## Participant ID Number

## PROSTATE, LUNG, COLORECTAL, AND OVARIAN CANCER SCREENING TRIAL DIETARY QUESTIONNAIRE

## 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.

## For Office Use Only

## Form Processing

O Form Receipted into SMS
O Manual Review Completed

## Data Retrieval:

O Completed by Center
○ Completed by NOVA
O None Required

Public reporting burden for this collection of information is estimated to average 35 minutes per response, including 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.

## Version 5

This form asks about your food intake.
It takes about 35 minutes to complete. Please follow these instructions:

- Answer each question as best you can - estimate if you aren't sure.
- Use only a No. 2 pecil.
- Be certain to completely blacken in each of your answers, and erase completely if you make any changes.

CORRECT MARK
INCORRECT MARKS
Ø○○®

1. SEX
a. $\bigcirc$ Male
b. O Female
2. What is your date of birth?

Mo.-Day-Yr.
3. What is the date you are completing this questionnaire?

Mo.-Day-Yr.
4. This section is about your usual eating habits over the past year.

- Mark the column below to show how often, on the average, you ate the food during the past year.
- Please BE CAREFUL which column you put your answer in.
- Please DO NOT SKIP any foods. If you never eat a food, mark "Never."

EXAMPLE: This person ate rice about twice per month and never ate winter squash.

|  | SERVINGS |  |  |  |  |  |  |  |  |  |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| TYPE OF FOOD | NEVER | $\begin{gathered} \text { LESS } \\ \text { THAN } \\ \text { ONCE } \\ \text { PER } \\ \text { MONTH } \\ \hline \end{gathered}$ | $\begin{gathered} 1 \\ \text { TIME } \\ \text { PER } \\ \text { MONTH } \end{gathered}$ | $\begin{gathered} 2-3 \\ \text { TIMES } \\ \text { PER } \\ \text { MONTH } \end{gathered}$ | $\begin{gathered} 1 \\ \text { TIME } \\ \text { PER } \\ \text { WEEK } \\ \hline \end{gathered}$ | $\begin{gathered} 2 \\ \text { TIMES } \\ \text { PER } \\ \text { WEEK } \end{gathered}$ | 3-4 <br> TIMES PER WEEK | 5-6 <br> TIMES PER WEEK | $\begin{gathered} 1 \\ \text { TIME } \\ \text { PER } \\ \text { DAY } \\ \hline \end{gathered}$ | $\begin{gathered} 2+ \\ \text { TIMES } \\ \text { PER } \\ \text { DAY } \\ \hline \end{gathered}$ |
| Rice | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ |
| Winter squash, baked squash | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ |


|  | SERVINGS |  |  |  |  |  |  |  |  |  |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| TYPE OF FOOD | NEVER | $\begin{gathered} \text { LESS } \\ \text { THAN } \\ \text { ONCE } \\ \text { PER } \\ \text { MONTH } \end{gathered}$ | $\begin{array}{\|c\|} \hline 1 \\ \text { TIME } \\ \text { PPR } \\ \text { MONTH } \\ \hline \end{array}$ | $\begin{gathered} \text { 2-3 } \\ \text { TMES } \\ \text { PER } \\ \text { MONTH } \end{gathered}$ | $\begin{gathered} 1 \\ \text { TIME } \\ \text { PER } \end{gathered}$ $\begin{gathered} \text { PER } \\ \text { WEEK } \end{gathered}$ | $\begin{gathered} 2 \\ \text { TIMES } \\ \text { PER } \\ \text { WEEK } \end{gathered}$ | 3-4 TIMES PER WEEK | $\begin{gathered} \text { 5-6 } \\ \text { TIMES } \\ \text { PER } \\ \text { WEEK } \end{gathered}$ WEEF | $\begin{aligned} & 1 \\ & \text { TIME } \\ & \text { PER } \\ & \text { DEA } \end{aligned}$ | $\begin{array}{\|c\|c} 2+ \\ \text { TIMES } \\ \text { PER } \\ \text { DAY } \\ \hline \end{array}$ |
| FRUITS (do not count fruit juices) |  |  |  |  |  |  |  |  |  |  |
| Fresh apples (in season) | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ |
| Fresh apples (rest of year) | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ |
| Applesauce | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ |
| Fresh pears (in season) | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ |
| Fresh pears (rest of year) | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ |
| Bananas | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ |
| Fresh peaches or nectarines (in season) | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ |
| Canned peaches | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ |
| Fresh plums (in season) | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ |
| Cantaloupe (in season) | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ |
| Watermelon (in season) | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ |
| Fresh strawberries (in season) | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ |
| Fresh or frozen strawberries (rest of year) | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ |
| Fresh oranges (in season) | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ |
| Fresh oranges (rest of year) | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ |
| Fresh grapefruit (in season) | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ |
| Fresh grapefruit (rest of year) | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ |
| Grapes | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ |


|  | SERVINGS |  |  |  |  |  |  |  |  |  |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| TYPE OF FOOD | NEVER | LESS ONCE PER MONTH | $\begin{gathered} 1 \\ \text { TIME } \\ \text { PER } \\ \text { MONTH } \end{gathered}$ | $\begin{array}{\|c\|c\|} \hline 2-3 \\ \text { TIMES } \\ \text { PER } \\ \text { MONTH } \\ \hline \end{array}$ | $\begin{gathered} \mathbf{1} \\ \text { TIME } \\ \text { PER } \end{gathered}$ WEEK | $\begin{gathered} 2 \\ \text { TIIES } \\ \text { PER } \\ \text { WEEK } \end{gathered}$ | $\stackrel{3-4}{3}$ PER WEEK | $\stackrel{5-6}{ }$ PER WEEK | $\begin{gathered} 1 \\ \text { TIME } \\ \text { PER } \\ \text { DAY } \end{gathered}$ | $\begin{gathered} \text { 2+ } \\ \text { TIMES } \\ \text { PER } \\ \text { DAY } \end{gathered}$ |
| Apricots, fresh, dried, or canned | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ |
| Raisins | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ |
| Prunes | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ |
| Canned pineapple | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ |
| Canned fruit cocktail or mixed fruits | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ |


| TYPE OF FOOD | SERVINGS |  |  |  |  |  |  |  |  |  |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
|  | NEVER | $\begin{gathered} \text { LESS } \\ \text { THAN } \\ \text { ONCE } \\ \text { PER } \\ \text { MONTH } \\ \hline \end{gathered}$ | $\begin{gathered} 1 \\ \text { TIME } \\ \text { PER } \\ \text { MONTH } \end{gathered}$ | $\begin{gathered} \text { 2-3 } \\ \text { TMES } \\ \text { PER } \\ \text { MONTH } \end{gathered}$ | $\begin{gathered} 1 \\ \text { TIME } \\ \text { PER } \\ \text { WEEK } \end{gathered}$ | $\begin{gathered} 2 \\ \text { TIMES } \\ \text { PER } \\ \text { WEEK } \\ \hline \end{gathered}$ | $\begin{gathered} \text { 3-4 } \\ \text { TIMES } \\ \text { PER } \\ \text { WEEK } \\ \hline \end{gathered}$ | $\begin{gathered} 5-6 \\ \text { TIMES } \\ \text { PER } \\ \text { WEEK } \\ \hline \end{gathered}$ | $\begin{array}{\|l\|l\|} \hline 1 \\ \text { TIME } \\ \text { PER } \\ \text { DAY } \\ \hline \end{array}$ | $\begin{aligned} & 2+ \\ & \text { TIMES } \\ & \text { PER } \\ & \text { DAY } \\ & \hline \end{aligned}$ |
| VEGETABLES |  |  |  |  |  |  |  |  |  |  |
| String beans, green beans | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ |
| Peas | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ |
| Sweet corn (in season) | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ |
| Sweet corn (rest of year) | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ |
| Summer squash, like zucchini or yellow crookneck | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ |
| Winter squash, like acorn, butternut | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ |
| Broccoli | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ |
| Cauliflower | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ |
| Brussel sprouts | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ |
| Spinach (raw) | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ |
| Spinach (cooked) | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ |
| Mustard greens, turnip greens, collards, kale, swiss chard | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ |
| Mixed vegetables, cooked | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ |
| Cole slaw, cabbage, sauerkraut | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ |
| Carrots, cooked | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ |
| Carrots, raw | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ |
| Head lettuce, like iceberg (as part of a salad) | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ |
| Leaf lettuce, like romaine (as part of a salad) | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ |
| Green pepper | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ |


| TYPE OF FOOD | SERVINGS |  |  |  |  |  |  |  |  |  |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
|  | NEVER | $\begin{gathered} \text { LESS } \\ \text { THAN } \\ \text { ONCE } \\ \text { PER } \\ \text { MONTH } \end{gathered}$ | $\begin{array}{\|c\|c} 1 \\ \text { TIME } \\ \text { PER } \\ \text { MONTH } \\ \hline \end{array}$ | $\begin{gathered} 2-3 \\ \text { TIMES } \\ \text { PER } \\ \text { MONTH } \\ \hline \end{gathered}$ | $\begin{gathered} 1 \\ \text { TIME } \\ \text { PER } \\ \text { WEEK } \end{gathered}$ | $\begin{gathered} 2 \\ \text { TIMES } \\ \text { PER } \\ \text { WEEK } \\ \hline \end{gathered}$ | $\begin{gathered} 3-4 \\ \text { 3-4ME } \\ \text { PRR } \\ \text { WEEK } \end{gathered}$ | $\begin{gathered} 5-6 \\ \text { TIMES } \\ \text { PER } \\ \text { WEEK } \\ \hline \end{gathered}$ | $\begin{array}{\|c\|} \hline 1 \\ \text { TIME } \\ \text { PER } \\ \text { DAY } \\ \hline \end{array}$ | $\begin{gathered} 2+ \\ \text { TMES } \\ \text { PER } \\ \text { DAY } \\ \hline \end{gathered}$ |
| Cucumber | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ |
| Celery | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ |
| Beets | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ |
| Fresh tomatoes (in season) | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ |
| Fresh tomatoes (rest of year) | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ |
| Canned tomatoes | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ |
| Tomato sauce or spaghetti sauce | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ |
| Ketchup, red chili sauce, taco sauce, or salsa picante | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ |
| Onions | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ |
| Garlic | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ |
| French fries and fried potatoes | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ |
| Potatoes prepared in other ways, like boiled, baked, mashed, or potato salad | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ |
| Sweet potatoes, yams | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ |
| Tofu or soybeans | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ |
| Chili with beans | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ |
| Other beans, such as baked beans, pintos, kidney, limas, and lentils | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ |
| Vegetable and tomato soups, including vegetable beef, minestrone | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ |
| Other soups | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ |

For the following questions, please estimate the average serving size you ate during the past year.

- Mark the column to show HOW OFTEN, on the average, you ate the food during the past year.
- Mark the column on the right side to show HOW MUCH your average serving size is (estimate small, medium, or large, based on the medium serving shown for each type of food).
- Please BE CAREFUL which column you put your answer in.
- Please DO NOT SKIP any foods. If you never eat a food, mark "Never."

EXAMPLE: This person ate fried chicken about 2 times per month and usually ate more than 2 small pieces or 1 large piece.

| TYPE OF FOOD | SERVINGS |  |  |  |  |  |  |  |  |  | YOUR SERVING SIZE |  |  |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
|  | NEVER | $\begin{array}{\|c\|} \hline \text { LESS } \\ \text { THAN } \\ \text { ONCE } \\ \text { PER } \\ \text { MONTH } \end{array}$ | 1 TIME PER MONTH |  | 1 TIME PER WEEK |  | $\begin{aligned} & \text { 3-4 } \\ & \text { TIMES } \\ & \text { PER } \\ & \text { WEEK } \end{aligned}$ | 5-6 TIMES PER WEEK | $\begin{gathered} 1 \\ \text { TIME } \\ \text { PER } \\ \text { DAY } \end{gathered}$ |  | SMALL | MEDIUM | LARGE |
| Fried chicken | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | 2 small or 1 large pc $\bigcirc$ | $\bigcirc$ |


|  | SERVINGS |  |  |  |  |  |  |  |  |  | YOUR SERVING SIZE |  |  |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| TYPE OF FOOD | NEVER | $\begin{gathered} \text { LESS } \\ \text { THAN } \\ \text { ONCE } \\ \text { PER } \\ \text { MONTH } \end{gathered}$ |  |  |  |  | 3-4 TIMES PER WEEK |  | 1 <br> TIME <br> PER PER |  | SMALL | MEDIUM | LARGE |
| CEREALS, BREADS, GRAINS, PASTA |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Cooked cereal or grits | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | 1 medium bowl $\bigcirc$ | $\bigcirc$ |
| High fiber cereals, such as Fiber One, All Bran, 100\% Bran, or unprocessed bran | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | 1 medium bowl | $\bigcirc$ |
| Other fiber cereals, such as Raisin Bran, Corn Bran, Grape Nuts, Wheaties, Shredded Wheat, granola, etc. | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | 1 medium bowl $\bigcirc$ | $\bigcirc$ |
| Highly fortified cereals, such as Total, Just Right, or Product 19 | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | 1 medium bowl $\bigcirc$ | $\bigcirc$ |
| Other cold cereals, such as corn flakes, Rice Krispies, Cheerios | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | 1 medium bowl | $\bigcirc$ |


|  | SERVINGS |  |  |  |  |  |  |  |  |  | YOUR SERVING SIZE |  |  |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| TYPE OF FOOD | NEVER | $\begin{array}{\|l\|} \hline \text { LESS } \\ \text { THAN } \\ \text { ONCE } \\ \text { PER } \\ \text { MONTH } \\ \hline \end{array}$ | $\begin{gathered} 1 \\ \text { TIME } \\ \text { PER } \\ \text { MONTH } \end{gathered}$ | $\begin{array}{\|c\|c\|} \hline 2-3 \\ \text { TIMES } \\ \text { PER } \\ \text { MONTH } \\ \hline \end{array}$ | $\begin{gathered} 1 \\ \text { TIME } \\ \text { PER } \\ \text { WEEK } \end{gathered}$ | $\begin{gathered} 2 \\ \text { TMES } \\ \text { PER } \\ \text { WEEK } \end{gathered}$ | $\begin{array}{\|c} \text { 3-4 } \\ \text { TIMES } \\ \text { PER } \\ \text { WEEK } \\ \hline \end{array}$ | $\begin{aligned} & \text { 5-6 } \\ & \text { TMES } \\ & \text { PER } \end{aligned}$ | $\begin{gathered} 1 \\ \text { TIME } \\ \text { PER } \\ \text { DAY } \end{gathered}$ | $\begin{gathered} \text { 2+ } \\ \text { TMES } \\ \text { PER } \\ \text { DAY } \end{gathered}$ | SMALL | MEDIUM | LARGE |
| Milk on cereal | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | 1/2 cup $\bigcirc$ | $\bigcirc$ |
| Sugar added to cereal | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | 2 teaspoons $\bigcirc$ | $\bigcirc$ |
| Pancakes or waffles | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | 2 pancakes or waffles $\bigcirc$ | $\bigcirc$ |
| White bread (including sandwiches, bagels, burger rolls, French or Italian bread) | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | 2 slices ○ | $\bigcirc$ |
| Dark bread, such as wheat, rye, pumpernickel (including sandwiches) | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | 2 slices ○ | $\bigcirc$ |
| Corn bread, corn muffins, corn tortillas | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | Medium piece | $\bigcirc$ |
| Biscuits, muffins (including fast food) | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | Medium piece | $\bigcirc$ |
| White rice | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\begin{gathered} 3 / 4 \text { cup } \\ \bigcirc \end{gathered}$ | $\bigcirc$ |
| Brown or wild rice | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\begin{gathered} 3 / 4 \text { cup } \\ \bigcirc \end{gathered}$ | $\bigcirc$ |
| Other grains, such as bulgur, couscous, kasha, etc. | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\begin{gathered} 3 / 4 \text { cup } \\ \bigcirc \end{gathered}$ | $\bigcirc$ |
| Mixed dishes with cheese (such as macaroni and cheese) | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\begin{gathered} 1 \text { cup } \\ \bigcirc \end{gathered}$ | $\bigcirc$ |
| Lasagna | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\begin{gathered} 1 \text { cup } \\ \bigcirc \end{gathered}$ | $\bigcirc$ |
| Spaghetti, noodles, or other pasta | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\begin{gathered} 1 \text { cup } \\ \bigcirc \end{gathered}$ | $\bigcirc$ |


|  | SERVINGS |  |  |  |  |  |  |  |  |  | YOUR SERVING SIZE |  |  |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| TYPE OF FOOD | NEVER | $\begin{array}{\|c\|} \hline \text { LESS } \\ \text { THAN } \\ \text { ONCE } \\ \text { PER } \\ \text { MONTH } \\ \hline \end{array}$ | $\begin{array}{\|c\|c\|} \hline 1 \\ \text { TIME } \\ \text { PER } \\ \text { MONTH } \\ \hline \end{array}$ | $\begin{array}{\|c\|c\|} \hline 2-3 \\ \text { TIMES } \\ \text { PER } \\ \text { MONTH } \\ \hline \end{array}$ | $\begin{gathered} 1 \\ \text { TIME } \\ \text { PER } \\ \text { WEEK } \end{gathered}$ | $\begin{gathered} 2 \\ \text { TIMES } \\ \text { PER } \\ \text { WEEK } \end{gathered}$ |  | 5-6 TIMES PER PER WEEK | $\begin{aligned} & 1 \\ & \text { TIME } \\ & \text { PER } \\ & \text { PAY } \end{aligned}$ | $\begin{gathered} \text { 2+ } \\ \text { TIMES } \\ \text { PER } \\ \text { DAY } \end{gathered}$ | SMALL | MEDIUM | LARGE |
| MEAT, POULTRY, FISH, EGGS, MIXED D | HES |  |  |  |  |  |  |  |  |  |  |  |  |
| Hamburgers, cheeseburgers | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | 1 medium or 4 oz. $\bigcirc$ | $\bigcirc$ |
| Meatloaf, burritos, tacos (beef only) | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | 4 ounces <br> ○ | $\bigcirc$ |
| Steaks | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | 4 ounces $\bigcirc$ | $\bigcirc$ |
| Roast beef (including sandwiches) | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | 4 ounces <br> $\bigcirc$ | $\bigcirc$ |
| Beef stew or pot pie with carrots or other vegetables | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $1 \text { cup }$ | $\bigcirc$ |
| Hot dogs | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $2 \text { hot dogs }$ $\bigcirc$ | $\bigcirc$ |
| Lunch meats, such as bologna, salami, or processed ham | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\begin{gathered} \hline 2 \text { slices or } 2 \text { oz. } \\ \bigcirc \end{gathered}$ | $\bigcirc$ |
| Pork chops | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\begin{gathered} 2 \text { chops or } 4 \mathrm{oz} . \\ 0 \end{gathered}$ | $\bigcirc$ |
| Pork roast | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | 4 ounces <br> $\bigcirc$ | $\bigcirc$ |
| Baked or cured ham | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | 4 ounces <br> ○ | $\bigcirc$ |
| Fried chicken | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | 2 small or 1 large pc <br> 0. | $\bigcirc$ |
| Other chicken or turkey (roasted, stewed, or broiled, including on sandwiches) | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | 2 small or 1 large pc. $\bigcirc$ | $\bigcirc$ |
| Liver (all kinds) | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | 4 ounces <br> $\bigcirc$ | $\bigcirc$ |


|  | SERVINGS |  |  |  |  |  |  |  |  |  | YOUR SERVING SIZE |  |  |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| TYPE OF FOOD | NEVER | $\begin{array}{\|c\|c\|} \hline \text { LESS } \\ \text { THAN } \\ \text { ONCE } \\ \text { PER } \\ \text { MONTH } \\ \hline \end{array}$ | $\begin{gathered} 1 \\ \text { TIME } \\ \text { PER } \end{gathered}$ MONTH | $\begin{gathered} 2-3 \\ \text { TIMES } \\ \text { PER } \end{gathered}$ | $\begin{gathered} 1 \\ \text { TIME } \\ \text { PER } \\ \text { WEEK } \end{gathered}$ | $\begin{gathered} 2 \\ \text { TIIES } \\ \text { PER } \\ \text { WEEK } \end{gathered}$ | $\begin{array}{\|c\|c\|} \hline \text { 3-4 } \\ \text { TIMES } \\ \text { PER } \\ \text { WEEK } \\ \hline \end{array}$ | $\begin{gathered} \text { 5-6 } \\ \text { TMES } \\ \text { PER } \\ \text { WEEK } \end{gathered}$ | $\begin{aligned} & 1 \\ & \text { TIME } \\ & \text { PER } \\ & \text { DAY } \end{aligned}$ | $\begin{aligned} & \text { 2+ } \\ & \text { TMES } \\ & \text { PER } \\ & \text { DAA } \end{aligned}$ | SMALL | MEDIUM | LARGE |
| Fried fish, including on sandwiches | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | 4 oz. or 1 sandwich ○ | $\bigcirc$ |
| Tuna, tuna salad, tuna casserole | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\begin{gathered} 1 / 2 \text { cup } \\ 0 \end{gathered}$ | $\bigcirc$ |
| Shellfish (shrimp, crab, lobster, etc.) | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\begin{gathered} 5 \mathrm{pcs} .1 / 4 \mathrm{c} . \text { or } 3 \mathrm{oz} . \\ \bigcirc \end{gathered}$ | $\bigcirc$ |
| Other fish (broiled or baked) | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | 4 ounces <br> $\bigcirc$ | $\bigcirc$ |
| Bacon | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | 2 slices <br> $\bigcirc$ | $\bigcirc$ |
| Sausage | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\begin{gathered} 2 \text { patties or links } \\ \bigcirc \end{gathered}$ | $\bigcirc$ |
| Eggs | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\begin{gathered} 2 \text { eggs } \\ \bigcirc \end{gathered}$ | $\bigcirc$ |
| Pizza | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | 2 slices ○ | $\bigcirc$ |


|  | SERVINGS |  |  |  |  |  |  |  |  |  | YOUR SERVING SIZE |  |  |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| TYPE OF FOOD | NEVER | LESS THAN ONCE PER MONTH | $\begin{gathered} 1 \\ \text { TIME } \\ \text { PRR } \end{gathered}$ MONTH | $\begin{array}{\|c\|c\|} \hline \text { 2-3 } \\ \text { TMES } \\ \text { PER } \\ \text { MONTH } \\ \hline \end{array}$ | $\begin{gathered} 1 \\ \text { TIME } \\ \text { PER } \\ \text { WEEK } \end{gathered}$ | $\begin{gathered} 2 \\ \text { TIMES } \\ \text { PER } \\ \text { WEEK } \end{gathered}$ | 3-4 TIMES PER PER WEEK | $\begin{gathered} 5-6 \\ \text { TMES } \\ \text { PER } \\ \text { WEEK } \end{gathered}$ | $\begin{aligned} & 1 \\ & \text { TIME } \\ & \text { PER } \\ & \text { PARY } \end{aligned}$ | $\stackrel{2+}{2+}$ PER DAY | SMALL | MEDIUM | LARGE |
| DAIRY PRODUCTS |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Cottage cheese | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $1 / 2$ cup $\bigcirc$ | $\bigcirc$ |
| Other cheeses and cheese spreads | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | 2 slices or 2 ounces | $\bigcirc$ |
| Yogurt | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\begin{gathered} 1 \text { cup } \\ \bigcirc \end{gathered}$ | $\bigcirc$ |


|  | SERVINGS |  |  |  |  |  |  |  |  |  | YOUR SERVING SIZE |  |  |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| TYPE OF FOOD | NEVER | LESS THAN ONCE PER MONTH | $\begin{gathered} 1 \\ \text { TIME } \\ \text { PER } \\ \text { MONTH } \end{gathered}$ | $\begin{gathered} 2-3 \\ \text { TIMES } \\ \text { PER } \\ \text { MONTH } \end{gathered}$ | $\begin{gathered} 1 \\ \text { TIME } \\ \text { PER } \\ \text { WEEK } \end{gathered}$ | $\begin{gathered} 2 \\ \text { TIIES } \\ \text { PER } \\ \text { WEEK } \end{gathered}$ | $\begin{gathered} \text { 3-4 } \\ \text { TIIES } \\ \text { PER } \\ \text { WEEK } \end{gathered}$ | $\begin{gathered} \text { 5-6 } \\ \text { TIMES } \\ \text { PER } \end{gathered}$ WEEK | $\begin{aligned} & 1 \\ & \text { TIME } \\ & \text { PERR } \\ & \text { DAYY } \end{aligned}$ | $\begin{gathered} 2+ \\ \text { TIIES } \\ \text { PER } \\ \text { DAR } \end{gathered}$ | SMALL | MEDIUM | LARGE |
| Sour cream | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | 2 tablespoons $\bigcirc$ | $\bigcirc$ |
| Sweet cream, added to coffee, tea, fruit, or dessert | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | 1 tablespoon $\bigcirc$ | $\bigcirc$ |
| Ice cream, regular | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $1 \text { scoop or } 1 / 2 \text { cup }$ $\bigcirc$ | $\bigcirc$ |
| Frozen yogurt, ice milk, low-fat ice cream | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\begin{gathered} 1 \text { scoop or } 1 / 2 \text { cup } \\ \bigcirc \end{gathered}$ | $\bigcirc$ |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  | SERVIN |  |  |  |  |  |  | OUR SERVING SIZ |  |
| TYPE OF FOOD | NEVER | LESS ONCE PER MONTH | $\begin{gathered} 1 \\ \text { TIME } \\ \text { PER } \\ \text { MONTH } \end{gathered}$ | $\begin{gathered} 2-3 \\ \text { TIMES } \\ \text { PER } \\ \text { MONTH } \end{gathered}$ | $\begin{gathered} 1 \\ \text { TIME } \\ \text { PER } \\ \text { WEEK } \end{gathered}$ | $\begin{gathered} 2 \\ \text { TIMES } \\ \text { PER } \\ \text { WEEK } \end{gathered}$ | $\begin{gathered} 3-4 \\ \text { TMES } \\ \text { PER } \\ \text { WEEK } \end{gathered}$ | 5-6 TIMES PER PER WEEK | $\begin{array}{\|c\|} \hline 1 \\ \text { TIME } \\ \text { PER } \\ \text { DAY } \\ \hline \end{array}$ | $\begin{array}{\|c} 2+ \\ \text { TMES } \\ \text { PER } \\ \text { DAY } \\ \hline \end{array}$ | SMALL | MEDIUM | LARGE |
| OTHER |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Margarine on bread, toast, or rolls | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\begin{gathered} 2 \text { pats } \\ \bigcirc \end{gathered}$ | $\bigcirc$ |
| Butter on bread, toast, or rolls | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | 2 pats $\bigcirc$ | $\bigcirc$ |
| Margarine, butter, or oil on vegetables or potatoes | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | 2 pats | $\bigcirc$ |
| Gravies made with meat drippings | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | 2 tablespoons | $\bigcirc$ |
| White sauce or cheese sauce | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | 2 tablespoons $\bigcirc$ | $\bigcirc$ |
| Salad dressing or mayonnaise on salads or sandwiches | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | 2 tablespoons ○ | $\bigcirc$ |
| Peanuts, peanut butter | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $2 \text { tablespoons }$ | $\bigcirc$ |


|  | SERVINGS |  |  |  |  |  |  |  |  |  | YOUR SERVING SIZE |  |  |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| TYPE OF FOOD | NEVER | LESS THAN ONCE PER MONTH | $\begin{gathered} 1 \\ \text { TIME } \\ \text { PER } \\ \text { MONTH } \end{gathered}$ | $\begin{array}{\|c\|} \hline \text { 2-3 } \\ \text { TIMES } \\ \text { PER } \\ \text { MONTH } \\ \hline \end{array}$ | $\begin{gathered} 1 \\ \text { TIME } \\ \text { PER } \end{gathered}$ WEEK | $\begin{gathered} 2 \\ \text { TMES } \\ \text { PER } \\ \text { WEEK } \end{gathered}$ | 3-4 <br> TIMES <br> PER PERWEEK | $\begin{gathered} \text { 5-6 } \\ \text { TIIES } \\ \text { PER } \\ \text { WEEK } \end{gathered}$ | $\begin{gathered} 1 \\ \text { TIME } \\ \text { PER } \\ \text { PAY } \end{gathered}$ | $\begin{gathered} \text { 2+ } \\ \text { TIMES } \\ \text { PER } \\ \text { DAY } \end{gathered}$ | SMALL | MEDIUM | LARGE |
| Salty snacks, such as potato chips, corn chips, popcorn | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | 2 handfuls or 1 cup $\bigcirc$ | $\bigcirc$ |
| Crackers | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $4 \text { crackers }$ $\bigcirc$ | $\bigcirc$ |
| Pumpkin pie, sweet potato pie | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | 1 medium slice <br> $\bigcirc$ | $\bigcirc$ |
| Other pies | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | 1 medium slice | $\bigcirc$ |
| Cake | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\begin{gathered} 1 \text { piece } \\ \bigcirc \end{gathered}$ | $\bigcirc$ |
| Doughnuts, sweet rolls, or coffee cake | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\begin{gathered} 1 \text { piece } \\ \bigcirc \end{gathered}$ | $\bigcirc$ |
| Cookies or brownies | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | 1 pc or 3 cookies $\bigcirc$ | $\bigcirc$ |
| Chocolate bar or chocolate candy | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | 1 small bar or 1 oz | $\bigcirc$ |
| Other candy | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | 3 pieces or 1 tbs ○ | $\bigcirc$ |
| Jelly, jam, or honey | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | 1 tablespoon $\bigcirc$ | $\bigcirc$ |


| TYPE OF FOOD | SERVINGS |  |  |  |  |  |  |  |  |  | YOUR SERVING SIZE |  |  |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
|  | NEVER | $\begin{aligned} & \text { LESS } \\ & \text { THAN } \\ & \text { ONCE } \\ & \text { PER } \\ & \text { MONTH } \end{aligned}$ | $\begin{array}{\|c\|c\|} \hline 1 \\ \text { TIME } \\ \text { PER } \\ \text { MONTH } \\ \hline \end{array}$ |  | $\begin{gathered} 1 \\ \text { TIME } \\ \text { PER } \\ \text { WEEK } \end{gathered}$ | $\begin{gathered} 2 \\ \text { TIMES } \\ \text { PER } \\ \text { WEEK } \end{gathered}$ | 3-4 TIMES PER PER WEEK WEE | 5-6 TIMES PER PER week | $\begin{aligned} & 1 \\ & \text { TIME } \\ & \text { PER } \\ & \text { DAR } \end{aligned}$ | $\begin{gathered} \text { 2+ } \\ \text { TIIES } \\ \text { PER } \\ \text { DAR } \end{gathered}$ | SMALL | MEDIUM | LARGE |
| BEVERAGES |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Orange juice or grapefruit juice | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | 6-ounce glass ○ | $\bigcirc$ |
| Apple juice or apple cider | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | 6-ounce glass $\bigcirc$ | $\bigcirc$ |
| Other fruit juices | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | 6-ounce glass $\bigcirc$ | $\bigcirc$ |
| Fruit drinks, such as $\mathrm{Hi}-\mathrm{C}$, Kool-Aid, or Hawaiian Punch | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | 6 -ounce glass $\bigcirc$ | $\bigcirc$ |
| Tomato juice or vegetable juice | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | 6-ounce glass | $\bigcirc$ |
| Whole milk and beverages with whole milk (not including on cereal) | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | 8-ounce glass $\bigcirc$ | $\bigcirc$ |
| $1 \%$ or $2 \%$ milk and beverages with $2 \%$ milk (not including on cereal) | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | 8-ounce glass ○ | $\bigcirc$ |
| Skim milk, 1/2\% milk, or buttermilk (not including on cereal) | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | 8-ounce glass $\bigcirc$ | $\bigcirc$ |
| Regular soft drinks (not diet soda) | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | 12 oz . can or bottle $\bigcirc$ | $\bigcirc$ |
| Beer | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | 12 oz . can or bottle | $\bigcirc$ |
| Wine or wine coolers | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | 1 medium glass | $\bigcirc$ |
| Liquor, such as whiskey, vodka, gin, or rum | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $1 \text { shot }$ $\bigcirc$ | $\bigcirc$ |
| Coffee, regular or decaf | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $1 \text { medium cup }$ $\bigcirc$ | $\bigcirc$ |
| Tea, hot or iced | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | 1 medium cup $\bigcirc$ | $\bigcirc$ |

5. Please indicate the usual method that you choose when eating or preparing the following foods. We realize many people cook by more than one method, but please choose only one response for each question.

| When you eat <br> steak, how is it <br> usually cooked? | DON'T EAT <br> STEAK | PAN FRIED | OVEN <br> BROILED | GRILLED OR <br> BARBECU <br> Besponse) | $\bigcirc$ |
| :--- | :---: | :---: | :---: | :---: | :---: |


| When you eat <br> steak, how well <br> done is it <br> usually cooked? <br> (Mark only one <br> response) | DON'T <br> EAT <br> STEAK | $\bigcirc$ | RARE | MEDIUM <br> RARE | $\bigcirc$ | MEDIUM | MEDIUM <br> WELL <br> DONE | WELL <br> DONE |
| :--- | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| VERY <br> WELL <br> DONE | DON'T <br> KNOW |  |  |  |  |  |  |  |


| When you eat <br> hamburger, how <br> is it usually <br> cooked? <br> (Mark only one <br> response) | DON'T <br> EAT <br> HAMBURGER | $\bigcirc$ | PAN FRIED | OVEN <br> BROILED | GRILLED OR <br> BARBECUED |
| :--- | :---: | :---: | :---: | :---: | :---: |
|  | O | $\bigcirc$ | DON'T <br> KNOW |  |  |


| When you eat hamburger, how well done is it | DON'T EAT HAMBURGER | RARE | MEDIUM RARE | MEDIUM | MEDIUM WELL DONE | WELL DONE | VERY WELL DONE | DON'T KNOW |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| (Mark only one response) | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ |


| Not counting fried chicken, when you eat chicken, how is it | DON'T EAT <br> CHICKEN | $\begin{gathered} \text { EAT } \\ \text { ONLY } \\ \text { FRIED } \\ \text { CHICKEN } \\ \hline \end{gathered}$ | ROASTED OR BAKED | GRILLED OR BARBECUED | BROILED | STEWED OR BOILED | DON'T KNOW |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| (Mark only one response) | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ |


| When you eat <br> pork chops, how <br> are they usually <br> cooked? | DON'T EAT <br> PORK <br> CHOPS | BAKED | GRILLED OR <br> BARBECUED | FRIED | BROILED | DON'T |
| :--- | :---: | :---: | :---: | :---: | :---: | :---: |
| Kesponse) |  |  |  |  |  |  |


| When you eat <br> bacon or <br> sausage, how <br> well done is it | DON'T EAT <br> BACON OR <br> usually cooked? | JUST UNTIL <br> DAUSAGE | WELL DONE <br> OR CRISP | CHARRED | DON'T |
| :--- | :---: | :---: | :---: | :---: | :---: |
| (Mark only one | O | OSponse) |  |  |  |


| During summer, how often do you eat meat, fish, or poultry that has been grilled or barbecued over coals, open fire, or ceramic briquets? | NEVER | $\begin{gathered} \hline \text { LESS } \\ \text { THAN } \\ \text { ONCE } \\ \text { PER } \\ \text { MONTH } \\ \hline \end{gathered}$ | $\begin{gathered} 1 \text { TIME } \\ \text { PER } \\ \text { MONTH } \\ \hline \end{gathered}$ |  | $\begin{gathered} 1 \\ \text { TIME } \\ \text { PER } \end{gathered}$ $\begin{aligned} & \text { PER } \\ & \text { WEEK } \end{aligned}$ |  | 3-4 <br> TIMES PER WEEK |  | $\begin{gathered} 1 \\ \text { TIME } \\ \text { PER } \\ \text { DAY } \end{gathered}$ | $2+$ TIMES <br> TIMES DAY |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
|  | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ |


| During the rest of the year, how often do you eat meat, fish, or poultry that has been grilled or barbecued over coals, open fire, or ceramic briquets? | NEVER | $\begin{gathered} \hline \text { LESS } \\ \text { THAN } \\ \text { ONCE } \\ \text { PER } \\ \text { MONTH } \end{gathered}$ | $\begin{gathered} 1 \text { TIME } \\ \text { PER } \\ \text { MONTH } \end{gathered}$ |  | $\begin{gathered} 1 \\ \text { TIME } \\ \text { PER } \\ \text { WEEK } \end{gathered}$ |  |  | 5-6 <br> TIMES PER WEFK WEEK | $\begin{gathered} 1 \\ \text { TIME } \\ \text { PER } \\ \text { DAY } \end{gathered}$ | $\xrightarrow{2+}$ PER DAY |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
|  | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ |


| When you eat grilled or <br> barbecued meat, fish, or <br> poultry, how often is it <br> charred on the surface? | NEVER GRILL <br> OR <br> BARBECUE <br> MEAT | ALMOST <br> NEVER OR <br> NEVER | OCCASIONALLY |
| :--- | :---: | :---: | :---: | :---: | :---: | :---: | | ABOUT HALF |
| :---: |
| THE TIME |$\quad$ FREQUENTLY | ALWAYS OR |
| :---: |
| ALWAYS |


| When you eat pan-fried or <br> oven-broiled meat, how often <br> is it well-browned on the <br> surface? | NEVER PAN- <br> FRY OR <br> OVEN-BROIL <br> MEAT | ALMOST <br> NEVER OR <br> NEVER | OCCASIONALLY |
| :--- | :---: | :---: | :---: | :---: | :---: | :---: | | ABOUT HALF |
| :---: |
| THE TIME |$\quad$| FREQUENTLY |
| :---: | | ALWAYS OR |
| :---: |
| ALWAYS |

## 6. Vitamins and Supplements

For each of the dietary supplements listed below that you have ever taken since age 25, please answer all questions on both pages for number of years, time periods, and amount you usually take. (If you have not taken a type of supplement since age 25, you do not need to answer for number of years, time periods, and amount you usually take for that supplement.)

Since you were 25 , have you at any time taken multivitamins or other vitamin or mineral supplements?
O Yes
O No (If "No," SKIP TO QUESTION 8)

| MULTIVITAMINS | TAKEN SINCE AGE 25? |  | HOW MANY YEARS HAVE YOU TAKEN IT? |  |  |  |  |  |  | ARE YOU TAKING IT NOW? |  | $\begin{gathered} \text { WERE YOU } \\ \text { TAKING IT } \\ 2 \text { YEARS } \\ \text { AGO? } \\ \hline \end{gathered}$ |  | WERE YOU TAKING IT 5 YEARS AGO? |  | HOW MANY PILLS DID YOU USUALLY TAKE? |  |  |  |  |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
|  | YES | NO | <1 | 1-2 | 3-4 | 5-9 | 10-14 | 15-19 | 20+ | YES | NO | YES | No | YES | No | <2/week | 2-4/week | 5-6/week | 1/day | 2+/day |
| $\begin{aligned} & \text { One-a-Day type } \\ & \text { (100\% RDA) } \\ & \hline \end{aligned}$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ |
| Therapeutic or high-dose type ( $>100 \%$ RDA, like Theragran) | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ |
| $\begin{aligned} & \text { Stresstabs (B- } \\ & \text { Complex + } \\ & \text { Vitamin C) } \end{aligned}$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ |
| B-Complex | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ |
| Other | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ |


| MULTIVITAMINS | TAKEN SINCE AGE 25? |  | HOW MANY YEARS HAVE YOU TAKEN IT? |  |  |  |  |  |  | ARE YOU TAKING IT NOW? |  | WERE YOU TAKING IT 2 YEARS AGO? |  | WERE YOU TAKING IT 5 YEARS AGO? |  | WHAT DOSE PER DAY DIDIDO YOU USUALLY TAKE? <br> (SELECT THE CLOSEST AMOUNT) |  |  |  |  |  |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
|  | YES | NO | <1 | 1-2 | 3-4 | 5-9 | 10-14 | 15-19 | 20+ | YES | NO | YES | NO | YES | NO | $\begin{aligned} & \hline 5000 \\ & \text { I.U. } \end{aligned}$ | $\begin{gathered} 10000 \\ \text { I.U. } \end{gathered}$ | $\begin{gathered} 15000 \\ \text { I.U. } \end{gathered}$ | $\begin{aligned} & 20000 \\ & \text { I.U. } \end{aligned}$ | $\begin{aligned} & \hline 25000+ \\ & \text { I.U. } \end{aligned}$ | Don't Know |
| Vitamin A | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ |
| Beta-carotene | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ |
| Vitamin C | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ |


| MULTIVITAMINS | TAKEN SINCE AGE 25? |  | HOW MANY YEARS HAVE YOU TAKEN IT? |  |  |  |  |  |  | ARE YOU TAKING IT NOW? |  | WERE YOU TAKING IT 2 YEARS AGO? |  | WERE YOU TAKING IT 5 YEARS AGO? |  | WHAT DOSE PER DAY DIDIDO YOU USUALLY TAKE? (SELECT THE CLOSEST AMOUNT) |  |  |  |  |  |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
|  | YES | NO | <1 | 1-2 | 3-4 | 5-9 | 10-14 | 15-19 | 20+ | YES | NO | YES | No | YES | NO | $\begin{gathered} 5000 \\ \text { I.U. } \\ \hline \end{gathered}$ | $\begin{gathered} 10000 \\ \text { I.U. } \end{gathered}$ | $\begin{gathered} 15000 \\ \text { I.U. } \end{gathered}$ | $\begin{array}{\|c\|} \hline 20000 \\ \text { I.U. } \end{array}$ | $\begin{gathered} 25000+ \\ \text { I.U. } \end{gathered}$ | $\begin{aligned} & \text { Don't } \\ & \text { Know } \\ & \hline \end{aligned}$ |
| Vitamin E | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ |
| Calcium, Dolomite, Tums, etc. | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | O | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ |
| Vitamin D (could be combined with calcium or vitamin A) | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ |


|  | TAKEN SINCE AGE 25? |  | HOW MANY YEARS HAVE YOU TAKEN IT? |  |  |  |  |  |  | ARE YOU TAKING IT NOW? |  | WERE YOU TAKING IT 2 YEARS AGO? |  | WERE YOU TAKING IT 5 YEARS AGO? |  | WHAT DOSE PER DAY DIDIDO YOU USUALLY TAKE? <br> (INDICATE TEASPOONS OR CAPSULES) |  |  |  |  |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
|  | YES | NO | <1 | 1-2 | 3-4 | 5-9 | 10-14 | 15-19 | 20+ | YES | NO | YES | NO | YES | NO | $<1$ | 1 | 2 | 3+ | $\bigcirc$ Teaspoons |
| Cod liver oil or fish liver oil | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ Capsules |

7. In addition to the vitamin supplements listed above, do you now take any of these specific supplements on a regular basis?
O No
OBrewer's Yeast
O Folic acid
O Niacin
O Vitamin B-6
O Omega-fatty acids
O Iron
O Zinc
O Magnesium
O Selenium
O Copper
(If male, SKIP TO QUESTION 9)
8. During how many pregnancies did you take prenatal vitamins for at least $\mathbf{3}$ months?

O None, or never pregnant
$\bigcirc 2$
$\bigcirc 3$
$\bigcirc 4$
○ $5+$

## 9. Summary Questions

During the past year, how often did you usually eat:

|  | NEVER OR LESS <br> THAN ONCE PER WEEK |  |  |  | $\begin{gathered} \mathbf{1} \\ \text { TIME } \\ \text { PER } \\ \text { DAY } \\ \hline \end{gathered}$ | $\begin{gathered} \text { BETWEEN } \\ \text { 1 and } 2 \\ \text { TIMES PER } \\ \text { DAY } \\ \hline \end{gathered}$ | $\begin{gathered} 2 \\ \text { TIMES } \\ \text { PER } \\ \text { DAY } \\ \hline \end{gathered}$ | $\begin{gathered} \text { BETWEEN } \\ 2 \text { AND } 3 \\ \text { TIMES PER } \\ \text { DAY } \\ \hline \end{gathered}$ | 3 TIMES PER DAY | 4 TIMES PER DAY | $\begin{gathered} 5+ \\ \text { TIMES } \\ \text { PER DAY } \end{gathered}$ |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| A serving of fresh fruit | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ |
| A serving of canned fruit | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ |
| A serving of fruit juice (do not count fruit drinks like Kool-Aid or $\mathrm{Hi}-\mathrm{C}$ ) | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ |
| A serving of baked, boiled, or mashed potatoes (do not count French fries or fried potatoes) | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ |
| A serving of beans (do not count green beans) | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ |
| A serving of cooked vegetables (do not count potatoes, rice, or any beans other than green beans) | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ |
| A serving of lettuce | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ |
| A serving of raw vegetables other than lettuce | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ |


| Exercise | NONE | $\begin{gathered} \hline \text { LESS THAN } \\ 1 \text { HOUR } \\ \text { PER WEEK } \end{gathered}$ | 1 HOUR PER WEEK | 2 HOURS | 3 HOURS PER WEEK | 4+ HOURS PER WEEK |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| About how many hours do you spend in vigorous activities, such as swimming, brisk walking, etc.? | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ |
| When you were 40 years old, about how many hours did you spend in vigorous activities, such as swimming, brisk walking, etc.? | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ |

thank you very much for taking the time to fill out this questionnaire
Please take a moment to fill in any questions you may have skipped.

