO TO QUESTION 127) 1 time per day 1 time per week 2 or more times per day O YES 124a. Each time sugar or honey was added to foods you ate, how much was usually added? 126a. How often was the butter you ate light or Less than 1 teaspoon low-fat butter? 1 to 3 teaspoons More than 3 teaspoons Almost never or never O About 1/4 of the time About 1/2 of the time 100 About 3/4 of the time The following questions are about the kinds of Almost always or always margarine, mayonnaise, sour cream, cream cheese, and salad dressing that you eat. If possible, please check the labels of these foods to help you answer. 127. Over the past 12 months, did you eat mayonnaise or mayonnaise-type dressing? 125. Over the past 12 months, did you eat margarine? O NO (GO TO QUESTION 128) O NO (GO TO QUESTION 126) O YES O YES 127a. How often was the mayonnaise you ate 125a. How often was the margarine you ate regular-fat mayonnaise? regular-fat margarine (stick or tub)? Almost never or never Almost never or never About 1/4 of the time About 1/4 of the time About 1/2 of the time About 1/2 of the time O About 3/4 of the time Almost always or always O About 3/4 of the time Almost always or always 127b. How often was the mayonnaise you ate 125b. How often was the margarine you ate light or low-fat mayonnaise? light or low-fat margarine (stick or tub)? Almost never or never Almost never or never About 1/4 of the time About 1/4 of the time O About 1/2 of the time About 1/2 of the time O About 3/4 of the time O About 3/4 of the time Almost always or always Almost always or always MARGARINE

Question 128 appears on the next page.

Question 126 appears in the next column.

Over the past 12 months	129b. How often was the cream cheese you ate light, low-fat, or fat-free cream cheese?
127c. How often was the mayonnaise you	
ate fat-free mayonnaise?	Almost never or never
	About 1/4 of the time
<ul> <li>Almost never or never</li> </ul>	O About 1/2 of the time
About 1/4 of the time	About 3/4 of the time
About 1/2 of the time	Almost always or always
About 3/4 of the time	
<ul> <li>Almost always or always</li> </ul>	420 Over the past 42 weather did you get collect
	130. Over the past 12 months, did you eat salad
28. Over the past 12 months, did you eat sour cream?	dressing?
20. Over the past 12 months, did you eat sour cream?	NO (GO TO INTRODUCTION TO QUESTION 131)
NO (GO TO QUESTION 129)	O NO (GO TO INTRODUCTION TO GOLDTION 151)
0 110 (00 10 002011011 120)	○ YES
O YES	
J.	
V	130a. How often was the salad dressing you ate
128a. How often was the sour cream you ate	regular-fat salad dressing (including oil and
regular-fat sour cream?	vinegar dressing)?
COLO COMPANIONE SERVICE METALEN AND PROPERTY METALEN M	
<ul> <li>Almost never or never</li> </ul>	Almost never or never
About 1/4 of the time	O About 1/4 of the time
About 1/2 of the time	About 1/2 of the time
About 3/4 of the time	About <sup>3</sup> /4 of the time
<ul> <li>Almost always or always</li> </ul>	Almost always or always
4006 11	4206 Harris Marria and America and America
128b. How often was the sour cream you ate light,	130b. How often was the salad dressing you ate
low-fat, or fat-free sour cream?	light or low-fat salad dressing?
Almost never or never	Almost never or never
About 1/4 of the time	About 1/4 of the time
About 1/2 of the time	About 1/2 of the time
About 3/4 of the time	About 3/4 of the time
Almost always or always	Almost always or always
/	Thirlost directs of directs
V	130c. How often was the salad dressing you
29. Over the past 12 months, did you eat	ate fat-free salad dressing?
cream cheese?	
	Almost never or never
NO (GO TO QUESTION 130)	O About 1/4 of the time
	O About 1/2 of the time
O YES	About 3/4 of the time
V	Almost always or always
120a Haw often was the arrow shapes you	V
129a. How often was the cream cheese you	The fellowing two sweetless ask you to suggest the
ate regular-fat cream cheese?	The following two questions ask you to summarize
Almost never or never	your usual intake of vegetables and fruits. Please do
About 1/4 of the time	not include salads, potatoes, or juices.
About 1/2 of the time	131. Over the past 12 months, how many servings of
About 1/2 of the time	vegetables (not including salad or potatoes) did you
About 1/4 of the time Almost always or always	eat per week or per day?
- and analy of analy	
	C Less than 1 per week 2 per day
	O 1–2 per week O 3 per day
	○ 3–4 per week ○ 4 per day
/	○ 5–6 per week ○ 5 or more per day
Y	O 1 per day
Question 130 appears in the next column.	
	3

Over the past 12 months	The next questions are about your use of fiber supplements or vitamin pills.
132. Over the past 12 months, how many servings of fruit (not including juices) did you eat per week or per day?  Less than 1 per week 2 per day 1–2 per week 3 per day	135. Over the <u>past 12 months</u> , did you take any of the following types of fiber or fiber supplements on a regular basis (more than once per week for at least 6 of the last 12 months)? (Mark all that apply.)
3–4 per week 4 per day 5 or more per day 1 per day	<ul> <li>NO, didn't take any fiber supplements on a regular basis (GO TO QUESTION 136)</li> <li>YES, psyllium products (such as Metamucil, Fiberall, Serutan, Perdiem, Correctol)</li> <li>YES, methylcellulose/cellulose products (such as</li> </ul>
<ol> <li>Over the <u>past month</u>, which of the following foods did you eat AT LEAST THREE TIMES? (Mark as many as apply.)</li> </ol>	Citrucel, Unifiber)  YES, Fibercon  YES, Bran (such as wheat bran, oat bran, or bran wafers)
Avocado, guacamole Cheesecake Chocolate, fudge, or butterscotch toppings or syrups Chow mein noodles Olives Oysters Pickles or pickled vegetables or fruit Plantains Pork neckbones, hock,	136. Over the <u>past 12 months</u> , did you take any multivitamins, such as One-a-Day-, Theragran-, or Centrum-type multivitamins (as pills, liquids, or packets)?
Croissants head, feet  Dried apricots Pudding or custard  Egg rolls Veal, venison, lamb  Granola bars Whipped cream, regular  Hot peppers Whipped cream,  Jello, gelatin substitute	NO (GO TO INTRODUCTION TO QUESTION 138)  YES
Milkshakes or ice-cream sodas NONE	137. How often did you take <u>One-a-day-, Theragran-, or Centrum-type</u> multivitamins?
134. For ALL of the past 12 months, have you followed any type of vegetarian diet?  NO (GO TO INTRODUCTION TO QUESTION 135)	Less than 1 day per month 1–3 days per month 1–3 days per week 4–6 days per week Every day
YES	137a. Does your multivitamin usually contain minerals (such as iron, zinc, etc.)?
134a. Which of the following foods did you  TOTALLY EXCLUDE from your diet?  (Mark all that apply.)	NO YES Don't know
Meat (beef, pork, lamb, etc.) Poultry (chicken, turkey, duck) Fish and seafood	137b. For how many years have you taken multivitamins?
Eggs O Dairy products (milk, cheese, etc.)	Less than 1 year 1-4 years 5-9 years 10 or more years

Introduction to Question 138 appears on the next page.

Over the past 12 months	139. How often did you take Vitamin A (NOT as part of a multivitamin in Question 137)?
137c. Over the <u>past 12 months</u> , did you take any vitamins, minerals, or other herbal supplements other than your multivitamin?	NEVER (GO TO QUESTION 140)
supplements other than your multivitamin?	Less than 1 day per month
O NO (GO TO QUESTION 143.)	1–3 days per month
YES (GO TO INTRODUCTION TO	0 1–3 days per week
QUESTION 138.)	0 4–6 days per week
	O Every day
	139a. When you took <b>Vitamin A</b> , about how much did you take in one day?
	<ul><li>Less than 8,000 IU</li><li>15,000–24,999 IU</li></ul>
8	○ 8,000–9,999 IU ○ 25,000 IU or more
V	○ 10,000–14,999 IU ○ Don't know
These last questions are about the vitamins, minerals, or herbal supplements you took that are <u>NOT</u> part of a One-a-day-, Theragran-, or Centrum-type of	139b. For how many years have you taken Vitamin A?
multivitamin.	Cless than 1 year
	1-4 years
Please include vitamins taken as part of an antioxidant	○ 5–9 years
supplement.	10 or more years
138. How often did you take Beta-carotene (NOT as part	V
of a multivitamin in Question 137)?	140. How often did you take Vitamin C (NOT as part of a
of a material in addoctor for y.	multivitamin in Question 137)?
NEVER (GO TO QUESTION 139)	The state of the s
	NEVER (GO TO QUESTION 141)
Less than 1 day per month	Section (1997) - An all Marks Section Sections
0 1–3 days per month	Cless than 1 day per month
0 1–3 days per week	1–3 days per month
4–6 days per week	1–3 days per week
Every day	4-6 days per week Every day
138a. When you took Beta-carotene, about how	C Every day
much did you take in one day?	140a. When you took Vitamin C, about how much
la di	did you take in one day?
Less than 10,000 IU	1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1
○ 10,000–14,999 IU	Less than 500 mg
○ 15,000–19,999 IU	○ 500–999 mg
O 20,000–24,999 IU	○ 1,000–1,499 mg
25,000 IU or more	○ 1,500–1,999 mg
O Don't know	2,000 mg or more
139h For how many years have you taken	O Don't know
138b. For how many years have you taken  Beta-carotene?	140h. For how many years have you taken
Deta-carotelle (	140b. For how many years have you taken Vitamin C?
Less than 1 year	Vitaliiii Vi
0 1–4 years	Less than 1 year
O 5–9 years	0 1–4 years
10 or more years	O 5–9 years
	10 or more years

Over the past 12 months	142. How often did you take Calcium or Calcium- containing antacids (NOT as part of a multivitamin
141. How often did you take Vitamin E (NOT as part of a multivitamin in Question 137)?	in Question 137)?
NEVER (GO TO QUESTION 142)	NEVER (GO TO QUESTION 143)
( TEVER ( 00 10 do E011011 142)	Less than 1 day per month
Less than 1 day per month	1–3 days per month
1–3 days per month	1–3 days per month
1–3 days per week	4–6 days per week
4-6 days per week	Every day
Every day	C Every day
C Every day	142a. When you took Calcium or Calcium-
141a. When you took Vitamin E, about how much	containing antacids, about how much
did you take in one day?	elemental calcium did you take in one day?
and you take in one day.	(If possible, please check the label for
Less than 400 IU	elemental calcium.)
400-799 IU	Giornontal Calciant.)
0 800-999 IU	Less than 500 mg
1.000 IU or more	500–599 mg
O Don't know	○ 600–999 mg
O BOTT KNOW	1,000 mg or more
141b. For how many years have you taken	O Don't know
Vitamin E?	Don't know
Vitaliiii E.	142b. For how many years have you taken
Cless than 1 year	Calcium or Calcium-containing antacids?
1–4 years	Calcium of Calcium-Containing antacius?
○ 5–9 years	Cless than 1 year
10 or more years	1–4 years
O TO OF HIGHE YEARS	5–9 years
	10 or more years
V	V To di filore years
Question 142 appears in the next column.	Question 143 appears below.
143. In the grid below, FIRST, mark the number of years yo supplements AT LEAST 25 TIMES. Mark NEVER for least 25 times in a single year, and then go on to the re-	r each botanical or herbal supplement that you did not take at

least 25 times in a single year, and then go on to the next supplement. **SECOND**, to the right, mark the approximate number of months during each year that you took the supplement.

	NUMBER O	F YEARS SUPPL	EMENT TAKEN / MES	NUMBER OF MONTHS DURING EACH YEAR YOU TOOK THE SUPPLEMENT				
	NEVER	1-2 YEARS	3-4 YEARS	5+ YEARS	1-3 MONTHS/YEAR	4-6 MONTHS/YEAR	7-12 MONTHS/YEAR	
Alce (tablets/pills)	0	0	0	0 —	>0	0	0	
Echinacea	0	0	0	0 —	>0	0	0	
Garlic (tablets/pills)	0	0	0	0 —	>0	0	0	
Sinko	0	0	0	0 —	>0	0	0	
Ginseng (American or Asian)	0	0	0	0 —	>0	0	0	
Goldenseal	0	0	0	0 —	>0	0	0	
Saw palmetto	0	0	0	0 —	>0	0	0	
St. John's wort	0	0	0	0 —	>0	0	0	

The next two questions ask you about other supplements you took more than once per week.				146b. Which of the following best describes how you like your steak cooked?
	the past 12 months	000 X NE 40		Rare Medium rare
144.	Please mark any of the f			O Medium
		nore than once per week		Medium well done
	(NOT as part of a multivi	tamin in Question 137):		○ Well done
				O Very well done
	O B-6	Folic acid/folate		O Don't know
	O B-complex	O Glucosamine		5504
	<ul> <li>Brewer's yeast</li> </ul>	Hydroxytryptophan (HTP)		ACTION IN IN IN IN IN INCIDENT ACTION AND ACTION ACTION AND ACTION ACTION AND ACTION ACTION AND ACTION AND ACTION AND ACTION AND ACTION AND ACTION AND ACTION ACTION AND ACTION A
	Ocod liver oil	O Iron	147.	When you ate hamburger or cheeseburger patties,
	O Coenzyme Q	O Niacin		how often did you get them from fast food
	O Fish oil	O Selenium		restaurants?
	(Omega-3 fatty acids)	Zinc		TO A THIRD WAS AND THE PROPERTY AND THE
				── NEVER ATE HAMBURGER OR CHEESEBURGER
				PATTIES (GO TO QUESTION 148)
145.	Please mark any of the f	ollowing herbal or botanical		10.00
	supplements you took r	more than once per week.		Almost never or never
		PRIVATE		O About 1/4 of the time
	<ul> <li>Astragalus</li> </ul>	O Feverfew		O About 1/2 of the time
	Bilberry	O Ginger		O About 3/4 of the time
	<ul> <li>Cascara sagrada</li> </ul>	<ul> <li>Grapeseed extract</li> </ul>		Always or almost always
	Cat's claw	C Kava, kava		7 50 50 40
	Cayenne	Milk thistle		147a. Not including from fast food restaurants, when
	Cranberry	<ul> <li>Siberian ginseng</li> </ul>		you ate hamburger or cheeseburger patties,
	O Dong Kuai (Tangkwei)	O Valerian		what was the most common way they were
	<ul> <li>Evening primrose oil</li> </ul>	Other		cooked?
		and the second second		O Pan-fried
The r	next questions ask abou	it how you cook your meat,		Oven-broiled
fish,	or poultry. Over the pas	st 12 months		<ul> <li>Grilled or barbecued</li> </ul>
				O Don't know
146.	When you ate steak, wh	at was the most common		49
	way it was cooked?			147b. What was the second most common way they
				were cooked?
	NEVER ATE STEAK (	30 TO QUESTION 147)		
				O Pan-fried
1	O Pan-fried			Oven-broiled
	Oven-broiled			<ul> <li>Grilled or barbecued</li> </ul>
	<ul> <li>Grilled or barbecued</li> </ul>			O Don't know
	O Don't know			
				147c. Which of the following best describes how you
	146a. What was the sec	cond most common way it		like your hamburger or cheeseburger
	was cooked?			patties cooked?
	O D (/ )			O Para
	O Pan-fried			Rare
	Oven-broiled	3		O Medium rare
	<ul> <li>Grilled or barbec</li> </ul>	ued		Medium
	O Don't know			Medium well done
				Well done
				Very well done
		7		O Don't know
			100	
V			V	
Ouge	lian 147 annous in the next	column	Oune	tion 148 annears in the next column

Question 148 appears in the next colum

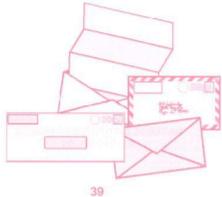
OVE	er tile past 12 months	101.	your sausage cooked?	describes now you like
148.	When you ate chicken, what was the most common		your sausage cookeu:	
	way it was cooked?		O NEVER EAT SAUSAGE	
_	NEVER ATE CHICKEN (GO TO QUESTION 149)		O Just until done	
			O Well done or crisp	
	Breaded and fried		O Very well done or charred	4
	O Pan-fried		O Don't know	
	Roasted or baked		O Boil Ckilow	
	Grilled or barbecued			
	Oven-brolled	152	During the summer, how o	often did you eat meat
	Stewed or boiled	102.	fish, or poultry that was gr	
	O Don't know		coals, an open fire, or cera	
	DOTTENIOW		Distribution of the Control of the C	arric briquettes:
	148a. When you ate chicken, what was the second		O NEVER	
	most common way it was cooked?		1-6 times per season	2 times per week
	most common way it was cooked?			
	Breaded and fried		7–11 times per season	3-4 times per week
	Pan-fried		1 time per month	5-6 times per week
			2-3 times per month	1 time per day
	Roasted or baked		1 time per week	2 or more times
	Grilled or barbecued			per day
	Oven-broiled			
	Stewed or boiled	450	5	
	O Don't know	153.	During the rest of the year	
	4405 140-1-40-4-40-4-4-4-4-4-4-4-4-4-4-4-4-4-		meat, fish, or poultry that v	
	148b. Which of the following best describes how you		over coals, an open fire, o	r ceramic briquettes?
	like your chicken cooked?		11.00	
			○ NEVER	
9	○ Well done			
	<ul> <li>Very well done</li> </ul>		<ul> <li>1–6 times per season</li> </ul>	2 times per week
1/			<ul> <li>7–11 times per season</li> </ul>	3–4 times per week
			1 time per month	<ul> <li>5–6 times per week</li> </ul>
149.	When you ate pork roast or chops, what was the		<ul> <li>2–3 times per month</li> </ul>	1 time per day
	most common way it was cooked?		1 time per week	<ul><li>2 or more times</li></ul>
				per day
	NEVER ATE PORK ROAST OR CHOPS			2
	Baked	154.	When you ate grilled or ba	rbecued meat, fish, or
	Grilled or barbecued		poultry, how often was it c	harred on the surface?
	Breaded and fried			
	Pan-fried (unbreaded)		O NEVER ATE MEAT, FISH	I, OR POULTRY
	Oven-broiled			
	O Don't know		<ul> <li>Almost never or never</li> </ul>	
			O About 1/4 of the time	
			O About 1/2 of the time	
150.	Which of the following best describes how you like		O About 3/4 of the time	
	your bacon cooked?		Almost always or always	
	O NEVED FAT DACON			
	O NEVER EAT BACON	455	M/h = n · · · · · · · · · · · · · · · · · ·	and the first of the second
	C host costil done	155.	When you ate pan-fried or	
	Just until done		often was it well-browned	on the surface?
	Well done or crisp		C 1151155 1	
	Well done or charred		O NEVER ATE MEAT	
	O Don't know		○ Almost nover or nover	
			Almost never or never	
			About 1/4 of the time	
			About 1/2 of the time	
			<ul> <li>About <sup>3</sup>/<sub>4</sub> of the time</li> </ul>	

Almost always or always

156. When you were the ages described below, how many drinks per day, week, or month did you have? First, we ask about beer, then wine, then liquor, including liquor in mixed drinks. (Count sherry and wine coolers as wine; count brandy as liquor.) For those ages when you did not consume beer or wine or liquor, please mark NEVER for the specific beverage. When you are finished with this section, there should be one response in each line.

	NEVER	1 drink per month or fewer	2–3 drinks per month	1–2 drinks per week	3–4 drinks per week	5–6 drinks per week	1 drink per day	2–3 drinks per day	4–5 drinks per day	6 or more drinks per day
18-24 years of age										
12 ounce bottle or can of beer	0	0	0	0	0	0	0	0	0	0
5 ounce glass of wine	0	0	0	0	0	0	0	0	0	0
1.5 ounce shot of <b>liquor</b> (including mixed drinks)	0	0	0	0	0	0	0	0	0	0
25-39 years of age										
12 ounce bottle or can of beer	0	0	0	0	0	0	0	0	0	0
5 ounce glass of wine	0	0	0	0	0	0	0	0	0	0
1.5 ounce shot of <b>liquor</b> (including mixed drinks)	0	0	0	0	0	0	0	0	0	0
40-54 years of age									Secretaria de la constanta de	
12 ounce bottle or can of beer	0	0	0	0	0	0	0	0	0	0
5 ounce glass of wine	0	0	0	0	0	0	0	0	0	0
1.5 ounce shot of <b>liquor</b> (including mixed drinks)	0	0	0	0	0	0	0	0	0	0
55 years of age or older										
12 ounce bottle or can of beer	0	0	0	0	0	0	0	0	0	0
5 ounce glass of wine	0	0	0	0	0	0	0	0	0	0
1.5 ounce shot of <b>liquor</b> (including mixed drinks)	0	0	0	0	0	0	0	0	0	0

Thank you very much for completing this questionnaire. Please return it in the self-addressed postage-paid envelope.



NATIONAL INSTITUTES OF HEALTH Washington, DC