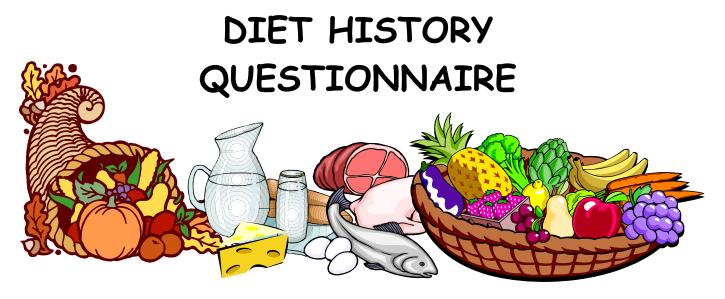




A research initiative of the Alberta Cancer Board Adapted from the National Institutes of Health Diet History Questionnaire



GENERAL INSTRUCTIONS

- > Answer each question as best you can. If you are not sure, please estimate. A guess is better than leaving a blank.
- > Shade bubbles like this: •
- > If you make a mistake, put an X through the incorrect bubble.
- > Please use a pencil or ball point pen, not a felt pen.
- If you fill **NEVER** or **NO** for a question, please follow any arrows or instructions that direct you to the next question.

Please fill in the corresponding bubble for your gender below.

○ MALE

FEMALE

The questions in the Diet History Questionnaire use measurements like cups, ounces, tablespoons and teaspoons. Refer below to convert these measurements to their metric equivalents.

> $= 240 \, \text{mL}$ 1 cup 1 ounce = 30 mL

1 tablespoon $= 15 \, \text{mL}$

1 teaspoon $= 5 \, \text{mL}$



1.	Over the <u>past 12 months</u> , how often did you drin tomato juice or vegetable juice?	Over the past 12 months
	O NEVER (GO TO QUESTION 2)	3a. Each time you drank other fruit juice or fruit juice mixtures, how much did you usually
	1 time per month or less 1 time per day	drink?
	O 2-3 times per month O 2-3 times per day	O Less than 3/4 cup (6 ounces)
	O 1-2 times per week O 4-5 times per day	O 3/4 to 1 1/2 cups (6 to 12 ounces)
	O 3-4 times per week O 5-6 times per week O 6 or more times per	○ More than 1 1/2 cups (12ounces)
	1a. Each time you drank tomato juice or vegetable juice, how much did you usuall drink?	4. How often did you drink other fruit drinks (such as cranberry cocktail, fruit punch, lemonade, or Kool-Aid, diet or regular)?
	O Less than 3/4 cup (6 ounces)	O NEVER (GO TO QUESTION 5)
	O 3/4 to 1 1/4 cups (6 to 10 ounces)	
	O More than 1 1/4 cups (10 ounces)	O 1 time per month or less O 1 time per day
V		O 2-3 times per month O 2-3 times per day
2.	Over the past 12 months, how often did you drin	
	orange juice or grapefruit juice?	O 3-4 times per week O 6 or more times per da
	- O NEVER (GO TO QUESTION 3)	○ 5-6 times per week
		4a. Each time you drank fruit drinks , how mucl
	O 1 time per month or less O 1 time per day	did you usually drink?
	O 2-3 times per month O 2-3 times per day	O Loss than 4 aug (0 augus)
	O 1-2 times per week O 4-5 times per day	O Less than 1 cup (8 ounces)
	O 3-4 times per week O 6 or more times per	
	○ 5-6 times per week	O More than 2 cups (16 ounces)
	2a. Each time you drank orange juic e or grapefruit juice , how much did you usual drink?	
		O Almost never or never
	O Less than 3/4 cup (6 ounces)	O About 1/4 of the time
	3/4 to 1 1/4 cups (6 to 10 ounces)More than 1 1/4 cups (10 ounces)	O About 1/2 the time
	○ More than 1 1/4 cups (10 ounces)	O About 3/4 of the time
	2b. How often was the juice fortified with Calciu	m?
	○ Almost never or never	 How often did you drink milk as a beverage NOT in coffee, NOT in cereal? (Please include
	O About 1/4 of the time	chocolate milk and hot chocolate.)
	O About 1/2 the time	5.1000.ato mine and not onocolate.)
	O About 3/4 of the time	O NEVER (GO TO QUESTION 6)
	O Almost always or always	
•		O 1 time per month or less O 1 time per day
3.	Over the past 12 months, how often did you dring other 100% fruit juice or 100% fruit juice mixt	
	other 100% fruit juice or 100% fruit juice mixt (such as apple, grape, pineapple, or others)?	C 12 times per user.
	(or others, grape, princappie, or others)!	O 3-4 times per week O 6 or more times per da
	O NEVER (GO TO QUESTION 4)	○ 5-6 times per week
	○ 1 time per month or less ○ 1 time per day ○ 2-3 times per month ○ 2-3 times per day	5a. Each time you drank milk as a beverage , how much did you usually drink?
	O 1-2 times per week O 4-5 times per day	O Less than 1 cup (8 ounces)
	○ 3-4 times per week○ 5-6 times per week	O 1 to 1 1/2 cups (8 to 12 ounces)
	O 0 times per week	O More than 1 1/2cups (12 ounces)

Question 4 appears in the next column.

Question 6 appears on the next page.



	5b.	What kind of milk d O Whole milk	lid you usually drink?		7c.	Each time you drank sof much did you usually dri	
		 2% fat milk 1 % fat milk Skim, nonfat, or 1/2 Soy milk 	2 % fat milk		7 d	O Less than 12 ounces or O 12 to 16 ounces or 1 ca	n or bottle more than 1 can or bottle
		O Rice milk O Other			ru.	How often were these so diet or sugar-free?	on drinks or pop
6.	energ	often did you drink m gy, or high-protein b nt Breakfast, Ensure s?	peverages such as			 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 	
	O NE	EVER (GO TO QUESTI	ON 7)			O Almost always of alway.	•
	○ 2-3○ 1-2○ 3-4	ime per month or less 3 times per month 2 times per week 4 times per week 5 times per week	1 time per day2-3 times per day4-5 times per day6 or more times per day		7e.	How often were these so caffeine-free? O Almost never or never O About 1/4 of the time	oft drinks or pop
		Each time you drank beverages, how mu drink?				○ About 1/2 of the time○ About 3/4 of the time○ Almost always or always	3
		○ Less than 1 cup (8 o○ 1 to 1 1/2 cups (8 to○ More than 1 1/2 cup	12 ounces)	8.		the <u>past 12 months</u> , did y ase do not include non-alo	
7.	Over or po		did you drink soft drinks			O (GO TO QUESTION 9)	
	-	(GO TO QUESTION 8)		O YE	=5	
			,		\forall		
	YES	5			8a.	How often did you drink	beer IN THE SUMMER?
		How often did you dri	ink soft drinks or pop			O NEVER	
	(NEVER 1 time per month or 2-3 times per month 1-2 times per week 3-4 times per week	2-3 times per day4-5 times per day6 or more times			 ○ 1 time per month or less ○ 2-3 times per month ○ 1-2 times per week ○ 3-4 times per week ○ 5-6 times per week 	O 1 time per day O 2-3 times per day O 4-5 times per day O 6 or more times per da
	(○ 5-6 times per week	per day		8b.	How often did you drink REST OF THE YEAR?	beer DURING THE
		How often did you dri DURING THE REST	ink soft drinks or pop OF THE YEAR?			O NEVER	
	(O NEVER O 1 time per month or 1 2-3 times per month 1-2 times per week O 3-4 times per week				 ○ 1 time per month or less ○ 2-3 times per month ○ 1-2 times per week ○ 3-4 times per week ○ 5-6 times per week 	 1 time per day 2-3 times per day 4-5 times per day 6 or more times per day
		5-6 times per week	per day	\ \			

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Question 8 appears in the next column.

(Over the past 12 months							
	8c. Each time you drank beer , how much did you usually drink?							
	Less than a 12-ounce can or bottle1 to 3 12-ounce cans or bottlesMore than 3 12-ounce cans or bottles							
9. How often did you drink wine or wine coolers?								
ſ	O NE	VER (GO TO QUESTIC	N 10)					
	○ 2-3 ○ 1-2 ○ 3-4	me per month or less s times per month times per week times per week s times per week						
		Each time you drank how much did you us	wine or wine coolers, ually drink?					
\		○ Less than 5 ounces or○ 5 to 12 ounces or 1 to○ More than 12 ounces						
10). How	often did you drink lie	quor or mixed drinks?					
Γ	— O NE	EVER (GO TO QUESTIO	ON 11)					
	○ 2- ○ 1- ○ 3-	time per month or less 3 times per month 2 times per week 4 times per week 6 times per week	 1 time per day 2-3 times per day 4-5 times per day 6 or more times per day 					
	10a.	Each time you dran	k liquor or mixed drinks , usually drink?					
	Less than 1 shot of liquor1 to 3 shots of liquorMore than 3 shots of liquor							
V	(
11		the <u>past 12 months</u> , om of wheat or other of						
Г	— O N	O (GO TO QUESTION	12)					
	○ Y	ES						

Question 11a appears at top of the next column.

Question 12 appears in the next column.

11a. How often did you eat oatmeal, cream of wheat or other cooked cereal IN THE WINTER? O NEVER O 1-6 times per winter O 2 times per week ○ 7-11 times per winter O 3-4 times per week O 1 time per month ○ 5-6 times per week O 2-3 times per month O 1 time per day O 1 time per week O 2 or more times per day 11b. How often did you eat oatmeal, cream of wheat or other cooked cereal DURING THE REST OF THE YEAR? O NEVER ○ 1-6 times per year O 2 times per week ○ 7-11 times per year O 3-4 times per week O 1 time per month ○ 5-6 times per week O 2-3 times per month O 1 time per day O 1 time per week O 2 or more times per day 11c. Each time you ate oatmeal, cream of wheat or other cooked cereal how much did you usually eat? O Less than 3/4 cups O 3/4 to 1 1/4 cups O More than 1 1/4 cups 12. How often did you eat cold cereal? O NEVER (GO TO QUESTION 13) ○ 1-6 times per year O 2 times per week ○ 7-11 times per year O 3-4 times per week O 1 time per month O 5-6 times per week O 2-3 times per month O 1 time per day O 2 or more times per day O 1 time per week 12a. Each time you ate cold cereal, how much did you usually eat? O Less than 1 cup O 1 to 2 1/2 cups O More than 2 1/2 cups 12b. How often was the cold cereal you ate All Bran, Fiber One, 100% Bran, or Bran Buds? O Almost never or never O About 1/4 of the time

O About 1/2 of the time

O About 3/4 of the time O Almost always or always

Over the past 12 months... 12c. 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 or Mini-Wheats)? O Almost never or never O About 1/4 of the time O About 1/2 of the time O About 3/4 of the time O Almost always or always 12d. 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)? O Almost never or never O About 1/4 of the time O About 1/2 of the time O About 3/4 of the time O Almost always or always 12e. Was milk added to your cold cereal? O NO (GO TO QUESTION 13) O YES 12f. What kind of **milk** was usually added? O Whole milk O 2% fat milk O 1% fat milk O Skim, nonfat, or 1/2 % fat milk O Soy milk O Rice milk O Other 12g. Each time milk was added to your cold

Question 14 appears in the next column.

O Less than 1 pear cereal, how much was usually added? O 1 pear O More than 1 pear O Less than 1/2 cup ○ 1/2 to 1 cup O More than 1 cup How often did you eat bananas? How often did you eat applesauce? O NEVER (GO TO QUESTION 17) O NEVER (GO TO QUESTION 14) O 1-6 times per year O 2 times per week O 1-6 times per year O 2 times per week ○ 7-11 times per year O 3-4 times per week ○ 7-11 times per year O 3-4 times per week O 1 time per month ○ 5-6 times per week O 1 time per month ○ 5-6 times per week O 2-3 times per month O 1 time per day O 2-3 times per month O 1 time per day O 1 time per week O 2 or more times per day O 1 time per week O 2 or more times per day



13a. Each time you ate **applesauce**, how much

O 2 times per week

O 3-4 times per week

○ 5-6 times per week

O 2 times per week

O 3-4 times per week

○ 5-6 times per week

O 2 or more times per day

O 1 time per day

O 2 or more times per day

O 1 time per day

14a. Each time you ate **apples**, how many did you

15. How often did you eat **pears** (fresh, canned, or

15a. Each time you ate **pears**, how many did you

did you usually eat?

O Less than 1/2 cup

O More than 1 cup

14. How often did you eat apples?

○ 1-6 times per year

○ 7-11 times per year

O 2-3 times per month

usually eat?

O 1 apple

O 1-6 times per year

O 7-11 times per year

O 2-3 times per month

usually eat?

O 1 time per month

O 1 time per week

frozen)?

O Less than 1 apple

O More than 1 apple

O NEVER (GO TO QUESTION 16)

O 1 time per month

O 1 time per week

O NEVER (GO TO QUESTION 15)

O 1/2 to 1 cup

Ove	er the <u>past 12 months</u>		18c.	plums, how much	•	
	16a. Each time you ate bananas, how many did you usually eat?O Less than 1 banana			O Less than 1 fruit o O 1 to 2 fruits or 1/2 O More than 2 fruits	to 3/4 cup	
	○ 1 banana○ More than 1 banana	19.	. How	often did you eat gr	apes?	
17.	How often did you eat dried fruit , such as prunes or raisins (not including dried apricots)?		— () NE	EVER (GO TO QUEST	TON 20)	
	- O NEVER (GO TO QUESTION 18)			6 times per year I1 times per year		es per week mes per week
	○ 1-6 times per year ○ 2 times per week			ime per month		mes per week
	○ 7-11 times per year ○ 3-4 times per week			3 times per month		e per day
	O 1 time per month			ime per week		nore times per day
	○ 2-3 times per month ○ 1 time per day		0	рог тоок	0 2 0	nore united per day
	○ 1 time per week ○ 2 or more times per day		100	Each time you ate	aranae l	now much did
	17a. Each time you ate dried fruit , how much did			you usually eat?	jiapes, i	low much did
	you usually eat (not including dried apricots)?			○ Less than 1/2 cup○ 1/2 to 1 cup or 10 to	to 30 grap	oes
	O Less than 2 tablespoons	↓		O More than 1 cup or	more tha	in 30 grapes
\	2 to 5 tablespoonsMore than 5 tablespoons	20.	Over	the past 12 months	<u>,</u> did you	eat cantaloupe?
18.	Over the <u>past 12 months</u> , did you eat peaches , nectarines or plums ?			O (GO TO QUESTION	l 21)	
_	O NO (GO TO QUESTION 19)		O YE	ES		
	O YES		\bigvee			
	↓		20a.	How often did you WHEN IN SEASO		ı cantaloupe
	18a. How often did you eat fresh peaches , nectarines , or plums WHEN IN SEASON?			O NEVER		
	O NEVER			O 1-6 times per seas	son O	2 times per week
	○ 1-6 times per season ○ 2 times per week			○ 7-11 times per sea	ason 🔾 🤅	3-4 times per week
	○ 7-11 times per season ○ 3-4 times per week			O 1 time per month	0!	5-6 times per week
	○ 1 time per month ○ 5-6 times per week			O 2-3 times per mon	ith O	1 time per day
	○ 2-3 times per month ○ 1 time per day			O 1 time per week	02	2 or more times per day
	○ 1 time per week ○ 2 or more times per day		20b.	How often did you		
	18b. How often did you eat peaches ,			cantaloupe DURII YEAR ?	NG THE	KEST OF THE
	nectarines, or plums (fresh, canned or frozen) DURING THE REST OF THE YEAR?			O NEVER		
	O NEVER			○ 1-6 times per year	. 0	2 times per week
	○ 1-6 times per year ○ 2 times per week			○ 7-11 times per year		3-4 times per week
	O 7-11 times per year O 3-4 times per week			O 1 time per month		5-6 times per week
	O 1 time per month O 5-6 times per week			O 2-3 times per mon		1 time per day
	O 2-3 times per month O 1 time per day			O 1 time per week		2 or more times per day
	O 1 time per week O 2 or more times					•
٧	ner day					

Question 21 appears on the next page.



- 20c. Each time you ate **cantaloupe**, how much did you usually eat?
 - O Less than 1/4 melon or less than 1/2 cup
 - 1/4 melon or 1/2 to 1 cup
 - O More than 1/4 melon or more than 1 cup
- 21. Over the <u>past 12 months</u>, did you eat **melon**, **other than cantaloupe** (such as watermelon or honeydew)?

O NO (GO TO QUESTION 2	2	١
------------------------	---	---

O YES

21a. How often did you eat **fresh melon**, **other than cantaloupe** (such as watermelon or honeydew) **WHEN IN SEASON**?

- O 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

per day

21b. How often did you eat fresh or frozen melon, other than cantaloupe, DURING THE REST OF THE YEAR?

- O NEVER
- 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

21c. Each time you ate **melon other than** cantaloupe, how much did you usually eat?

- O Less than 1/2 cup or 1 small wedge
- O 1/2 to 2 cups or 1 medium wedge
- O More than 2 cups or 1 large wedge



Question 22 appears in the next column.

22. Over the <u>past 12 months</u>, did you eat **strawberries**?

stra	wberries?			
- O NO	O (GO TO QUESTION 23) ES			
22a.	How often did you eat WHEN IN SEASON?	fresh strawberries		
	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 	○ 3-4 times per week ○ 5-6 times per week		
22b. How often did you eat fresh or frozen strawberries, DURING THE REST OF THI YEAR?				
	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 week 5-6 times per week 1 time per day 2 or more times per day 		
22c.	Each time you ate stra y did you usually eat?	wberries, how much		
	Less than 1/4 cup or le1/4 to 3/4 cup or 3 to 8More than 3/4 cup or r	B berries		
	the <u>past 12 months</u> , did erines, or tangelos?	you eat oranges ,		
O NC) (GO TO QUESTION 24)			
O YE ↓	S			
23a.	How often did you eat of or tangelos WHEN IN			
	O 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

per day

Question 24 appears on the next page.



23.

Over the past 12 months... 23b. How often did you eat oranges, tangerines, or tangelos (fresh or canned) DURING THE **REST OF THE YEAR?** O NEVER O 1-6 times per year O 2 times per week ○ 7-11 times per year O 3-4 times per week O 1 time per month ○ 5-6 times per week ○ 2-3 times per month ○ 1 time per day

23c. Each time you ate **oranges**, **tangerines**, or tangelos, how many did you usually eat?

O 2 or more times per day

O Less than 1 fruit O 1 fruit

O 1 time per week

O More than 1 fruit

24. Over the past 12 months, did you eat grapefruit?

O NO (GO TO QUESTION 25)
O YES	
₩	

24a. How often did you eat fresh grapefruit WHEN IN SEASON?

- O NEVER
- 1-6 times per season 2 times per week
- 7-11 times per season 3-4 times per week
- O 1 time per month O 5-6 times per week
- O 2-3 times per month O 1 time per day
- O 1 time per week O 2 or more times per day

24b. How often did you eat grapefruit (fresh or canned) DURING THE REST OF THE YEAR?

- O NEVER
- O 1-6 times per year O 2 times per week
- 7-11 times per year O 3-4 times per week
- O 5-6 times per week O 1 time per month
- 2-3 times per month 1 time per day
- O 1 time per week O 2 or more times

per day

24c. Each time you ate **grapefruit**, how much did you usually eat?

- O Less than 1/2 grapefruit
- O 1/2 grapefruit
- O More than 1/2 grapefruit

Question 25 appears in the next column.

25. How often did you eat other kinds of fruit?

O NEVER (GO TO QUES	STION 26)
 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
25a. Each time you ato much did you usu	e other kinds of fruit, how ually eat?
○ Less than 1/4 co○ 1/4 to 3/4 cup○ More than 3/4 co	•
How often did you eat (COOKED greens (such as

26. spinach, chard, or kale)?

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

O NEVER (GO TO QUESTION 27)

26a. Each time you ate COOKED greens, how much did you usually eat?

- O Less than 1/2 cup
- O 1/2 to 1 cup
- O More than 1 cup

How often did you eat RAW greens (such as spinach, chard, or kale)? (We will ask about lettuce later.)

O NEVER (GO TO QUESTION 28)

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

27a. Each time you ate **RAW greens**, how much did you usually eat?

- O Less than 1/2 cup
- 1/2 to 1 cup
- O More than 1 cup

Question 28 appears on the next page.

28.	. How often did you eat coleslaw ?			- O NEVER (GO TO QUES	STION 32)
	O NEVER (GO TO QUEST	TION 29)		○ 1-6 times per year	O 2 times per week
	○ 1-6 times per year	O 2 times per week		O 7-11 times per year	○ 3-4 times per week
	○ 7-11 times per year	○ 3-4 times per week		O 1 time per month	○ 5-6 times per week
	1 time per month	○ 5-6 times per week		O 2-3 times per month	O 1 time per day
	O 2-3 times per month	O 1 time per day		○ 1 time per week	O 2 or more times
	O 1 time per week	O 2 or more times			per day
		per day		31a Fach time you a	ate string beans or green
	00 5 1 "			_	h did you usually eat?
	you usually eat?	coleslaw, how much did		O Less than 1/2 o	•
	O Less than 1/4 cup			○ 1/2 to 1 cup	.up
	○ 1/4 to 3/4 cup			O More than 1 cu	n
	O More than 3/4 cup		'	O More than 1 cu	ρ
٧	O Word than or roup		32.		peas (fresh, canned or
29.	How often did you eat s	auerkraut or cabbage		frozen)?	
_0.	(other than coleslaw)?	adorniade or oddodago		O NEVER (GO TO QUES	STION 33)
	O NEVER (GO TO QUEST	TION 30)		O 1-6 times per year	O 2 times per week
	0.4.0.11	0.011		○ 7-11 times per year	O 3-4 times per week
	O 1-6 times per year	O 2 times per week		1 time per month	○ 5-6 times per week
	O 7-11 times per year	O 3-4 times per week		O 2-3 times per month	○ 1 time per day
	O 1 time per month	○ 5-6 times per week		O 1 time per week	O 2 or more times
	2-3 times per month1 time per week	○ 1 time per day○ 2 or more times			per day
	O I tillie per week	per day			e peas , how much did you
				usually eat?	
	how much did you	e cabbage or sauerkraut, u usuallv eat?		O Less than 1/4 o	eup
	O Less than 1/4 cu	•		O 1/4 to 3/4 cup	
	○ 1/4 to 1 cup		\ \	O More than 3/4 of	cup
\	O More than 1 cup		33.	Over the past 12 mont	hs, did you eat corn ?
30.	How often did you got o	carrots (fresh, canned, or			
30.	frozen)?	anois (ilesii, cailileu, oi		O NO (GO TO QUESTIC	N 34)
	O NEVER (GO TO QUES	STION 31)		O YES	
	O 1-6 times per year	O 2 times per week			
	○ 7-11 times per year	○ 3-4 times per week		V	
	O 1 time per month	○ 5-6 times per week			u eat fresh corn WHEN IN
	O 2-3 times per month	O 1 time per day		SEASON?	
	O 1 time per week	O 2 or more times		O NEVER	
		per day		O 1-6 times per sea	ason O 2 times per week
	30a. Each time you ate	carrots, how much did		O 7-11 times per se	eason O 3-4 times per week
	you usually eat?			O 1 time per month	O 5-6 times per week
	O Less than 1/4 cup	o or less than 2 baby carrots		O 2-3 times per mo	onth 0 1 time per day
	O 1/4 to 1/2 cup or 2	2 to 5 baby carrots		O 1 time per week	O 2 or more times
	O More than 1/2 cup	p or more than 5 baby carrots			per day

Question 31 appears in the next column.

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31. How often did you eat **string beans** or **green beans** (fresh, canned, or frozen)?

Question 36 appears in the next column.

			at corn (fresh, canned, or	_		O NEVER (GO TO QUES	STION 37)	
	froze	en) DURING I H	E REST OF THE YEAR?			O 1-6 times per year	O 2 times per week	
	O NE	EVER				○ 7-11 times per year	○ 3-4 times per week	
	O IVI	_ V _ I \				O 1 time per month	○ 5-6 times per week	
	O 1-	6 times per year	O 2 times per week			O 2-3 times per month	○ 1 time per day	
	O 7-	11 times per year	•			O 1 time per week	O 2 or more times	
		time per month	○ 5-6 times per week			·	per day	
		3 times per month	•				,	
		time per week	O 2 or more times				e mixed vegetables, how	!
		•	per day			much did you ust	ıally eat?	
	220 Each	n timo vou ete e	orn, how much did you			O Less than 1/2 cu	p	
		ally eat?	orn, now much did you			○ 1/2 to 1 cup		
		-			1	O More than 1 cup		
			less than 1/2 cup	•				
		ear or 1/2 to 1 cu	•	3	7.	How often did you eat	onions?	
	O M	lore than 1 ear or	more than 1 cup			O NEVER (GO TO QUES	CTION 38)	
34.	Over the r	oast 12 months	now often did you eat			O NEVER (GO TO QUE	511ON 30)	
		fresh or frozen)				O 1-6 times per year	O 2 times per week	
						O 7-11 times per year	O 3-4 times per week	
	O NEVER	(GO TO QUESTI	ON 35)			O 1 time per month	○ 5-6 times per week	
	○ 1.6 time	o por voor	2 times per wook			O 2-3 times per month	O 1 time per day	
	○ 1-6 time	•	2 times per week			O 1 time per week	O 2 or more times	
		• •	3-4 times per week				per day	
	O 1 time p		5-6 times per week			27a Fach time vow at	a amiama hawy mayab did y	<i>.</i>
	○ 1 time p	-	○ 1 time per day○ 2 or more times			usually eat?	e onions, how much did y	ou
	O i tille p	ei week				•		
			per day				e or less than 1 tablespoon	
			roccoli, how much did you		,	O 1 slice or 1 to 4	•	
	usua	ally eat?		Y	•	O More than 1 slice	e or more than 4 tablespoons	3
	O Le	ess than 1/4 cup		38	8	Now think about all the	cooked vegetables you	
	O 1/4	4 to 1 cup		•		ate in the past 12 month		
Y	O Mo	ore than 1 cup				prepared. How often we	ere your vegetables	
35	How often	did you oat ca	ıliflower or brussels			COOKED WITH some s		
55.		fresh or frozen)?				spray? (Please do not in	iciude potatoes.)	
	- ,	•					PTION 20)	
	O NEVER	(GO TO QUESTI	ON 36)			O NEVER (GO TO QUES	511ON 39)	
	○ 1.6 time	o por voor	2 times per week			O 1-6 times per year	O 2 times per week	
	○ 1-6 time		·			O 7-11 times per year	O 3-4 times per week	
		* *	3-4 times per week			1 time per month	○ 5-6 times per week	
	O 1 time p		○ 5-6 times per week○ 1 time per day			O 2-3 times per month	1 time per day	
		•	· •			O 1 time per week	O 2 or more times	
	O 1 time p	er week	2 or more times				per day	
			per day				M	
			auliflower or brussels					
	spro	outs, how much	did you usually eat?					
	O Le	ess than 1/4cup			(
		4 to 1/2 cup						
\forall		ore than 1/2 cup		V	1			

Question 39 appears on the next page.

How often did you eat mixed vegetables?



Over the past 12 months... 38a. Which fats were usually added to your vegetables DURING COOKING? (Please do not incl apply. O Marg low-O Butte low-O Lard. O Olive 39. Now, thinking vegetables often was s added AF1 (Please do O NEVER (G O 1-6 times ○ 7-11 times O 1 time per O 2-3 times O 1-2 times 39a. Which added **TABL** Mark O Mai lov O Butt low-O Lar 39b. If marg was a COOK you us

	not include potatoes. I apply.)	Mark as many as				times per year 1 times per year		imes per week 1 times per week
	Margarine (including)	○ Corn oil			○ 1 ti	me per month	○ 5-6	3 times per week
	low-fat)	O Canola or rapeseed oil			O 2-3	times per month	O 1 t	ime per day
	O Butter (including	Oil spray, such as			O 1 ti	me per week	020	or more times
	low-fat) ○ Lard, or bacon fat	Pam or others					pe	er day
	O Olive oil	O Other kinds of oils			10-			4
	O 0	O None of the above			40a.	did you usually ea		t peppers, how much
	, thinking again about					O Less than 1/8 pe	epper	
	etables you ate in the					○ 1/8 to 1/4 peppe	er	
	n was some sort of fat, ed AFTER COOKING	OR AT THE TABLE?				O More than 1/4 pe	epper	
	ase do not include pot		4	4	0	No 4 4 0 4 1	برزامالم	arrant for a la
O N	EVER (GO TO QUESTIC	N 40)	4	1.		the <u>past 12 month</u> t oes (including the		
	•	○ 3-4 times per week				`		alado):
		○ 5-6 times per week				(GO TO QUESTIO	N 42)	
O 1	time per month	○ 1 time per day			O YE	S		
O 2-	3 times per month	O 2 times per day			\downarrow			
O 1-	2 times per week	○ 3 or more times per day			11-	llaafta.a aliala		
					41a.	How often did you		esn tomatoes s) WHEN IN SEASON ?
39a.	Which fats, sauces, added AFTER COOI	or dressings were usually				,	ii salaa	o, when it deador.
		not include potatoes.				○ NEVER		
	Mark as many as ap	•				O 1-6 times per se	eason	O 2 times per week
	O Margarine (including	O Salad dressing				O 7-11 times per	season	O 3-4 times per week
	low-fat)	O Cheese sauce				O 1 time per mont	th	O 5-6 times per week
	Butter (including low-fat)	O White sauce				O 2-3 times per m	onth	1 time per day
	O Lard, or bacon fat	○ Other				O 1 time per week	<	O 2 or more times
								per day
39b.		ard, fatback, or bacon fat			4.41	6		
		oked vegetables AFTER IE TABLE , how much did			41b.	How often did you		esn tomatoes ls) DURING THE
	you usually add?	ie iabee, now maon ala				REST OF THE Y		
	O Did not usually add the					O NEVER		
	O Less than 1 teaspoor	1				O 1-6 times per ye	ear (○ 2 times per week
	O 1 to 3 teaspoons					O 7-11 times per	year (→ 3-4 times per week
	O More than 3 teaspoo	ns				O 1 time per mont	th (⊃ 5-6 times per week
						O 2-3 times per m	onth (⊃ 1 time per day
39c.	If salad dressing, che	ese sauce, or white our cooked vegetables				O 1 time per week	((2 or more times
		R AT THE TABLE, how						per day
	much did you usually				41c	Each time you at	te frest	n tomatoes, how
	O Did not usually add the	nese			. 10.	much did you us		
	O Less than 1 tablespo					O Less than 1/4 to	omato	
	O 1 to 3 tablespoons					O 1/4 to 1/2 tomat	to	
	O More than 3 tablespoons					O More than 1/2 to	omato	

Over the past 12 months how often did you eat

sweet peppers (green, red, or yellow)?

O NEVER (GO TO QUESTION 41)



_	Harris Maria d'Edition a sala	adding a selection of the second		hash browned potat	oes, or tater tots?			
2.	How often did you eat lettuce salads (with or without other vegetables)?			O NEVER (GO TO QUESTION 46)				
	•			O 1-6 times per year	O 2 times per week			
	O NEVER (GO TO QUES	STION 43)		O 7-11 times per year	O 3-4 times per week			
	○ 1-6 times per year	O 2 times per week		O 1 time per month	○ 5-6 times per week			
	○ 7-11 times per year	○ 3-4 times per week		O 2-3 times per month	○ 1 time per day			
	O 1 time per month	○ 5-6 times per week		O 1 time per week	O 2 or more times			
	O 2-3 times per month	O 1 time per day			per day			
	O 1 time per week	O 2 or more times						
	, in the second	per day		hash browned	te French fries, home fries, potatoes, or tater tots how			
	42a. Each time you ate did you usually ea	lettuce salads, how much t?		much did you us ○ Less than 10 fri	es or less than 1/2 cup			
	O Less than 1/4 cup	1		10 to 25 fries or	1/2 to 1 cup			
	O 1/4 to 1 1/4 cups	,	\ \	O More than 25 fr	ies or more than 1 cup			
	O More than 1 1/4 o	cups	40	Liberto e Maria all'altro de la companio				
		•	46.	How often did you ear	t potato salad?			
3.	How often did you eat solow-fat) on salads?	salad dressing (including		O NEVER (GO TO QUESTION 47)				
	O NEVED (OO TO OUE)	STION 44)		O 1-6 times per year	O 2 times per week			
	O NEVER (GO TO QUES	511ON 44)		O 7-11 times per year	O 3-4 times per week			
	O 1-6 times per year	O 2 times per week		O 1 time per month	O 5-6 times per week			
	O 7-11 times per year	O 3-4 times per week		O 2-3 times per month	O 1 time per day			
	O 1 time per month	○ 5-6 times per week		O 1 time per week	O 2 or more times			
	O 2-3 times per month	○ 1 time per day			per day			
	○ 1 time per week	O 2 or more times						
		per day		46a. Each time you a did you usually e	te potato salad, how much eat?			
		e salad dressing on salads,		O Less than 1/2 c	up			
	how much did you	u usually eat?		○ 1/2 to 1 cup				
	O Less than 2 table	espoons		O More than 1 cup				
	O 2 to 4 tablespoor	·	,					
	O More than 4 tabl	espoons	47.	How often did vou eat	baked, boiled, or mashed			
4.	How often did you eat s	sweet potatoes or yams?		potatoes?				
	O NEVER (GO TO QUES	STION 45)		O 1 6 times person	•			
	O 1-6 times per year	O 2 times per week		○ 1-6 times per year	○ 2 times per week			
	O 7-11 times per year	O 3-4 times per week		7-11 times per year	○ 3-4 times per week			
	O 1 time per month	○ 5-6 times per week		O 1 time per month	○ 5-6 times per week			
	O 2-3 times per month	○ 1 time per day		O 2-3 times per month	O 1 time per day			
	○ 1 time per week	O 2 or more times		O 1 time per week	O 2 or more times			
		per day			per day			
	44a. Each time you ate how much did you	sweet potatoes or yams, usually eat?		47a. Each time you ate baked, boiled, or mashed potatoes, how much did you usually eat?				
	○ 1 small potato or	less than 1/4 cup		○ 1 small potato or less than 1/2 cup○ 1 medium potato or 1/2 to 1 cup				
	O 1 medium potato	·						
	1 large potato or more than 3/4 cup			O 1 large potato or more than 1 cup				

Question 45 appears in the next column.



45. How often did you eat French fries, home fries,

Over the past 12 months			47h. Each time cheese or cheese sauce wanted added to your potatoes, how much wanted usually added?			
470.	How often was sour cream (including low-fat) added to your potatoes, EITHER IN COOKING		•	anaan		
	OR AT THE TABLE?		O Less than 1 table	·		
	OKAT THE TABLE.		O 1 to 3 tablespoon			
	O Almost never or never (GO TO QUESTION 47d)		O More than 3 table	espoons		
	O About 1/4 of the time	48.	How often did you eat s	alsa?		
	O About 1/2 of the time		•			
	O About 3/4 of the time		O NEVER (GO TO QUES	·		
	Almost always or always		1-6 times per year	2 times per week		
			○ 7-11 times per year	3-4 times per week		
47c	Each time sour cream was added to your		O 1 time per month	○ 5-6 times per week		
17 0.	potatoes, how much was usually added?		O 2-3 times per month	○ 1 time per day		
	,,,,,		O 1 time per week	O 2 or more times per day		
	O Less than 1 tablespoon		O I time per week	© 2 of more times per day		
	○ 1 to 3 tablespoons			salsa, how much did you		
	More than 3 tablespoons		usually eat?			
	C More than a tableopositio		O Less than 1 tables	snoon		
			O 1 to 5 tablespoons			
→47d.	How often was margarine (including low-fat)		•			
	added to your potatoes, EITHER IN	V	O More than 5 tables	spooris		
	COOKING OR AT THE TABLE?	49.	How often did you eat k	etchup?		
	O Almost never or never		O NEVER (GO TO QUES	TION 50)		
	O About 1/4 of the time			-		
	O About 1/2 of the time		○ 1-6 times per year	○ 2 times per week		
	O About 3/4 of the time		O 7-11 times per year	O 3-4 times per week		
	Almost always or always		O 1 time per month	○ 5-6 times per week		
			O 2-3 times per month	○ 1 time per day		
47e.	How often was butter (including low-fat)		O 1 time per week	O 2 or more times		
	added to your potatoes, EITHER IN		•	per day		
	COOKING OR AT THE TABLE?			por day		
			49a. Each time you ate	ketchup, how much did you		
	O Almost never or never		usually eat?	,,		
	About 1/4 of the time		O I th 4 t			
	About 1/2 of the timeAbout 3/4 of the time		O Less than 1 teasp	oon		
	○ Almost always or always		O 1 to 6 teaspoons			
	7 milest diverse of diverse	Y	O More than 6 teasp	poons		
47f.	Each time margarine or butter was added to your potatoes, how much was usually added?	50.	How often did you eat s dumplings ?	tuffing, dressing, or		
	O Never added		O NEVER (GO TO QUES	STION 51)		
	O Less than 1 teaspoon O 1 to 3 teaspoons		O 1-6 times per year	O 2 times per week		
	O More than 3 teaspoons		○ 7-11 times per year	○ 3-4 times per week		
	C maid and todopoond		O 1 time per month	○ 5-6 times per week		
470	How often was cheese or cheese sauce		O 2-3 times per month	O 1 time per day		
<i>+1</i> y.	added to your potatoes, EITHER IN		•	• •		
	COOKING OR AT THE TABLE?		O 1 time per week	O 2 or more times per day		
	COOKING OR AT THE TABLE?		50a Each time you sta	stuffing drooping or		
	O Almost never or never (GO TO QUESTION 48)		50a. Each time you ate	much did you usually eat?		
	O About 1/4 of the time		uumpiings, now i	nucii ulu you usualiy eat?		
	O About 1/2 of the time		O Less than 1/2 cur	o		
	O About 3/4 of the time		O 1/2 to 1 cup			
\checkmark	Almost always or always	🖖	O More than 1 cun			

Question 51 appears on the next page.

O More than 1 cup



Question 48 appears in the next column.

Over the past 12 months... 51. How often did you eat chili? O NEVER (GO TO QUESTION 52) O 1-6 times per year O 2 times per week ○ 7-11 times per year O 3-4 times per week O 1 time per month ○ 5-6 times per week O 2-3 times per month O 1 time per day O 1 time per week 51a. Each time you ate **chili**, how much did you usually eat? O Less than 1/2 cup O 1/2 to 1 3/4 cups O More than 1 3/4 cups 52. How often did you eat **Mexican foods** (such as tacos, tostados, burritos, tamales, fajitas, enchiladas, quesadillas, and chimichangas)? O NEVER (GO TO QUESTION 53) O 1-6 times per year O 2 times per week ○ 7-11 times per year O 3-4 times per week O 1 time per month ○ 5-6 times per week O 2-3 times per month O 1 time per day O 1 time per week 52a. Each time you ate **Mexican foods**, how much did you usually eat? O Less than 1 taco, burrito, etc. O 1 to 2 tacos, burritos, etc. O More than 2 tacos, burritos, etc. How often did you eat **cooked dried beans** (such as baked beans, pintos, kidney, blackeyed peas, lima, lentils, soybeans, or refried beans)? (Please don't include bean soups or chili.) O NEVER (GO TO QUESTION 54) ○ 1-6 times per year O 2 times per week O 7-11 times per year O 3-4 times per week

 Almost never or never O About 1/4 of the time O About 1/2 of the time O About 3/4 of the time O Almost always or always 54. How often did you eat **other kinds of vegetables**? O 2 or more times per day O NEVER (GO TO QUESTION 55) ○ 1-6 times per year O 2 times per week ○ 7-11 times per year O 3-4 times per week O 1 time per month ○ 5-6 times per week O 2-3 times per month O 1 time per day O 1 time per week O 2 or more times per day 54a. Each time you ate other kinds of vegetables, how much did you usually eat? O Less than 1/4cup O 1/4 to 1/2 cup O More than 1/2 cup How often did you eat rice or other cooked grains (such as bulgur, cracked wheat, or millet)? O 2 or more times per day O NEVER (GO TO QUESTION 56) O 1-6 times per year O 2 times per week O 7-11 times per year O 3-4 times per week O 1 time per month ○ 5-6 times per week O 2-3 times per month O 1 time per day O 2 or more times per day O 1 time per week Each time you ate rice or other cooked grains, how much did you usually eat? O Less than 1/2 cup O 1/2 to 1 1/2 cups O More than 1 1/2 cups 55b. How often was butter, margarine, or oil added to your rice IN COOKING OR AT THE ○ 5-6 times per week **TABLE?** O 1 time per day O 2 or more times per day O Almost never or never O About 1/4 of the time O About 1/2 of the time 53a. Each time you ate **beans**, how much did you O About 3/4 of the time O Almost always or always

53b. How often were the beans you ate **refried** beans, beans prepared with any type of

fat. or with meat added?



14

O Less than 1/2 cup O 1/2 to 1 cup O More than 1 cup

O 1 time per month

O 1 time per week

O 2-3 times per month

usually eat?

56.	How often did you eat p arter from toast?	ancakes, waffles, or			much was usually		
					O Less than 1 table	·	
	O NEVER (GO TO QUEST	ΓΙΟΝ 57)			O 1 to 4 tablespoor		
	○ 1-6 times per year	O 2 times per week			O More than 4 table	espooris	
	○ 7-11 times per year	○ 3-4 times per week				and the state of t	
	O 1 time per month	○ 5-6 times per week	57.			asagna, stuffed shells, ioli, or tortellini? (Please	
	O 2-3 times per month	○ 1 time per day			ot include spaghet		
	○ 1 time per week	O 2 or more times per day					
		.		O NE	EVER (GO TO QUES	STION 58)	
	56a. Each time you ate p	pancakes, waffles, or		O 1-6	6 times per year	O 2 times per week	
		much did you usually eat?		O 7-	11 times per year	O 3-4 times per week	
	O Loop than 1 madi:	uma mia a a		O 1 t	time per month	○ 5-6 times per week	
	O Less than 1 mediu	·		O 2-3	3 times per month	O 1 time per day	
	1 to 3 medium pieMore than 3 medium			O 1 t	time per week	O 2 or more times per da	ıy
	O More than 3 medic	im pieces					
	added to your pance	garine (including low-fat) akes, waffles, or French KING OR AT THE TABLE?		57a.		e lasagna, stuffed shells, ti, ravioli, or tortellini, how ually eat?	
	0 •• •				O Less than 1 cup		
	○ Almost never or never○ About 1/4 of the time○ About 1/2 of the time				O 1 to 2 cups		
					O More than 2 cup	s	
		O About 3/4 of the time					
	O Almost always or always		58.	Hov	v often did you eat	macaroni and cheese?	
	56c. How often was butter (including low-fat) added to your pancakes, waffles, or French toast, AFTER COOKING OR AT THE TABLE ?			O NE	EVER (GO TO QUES	STION 59)	
				O 1-6	6 times per year	O 2 times per week	
	711 1211 000111110	OK/KI IIIE I/KBEE.			11 times per year	○ 3-4 times per week	
	O Almost never or ne	ver			time per month	○ 5-6 times per week	
	O About 1/4 of the tim				3 times per month	O 1 time per day	
	○ About 1/2 of the tin○ About 3/4 of the tin				time per week	O 2 or more times per day	
	O Almost always or a			011	unic per week	2 of more times per day	
	56d. Each time margarii	ne or butter was added to fles or French toast, how		58a.	much did you usu	•	N
	•	auca:			O Less than 1 cup)	
	O Never added				O 1 to 1 1/2 cups) ouno	
	O Less than 1 teaspo	on	,		O More than 1 1/2	cups	
	○ 1 to 3 teaspoons		50	Цом	often did vou eat n	asta salad or macaroni	
	O More than 3 teaspo	 More than 3 teaspoons How often was syrup added to your pancakes, 		salad	•	asta salau ol Illacalolli	
	56e. How often was syrt waffles, or French to			O NE	VER (GO TO QUES	TION 60)	
				O 1-6	times per year	O 2 times per week	
	── () Almost never or ne	ver (GO TO QUESTION 57)		O 7-1	1 times per year	O 3-4 times per week	
	O About 1/4 of the time	The state of the s		O 1 ti	me per month	O 5-6 times per week	
	O About 1/2 of the time			O 2-3	times per month	O 1 time per day	
	O About 3/4 of the tin			() 1 ti	me per week	O 2 or more times per day	
XI/		11877 1176 1	1 . I .				

Question 57 appears in the next column.



56f. Each time **syrup** was added to your

pancakes, waffles, or French toast, how

	59a.	_	pasta salad or macaroni did you usually eat?				
		○ Less than 1/2 cup○ 1/2 to 1 cup○ More than 1 cup					
60.	and 5	-	ted in Questions 57, 58, u eat pasta, spaghetti,				
	O NE	VER (GO TO QUEST	ION 61)				
	○ 7-1 ○ 1 ti ○ 2-3	times per year 1 times per year me per month times per month me 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 				
	60a.	_	pasta, spaghetti, or other ch did you usually eat?				
		Less than 1 cup1 to 3 cupsMore than 3 cups					
	60b.	or other noodles w	eat your pasta, spaghetti, rith tomato sauce or made WITH meat?				
		○ Almost never or n○ About 1/4 of the ti○ About 1/2 of the ti○ About 3/4 of the ti○ Almost always or	me me me				
	60c.	other noodles with	eat your pasta, spaghetti, or tomato sauce or made WITHOUT 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 						
	60d.		eat your pasta, spaghetti, ith margarine, butter, oil,				
		 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 					

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

- O N	EVER (GO TO INTRO	DUCTION TO QUESTION 62)			
7-12-	6 times per year 11 times per year time per month 3 times per month 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 			
61a.	Each time you ate be how much did you u	pagels or English muffins, usually eat?			
	Less than 1 bagel1 bagel or EnglishMore than 1 bagel	muffin			
61b.		garine (including low-fat) ls or English muffins?			
 ○ 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 					
61c.	How often was but to your bagels or E	ter (including low-fat) added nglish muffins?			
	○ Almost never or n○ About 1/4 of the ti○ About 1/2 of the ti○ About 3/4 of the ti○ Almost always or	ime ime ime			
61d.		ne or butter was added to lish muffins, how much was			
	Never addedLess than 1 teasp1 to 2 teaspoonsMore than 2 teasp				
61e.		am cheese (including our bagels or English			
	Almost never or ne About 1/4 of the tir About 1/2 of the tir About 3/4 of the tir Almost always or a	TO QUESTION 62) me me			

Question 62 appears on the next page.



Question 63 appears in the next column.

	61f.	your bagels or Er	n cheese was added to nglish muffins, how much				sandwich breads usually added?	or rolls, how much	was
		was usually adde	ed ?				O Less than 1 teasp	ooon	
		O Less than 1 tabl	espoon				O 1 to 3 teaspoons		
		O 1 to 2 tablespoo	ns				O More than 3 teas	poons	
		O More than 2 tab	lespoons						
The					6	2e.		argarine (including dwich bread or roll	
			out your intake of breads the muffins. First, we will				○ Almost never or r	novor	
			part of sandwiches only.				O About 1/4 of the t		
			other bread you ate.				O About 1/2 of the t		
			•				O About 3/4 of the t	time	
62.	OF S	ANDWICHES (inc	oreads or rolls AS PART lluding burger and hot dog				O Almost always or	always	
	rolls)				6	2f.	How often was bu	itter (including low-	-fat)
	O NE	VER (GO TO QUES	TION 63)				added to your san	dwich breads or ro	lls?
	O 1-6	times per year	O 2 times per week				O Almost never or r	novor	
	O 7-1	1 times per year	○ 3-4 times per week				O About 1/4 of the t		
	() 1 ti	me per month	○ 5-6 times per week				O About 1/2 of the t		
		2-3 times per month				O About 3/4 of the time			
	O 1 time per week		O 2 or more times per day				O Almost always or	ost always or always	
	0	mo por moon	© 2 or more amore per day						
	62a. Each time you ate breads or rolls AS PART OF SANDWICHES , how much did you usually eat?		62g. Each time margarine or butter was add your sandwich breads or rolls, how much usually added?						
		O 1 slice or 1/2 roll					O Never added		
		O 2 slices or 1 roll					O Less than 1 teas	spoon	
	More than 2 slices or more than 1 roll			1 to 2 teaspoons					
		O More than 2 since	es of more than 1 for				O More than 2 teas	spoons	
	62b.	used for your san	ne breads or rolls that you dwiches white bread and hot dog rolls)?	6			often did you eat k	preads or dinner re	olls NOT
		O Almost never or	never		<u> </u>) NE	EVER (GO TO QUES	STION 64)	
		O About 1/4 of the	time				•	•	
		O About 1/2 of the					6 times per year	O 2 times per we	
		○ About 3/4 of the○ Almost always or					11 times per year	O 3-4 times per v	
		O Almost always of	aiways				ime per month	○ 5-6 times per v	
					C	2-3	3 times per month	1 time per day	•
	62c.		ayonnaise or mayonnaise- icluding low-fat) added to eads or rolls?) 1 t	ime per week	O 2 or more time	es per day
			never (GO TO QUESTION 62e)		6	3а.		breads or dinner F SANDWICHES, I t?	
		O About 1/2 of the					O 4 alian and 4 alian		
		O About 3/4 of the					O 1 slice or 1 dinne		
		O Almost always or	aiways				O 2 slices or 2 dinn		
							O More than 2 slice	s or 2 dinner rolls	
	Y								
٧	Ques	tion 62e appears in	n the next column.	1	7				

Question 64 appears on the next page.

62d. Each time mayonnaise or mayonnaisetype dressing was added to your



Over the past 12 months... 63b. How often were the breads or rolls you ate white bread? O Almost never or never O About 1/4 of the time O About 1/2 of the time O About 3/4 of the time O Almost always or always 63c. How often was margarine (including low-fat) added to your breads or rolls? O Almost never or never O About 1/4 of the time O About 1/2 of the time O About 3/4 of the time O Almost always or always 63d. How often was **butter** (including low-fat) added to your breads or rolls? O Almost never or never O About 1/4 of the time O About 1/2 of the time O About 3/4 of the time O Almost always or always 63e. Each time margarine or butter was added to your breads or rolls, how much was usually added? O Never added O Less than 1 teaspoon O 1 to 2 teaspoons O More than 2 teaspoons 63f. How often was cream cheese (including low-fat) added to your breads or rolls? O Almost never or never (GO TO QUESTION 64) O About 1/4 of the time O About 1/2 of the time O About 3/4 of the time O Almost always or always 63g. Each time cream cheese was added to your breads or rolls, how much was usually added? O Less than 1 tablespoon O 1 to 2 tablespoons

How often did you eat jam, jelly, or honey on bagels, muffins, bread, rolls, or crackers?					
O NEVER (GO TO QUES	STION 65)				
O 1-6 times per year	O 2 times per week				
	•				
• •	○ 5-6 times per week				
•	·				
O 1 time per week	O 2 or more times per day				
64a. Each time you at much did you us	te jam, jelly or honey, how ually eat?				
O Less than 1 teas	spoon				
O 1 to 3 teaspoons	3				
O More than 3 teas	spoons				
How often did you eat peanut butter or other nut butter ?					
O NEVER (GO TO QUESTION 66)					
O 1-6 times per year	O 2 times per week				
○ 7-11 times per year	O 3-4 times per week				
• •	○ 5-6 times per week				
·	•				
1 time per week	O 2 or more times per day				
-	peanut butter or other nut did you usually eat?				
O Less than 1 table	espoon				
O 1 to 2 tablespoor	ıs				
O More than 2 table	espoons				
How often did you eat r	oast beef or steak IN				
O NEVER (GO TO QUES	STION 67)				
○ 1-6 times per year	O 2 times per week				
O 7-11 times per year	O 3-4 times per week				
O 1 time per month	○ 5-6 times per week				
O 2-3 times per month	O 1 time per day				
O 1 time per week	O 2 or more times per day				
-	e roast beef or steak IN ow much did you usually eat?				
O Less than 1 slice	e or less than 2 ounces				
O 1 to 2 slices or 2	to 4 ounces				
O More than 2 slice	es or more than 4 ounces				
	bagels, muffins, bread, O NEVER (GO TO QUES O 1-6 times per year O 7-11 times per year O 1 time per month O 2-3 times per month O 1 time per week 64a. Each time you at much did you us O Less than 1 teas O 1 to 3 teaspoons O More than 3 teas How often did you eat putter? O NEVER (GO TO QUES O 1-6 times per year O 7-11 times per year O 1 time per month O 2-3 times per month O 1 time per week 65a. Each time you ate butter, how much O Less than 1 table O 1 to 2 tablespoon O More than 2 table How often did you eat put butter, how much O Less than 1 table O 1 to 2 tablespoon O More than 2 table How often did you eat put butter, how much O Less than 1 table O 1 to 2 tablespoon O More than 2 table C 1-6 times per year O 1-11 times per year O 1-11 times per year O 1-12 times per month O 2-3 times per month O 2-3 times per month O 1 time per week 66a. Each time you ate SANDWICHES, how O Less than 1 slice O 1 to 2 slices or 2				

Question 67 appears on the next page.



O More than 2 tablespoons

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 turkey or chicken later.)

O NEVER	(GO TO	QUESTIC	ON 68)
----------------	--------	---------	--------

O 1-6 times	per year
-------------	----------

O 2 times per week

O 7-11 times per year

O 3-4 times per week

O 1 time per month

O 5-6 times per week

O 2-3 times per month

O 1 time per day

O 1 time per week

O 2 or more times per day

67a. Each time you ate **turkey**, or **chicken COLD CUTS**, how much did you usually eat?

O Less than 1 slice

O 1 to 3 slices

O More than 3 slices

68. How often did you eat **luncheon** or **deli-style ham**? (We will ask about other ham later.)

O NEVER (GO TO QUESTION 69)

O 1-6 times per year

O 2 times per week

○ 7-11 times per year

O 3-4 times per week

O 1 time per month

○ 5-6 times per week

O 2-3 times per month

O 1 time per day

O 1 time per week

O 2 or more times per day

68a. Each time you ate **luncheon** or **deli-style ham**, how much did you usually eat?

O Less than 1 slice

O 1 to 3 slices

O More than 3 slices

68b. How often was the luncheon or deli-style ham you ate **light**, **low-fat**, or **fat-free**?

O Almost never or never

O About 1/4 of the time

O About 1/2 of the time

O About 3/4 of the time

O Almost always or always



Question 69 appears in the next column.

69. How often did you eat other cold cuts or luncheon meats (such as bologna, salami, corned beef, pastrami, or others, including low-fat)? (Please do not include ham, turkey, or chicken cold cuts.)

\cap	NEV/ER	(GO TO	QUESTION 70)	
\smile			QUEUTION 10)	

O 1-6 times per year

O 2 times per week

○ 7-11 times per year

3-4 times per week5-6 times per week

1 time per month2-3 times per month

O 1 time per day

O 1 time per week

O 2 or more times per day

69a. Each time you ate **other cold cuts** or **luncheon meats**, how much did you usually eat?

O Less than 1 slice

O 1 to 3 slices

O More than 3 slices

69b. How often were the other cold cuts or luncheon meats you ate **light**, **low-fat**, or **fat-free**? (*Please do not include ham. turkey. or chicken cold cuts.*)

O Almost never or never

O About 1/4 of the time

O About 1/2 of the time

O About 3/4 of the time

O Almost always or always

70. How often did you eat **canned tuna** (including in salads, sandwiches, or casseroles)?

O NEVER (GO TO QUESTION 71)

O 1-6 times per year

O 2 times per week

O 7-11 times per year

O 3-4 times per week

O 1 time per month

○ 5-6 times per week

O 2-3 times per month

O 1 time per day

O 1 time per week

O 2 or more times per day

70a. Each time you ate **canned tuna**, how much did you usually eat?

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

○ 1/4 to 1/2 cup or 2 to 3 ounces

O More than 1/2 cup or more than 3 ounces

70b. How often was the canned tuna you ate water-packed tuna?

O Almost never or never

O About 1/4 of the time

O About 1/2 of the time

O About 3/4 of the time

O Almost always or always

ge. 63017

70c. How often was the canned tuna you ate

			ayonnaise or other			O NE	VER (GO TO QUES	STION 74)	
		dressing (includi				O 1-6	times per year	O 2 times pe	er week
		Almost never or	never				1 times per year	O 3-4 times	
		About 1/4 of the					me per month	○ 5-6 times	•
		About 1/2 of the					times per month	O 1 time per	-
		O About 3/4 of the O Almost always o					me per week	•	times per day
71.	turkey	•	GROUND chicken or about other chicken and			73a.	Each time you ato		
	O NEV	'ER (GO TO QUES	STION 72)				O Less than 3 our	nces or less tha	n 1/2 cup
		times per year	O 2 times per week				O 3 to 8 ounces o	r 1/2 to 1 cup	
		times per year	○ 3-4 times per week				O More than 8 out	nces or more th	nan 1 cup
		ne per month	○ 5-6 times per week	_			6		16.4.0
		times per month	○ 1 time per day	1	4.		often did you eat I se do not include	•	
		ne per week	O 2 or more times per day			dogs		sausages or t	regetariari not
	710 [Each time vou at	e GROUND chicken or			O NE	EVER (GO TO QUE	STION 75)	
		•	h did you usually eat?			\bigcirc 1 (6 times per year	O 2 timos n	or wook
							11 times per year	2 times p3-4 times	
			ces or less than 1/2 cup				ime per month	○ 5-4 times	-
		2 to 4 ounces or	·				3 times per month	0 1 time pe	-
\bigvee		J More than 4 our	ces or more than 1 cup				ime per week	-	times per day
72.		often did you eat seburgers?	beef hamburgers or			011	ime per week	O 2 or more	times per day
		VER (GO TO QUE	STION 73)			74a.	Each time you at how many did yo	_	
	O 1-6	times per year	O 2 times per week				O Loop them 4 hat		
	O 7-1	1 times per year	O 3-4 times per week				Less than 1 hot1 to 2 hot dogs	dog	
	1 tir	me per month	O 5-6 times per week				O More than 2 hot	dogs	
	O 2-3	times per month	O 1 time per day				O Word than 2 no	dogo	
	O 1 tir	me per week	O 2 or more times per day			74h	How often were	the hot dogs (or frankfurtere
						770.	you ate light or l		
			e beef hamburgers or				, ,		· ·
		eat?	how much did you usually				O Almost never or		
							○ About 1/4 of the ○ About 1/2 of the		
		•	y or less than 2 ounces				O About 3/4 of the		
		1 patty or 2 to 4					O Almost always	or always	
		J More than I patt	y or more than 4 ounces				(1		
	(he beef hamburgers or ou ate made with lean						S
		Almost never or						- 1 - 7	3
		About 1/4 of the							
	-	O About 1/2 of the O About 3/4 of the							2
\bigvee		Control About 3/4 of the Control Almost always o						4	

73. How often did you eat ground beef in mixtures

(such as meatballs, casseroles, chili, or meatloaf)?

Question 73 appears in the next column.

Over the past 12 months				7b. How often was the	steak you ate lean steak?	
75.	5. How often did you eat beef mixtures such as beef stew, beef pot pie, beef and noodles, or beef and vegetables? O NEVER (GO TO QUESTION 76)		 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 			
		 2 times per week 3-4 times per week 5-6 times per week 1 time per day 2 or more times per day beef stew, beef pot pie, s, or beef and vegetables, u usually eat? 		-	oork or beef spareribs?	
\	○ 1 to 2 cups○ More than 2 cup	s		78a. Each time you ate how much did you	e pork or beef spareribs, u usually eat?	
76.	(Please do not include sandwiches.) O NEVER (GO TO QUE: ○ 1-6 times per year	O 2 times per week		 Less than 4 ribs 4 to 12 ribs More than 12 rib How often did you eat recutlets, or turkey nuge 	os	
	 7-11 times per year 1 time per month 2-3 times per month 1 time per week 76a. Each time you a 	 ○ 3-4 times per week ○ 5-6 times per week ○ 1 time per day ○ 2 or more times per day te roast beef or pot roast, 		○ NEVER (GO TO QUES○ 1-6 times per year○ 7-11 times per year○ 1 time per month	O 2 times per week O 3-4 times per week O 5-6 times per week	
	usually eat? O Less than 2 ou O 2 to 5 ounces		(2-3 times per month1 time per week79a. Each time you ate cutlets. or turkey	 1 time per day 2 or more times per day roast turkey, turkey nuggets, how much did 	
77.	O More than 5 out How often did you eat sinclude steak in sandwith O NEVER (GO TO QUEST O 1-6 times per year	steak (beef)? (Do not iches.)			(Please note: 4-8 turkey s.) ces	
	O 7-11 times per year O 1 time per month	○ 3-4 times per week○ 5-6 times per week		How often did you eat of sandwiches, casserol	chicken as part of salads, les, stews, or other	

77a. Each time you ate **steak** (beef), how much

O 1 time per day

O 2 or more times per day O NEVER (GO TO QUESTION 81)

mixtures?

○ 1-6 times per year ○ 7-11 times per year O 2 times per week O 3-4 times per week

O 1 time per month

O 5-6 times per week

O 2-3 times per month

O 1 time per day

O 1 time per week

O 2 or more times per day

in sandwiches)?

Question 78 appears in the next column.

O 3 to 7 ounces

did you usually eat?

O Less than 3 ounces

O More than 7 ounces

O 2-3 times per month

O 1 time per week



	80a.	salads, sandwic	e chicken as part of hes, casseroles, stews, s, how much did you
		Less than 1/2 cu1/2 to 1 1/2 cupsMore than 1 1/2	
81.	stew	ed, or fried chick	paked, broiled, roasted, en (including nuggets)? chicken in mixtures.)
	- () NE	EVER (GO TO QUES	TION 82)
	O 1-6	6 times per year	O 2 times per week
	O 7-	11 times per year	O 3-4 times per week
	O 1 t	ime per month	O 5-6 times per week
		3 times per month	, ,
	O 1 t	ime per week	O 2 or more times per day
	81a.	stewed, or fried	e baked, broiled, roasted, chicken (including uch did you usually eat?
		or thigh, or less O 2 drumsticks or v or 4 to 8 nugget	wings, 1 breast or thigh, s
		or thigh, or more	nsticks or wings, 1 breast than 8 nuggets
	81b.		e chicken you ate fried g deep fried) or chicken
		○ Almost never or○ About 1/4 of the○ About 1/2 of the○ About 3/4 of the	time time
		O Almost always o	
	81c.	How often was the meat?	e chicken you ate WHITE
		○ Almost never or○ About 1/4 of the○ About 1/2 of the○ About 3/4 of the○ Almost always of	time time time
	81d.	How often did you	u eat chicken WITH skin?
		○ Almost never or○ About 1/4 of the○ About 1/2 of the○ About 3/4 of the○ Almost always of	time time time
Oue	otion 0	2 annears in the ne	yt oolumn

82.	2. How often did you eat baked ham or ham steak ?						
	O NEVER (GO TO QUESTION 83)						
	 1-6 times per year 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					
	82a. Each time you ato	e baked ham or ham steak, u usually eat?					
\	Less than 1 oun1 to 3 ouncesMore than 3 our						
83. How often did you eat pork (including chops, reand in mixed dishes)? (Please do not include ham steak, or sausage.)							
	O NEVER (GO TO QUES	STION 84)					
	 1-6 times per year 7-11 times per year 1 time per month 2-3 times per month 1 time per week 	○ 5-6 times per week					
	83a. Each time you at usually eat?	e pork , how much did you					
	O 2 or 5 ounces or	ces or less than 1 chop 1 chop nces or more than 1 chop					
84.	How often did you eat opotatoes, rice, etc?	gravy on meat, chicken,					
	O NEVER (GO TO QUES	STION 85)					
	 1-6 times per year 7-11 times per year 1 time per month 2-3 times per month 1 time per week 	○ 5-6 times per week					
	potatoes, or rice, usually eat?	e gravy on meat, chicken, etc., how much did you					
	○ Less than 1/8 cu○ 1/8 to 1/2 cup	ıρ					

Question 85 appears on the next page.

O More than 1/2 cup



Over the past 12 months... 87a. Each time you ate sausage, how much did you usually eat? 85. How often did you eat liver (all kinds) or O Fewer than 1 patty or 2 links liverwurst? O 1 to 3 patties or 2 to 5 links O NEVER (GO TO QUESTION 86) O More than 3 patties or 5 links ○ 1-6 times per year O 2 times per week 87b. How often was the sausage you ate light, low-fat, or lean sausage? O 7-11 times per year O 3-4 times per week O 1 time per month ○ 5-6 times per week O Almost never or never O About 1/4 of the time O 2-3 times per month O 1 time per day O About 1/2 of the time O 1 time per week O 2 or more times per day O About 3/4 of the time Almost always or always 85a. Each time you ate liver or liverwurst, how much did you usually eat? How often did you eat fish sticks or fried fish 88. (including fried seafood or shellfish)? O Less than 1 ounce O 1 to 4 ounces O NEVER (GO TO QUESTION 89) O More than 4 ounces ○ 1-6 times per year O 2 times per week O 7-11 times per year O 3-4 times per week 86. How often did you eat **bacon** (including low-fat)? 1 time per month ○ 5-6 times per week O NEVER (GO TO QUESTION 87) O 2-3 times per month O 1 time per day O 1 time per week O 2 or more times per day O 2 times per week ○ 1-6 times per year O 7-11 times per year O 3-4 times per week 88a. Each time you ate fish sticks or fried fish, O 1 time per month ○ 5-6 times per week how much did you usually eat? O 2-3 times per month O 1 time per day O Less than 2 ounces or less than 1 fillet O 1 time per week O 2 or more times per day O 2 to 7 ounces or 1 fillet 86a. Each time you ate bacon, how much did O More than 7 ounces or more than 1 fillet you usually eat? 89. How often did you eat fish or seafood that was O Fewer than 2 slices **NOT FRIED** (including shellfish)? O 2 to 3 slices O More than 3 slices O NEVER (GO TO THE INTRODUCTION TO QUESTION 90) O 1-6 times per year O 2 times per week 86b. How often was the bacon you ate light, O 7-11 times per year O 3-4 times per week low-fat, or lean bacon? O 5-6 times per week 1 time per month O Almost never or never O 2-3 times per month O 1 time per day O About 1/4 of the time O About 1/2 of the time O 1 time per week O 2 or more times per day O About 3/4 of the time 89a. Each time you ate fish or seafood that was O Almost always or always not fried, how much did you usually eat?

87. How often did you eat sausage (including low-fat)?

- O NEVER (GO TO QUESTION 88)					
O 1-6 times per year	O 2 times per week				
○ 7-11 times per year	O 3-4 times per week				
O 1 time per month	○ 5-6 times per week				
O 2-3 times per month	○ 1 time per day				
1 time per week	O 2 or more times per day				

Question 88 appears in the next column.



Question 90 appears on the next page

O Less than 2 ounces or less than 1 fillet

O More than 5 ounces or more than 1 fillet

O 2 to 5 ounces or 1 fillet



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

90. 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.)

O NEVER (GO TO QUES	TION 91)			
○ 1-6 times per year	O 2 times per week			
○ 7-11 times per year	O 3-4 times per week			
1 time per month	○ 5-6 times per week			
O 2-3 times per month	O 1 time per day			
1 time per week	O 2 or more times per day			
90a. Which of the following fats were regularly used to prepare your meat, poultry, or fish? (Mark all that apply.)				
O Margarine (includi	ng O Corn oil			
low-fat)	O Canola or rapeseed oil			
O Butter (including low-fat)	O Oil spray, such as Pam or others			
Lard, fatback, or	O Other kinds of oils			

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

\sim	NEVER	ICO.		IEQTI/	JUI 037
		IGO	1000	ノニひょい	JIN 521

bacon fat

O Olive oil

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

O None of the above

- 91a. Each time you ate **tofu**, **soy burgers**, **or soy meat-substitutes**, how much did you usually eat?
 - O Less than 1/4 cup or less than 2 ounces
 - O 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 the past	12 months.	did vo	ou eat soups '	?

O NO	O (GO TO QUESTION 93))			
O YE	ES				
\forall					
92a.	How often did you eat WINTER ?	soup DURING THE			
	O NEVER				
	O 1-6 times per winter	O 2 times per week			
	O 7-11 times per winter	O 3-4 times per week			
	O 1 time per month	○ 5-6 times per week			
	O 2-3 times per month	○ 1 time per day			
	O 1 time per week	O 2 or more times per day			
92b.	How often did you eat s				
	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 week 5-6 times per week 1 time per day 2 or more times per day 			
92c.	Each time you ate sou usually eat?	•			
	O Less than 1 cup O 1 to 2 cups O More than 2 cups				
92d.	How often were the so soups?	oups you ate bean			
 ○ 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 					
92e	How often were the so soups (including choose				
	 ○ 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 alw 				



Over the past 12 months		94a. Each time you ate crackers , how much did you usually eat?						
	92f.	How often were the vegetable soups?	e soups you ate tomato or				O Fewer than 4 cra	ackers
							\bigcirc 4 to 10 crackers	
		O Almost never or r					O More than 10 cra	ackers
		○ About 1/4 of the t○ About 1/2 of the t						
		O About 3/4 of the t		9	5.	How	often did you eat c	corn bread or corn muffins
		O Almost always or	always					
					_ (O NE	VER (GO TO QUES	STION 96)
	92g.		e soups you ate broth		(O 1-6	times per year	O 2 times per week
		noodles or rice?	chicken) with or without		(O 7-1	1 times per year	○ 3-4 times per week
		noodies of fice:			(○ 1 ti	ime per month	○ 5-6 times per week
		O Almost never or r	never				times per month	○ 1 time per day
		O About 1/4 of the t					ime per week	O 2 or more times per day
		O About 1/2 of the t					- r	,
		○ About 3/4 of the t○ Almost always or			Ś			corn bread or corn ch did you usually eat?
93.	How	often did you eat p	izza?				O I ass than 4 miss	a an maniffin
	O NI		TION 04)				O Less than 1 piece	
	- O NEVER (GO TO QUESTION 94)				1 to 2 pieces or muffinsMore than 2 pieces or muffins			
	O 1-	6 times per year	O 2 times per week	l ↓	1		O More than 2 piec	es or mainis
	O 7-	11 times per year	O 3-4 times per week	\ \ \	^		- 6 1 11 - 1	- - - - - - - - -
	O 1 f	time per month	○ 5-6 times per week	96	6.	How	often did you eat t	paking powder biscuits?
	O 2-	3 times per month	○ 1 time per day			O NE	VED (00 TO OUE)	OTION 07)
	011	time per week	O 2 or more times per day		(O NE	EVER (GO TO QUES	511ON 97)
					(O 1-6	itimes per year	2 times per week
	93a.		pizza, how much did you		(O 7-1	1 times per year	O 3-4 times per week
		usually eat?			(○ 1 ti	ime per month	○ 5-6 times per week
		O Less than 1 slice	or less than 1 mini pizza		(O 2-3	3 times per month	1 time per day
		O 1 to 3 slices or 1	•		(○ 1 ti	ime per week	O 2 or more times per day
			s or more than 1 mini pizza					
	03h	How often did you			ę		Each time you ate how many did you	baking powder biscuits, usually eat?
	000.		age, or other meat?					
						1	O Fewer than 1 biso	cuit
		O Almost never or r					O 1 to 2 biscuits	
		○ About 1/4 of the t○ About 1/2 of the t		l ↓	1	1	O More than 2 biscu	uits
		O About 3/4 of the t		 				
\		O Almost always or	always	97		or co	orn chips (includin	ootato chips, tortilla chips, g low-fat, fat-free, or
94.	How	often did you eat c	rackers?			low-s	sait)?	
	O NE	EVER (GO TO QUES	TION 95)			O NE	EVER (GO TO QUES	STION 98)
	O 1-	6 times per year	O 2 times per week		,	∩ 1 ₋ 6	times per year	O 2 times per week
	O 7-	11 times per year	O 3-4 times per week				1 times per year	○ 3-4 times per week
	011	time per month	O 5-6 times per week				• •	•
		3 times per month	○ 1 time per day				ime per month	○ 5-6 times per week
		time per week	O 2 or more times per day				times per month	○ 1 time per day
₩	-	•	1 7	1	, (○ 1 tı	ime per week	2 or more times per day

Question 95 appears in the next column.



U	Over the past 12 months			100.	O. How often did you eat peanuts, walnuts, seeds, or other nuts?			
	97a.		e potato chips, tortilla hips, how much did you		O NEVER (GO TO Q	UESTION 101)		
		usually cat:			O 1-6 times per year	O 2 times per week		
		O Fewer than 10 c	hips or less than 1 cup		○ 7-11 times per yea	r 3-4 times per week		
		O 10 to 25 chips or	r 1 to 2 cups		O 1 time per month	○ 5-6 times per week		
		O More than 25 ch	ips or more than 2 cups		O 2-3 times per mont	th O 1 time per day		
					O 1 time per week	○ 2 or more times per day		
	97b.	How often were to or fat-free chips: O Almost never or				ou ate peanuts, walnuts, seeds, s , how much did you usually eat?		
		O About 1/4 of the	time		O Less than 1	/4 cup		
		O About 1/2 of the			O 1/4 to 1/2 c	•		
		About 3/4 of theAlmost always o			O More than 1	•		
98			popcorn (including low-fat)?	101.	breakfast bars suc Clif, Boost or othe			
	O 1-6	6 times per year	O 2 times per week		O NEVER (GO TO Q	UESTION 102)		
		11 times per year	O 3-4 times per week		○ 1-6 times per year	O 2 times per week		
		ime per month	○ 5-6 times per week		○ 7-11 times per yea	r 3-4 times per week		
		times per month	O 1 time per day		O 1 time per month	○ 5-6 times per week		
		ime per week	O 2 or more times per day		O 2-3 times per mont	th O 1 time per day		
			.		O 1 time per week	O 2 or more times per day		
	98a.	Each time you ate you usually eat?	e popcorn , how much did			u ate energy, high-protein, or		
		O Less than 2 cups	s, popped		breakfast ba	rs, how much did you usually eat?		
		O 2 to 5 cups, pop			O Less than 1	bar		
\bigvee		O More than 5 cup	s, popped		O 1 bar			
۲					O More than 1 bar			
99	. How	often did you eat	oretzels?	102	How often did you s	eat yogurt (NOT including		
Γ	– O NE	EVER (GO TO QUES	STION 100)	102.	frozen yogurt)?	out your (ITO) moluting		
	O 1-6	6 times per year	O 2 times per week		O NEVER (GO TO Q	UESTION 103)		
	O 7-	11 times per year	O 3-4 times per week					
	O 1 t	ime per month	○ 5-6 times per week		O 1-6 times per year	O 2 times per week		
	O 2-3	3 times per month	○ 1 time per day		O 7-11 times per yea	r 3-4 times per week		
	O 1 t	ime per week	O 2 or more times per day		O 1 time per month	○ 5-6 times per week		
					O 2-3 times per mont	th O 1 time per day		
	99a.	Each time you ate you usually eat?	e pretzels , how many did		○ 1 time per week	O 2 or more times per day		
		O Fower than 5	araga tujata			ou ate yogurt, how much did		
		O Fewer than 5 av	-		you usually e	eat?		
1		O 5 to 20 average	(WI3G	1 1				

O More than 20 average twists

Question 100 appears in the next column.

Question 103 appears on the next page.

O 1/2 to 1 cup or 1 container

O Less than 1/2 cup or less than 1 container

O More than 1 cup or more than 1 container



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				or ice	s (including low-f	at or fat-free)?	
103.	How often did you eat c low-fat)?	cottage cheese (including		O NE	VER (GO TO QUES	STION 106)	
	O NEVER (GO TO QUES	TION 104)		O 1-6	times per year	O 2 times per week	
				O 7-1	1 times per year	O 3-4 times per week	
	○ 1-6 times per year	O 2 times per week		○ 1 ti	me per month	○ 5-6 times per week	
	○ 7-11 times per year	O 3-4 times per week		O 2-3	times per month	○ 1 time per day	
	O 1 time per month	O 5-6 times per week		○ 1 ti	me per week	O 2 or more times per day	/
	O 2-3 times per month	O 1 time per day			•		
	O 1 time per week	O 2 or more times per day		105a.		e frozen yogurt, sorbet, did you usually eat?	or
	103a. Each time you at much did you us				○ Less than 1/2 cu ○ 1/2 to 1 cup or 1	up or less than 1 scoop	
	O Loss than 1/4 or	10			•	o or more than 2 scoops	
	○ Less than 1/4 cup○ 1/4 to 1 cup○ More than 1 cup		٧		O More than 1 cup	of more than 2 3000ps	
			106.	How	often did vou eat i	ce cream ice cream bar	\$
Y			100.	106. How often did you eat ice cream, ice cream bars or sherbet (including low-fat or fat-free)?			
104.	04. How often did you eat cheese (including low-fat; including on cheeseburgers or in sandwiches or			O NE	VER (GO TO QUES	STION 107)	
	subs)?			O 1-6	times per year	O 2 times per week	
_	O NEVER (CO TO OUES	STION 105)		O 7-1	1 times per year	O 3-4 times per week	
	O NEVER (GO TO QUESTION 105)			O 1 tii	me per month	O 5-6 times per week	
	O 1-6 times per year	○ 2 times per week		O 2-3	times per month	O 1 time per day	
	O 7-11 times per year	O 3-4 times per week			me per week	O 2 or more times per day	1
	O 1 time per month	○ 5-6 times per week			•	- ,	
	○ 2-3 times per month ○ 1 time per day			106a. Each time you ate ice cream, ice cream			
	O 1 time per week	O 2 or more times per day		bars, or sherbet, how much did you usually eat?			ly eat?
	104a. Each time you ate cheese , how much did you				O Less than 1/2 cu	up or less than 1 scoop	
				○ 1/2 to 1 1/2 cups or 1 to 2 scoops			
	usually eat?			O More than 1 1/2 cups or more than 2 scoops			;
	O Less than 1/2 o	unce or less than 1 slice					
	○ 1/2 to 1 1/2 oun			106b. How often was the ice cream you ate light,			,
		ounces or more than 1 slice			low-fat, or fat-free ice cream or sherbet? O Almost never or never O About 1/4 of the time		
	104b. How often was the low-fat cheese?	ne cheese you ate light or					
	low-lat cheese?				O About 1/2 of the		
	○ Almost never of About 1/4 of the				About 3/4 of theAlmost always of		
	O About 1/2 of the		\downarrow		C Airiost always C	n always	
	O About 3/4 of the		•				
	Almost always or always		107. How often did you eat cake (including low-fat or fat-free)?				
	104c. How often was the cheese you ate fat-free cheese ? O Almost never or never			O NEVER (GO TO QUESTION 108)			
				O 1-6	times per year	O 2 times per week	
	O Almost never of O About 1/4 of the			O 7-1	1 times per year	O 3-4 times per week	
	O About 1/2 of the			O 1 tii	me per month	○ 5-6 times per week	
	O About 3/4 of the	e time		O 2-3	times per month	○ 1 time per day	
\bigvee	O Almost always	or always		○ 1 tiı	me per week	O 2 or more times per day	/
▼			♥			•	

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Question 108 appears on the next page.

105. How often did you eat frozen yogurt, sorbet,



OV	Over the past 12 months			109a. Each time you ate doughnuts, sweet rolls,				
	107a. Each time you ate cake , how much did you usually eat?		Danish, or pop tarts, how much did you usually eat? O Less than 1 piece					
	,							
	O Less than 1 med			O 1 to 2 pieces				
	O 1 medium piece			O More than 2 pie	eces			
	O More than 1 me	dium piece						
	107b. How often was the low-fat, or fat-fre	, ,		often did you eat a ds (including low-	sweet muffins or dessert fat or fat-free)?			
			ONE	VER (GO TO QUE	STION 111)			
	Almost never orAbout 1/4 of the		O 1-6	times per year	O 2 times per week			
	O About 1/2 of the	time		1 times per year	○ 3-4 times per week			
	O About 3/4 of the			me per month	○ 5-6 times per week			
	O Almost always o	n aiways		times per month	○ 1 time per day			
108	How often did you eat o	cookies or brownies		me per week	O 2 or more times per day			
, 50.	(including low-fat or fat-			•	, ,			
	O NEVER (GO TO QUE	,	110a.	•	e sweet muffins or dessert ch did you usually eat?			
	O 1-6 times per year	O 2 times per week		O I th 4	alicense in in a c			
	O 7-11 times per year	O 3-4 times per week		O Less than 1 med	-			
	O 1 time per month	○ 5-6 times per week		○ 1 medium piece○ More than 1 me				
	O 2-3 times per month	○ 1 time per day			·			
	O 1 time per week	O 2 or more times per day	110b.	breads you ate li	the sweet muffins or dessert ght, low-fat, or fat-free sweet			
	108a. Each time you at how much did yo	te cookies or brownies, bu usually eat?		muffins or dess ○ Almost never or				
	O Less than 2 coo	kies or 1 small brownie		O About 1/4 of the	time			
	3 ====================================	r 1 medium brownie		○ About 1/2 of the○ About 3/4 of the				
	_	okies or 1 large brownie		O Almost always o				
		Ü	Y	,	•			
		. How often were the cookies or brownies you ate light, low-fat, or fat-free cookies or brownies?		often did you eat · del?	fruit crisp, cobbler, or			
	○ Almost never or ○ About 1/4 of the	time	ONE	VER (GO TO QUES	STION 112)			
	About 1/2 of theAbout 3/4 of the			times per year	O 2 times per week			
Y	O Almost always of		O 7-1	1 times per year	○ 3-4 times per week			
		•	O 1 ti	me per month	○ 5-6 times per week			
109.	How often did vou eat	doughnuts, sweet rolls,		times per month	○ 1 time per day			
	Danish, or pop tarts?		O 1 ti	me per week	O 2 or more times per day			
	- O NEVER (GO TO QUE	•	111a.		te fruit crisp, cobbler, or uch did you usually eat?			
	O 1-6 times per year	O 2 times per week		2,				
	O 7-11 times per year	O 3-4 times per week		O Less than 1/2 o	cup			
	O 1 time per month	○ 5-6 times per week		O 1/2 to 1 cup				
	O 2-3 times per month	O 1 time per day		O More than 1 cu	p			
\bigvee	○ 1 time per week	O 2 or more times per day	₩					

Question 110 appears in the next column.

Over the past 12 months...



112. How often did you eat pie?

O NEVER (GO TO QUEST	ΓΙΟΝ 113)
 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
112a. Each time you ate r usually eat?	oie, how much did you
Less than 1/8 of aAbout 1/8 of a pieMore than 1/8 of a The next four questions a	pie
pie you ate. Please read before answering.	
112b. How often were th (such as apple, blue	
 Almost never or a About 1/4 of the About 1/2 of the About 3/4 of the Almost always or 	time time time
112c. How often were the pudding, custard	e pies you ate cream, , or meringue pie ?
 ○ Almost never or an about 1/4 of the second 1/2 of the second 3/4 of the second 2/4 of the	time time time
112d. How often was the pie ?	pie you ate pumpkin
○ Almost never or n○ About 1/4 of the t○ About 1/2 of the t○ About 3/4 of the t○ Almost always or	ime ime ime
112e. How often was the	e pie you ate pecan pie ?
 Almost never or a About 1/4 of the About 1/2 of the About 3/4 of the Almost always or 	time time time

113. How often did you eat chocolate	113.	How often	did you eat	chocolate?
--------------------------------------	------	-----------	-------------	------------

	- O NEVER (GO TO QUES	STION 114)
	○ 1-6 times per year	O 2 times per week
	○ 7-11 times per year	O 3-4 times per week
	O 1 time per month	○ 5-6 times per week
	O 2-3 times per month	○ 1 time per day
	O 1 time per week	O 2 or more times per day
	113a. Each time you at did you usually ea	e chocolate, how much at?
	O Less than 1 ave	rage bar or less than 1 ounce
	1 average bar or	r 1 to 2 ounces
Y	O More than 1 ave	rage bar or more than 2 ounces
112	How often did you eat c	other candy?

O NEVER (GO TO QUES	STION 115)
O 1-6 times per year	O 2 times per week
○ 7-11 times per year	O 3-4 times per week
O 1 time per month	O 5-6 times per week
O 2-3 times per month	○ 1 time per day
○ 1 time per week	O 2 or more times per day
114a. Each time you ated did you usually each of the prices of the price	eces
O More than 9 piec	JC5
How often did you eat	eaas, eaa whites, or eaa

115. substitutes (NOT including eggs in baked goods and desserts)? (Please include eggs in salads, quiche, and souffles.)

ONEVER	(GO TO QUESTION 116)
--------	----------------------

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

115a. Each time you ate eggs, how many did you usually eat?

> O 1 egg O 2 eggs

 \bigcirc 3 or more eggs



Over the past 12 months... 115b. How often were the eggs you ate egg substitutes? O Almost never or never O About 1/4 of the time O About 1/2 of the time O About 3/4 of the time O Almost always or always 115c. How often were the eggs you ate egg whites only? O Almost never or never O About 1/4 of the time O About 1/2 of the time O About 3/4 of the time O Almost always or always 115d. How often were the eggs you ate regular whole eggs? O Almost never or never O About 1/4 of the time O About 1/2 of the time O About 3/4 of the time O Almost always or always 115e. How often were the eggs you ate cooked in oil, butter, or margarine? O Almost never or never O About 1/4 of the time O About 1/2 of the time O About 3/4 of the time O Almost always or always 115f. How often were the eggs you ate part of egg salad? O Almost never or never O About 1/4 of the time O About 1/2 of the time O About 3/4 of the time O Almost always or always 116. How many cups of **coffee**, caffeinated or decaffeinated, did you drink?

	O NONE (GO TO QUESTIC	ON 117)	
	O Less than 1 cup per	O 5-6 cups per week	
	month	○ 1 cup per day	
	○ 1-3 cups per month	O 2-3 cups per day	
	○ 1 cup per week	O 4-5 cups per day	
	O 2-4 cups per week	O 6 or more cups per day	
	116a. How often was the decaffeinated?	coffee you drank	
	Almost never or neverAbout 1/4 of the timeAbout 1/2 of the time		
	O About 3/4 of the ti	me	
1	 Almost always or a 	always	

Question 117 appears in the next column.

117. How many glasses of **ICED tea**, caffeinated or decaffeinated, did you drink? O NONE (GO TO QUESTION 118) O Less than 1 cup per ○ 5-6 cups per week month O 1 cup per day ○ 1-3 cups per month O 2-3 cups per day O 1 cup per week O 4-5 cups per day O 6 or more cups per day O 2-4 cups per week 117a. How often was the iced tea you drank decaffeinated or herbal tea? O Almost never or never O About 1/4 of the time O About 1/2 of the time O About 3/4 of the time Almost always or always 118. How many cups of **HOT tea**, caffeinated or decaffeinated, did you drink? O NONE (GO TO QUESTION 119) O Less than 1 cup per ○ 5-6 cups per week month O 1 cup per day O 1-3 cups per month O 2-3 cups per day O 1 cup per week O 4-5 cups per day O 2-4 cups per week O 6 or more cups per day 118a. How often was the hot tea you drank decaffeinated or herbal tea? O Almost never or never O About 1/4 of the time O About 1/2 of the time O About 3/4 of the time O Almost always or always 119. How often did you add **sugar** or **honey** to your coffee or tea? O NEVER (GO TO QUESTION 120) O Less than 1 time per ○ 5-6 times per week month O 1 time per day O 1-3 times per month O 2-3 times per day O 4-5 times per day O 1 time per week O 2-4 times per week O 6 or more times per day 119a. Each time **sugar** or **honey** was added to your coffee or tea, how much was usually added? O Less than 1 teaspoon

Question 120 appears on the next page.



O 1 to 3 teaspoons O More than 3 teaspoons

Ove	er the <u>past 12 months</u>				122a. Each time crear	
120. How often did you add artificial sweetener to your coffee or tea?					usually added?	offee or tea, how much
	O NEVER (GO TO QUESTION 121)				○ Less than 1 tab○ 1 to 2 tablespo	•
	O Less than 1 time per month	5-6 times per week1 time per day			O More than 2 tal	
	1-3 times per month1 time per week	2-3 times per day4-5 times per day	1	23.	How often was milk ac	·
	O 2-4 times per week	O 6 or more times per day			O NEVER (GO TO QUE	STION 124)
	120a. What kind of artif usually use?	ficial sweetener do you			Less than 1 time per month1-3 times per month	5-6 times per wee1 time per day2-3 times per day
	○ Equal or asparta○ Sweet N Low or○ Splenda				○ 1 time per week○ 2-4 times per week	○ 4-5 times per day○ 6 or more times per
121.	How often was non-dai coffee or tea?	ry creamer added to your			123a. Each time milk tea, how much w	was added to your coffe vas usually added?
	O NEVER (GO TO QUES	TION 122)			○ Less than 1 tab○ 1 to 3 tablespo	·
	O Less than 1 time per month	5-6 times per week1 time per day			O More than 3 tal	
	○ 1-3 times per month○ 1 time per week	2-3 times per day4-5 times per day			123b. What kind of mi coffee or tea?	lk was usually added to
 2-4 times per week 6 or more times per day 121a. Each time non-dairy creamer was added to your coffee or tea, how much was usually added? 				○ Whole milk○ 2% fat milk○ 1 % fat milk○ Skim, nonfat, o	r 1/2% milk	
	Less than 1 teas1 to 3 teaspoonsMore than 3 teas	•	١		Evaporated orSoy milkRice milkOther	condensed (canned) milk
	121b. What kind of non usually use?		1	24.	How often was sugar you ate? (Please do r tea, other beverages,	not include sugar in cof
	○ Regular powdered○ Low-fat or fat-free powdered○ Regular liquid			Г	O NEVER (GO TO INTR QUESTION 125)	,
122		ee liquid or half and half added to			1-6 times per year7-11 times per year1 time per month	2 times per week3-4 times per week5-6 times per week
your coffee or tea?					○ 2-3 times ner month	O 1 time ner day

 1 to 2 tablespoons O More than 2 tablespoons ow often was milk added to your coffee or tea? NEVER (GO TO QUESTION 124) Less than 1 time per ○ 5-6 times per week month O 1 time per day O 2-3 times per day 1-3 times per month O 4-5 times per day 1 time per week 2-4 times per week O 6 or more times per day 3a. Each time **milk** was added to your coffee or tea, how much was usually added? O Less than 1 tablespoon 1 to 3 tablespoons O More than 3 tablespoons What kind of milk was usually added to your coffee or tea? O Whole milk O 2% fat milk O 1 % fat milk O Skim, nonfat, or 1/2% milk O Evaporated or condensed (canned) milk O Soy milk O Rice milk O Other ow often was **sugar** or **honey** added to foods ou ate? (Please do not include sugar in coffee, a, other beverages, or baked goods). **NEVER (GO TO INTRODUCTION TO** QUESTION 125) 1-6 times per year O 2 times per week 7-11 times per year O 3-4 times per week 1 time per month ○ 5-6 times per week O 2-3 times per month O 1 time per day O 1 time per week O 2 or more times per day 124a. Each time **sugar** or **honey** was added to foods you ate, how much was usually added? O Less than 1 teaspoon O 1 to 3 teaspoons O More than 3 teaspoons

added to your coffee or tea, how much was

Question 123 appears in the next column.

O NEVER (GO TO QUESTION 123)

O Less than 1 time per

○ 1-3 times per month

O 2-4 times per week

O 1 time per week

month



○ 5-6 times per week

O 2-3 times per day

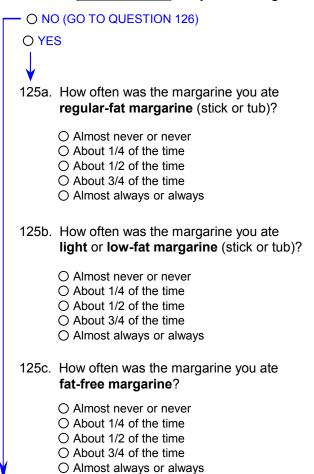
O 4-5 times per day

O 6 or more times per day

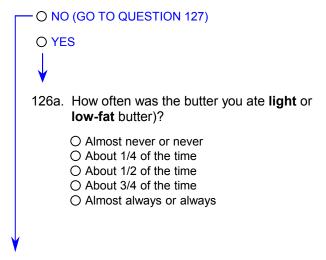
O 1 time per day

The following questions are about the kinds of 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.

125. Over the past 12 months, did you eat margarine?



126. Over the past 12 months, did you eat butter?



Question 127 appears in the next column.

127. Over the <u>past 12 months</u>, did you eat **mayonnaise** or **mayonnaise-type dressing**?

ONO	(GO TO QUESTION 128)	
O YES	S	
127a.	How often was the mayonnaise you ate regular-fat mayonnaise?	
	○ 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	
127b.	How often was the mayonnaise you ate light or low-fat mayonnaise?	
	○ 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	
127c.	How often was the mayonnaise you ate fat-free mayonnaise?	
	○ 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	
128. Over	the <u>past 12 months</u> , did you eat sour	
0.00.	O (GO TO QUESTION 129)	
O YE	ES	
128a.	How often was the sour cream you ate regular-fat sour cream?	
	○ 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	
128b.	How often was the sour cream you ate lig low-fat or fat-free sour cream ?	ht,
	○ 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	
▼	6301	7



29. Over the past 12 months, did you eat cream cheese?	summarize your usual intake of vegetables and fruits. Please do not include salads, potatoes, or juices.
O NO (GO TO QUESTION 130) O YES	131. Over the <u>past 12 months</u> , how many servings of vegetables (not including salad or potatoes) did you eat per week or per day?
 129a. How often was the cream cheese you ate regular-fat cream cheese? ○ 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 129b. How often was the cream cheese you ate light, low-fat or fat-free cream cheese? 	 ○ Less than 1 per week ○ 2 per day ○ 1-2 per week ○ 3 per day ○ 3-4 per week ○ 4 per day ○ 5-6 per week ○ 5 or more per day ○ 1 per day 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
 Almost never or never About 1/4 of the time About 1/2 of the time About 3/4 of the time 	○ 3-4 per week○ 5-6 per week○ 5 or more per day○ 1 per day
O Almost always or always30. Over the past 12 months, did you eat salad dressing?	133. Over the <u>past month</u> , which of the following foods did you eat AT LEAST THREE TIMES? (Mark as many as apply.) O Avocado, guacamole O Olives
O NO (GO TO INTRODUCTION TO QUESTION 131) O YES 130a. How often was the salad dressing you ate regular-fat salad dressing (including oil and vinegar dressing)? O Almost never or never	O Cheesecake O Chocolate, fudge, or butterscotch toppings or syrups O Chow mein noodles O Croissants O Dried apricots O Egg rolls O Chocolate, fudge, or vegetables or fruit O Plantains O Pork neckbones, hock, head, feet O Pudding or custard O Veal, venison, lamb
○ About 1/4 of the time○ About 1/2 of the time○ About 3/4 of the time○ Almost always or always	O Granola bars O Hot peppers O Jello, gelatin O Milkshakes or ice-cream sodas O Granola bars O Whipped cream, regular O Whipped cream, substitute O NONE
130b. How often was the salad dressing you ate light or low-fat salad dressing? O Almost never or never O About 1/4 of the time O About 1/2 of the time O About 3/4 of the time O Almost always or always	134. For all of the past 12 months, have you followed any type of vegetarian diet? O NO (GO TO INTRODUCTION TO QUESTION 135) O YES 134a. Which of the following food did you
 130c. How often was the salad dressing you ate fat-free salad dressing? 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 	TOTALLY EXCLUDE from your diet? (Mark all that apply.) O Meat (beef, pork, lamb, etc.) O Poultry (chicken, turkey, duck) O Fish and seafood O Eggs O Dairy products (milk, cheese, etc.)

The following two questions ask you to

33

Question 131 appears in the next column.

Question 135 appears in the next column.

The next questions are about your use of fiber supplements or vitamin pills.

1	35.	following regular b	past 12 months, did you take any of the types of fiber or fiber supplements on a asis (more than once per week for at least ast 12 months)? (Mark all that apply.)
			dn't take any fiber supplements on a regular sis (GO TO QUESTION 136)
			osyllium products (such as Metamucil, rodiem, Correctol)
			Bran (such as wheat bran, oat bran, or bran afers)
1	1		
1	36.	multivita	past 12 months, did you take any amins, such as One-a-Day-, or -type multivitamins (as pills, liquids, or ?
		O NO (GO	TO INTRODUCTION TO QUESTION 138)
		O YES	
		\downarrow	
	13		ften did you take <u>One-a-Day-, or</u> um-type multivitamins?
		○ Les	s than 1 day per month
		O 1-3	days per month
		O 1-3	days per week
		O 4-6	days per week
		O Eve	ry day
		137a.	Does your multivitamin usually contain minerals (such as iron, zinc, etc.)?
			O NO
			O YES
			O Don't know
		137b.	For how many years have you taken multivitamins?
			O Less than 1 year
			O 1-4 years
			○ 5-9 years
			O 10 or more years

These last questions are about the vitamins, minerals, or herbal supplements you took that are NOT part of a One-a-Day- or Centrum-type of multivitamin. Please include vitamins taken as part of an antioxidant supplement.

138.	How often did you take Beta-carotene (NOT as part of a multivitamin in Question 137)?
	O NEVER (GO TO QUESTION 139)
	 Less than 1 day per month 1-3 days per month 1-3 days per week 4-6 days per week Every day
	138a. When you took Beta-carotene , about how much did you take in one day?
	 ○ Less than 10,000 IU ○ 10,000 -14,999 IU ○ 15,000 - 19,999 IU ○ 20,000 - 24,999 IU ○ 25,000 IU or more ○ Don't know 138b. For how many years have you taken Beta-carotene?
V	○ Less than 1 year○ 1-4 years○ 5-9 years○ 10 or more years
139.	How often did you take Vitamin A (NOT as part of a multivitamin in Question 137)?
	O NEVER (GO TO QUESTION 140)
	Less than 1 day per month1-3 days per month1-3 days per week4-6 days per weekEvery day
	139a. When you took Vitamin A , about how much

Question 140 appears on the next page.

O Less than 8,000 IU

O 10,000 - 14,999 IU

O 8,000 - 9,999 IU



O 15,000 - 24,999 IU

O 25,000 IU or more

O Don't know

Over the past 12 months... 139b. For how many years have you taken Vitamin A? O Less than 1 year O 1-4 years O 5-9 years O 10 or more years 140. How often did you take Vitamin C (NOT as part of a multivitamin in Question 137)? O NEVER (GO TO QUESTION 141) O Less than 1 day per month O 1-3 days per month O 1-3 days per week O 4-6 days per week O Every day 140a. When you took Vitamin C, about how much did you take in one day? O Less than 500 mg O 500-999 mg O 1,000-1,499 mg O 1,500-1,999 mg O 2,000 mg or more O Don't know 140b. For how many years have you taken Vitamin C? O Less than 1 year O 1-4 years O 5-9 years O 10 or more years 141. How often did you take **Vitamin E (NOT** as part of a multivitamin in Question 137)? O NEVER (GO TO QUESTION 142)

	much did you take in one day?
	 ○ Less than 400 IU ○ 400-799 IU ○ 800-999 IU ○ 1,000 IU or more ○ Don't know
	141b. For how many years have you taken Vitamin E ?
	○ Less than 1 year○ 1 - 4 years○ 5 - 9 years○ 10 or more years
142.	How often did you take Calcium supplements or Calcium containing antacids (NOT as part of a multi vitamin in Question 137)?
	O NEVER (GO TO QUESTION 143)
	Less than 1 day per month1-3 days per month1-3 days per week4-6 days per weekEvery day
	142a. When you took Calcium supplements or Calcium containing antacids , about how much elemental calcium did you take in one day? (If possible, please check label for elemental calcium.)
	 ○ Less than 500 mg ○ 500-599 mg ○ 600-999mg ○ 1,000 mg or more ○ Don't know
	142b. For how many years have you taken Calcium supplements or calcium-containing antacids?
\	○ Less than 1 year○ 1 - 4 years○ 5 - 9 years○ 10 or more years

Mhan you took Vitamin E about how

Question 142 appears in the next column.

O Less than 1 day per month

1-3 days per month1-3 days per week4-6 days per week

O Every day



as	•	/itamin D on its own or blement (NOT as part of in 137)?		Please mark s supplements
C	NEVER (GO TO QUEST	ΓΙΟΝ 144)		○ Aloe Vera
C	Dess than 1 day per month 1-3 days per month 1-3 days per week 4-6 days per week Every day	nth		AstragalusBilberryCascara saCat's clawCayenne
1.	43a. When you took V much did you take	*		CranberryDong Kuai (Echinacea
	Less than 125 IL125-249 IU250-399 IU400 IU or more	J		Evening pringFeverfewGarlic
	O Don't know		146.	Is there anyth
1	43b. For how many yea Vitamin D?	ars have you taken		month? Pleas amount.
Y	○ Less than 1 year○ 1 - 4 years○ 5 - 9 years○ 10 or more years			
	ast two questions ask ments you took more			
su	ease mark any of the for Ipplements you took made in the formal in the	nore than once per week		
0	B-6	○ Folic acid/folate		
0	B-Complex	○ Glucosamine		
0	Brewer's yeast	O Hydroxytryptophan (HTP)		
0	Cod liver oil	○ Iron		
0	Coenzyme Q	○ Niacin		
	Fish oil Omega-3 fatty acids)	○ Selenium○ Zinc		Tha compl
,				Before



145.	Please mark any of the	following herbal	or botanica l
	supplements you took	more than once	<u>per week</u> :

, -	•
O Aloe Vera	○ Ginger
O Astragalus	○ Ginko biloba
O Bilberry	O Ginseng (American or Asian)
O Cascara sagrada	O Goldenseal
O Cat's claw	O Grapeseed extract
O Cayenne	○ Kava, kava
O Cranberry	O Milk thistle
O Dong Kuai (Tangkwei)	○ Saw palmetto
O Echinacea	O Siberian ginseng
O Evening primrose oil	O St. John's wort
○ Feverfew	○ Valerian
○ Garlic	Other
amount.	
-	

ank you very much for leting this questionnaire!

sending the questionnaire back to us, please check that you did not accidentally skip any pages.

