

Diet Questionnaire

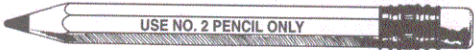
Developed by:
Epidemiology Program
Cancer Research Center of Hawai'i
University of Hawai'i

NAME _____

ADDRESS _____

IDENTIFICATION NO.									
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1	1	1	1	1	1	1	1	1	1
2	2	2	2	2	2	2	2	2	2
3	3	3	3	3	3	3	3	3	3
4	4	4	4	4	4	4	4	4	4
5	5	5	5	5	5	5	5	5	5
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7	7	7	7	7	7	7	7	7	7
8	8	8	8	8	8	8	8	8	8
9	9	9	9	9	9	9	9	9	9

MARKING INSTRUCTIONS

- Use No. 2 pencil only.  One is provided for your use.
- Do NOT use ink or ballpoint pens.
- Fill in the circle completely, staying within the circle line.

CORRECT MARK	INCORRECT MARKS
<input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/>	<input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/>
- Erase cleanly any answer you wish to change.
- Do NOT make any stray marks in this booklet.

PLEASE BEGIN THIS SURVEY ON PAGE 1.

These questions are about your usual eating habits DURING THE LAST YEAR. For each food group, please fill in the circle that best describes HOW OFTEN you ate those items and then fill in the circle that best describes your USUAL SERVING SIZE.

Most categories include examples. They are only suggestions, and you may not eat all of the listed items. Some ethnic foods are also listed. If you don't recognize the name, you probably don't eat that item.

For each item, please include any fresh, frozen, canned, and packaged foods you ate, such as TV dinners, frozen entrees, vegetables, or side dishes.

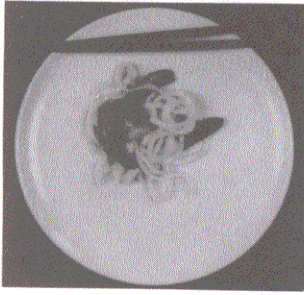
If you did not eat an item, or if you ate an item less than once a month, fill in the circle in the first column. DO NOT LEAVE BLANK. It is not necessary to choose a serving size for these items.

For some categories, pictures of food on a dinner plate are included to help you estimate your usual serving size. Please note that "1 cup" refers to an 8-ounce (240 ml.) measuring cup.

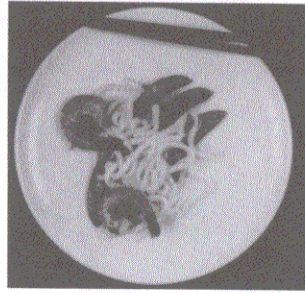
For EACH FOOD GROUP, fill in the circle that best describes HOW OFTEN you ate those items during the last year. Then fill in the circle that best describes your USUAL SERVING SIZE.

SOUPS, RAMEN, AND JOOK	AVERAGE USE DURING LAST YEAR								YOUR USUAL SERVING SIZE
	Never or hardly ever	Once a month	2 to 3 times a month	Once a week	2 to 3 times a week	4 to 6 times a week	Once a day	2 or more times a day	
Cream Soup or Chowder	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	CHOOSE ONE <input type="radio"/> 1/2 cup or less OR <input type="radio"/> Small bowl (about 1 cup) OR <input type="radio"/> Large bowl (2 cups or more)
Dried Bean or Pea (Legume) Soup (such as Portuguese bean, split pea)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	CHOOSE ONE <input type="radio"/> 1/2 cup or less OR <input type="radio"/> Small bowl (about 1 cup) OR <input type="radio"/> Large bowl (2 cups or more)
Tomato or Vegetable Soup (may include meat, poultry, or fish)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	CHOOSE ONE <input type="radio"/> 1/2 cup or less OR <input type="radio"/> Small bowl (about 1 cup) OR <input type="radio"/> Large bowl (2 cups or more)
Miso Soup	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	CHOOSE ONE <input type="radio"/> 1/2 cup or less OR <input type="radio"/> Small bowl (about 1 cup) OR <input type="radio"/> Large bowl (2 cups or more)
Broth with Noodles or Rice (such as beef noodle, chicken rice, won tun mein)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	CHOOSE ONE <input type="radio"/> 1/2 cup or less OR <input type="radio"/> Small bowl (about 1 cup) OR <input type="radio"/> Large bowl (2 cups or more)
Mexican Meat Soup or Stew (such as menudo, albondigas, cocido, pozole)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	CHOOSE ONE <input type="radio"/> 1/2 cup or less OR <input type="radio"/> Small bowl (about 1 cup) OR <input type="radio"/> Large bowl (2 cups or more)
Ramen or Saimin (Oriental noodles with broth)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	CHOOSE ONE <input type="radio"/> 1/2 cup or less OR <input type="radio"/> Small bowl (about 1 cup) OR <input type="radio"/> Large bowl (2 cups or more)
Jook (rice gruel - may include meat, poultry, fish, or vegetables)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	CHOOSE ONE <input type="radio"/> 1/2 cup or less OR <input type="radio"/> Small bowl (about 1 cup) OR <input type="radio"/> Large bowl (2 cups or more)

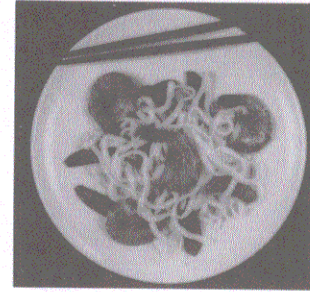
For EACH FOOD GROUP, fill in the circle that best describes HOW OFTEN you ate those items during the last year. Then fill in the circle that best describes your USUAL SERVING SIZE.



A



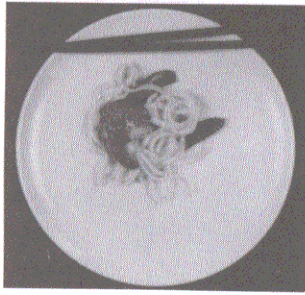
B



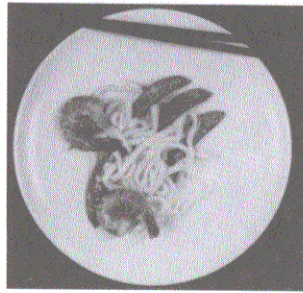
C

NOODLES, SPAGHETTI, AND MIXED DISHES	AVERAGE USE DURING LAST YEAR								YOUR USUAL SERVING SIZE
	Never or hardly ever	Once a month	2 to 3 times a month	Once a week	2 to 3 times a week	4 to 6 times a week	Once a day	2 or more times a day	
Chow Mein, Chow Fun, or Yakisoba (Oriental fried noodles)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	CHOOSE ONE <input type="radio"/> Photo A (1/2 cup or less) OR <input type="radio"/> Photo B (about 1 cup) OR <input type="radio"/> Photo C (2 cups or more)
Spaghetti, Ravioli, Lasagna, or Other Pasta with Tomato Sauce	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	CHOOSE ONE <input type="radio"/> Photo A (1/2 cup or less) OR <input type="radio"/> Photo B (about 1 cup) OR <input type="radio"/> Photo C (2 cups or more)
Macaroni and Cheese or Other Pasta and Cheese Casseroles	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	CHOOSE ONE <input type="radio"/> Photo A (1/2 cup or less) OR <input type="radio"/> Photo B (about 1 cup) OR <input type="radio"/> Photo C (2 cups or more)
Macaroni or Potato Salad (with mayonnaise)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	CHOOSE ONE <input type="radio"/> Photo A (1/2 cup or less) OR <input type="radio"/> Photo B (about 1 cup) OR <input type="radio"/> Photo C (2 cups or more)
Pasta or Somen Salad	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	CHOOSE ONE <input type="radio"/> Photo A (1/2 cup or less) OR <input type="radio"/> Photo B (about 1 cup) OR <input type="radio"/> Photo C (2 cups or more)
Noodle Casseroles (with tuna, chicken or turkey)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	CHOOSE ONE <input type="radio"/> Photo A (1/2 cup or less) OR <input type="radio"/> Photo B (about 1 cup) OR <input type="radio"/> Photo C (2 cups or more)
Pasta with Cream Sauce (such as linguine with clam sauce, beef stroganoff)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	CHOOSE ONE <input type="radio"/> Photo A (1/2 cup or less) OR <input type="radio"/> Photo B (about 1 cup) OR <input type="radio"/> Photo C (2 cups or more)
Arroz Con Pollo (rice with chicken)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	CHOOSE ONE <input type="radio"/> Photo A (1/2 cup or less) OR <input type="radio"/> Photo B (about 1 cup) OR <input type="radio"/> Photo C (2 cups or more)
Stew, Curry, Pot Pie or Empanada (with beef or lamb)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	CHOOSE ONE <input type="radio"/> Photo A (1/2 cup or 1 Empanada) OR <input type="radio"/> Photo B (about 1 cup or 1 pie) OR <input type="radio"/> Photo C (2 cups or more)
Stew, Curry, Pot Pie or Empanada (with chicken or turkey)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	CHOOSE ONE <input type="radio"/> Photo A (1/2 cup or 1 Empanada) OR <input type="radio"/> Photo B (about 1 cup or 1 pie) OR <input type="radio"/> Photo C (2 cups or more)

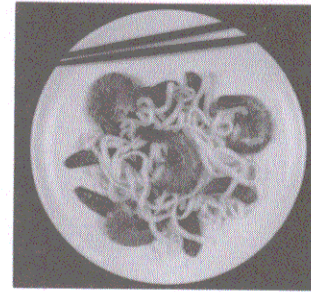
For EACH FOOD GROUP, fill in the circle that best describes HOW OFTEN you ate those items during the last year. Then fill in the circle that best describes your USUAL SERVING SIZE.



A



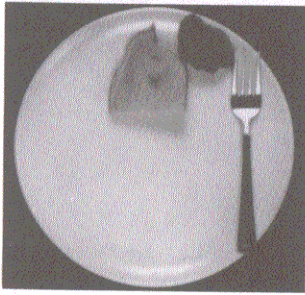
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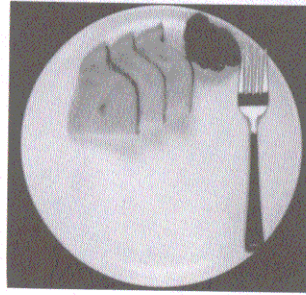
C

MIXED DISHES	AVERAGE USE DURING LAST YEAR								YOUR USUAL SERVING SIZE
	Never or hardly ever	Once a month	2 to 3 times a month	Once a week	2 to 3 times a week	4 to 6 times a week	Once a day	2 or more times a day	
Stir-Fried Beef or Pork and Vegetables, or Fajitas (such as beef broccoli, pork tofu, chop suey, sukiyaki)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	CHOOSE ONE <input type="radio"/> Photo A (1/2 cup or less) OR <input type="radio"/> Photo B (about 1 cup) OR <input type="radio"/> Photo C (2 cups or more)
Stir-Fried Chicken and Vegetables, or Fajitas (such as sukiyaki, nishime, chicken long rice)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	CHOOSE ONE <input type="radio"/> Photo A (1/2 cup or less) OR <input type="radio"/> Photo B (about 1 cup) OR <input type="radio"/> Photo C (2 cups or more)
Stir-Fried Shrimp or Fish and Vegetables	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	CHOOSE ONE <input type="radio"/> Photo A (1/2 cup or less) OR <input type="radio"/> Photo B (about 1 cup) OR <input type="radio"/> Photo C (2 cups or more)
Stir-Fried Vegetables (no meat)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	CHOOSE ONE <input type="radio"/> Photo A (1/2 cup or less) OR <input type="radio"/> Photo B (about 1 cup) OR <input type="radio"/> Photo C (2 cups or more)
Pork and Greens or Lauaus	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	CHOOSE ONE <input type="radio"/> Photo A (1/2 cup or less) OR <input type="radio"/> Photo B or 1 laulau OR <input type="radio"/> Photo C or 2 laulaus or more
Chili	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	CHOOSE ONE <input type="radio"/> 1/2 cup or less OR <input type="radio"/> Small bowl (1 cup) OR <input type="radio"/> Large bowl (2 cups or more)
Hamburgers (on a bun)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	CHOOSE ONE <input type="radio"/> 1 regular size burger OR <input type="radio"/> 1 quarter-pound burger OR <input type="radio"/> 1 large double burger
Cheeseburgers (on a bun)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	CHOOSE ONE <input type="radio"/> 1 regular size burger OR <input type="radio"/> 1 quarter-pound burger OR <input type="radio"/> 1 large double burger
Meat Loaf, Meatballs, or Patties (not fast-food hamburgers)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	CHOOSE ONE <input type="radio"/> 1 to 2 meatballs OR <input type="radio"/> 1 patty or slice or 3 meatballs OR <input type="radio"/> 1 large patty or 5 meatballs
Pizza	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	CHOOSE ONE <input type="radio"/> 1 piece or slice or less OR <input type="radio"/> 2 to 3 pieces OR <input type="radio"/> 4 pieces or more

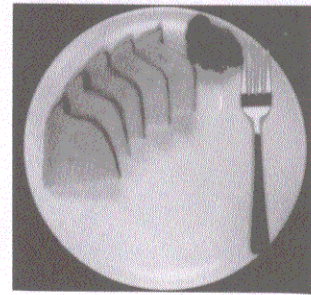
For EACH FOOD GROUP, fill in the circle that best describes HOW OFTEN you ate those items during the last year. Then fill in the circle that best describes your USUAL SERVING SIZE.



A



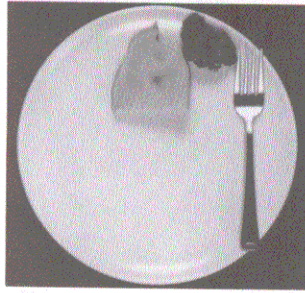
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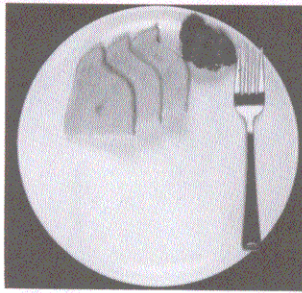
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MEATS (NOT PART OF MIXED DISHES)	AVERAGE USE DURING LAST YEAR								YOUR USUAL SERVING SIZE
	Never or hardly ever	Once a month	2 to 3 times a month	Once a week	2 to 3 times a week	4 to 6 times a week	Once a day	2 or more times a day	
Beef Steak or Roast, Veal or Lamb (includes beef teriyaki, chile colorado and carne asada)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	CHOOSE ONE <input type="radio"/> Photo A (1 ounce or less) OR <input type="radio"/> Photo B (3 oz. or 1 lamb chop) OR <input type="radio"/> Photo C (5 ounces or more)
Shortribs	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	CHOOSE ONE <input type="radio"/> Photo A (1 ounce or less) OR <input type="radio"/> Photo B (or 2 shortribs) OR <input type="radio"/> Photo C (or 3 ribs or more)
Corned Beef (fresh or canned)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	CHOOSE ONE <input type="radio"/> Photo A (1 ounce or less) OR <input type="radio"/> Photo B (or 1/4 12-oz. tin) OR <input type="radio"/> Photo C (or 1/2 12-oz. tin or more)
Corned Beef Hash	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	CHOOSE ONE <input type="radio"/> Photo A or 1 patty OR <input type="radio"/> Photo B or 2 patties OR <input type="radio"/> Photo C or 3 patties or more
Pork Chops or Roasts, Kalua Pig, or Carnitas (includes chile verde)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	CHOOSE ONE <input type="radio"/> Photo A (1 ounce or less) OR <input type="radio"/> Photo B (3 ounces) OR <input type="radio"/> Photo C (5 ounces or more)
Ham (includes baked, fried, or sandwich)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	CHOOSE ONE <input type="radio"/> Photo A (1 ounce or less) OR <input type="radio"/> Photo B (3 ounces) OR <input type="radio"/> Photo C (5 ounces or more)
Ham Hocks or Pig's Feet	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	CHOOSE ONE <input type="radio"/> Photo A (1 ounce or less) OR <input type="radio"/> Photo B (3 ounces) OR <input type="radio"/> Photo C (5 ounces or more)
Spareribs	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	CHOOSE ONE <input type="radio"/> 3 small or 1 long rib or less OR <input type="radio"/> 2 to 3 long ribs (5-7 inches) OR <input type="radio"/> 4 long ribs or more
Liver	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	CHOOSE ONE <input type="radio"/> Photo A (1 ounce or less) OR <input type="radio"/> Photo B or 3 chicken livers OR <input type="radio"/> Photo C (5 ounces or more)
Chicken or Turkey Wings	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	CHOOSE ONE <input type="radio"/> 2 chicken wings or less OR <input type="radio"/> 3 chicken wings OR <input type="radio"/> 1 turkey or 4 chicken wings or more

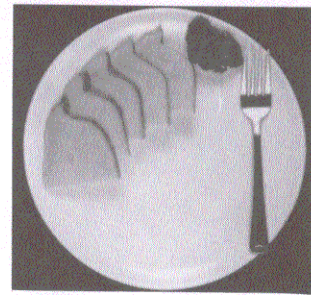
For EACH FOOD GROUP, fill in the circle that best describes HOW OFTEN you ate those items during the last year. Then fill in the circle that best describes your USUAL SERVING SIZE.



A



B



C

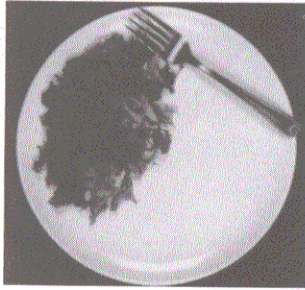
POULTRY AND FISH (NOT PART OF MIXED DISHES)	AVERAGE USE DURING LAST YEAR								YOUR USUAL SERVING SIZE
	Never or hardly ever	Once a month	2 to 3 times a month	Once a week	2 to 3 times a week	4 to 6 times a week	Once a day	2 or more times a day	
Fried Chicken (includes fried chicken sandwich, nuggets)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	CHOOSE ONE <input type="radio"/> Photo A (or 1 drumstick) OR <input type="radio"/> Photo B (or 1 breast, 2 thighs, 3 wings, or 1 sandwich) OR <input type="radio"/> Photo C (or 2 breasts or 4 thighs)
Roasted, Baked, Grilled or Stewed Chicken (includes grilled chicken sandwich)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	CHOOSE ONE <input type="radio"/> Photo A (or 1 drumstick) OR <input type="radio"/> Photo B (or 1 breast, 2 thighs, 3 wings, or 1 sandwich) OR <input type="radio"/> Photo C (or 2 breasts or 4 thighs)
Turkey (includes roast, ground, deli-style, or sandwich)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	CHOOSE ONE <input type="radio"/> Photo A (1 ounce or less) OR <input type="radio"/> Photo B (3 ounces) OR <input type="radio"/> Photo C (5 ounces or more)
Fried Shrimp or Other Shellfish (includes tempura, fried calamari or squid)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	CHOOSE ONE <input type="radio"/> 1 to 3 items OR <input type="radio"/> 4 to 5 items or 1/2 cup OR <input type="radio"/> 6 items or more
Cooked, Canned, or Raw Shellfish (such as crab, squid, shrimp)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	CHOOSE ONE <input type="radio"/> 5-6 shrimp or 1/4 cup OR <input type="radio"/> 1 crab or 1/2 cup OR <input type="radio"/> 1 lobster tail or 1 cup or more
Fried Fish (includes pan-fried fish, frozen fish sticks, fried fish sandwich)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	CHOOSE ONE <input type="radio"/> Photo A (about 1 ounce) OR <input type="radio"/> Photo B (3 oz. or 1 sandwich) OR <input type="radio"/> Photo C (5 ounces or more)
Baked, Broiled, Boiled or Raw Fish (such as red snapper, salmon, sashimi)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	CHOOSE ONE <input type="radio"/> Photo A (about 1 ounce) OR <input type="radio"/> Photo B (3 ounces) OR <input type="radio"/> Photo C (5 ounces or more)
Canned Tunafish (plain, salad, or sandwich)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	CHOOSE ONE <input type="radio"/> 1/4 cup or 1/2 sandwich OR <input type="radio"/> 1/2 cup or 1 sandwich OR <input type="radio"/> 1 cup or 2 sandwiches
Other Canned Fish (such as salmon, mackerel, sardines)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	CHOOSE ONE <input type="radio"/> 3 small sardines or 1/4 cup OR <input type="radio"/> 1/2 cup fish OR <input type="radio"/> 1 cup fish or more
Salted and Dried Fish (such as ike, cuttlefish, iriko)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	CHOOSE ONE <input type="radio"/> 1 slice or strip or piece OR <input type="radio"/> 2 slices OR <input type="radio"/> 4 slices or more

PROCESSED MEATS AND MEXICAN DISHES	AVERAGE USE DURING LAST YEAR								YOUR USUAL SERVING SIZE
	Never or hardly ever	Once a month	2 to 3 times a month	Once a week	2 to 3 times a week	4 to 6 times a week	Once a day	2 or more times a day	
Bacon (includes Canadian bacon)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	CHOOSE ONE <input type="radio"/> 1 slice or strip or piece OR <input type="radio"/> 2 slices OR <input type="radio"/> 3 slices or more
Regular Hot Dogs (beef or pork)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	CHOOSE ONE <input type="radio"/> 1/2 hot dog OR <input type="radio"/> 1 hot dog OR <input type="radio"/> 2 hot dogs or more
Chicken or Turkey Hot Dogs or Luncheon Meats	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	CHOOSE ONE <input type="radio"/> 1/2 hot dog or 1 slice OR <input type="radio"/> 1 hot dog or 2 slices OR <input type="radio"/> 2 hot dogs or 3 slices or more
Spam, Bologna, Salami, Pastrami or Other Luncheon Meats	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	CHOOSE ONE <input type="radio"/> 1 slice (1 ounce or less) OR <input type="radio"/> 2 slices OR <input type="radio"/> 3 slices or more
Sausage (such as pork, beef, chorizo, Polish, Vienna, Portuguese, hot links)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	CHOOSE ONE <input type="radio"/> 1 piece or link OR <input type="radio"/> 2-3 pieces or links or 1 patty OR <input type="radio"/> 4 pieces or links or more
Tacos, Tostadas, Sopes, or Taco Salad (with beef or pork)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	CHOOSE ONE <input type="radio"/> 1 item or less OR <input type="radio"/> 2 items OR <input type="radio"/> 3 items or more
Tacos, Tostadas, Sopes, or Taco Salad (with chicken)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	CHOOSE ONE <input type="radio"/> 1 item or less OR <input type="radio"/> 2 items OR <input type="radio"/> 3 items or more
Meat Burritos (includes beef and bean and other combinations)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	CHOOSE ONE <input type="radio"/> 1 fast-food burrito OR <input type="radio"/> 1 medium burrito OR <input type="radio"/> 1 large or 2 fast-food burritos
Vegetable or Bean Burritos, Tacos, or Tostadas (no meat)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	CHOOSE ONE <input type="radio"/> 1 item or less OR <input type="radio"/> 2 items OR <input type="radio"/> 3 items or more
Enchiladas with Chicken	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	CHOOSE ONE <input type="radio"/> 1 enchilada or less OR <input type="radio"/> 2 enchiladas OR <input type="radio"/> 3 enchiladas or more
Enchiladas with Beef	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	CHOOSE ONE <input type="radio"/> 1 enchilada or less OR <input type="radio"/> 2 enchiladas OR <input type="radio"/> 3 enchiladas or more
Enchiladas with Cheese, Quesadillas, or Nachos with Cheese	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	CHOOSE ONE <input type="radio"/> 1 enchilada or small quesadilla OR <input type="radio"/> 2 enchiladas or 1 serving nachos OR <input type="radio"/> 3 enchiladas
Tamales	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	CHOOSE ONE <input type="radio"/> 1/2 tamale or less OR <input type="radio"/> 1 tamale OR <input type="radio"/> 2 tamales or more
Chili Rellenos	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	CHOOSE ONE <input type="radio"/> 1/2 chili relleno or less OR <input type="radio"/> 1 chili relleno OR <input type="radio"/> 2 chili rellenos or more

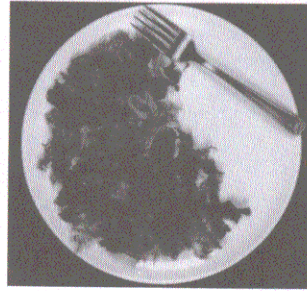
For EACH FOOD GROUP, fill in the circle that best describes HOW OFTEN you ate those items during the last year. Then fill in the circle that best describes your USUAL SERVING SIZE.

RICE, POTATOES, TARO, AND POI	AVERAGE USE DURING LAST YEAR								YOUR USUAL SERVING SIZE
	Never or hardly ever	Once a month	2 to 3 times a month	Once a week	2 to 3 times a week	4 to 6 times a week	Once a day	2 or more times a day	
White Rice (includes musubi)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	CHOOSE ONE <input type="radio"/> 1/2 cup or 1 scoop or less OR <input type="radio"/> 1 rice bowl (1 cup) or 1 musubi OR <input type="radio"/> 2 rice bowls or 2 musubi or more
Sushi or Barazushi	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	CHOOSE ONE <input type="radio"/> 1-2 pieces or small cone OR <input type="radio"/> 3-4 pieces or 1 large cone or 1/2 cup OR <input type="radio"/> 5 pieces or 1 cup or more
Brown or Wild Rice	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	CHOOSE ONE <input type="radio"/> 1/2 cup or 1 scoop or less OR <input type="radio"/> 1 cup or 2 scoops OR <input type="radio"/> 2 cups or more
Mexican or Spanish Rice	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	CHOOSE ONE <input type="radio"/> 1/2 cup or less OR <input type="radio"/> 1 cup OR <input type="radio"/> 2 cups or more
Fried Rice	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	CHOOSE ONE <input type="radio"/> 1/2 cup or less OR <input type="radio"/> 1 cup OR <input type="radio"/> 2 cups or more
French-Fried, Hash-Browned or other Fried Potatoes	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	CHOOSE ONE <input type="radio"/> fast-food small order or 1 cup OR <input type="radio"/> fast-food medium order OR <input type="radio"/> fast-food large order or more
Mashed, Scalloped or Au Gratin Potatoes	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	CHOOSE ONE <input type="radio"/> 1/2 cup or 1 scoop or less OR <input type="radio"/> 1 cup or 2 scoops OR <input type="radio"/> 2 cups or more
Baked or Boiled White Potatoes	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	CHOOSE ONE <input type="radio"/> 1 small or 1/2 medium or less OR <input type="radio"/> 1 medium (about 5 inches) OR <input type="radio"/> 1 large potato or more
Yellow-Orange Sweet Potatoes or Yams	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	CHOOSE ONE <input type="radio"/> 1 small or 1/2 medium or less OR <input type="radio"/> 1 medium (about 5 inches) OR <input type="radio"/> 1 large potato or more
White or Purple Sweet Potatoes	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	CHOOSE ONE <input type="radio"/> 1 small or 1/2 medium or less OR <input type="radio"/> 1 medium (about 5 inches) OR <input type="radio"/> 1 large potato or more
Taro	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	CHOOSE ONE <input type="radio"/> 1/4 taro or less OR <input type="radio"/> 1/2 taro OR <input type="radio"/> 1 whole taro or more
Poi	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	CHOOSE ONE <input type="radio"/> 1/4 cup or less OR <input type="radio"/> 1/2 cup OR <input type="radio"/> 1 cup or more

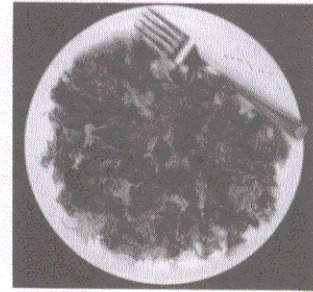
For EACH FOOD GROUP, fill in the circle that best describes HOW OFTEN you ate those items during the last year. Then fill in the circle that best describes your USUAL SERVING SIZE.



A



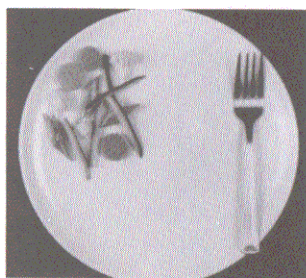
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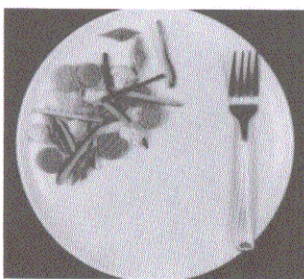
C

SALAD ITEMS, EGGS, AND OTHER NON-MEAT ITEMS	AVERAGE USE DURING LAST YEAR								YOUR USUAL SERVING SIZE
	Never or hardly ever	Once a month	2 to 3 times a month	Once a week	2 to 3 times a week	4 to 6 times a week	Once a day	2 or more times a day	
Light Green Lettuce or Tossed Salad (such as iceberg or head lettuce)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	CHOOSE ONE <input type="radio"/> Photo A (1/2 cup or less) OR <input type="radio"/> Photo B (about 1 cup) OR <input type="radio"/> Photo C (1-1/2 cups or more)
Dark Green Lettuce (such as romaine, red, butter, manoa, endive)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	CHOOSE ONE <input type="radio"/> Photo A (1/2 cup or less) OR <input type="radio"/> Photo B (about 1 cup) OR <input type="radio"/> Photo C (1-1/2 cups or more)
Tomatoes	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	CHOOSE ONE <input type="radio"/> 2 slices or wedges or 2 cherry tomatoes or less OR <input type="radio"/> 4 slices or 1/2 medium tomato OR <input type="radio"/> 1 medium tomato or more
Coleslaw	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	CHOOSE ONE <input type="radio"/> 1/4 cup or less OR <input type="radio"/> 1/2 cup OR <input type="radio"/> 1 cup or more
Regular Salad Dressings or Mayonnaise Added to Salads	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	CHOOSE ONE <input type="radio"/> 2 teaspoons or less OR <input type="radio"/> 1 Tablespoon OR <input type="radio"/> 2 Tablespoons or more
Low-Calorie or Diet Dressings Added to Salads	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	CHOOSE ONE <input type="radio"/> 2 teaspoons or less OR <input type="radio"/> 1 Tablespoon OR <input type="radio"/> 2 Tablespoons or more
Eggs, Cooked or Raw (includes egg salad)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	CHOOSE ONE <input type="radio"/> 1/2 egg OR <input type="radio"/> 1 egg or 1 sandwich OR <input type="radio"/> 2 eggs or more
Egg Substitute	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	CHOOSE ONE <input type="radio"/> 2 Tablespoons OR <input type="radio"/> 1/4 cup (= 1 egg) OR <input type="radio"/> 1/2 cup (= 2 eggs) or more
Tofu (soybean curd)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	CHOOSE ONE <input type="radio"/> 2 cubes or 1/4 cup OR <input type="radio"/> 1/4 block or 1/2 cup OR <input type="radio"/> 1/2 block or more
Vegetarian Meat Loaf, Meatballs or Patties	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	CHOOSE ONE <input type="radio"/> 1 to 2 meatballs OR <input type="radio"/> 1 patty or slice or 3 meatballs OR <input type="radio"/> 1 large patty, 5 meatballs or more

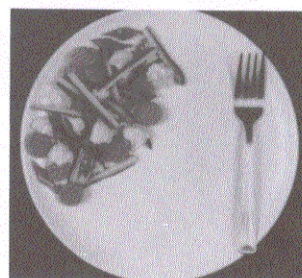
For EACH FOOD GROUP, fill in the circle that best describes HOW OFTEN you ate those items during the last year. Then fill in the circle that best describes your USUAL SERVING SIZE.



A



B



C

RAW OR COOKED VEGETABLES (NOT IN SOUPS OR MIXED DISHES)	AVERAGE USE DURING LAST YEAR								YOUR USUAL SERVING SIZE
	Never or hardly ever	Once a month	2 to 3 times a month	Once a week	2 to 3 times a week	4 to 6 times a week	Once a day	2 or more times a day	
Broccoli (raw or cooked)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	CHOOSE ONE <input type="radio"/> Photo A (1/4 cup or less) OR <input type="radio"/> Photo B (about 1/2 cup) OR <input type="radio"/> Photo C (1 cup or more)
Cabbage (such as head, Chinese or Napa cabbage, Brussels sprouts)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	CHOOSE ONE <input type="radio"/> Photo A (1/4 cup or less) OR <input type="radio"/> Photo B (about 1/2 cup) OR <input type="radio"/> Photo C (1 cup or more)
Dark Leafy Greens (such as spinach, collard, mustard or turnip greens, bok choy, watercress, chard)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	CHOOSE ONE <input type="radio"/> Photo A (1/4 cup or less) OR <input type="radio"/> Photo B (about 1/2 cup) OR <input type="radio"/> Photo C (1 cup or more)
Green Beans or Peas	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	CHOOSE ONE <input type="radio"/> Photo A (1/4 cup or less) OR <input type="radio"/> Photo B (about 1/2 cup) OR <input type="radio"/> Photo C (1 cup or more)
Other Green Vegetables (such as zucchini, celery, asparagus, green pepper, okra)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	CHOOSE ONE <input type="radio"/> Photo A (1/4 cup or less) OR <input type="radio"/> Photo B (about 1/2 cup) OR <input type="radio"/> Photo C (1 cup or more)
Cauliflower	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	CHOOSE ONE <input type="radio"/> Photo A (1/4 cup or less) OR <input type="radio"/> Photo B (about 1/2 cup) OR <input type="radio"/> Photo C (1 cup or more)
Carrots (raw or cooked)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	CHOOSE ONE <input type="radio"/> Photo A (or 4-5 sticks or less) OR <input type="radio"/> Photo B (1/2 cup or 1 med.) OR <input type="radio"/> Photo C (1 cup or more)
Corn (fresh, frozen, or canned)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	CHOOSE ONE <input type="radio"/> Photo A (1/4 cup or less) OR <input type="radio"/> Photo B (1/2 cup or 1 cob) OR <input type="radio"/> Photo C (1 cup or more)
Pumpkin or Yellow-Orange Winter Squash	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	CHOOSE ONE <input type="radio"/> Photo A (1/4 cup or less) OR <input type="radio"/> Photo B (about 1/2 cup) OR <input type="radio"/> Photo C (1 cup or more)
Other Vegetables (such as white or summer squash, beets, eggplant)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	CHOOSE ONE <input type="radio"/> Photo A (1/4 cup or less) OR <input type="radio"/> Photo B (about 1/2 cup) OR <input type="radio"/> Photo C (1 cup or more)

For EACH FOOD GROUP, fill in the circle that best describes HOW OFTEN you ate those items during the last year. Then fill in the circle that best describes your USUAL SERVING SIZE.

DRIED BEANS (NOT IN SOUPS OR MIXED DISHES)	AVERAGE USE DURING LAST YEAR								YOUR USUAL SERVING SIZE
	Never or hardly ever	Once a month	2 to 3 times a month	Once a week	2 to 3 times a week	4 to 6 times a week	Once a day	2 or more times a day	
Refried Beans (not in burritos or tostadas)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	CHOOSE ONE <input type="radio"/> Photo A (1/4 cup or less) OR <input type="radio"/> Photo B (about 1/2 cup) OR <input type="radio"/> Photo C (1 cup or more)
Baked Beans or Pork and Beans	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	CHOOSE ONE <input type="radio"/> Photo A (1/4 cup or less) OR <input type="radio"/> Photo B (about 1/2 cup) OR <input type="radio"/> Photo C (1 cup or more)
Boiled Dried Beans or Peas (such as red, lima, pinto or soy beans, black-eyed peas, frijoles de la olla)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	CHOOSE ONE <input type="radio"/> Photo A (1/4 cup or less) OR <input type="radio"/> Photo B (about 1/2 cup) OR <input type="radio"/> Photo C (1 cup or more)

FRUITS AND JUICES	AVERAGE USE DURING LAST YEAR								YOUR USUAL SERVING SIZE
	Never or hardly ever	Once a month	2 to 3 times a month	Once a week	2 to 3 times a week	4 to 6 times a week	Once a day	2 or more times a day	
Oranges	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	CHOOSE ONE <input type="radio"/> 1/2 orange or 1/2 cup or less OR <input type="radio"/> 1 orange or 1 cup OR <input type="radio"/> 2 oranges or more
Tangerines or Mandarin Oranges	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	CHOOSE ONE <input type="radio"/> 1 tangerine or 1/2 cup or less OR <input type="radio"/> 2 tangerines or 1 cup OR <input type="radio"/> 3 tangerines or more
Grapefruit or Pomelo	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	CHOOSE ONE <input type="radio"/> 1/4 cup or less OR <input type="radio"/> 1/2 grapefruit or 1/2 cup OR <input type="radio"/> 1 cup or more
Papaya	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	CHOOSE ONE <input type="radio"/> 1/4 papaya or less OR <input type="radio"/> 1/2 papaya OR <input type="radio"/> 1 papaya or more
Pineapple (fresh or canned)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	CHOOSE ONE <input type="radio"/> 1 slice or wedge or less OR <input type="radio"/> 1/2 cup or 2 slices or wedges OR <input type="radio"/> 1 cup or more
Peaches (fresh, canned, or dried)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	CHOOSE ONE <input type="radio"/> 1/2 peach or less OR <input type="radio"/> 1 peach or 2 halves or 1/2 cup OR <input type="radio"/> 2 peaches or 1 cup or more
Apricots (fresh, canned, or dried)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	CHOOSE ONE <input type="radio"/> 1 apricot or less OR <input type="radio"/> 2 apricots or 1/2 cup OR <input type="radio"/> 3 apricots or more
Pears (fresh, canned, or dried)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	CHOOSE ONE <input type="radio"/> 1/2 pear or 1/2 cup OR <input type="radio"/> 1 pear or 1 cup OR <input type="radio"/> 2 pears or more

For EACH FOOD GROUP, fill in the circle that best describes HOW OFTEN you ate those items during the last year. Then fill in the circle that best describes your USUAL SERVING SIZE.

FRUITS AND JUICES (continued)	AVERAGE USE DURING LAST YEAR								YOUR USUAL SERVING SIZE
	Never or hardly ever	Once a month	2 to 3 times a month	Once a week	2 to 3 times a week	4 to 6 times a week	Once a day	2 or more times a day	
Apples and Applesauce	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	CHOOSE ONE <input type="radio"/> 1/2 apple or 1/2 cup OR <input type="radio"/> 1 apple or 1 cup OR <input type="radio"/> 2 apples or more
Bananas	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	CHOOSE ONE <input type="radio"/> 1/2 banana OR <input type="radio"/> 1 banana OR <input type="radio"/> 2 bananas or more
Cantaloupe (in season)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	CHOOSE ONE <input type="radio"/> 1/4 cantaloupe or less OR <input type="radio"/> 1/2 cantaloupe OR <input type="radio"/> 1 cantaloupe or more
Watermelon (in season)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	CHOOSE ONE <input type="radio"/> 1 quarter slice or 1/2 cup OR <input type="radio"/> 1 half slice or 1 cup OR <input type="radio"/> 1 whole slice or more
Mangoes (in season)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	CHOOSE ONE <input type="radio"/> 1/2 cup slices OR <input type="radio"/> 1 medium or Pirie or 1 cup OR <input type="radio"/> 1 large or Hayden or more
Avocados and Guacamole	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	CHOOSE ONE <input type="radio"/> 2 slices or 2 Tablespoons OR <input type="radio"/> 1/4 avocado or 1/4 cup OR <input type="radio"/> 1/2 avocado or 1/2 cup or more
Any Other Fruit (fresh, canned, or dried)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	CHOOSE ONE <input type="radio"/> 1/2 cup or less OR <input type="radio"/> 1 fruit or 1 cup OR <input type="radio"/> 2 fruits or more
Orange or Grapefruit Juice (not orange drinks or orange soda)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	CHOOSE ONE <input type="radio"/> Small juice glass (1/2 cup) OR <input type="radio"/> Large glass (8 ounces) OR <input type="radio"/> 12-ounce can or more
Tomato or V-8 Juice	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	CHOOSE ONE <input type="radio"/> Small juice glass (1/2 cup) OR <input type="radio"/> Large glass (8 ounces) OR <input type="radio"/> 12-ounce can or more
Other Fruit Juices or Fruit Drinks	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	CHOOSE ONE <input type="radio"/> Small juice glass (1/2 cup) OR <input type="radio"/> Large glass (8 ounces) OR <input type="radio"/> 12-ounce can or more

BREAD ITEMS	AVERAGE USE DURING LAST YEAR								YOUR USUAL SERVING SIZE
	Never or hardly ever	Once a month	2 to 3 times a month	Once a week	2 to 3 times a week	4 to 6 times a week	Once a day	2 or more times a day	
White Bread (includes sandwich, French, sourdough, pan dulce, Portuguese sweet bread)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	CHOOSE ONE <input type="radio"/> 1 slice or less OR <input type="radio"/> 2 slices OR <input type="radio"/> 3 slices or more

For EACH FOOD GROUP, fill in the circle that best describes HOW OFTEN you ate those items during the last year. Then fill in the circle that best describes your USUAL SERVING SIZE.

BREAD ITEMS (continued)	AVERAGE USE DURING LAST YEAR								YOUR USUAL SERVING SIZE
	Never or hardly ever	Once a month	2 to 3 times a month	Once a week	2 to 3 times a week	4 to 6 times a week	Once a day	2 or more times a day	
Whole Wheat or Rye Bread (includes pumpernickel, whole wheat pita bread)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	CHOOSE ONE <input type="radio"/> 1 slice or less OR <input type="radio"/> 2 slices OR <input type="radio"/> 3 slices or more
Other Bread (such as mixed grain, oat bran, raisin bread)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	CHOOSE ONE <input type="radio"/> 1 slice or less OR <input type="radio"/> 2 slices OR <input type="radio"/> 3 slices or more
Rolls, Buns, Biscuits, or Flour Tortillas (includes bagels, English muffins)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	CHOOSE ONE <input type="radio"/> 1 item or less OR <input type="radio"/> 2 items or 1 bagel or English muffin OR <input type="radio"/> 3 items or more
Corn Tortillas	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	CHOOSE ONE <input type="radio"/> 1 tortilla OR <input type="radio"/> 2 tortillas OR <input type="radio"/> 3 tortillas or more
Corn Muffins, Cornbread, or Cornbread Stuffing	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	CHOOSE ONE <input type="radio"/> 1 piece cornbread or 1/2 cup stuffing OR <input type="radio"/> 1 muffin or 1 cup stuffing OR <input type="radio"/> 2 muffins or 2 pieces cornbread or more
Bran, Blueberry or Other Muffins, Banana or Mango Bread	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	CHOOSE ONE <input type="radio"/> 1 regular muffin or 1 slice OR <input type="radio"/> 1 large muffin or 2 slices OR <input type="radio"/> 3 muffins or 3 slices or more
Sweet Rolls, Croissants, Doughnuts, Danish Pastry, or Coffee Cake	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	CHOOSE ONE <input type="radio"/> 1 item or less OR <input type="radio"/> 2 items OR <input type="radio"/> 3 items or more
Pancakes, Waffles, or French Toast	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	CHOOSE ONE <input type="radio"/> 1 item or less OR <input type="radio"/> 2 items OR <input type="radio"/> 3 items or more
Margarine Added to Bread Items	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	CHOOSE ONE <input type="radio"/> spread thin OR <input type="radio"/> spread thick
Butter Added to Bread Items	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	CHOOSE ONE <input type="radio"/> spread thin OR <input type="radio"/> spread thick
Peanut Butter Added to Bread Items	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	CHOOSE ONE <input type="radio"/> spread thin OR <input type="radio"/> spread thick
Jam or Jelly Added to Bread Items	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	CHOOSE ONE <input type="radio"/> spread thin OR <input type="radio"/> spread thick
Mayonnaise in Sandwiches	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	CHOOSE ONE <input type="radio"/> spread thin OR <input type="radio"/> spread thick

BREAKFAST CEREALS, MILK, AND CHEESE	AVERAGE USE DURING LAST YEAR								YOUR USUAL SERVING SIZE
	Never or hardly ever	Once a month	2 to 3 times a month	Once a week	2 to 3 times a week	4 to 6 times a week	Once a day	2 or more times a day	
Highly Fortified Cereals (such as Product 19, Total, Most)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	CHOOSE ONE <input type="radio"/> 1/2 cup or less OR <input type="radio"/> 1 cup or individual box OR <input type="radio"/> 1-1/2 cups or more
Bran or High Fiber Cereals	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	CHOOSE ONE <input type="radio"/> 1/2 cup or less OR <input type="radio"/> 1 cup or individual box OR <input type="radio"/> 1-1/2 cups or more
Other Cold Cereals (such as corn flakes, Cheerios, granola)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	CHOOSE ONE <input type="radio"/> 1/2 cup or less OR <input type="radio"/> 1 cup or individual box OR <input type="radio"/> 1-1/2 cups or more
Cooked Cereals (such as oatmeal, cream of wheat, corn grits)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	CHOOSE ONE <input type="radio"/> 1/2 cup or less OR <input type="radio"/> 1 cup or individual packet OR <input type="radio"/> 1-1/2 cups or more
Whole Milk (as beverage or added to cereal)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	CHOOSE ONE <input type="radio"/> 1/2 cup or less OR <input type="radio"/> 1 cup or half-pint carton OR <input type="radio"/> 2 cups or more
Lowfat Milk (1% or 2%) (as beverage or added to cereal - includes lactaid and acidophilus milk)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	CHOOSE ONE <input type="radio"/> 1/2 cup or less OR <input type="radio"/> 1 cup or half-pint carton OR <input type="radio"/> 2 cups or more
Nonfat or Skim Milk or Buttermilk (as beverage or added to cereal)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	CHOOSE ONE <input type="radio"/> 1/2 cup or less OR <input type="radio"/> 1 cup or half-pint carton OR <input type="radio"/> 2 cups or more
Yogurt (includes lowfat and nonfat)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	CHOOSE ONE <input type="radio"/> 1/2 cup or 4-6 oz. carton OR <input type="radio"/> 1 cup or 8 oz. carton OR <input type="radio"/> 2 cups or more
Chocolate Milk, Cocoa, or Ovaltine	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	CHOOSE ONE <input type="radio"/> 1/2 cup or less OR <input type="radio"/> 1 cup OR <input type="radio"/> 2 cups or more
Milkshakes or Malts	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	CHOOSE ONE <input type="radio"/> 1/2 milkshake or malt OR <input type="radio"/> 1 milkshake or malt (12 oz.) OR <input type="radio"/> 2 milkshakes or malts
Cottage Cheese (includes farmer's and ricotta cheese)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	CHOOSE ONE <input type="radio"/> 1/4 cup or less OR <input type="radio"/> 1/2 cup or 1 scoop OR <input type="radio"/> 1 cup or more
Lowfat Cheese (such as lowfat American, lowfat Swiss, mozzarella)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	CHOOSE ONE <input type="radio"/> 1/2 slice OR <input type="radio"/> 1 slice (1 ounce) OR <input type="radio"/> 2 slices (2 ounces) or more
Other Cheese (such as American, cheddar, cream cheese)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	CHOOSE ONE <input type="radio"/> 1/2 slice or 1 Tablespoon OR <input type="radio"/> 1 slice (1 ounce) OR <input type="radio"/> 2 slices (2 ounces) or more

DESSERTS AND SNACKS	AVERAGE USE DURING LAST YEAR								YOUR USUAL SERVING SIZE
	Never or hardly ever	Once a month	2 to 3 times a month	Once a week	2 to 3 times a week	4 to 6 times a week	Once a day	2 or more times a day	
Ice Cream	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	CHOOSE ONE <input type="radio"/> 1 scoop (1/2 cup) or less OR <input type="radio"/> 2 scoops (1 cup) or 1 bar OR <input type="radio"/> 3 to 4 scoops (1 pint) or more
Ice Milk, Frozen Yogurt, or Sherbet	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	CHOOSE ONE <input type="radio"/> 1 scoop (1/2 cup) or less OR <input type="radio"/> 2 scoops (1 cup) or 1 bar OR <input type="radio"/> 3 to 4 scoops (1 pint) or more
Cookies, Brownies, or Fruit Bars	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	CHOOSE ONE <input type="radio"/> 1 to 2 average size cookies OR <input type="radio"/> 3 to 4 average or 1 extra large cookie or 1 brownie or fruit bar OR <input type="radio"/> 2 large cookies or brownies or more
Cake	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	CHOOSE ONE <input type="radio"/> 1 small piece or cupcake OR <input type="radio"/> 1 average piece (1/12 of cake) OR <input type="radio"/> 2 pieces or more
Apple or Other Fruit Pies, Tarts, Cobblers, or Turnovers	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	CHOOSE ONE <input type="radio"/> 1 small piece OR <input type="radio"/> 1 piece (1/8 pie) or 1 item OR <input type="radio"/> 1/6 pie or more
Pumpkin, Sweet Potato, or Carrot Pies	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	CHOOSE ONE <input type="radio"/> 1 small piece OR <input type="radio"/> 1 average piece (1/8 pie) OR <input type="radio"/> 1/6 pie or more
Cream or Custard Pies, Eclairs, or Cream Puffs	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	CHOOSE ONE <input type="radio"/> 1 small piece OR <input type="radio"/> 1 average piece or 1 item OR <input type="radio"/> 1/6 pie or more
Puddings or Custards (includes flan)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	CHOOSE ONE <input type="radio"/> 1 snack-size or 1/2 cup OR <input type="radio"/> 2 snack-size or 1 cup OR <input type="radio"/> 3 snack-size or 1-1/2 cups
Chocolate Candy	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	CHOOSE ONE <input type="radio"/> 1 to 3 pieces OR <input type="radio"/> 1 regular-size bar OR <input type="radio"/> 1 giant-size bar or more
Dim Sum, such as Bao or Manapua (Chinese bun with meat and vegetables)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	CHOOSE ONE <input type="radio"/> 1/2 bao or less OR <input type="radio"/> 1 bao OR <input type="radio"/> 2 bao or more
Other Dim Sum (such as pork hash, gau gee, fried won ton, eggroll)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	CHOOSE ONE <input type="radio"/> 1 to 2 pieces OR <input type="radio"/> 3 to 4 pieces OR <input type="radio"/> 5 pieces or more
Crackers and Pretzels (such as soda, graham, Japanese rice crackers, wheat thins)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	CHOOSE ONE <input type="radio"/> 4 to 5 snack or 1 large cracker OR <input type="radio"/> 6 to 10 snack or 2 large crackers OR <input type="radio"/> 3 large crackers or more
Peanuts or Other Nuts	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	CHOOSE ONE <input type="radio"/> 12 nuts or less OR <input type="radio"/> 1/4 cup OR <input type="radio"/> 1/2 cup or more

For EACH FOOD GROUP, fill in the circle that best describes HOW OFTEN you ate those items during the last year. Then fill in the circle that best describes your USUAL SERVING SIZE.

SNACKS (continued)	AVERAGE USE DURING LAST YEAR								YOUR USUAL SERVING SIZE
	Never or hardly ever	Once a month	2 to 3 times a month	Once a week	2 to 3 times a week	4 to 6 times a week	Once a day	2 or more times a day	
Potato, Corn, Tortilla or Other Chips, or Chicharrones (pork rinds)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	CHOOSE ONE <input type="radio"/> 1 snack bag or 1/2 cup OR <input type="radio"/> 1-ounce bag (1 cup) OR <input type="radio"/> 1/2 twin-pack or more
Popcorn	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	CHOOSE ONE <input type="radio"/> 1 to 3 cups or less OR <input type="radio"/> 1 microwave bag OR <input type="radio"/> 1 medium theater tub or more

ALCOHOLIC AND OTHER BEVERAGES	AVERAGE USE DURING LAST YEAR								YOUR USUAL SERVING SIZE	
	Never or hardly ever	Once a month	2 to 3 times a month	Once a week	2 to 3 times a week	4 to 6 times a week	Once a day	2 to 3 times a day		4 or more times a day
Regular or Draft Beer	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	CHOOSE ONE <input type="radio"/> 1 can or bottle or less OR <input type="radio"/> 2 cans or bottles OR <input type="radio"/> 3 cans or bottles OR <input type="radio"/> 4 cans or bottles or more
Light Beer	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	CHOOSE ONE <input type="radio"/> 1 can or bottle or less OR <input type="radio"/> 2 cans or bottles OR <input type="radio"/> 3 cans or bottles OR <input type="radio"/> 4 cans or bottles or more
White or Pink Wine (includes champagne and sake)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	CHOOSE ONE <input type="radio"/> 1 glass or less OR <input type="radio"/> 2 glasses OR <input type="radio"/> 3 glasses OR <input type="radio"/> 4 glasses or more
Red Wine	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	CHOOSE ONE <input type="radio"/> 1 glass or less OR <input type="radio"/> 2 glasses OR <input type="radio"/> 3 glasses OR <input type="radio"/> 4 glasses or more
Hard Liquor (such as bourbon, scotch, gin, vodka, tequila, rum, cocktails)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	CHOOSE ONE <input type="radio"/> 1 drink or less OR <input type="radio"/> 2 drinks OR <input type="radio"/> 3 drinks OR <input type="radio"/> 4 drinks or more
Regular Sodas (such as Coca-Cola, Pepsi, 7-Up)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	CHOOSE ONE <input type="radio"/> 1/2 can or small glass OR <input type="radio"/> 1 can or large glass OR <input type="radio"/> 2 cans or glasses OR <input type="radio"/> 3 cans or glasses or more
Diet Sodas (such as Diet Coke, Diet Pepsi, Diet 7-Up)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	CHOOSE ONE <input type="radio"/> 1/2 can or small glass OR <input type="radio"/> 1 can or large glass OR <input type="radio"/> 2 cans or glasses OR <input type="radio"/> 3 cans or glasses or more

OTHER BEVERAGES	AVERAGE USE DURING LAST YEAR									WHAT DID YOU USUALLY ADD?
	Never or hardly ever	Once a month	2 to 3 times a month	Once a week	2 to 3 times a week	4 to 6 times a week	Once a day	2 to 3 times a day	4 or more times a day	
Cappuccino - 1 cup or mug (includes café au lait, café latte, café con leche)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	MARK ALL THAT APPLY <input type="radio"/> Sugar or honey <input type="radio"/> Sugar substitute
Regular Coffee - 1 cup or mug (brewed or instant)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	MARK ALL THAT APPLY <input type="radio"/> Cream or half & half <input type="radio"/> Milk <input type="radio"/> Non-dairy cream <input type="radio"/> Sugar or honey <input type="radio"/> Sugar substitute
Decaffeinated ("Decaf") Coffee - 1 cup or mug (brewed or instant)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	MARK ALL THAT APPLY <input type="radio"/> Cream or half & half <input type="radio"/> Milk <input type="radio"/> Non-dairy cream <input type="radio"/> Sugar or honey <input type="radio"/> Sugar substitute
Black Tea - 1 cup or glass (such as Lipton's, oolong, iced tea)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	MARK ALL THAT APPLY <input type="radio"/> Cream or half & half <input type="radio"/> Milk <input type="radio"/> Non-dairy cream <input type="radio"/> Sugar or honey <input type="radio"/> Sugar substitute
Green, Herbal, or Other Tea - 1 cup	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	
Fortified Diet Beverages - 1 glass or can (such as Slimfast)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	

HOW OFTEN DID YOU EAT THE FOLLOWING ITEMS?	AVERAGE USE DURING LAST YEAR							
	Never or hardly ever	Once a month	2 to 3 times a month	Once a week	2 to 3 times a week	4 to 6 times a week	Once a day	2 or more times a day
Western Pickles or Relish (such as dill or sweet pickles)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Olives	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Salsa or Hot Chili Peppers (red or green)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Garlic	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Onions	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Oriental Salted or Pickled Vegetables (such as salted cabbage or leafy greens, takuwan, kim chee)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Seaweed (fresh or dried) (such as ogo limu, furikake)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Gravy on meat, potatoes, rice	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

HOW OFTEN DID YOU ADD THE FOLLOWING ITEMS TO YOUR FOODS AT THE TABLE. . .	AVERAGE USE DURING LAST YEAR							
	Never or hardly ever	Once a month	2 to 3 times a month	Once a week	2 to 3 times a week	4 to 6 times a week	Once a day	2 or more times a day
Salt	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Shoyu (Soy Sauce) or Teriyaki Sauce	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Mustard	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Catsup	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Sour Cream	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

HOW OFTEN DID YOU EAT YOUR MEAT, POULTRY, OR FISH PREPARED IN THE FOLLOWING WAYS. . .	Never or hardly ever	Once a month	2 to 3 times a month	Once a week	2 to 3 times a week	4 to 6 times a week	Once a day	2 or more times a day
Charcoal-broiled	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Oven-broiled	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Fried	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Barbecued	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

HOW OFTEN DID YOU EAT MEAT, CHICKEN, OR FISH COOKED WITH. . .	AVERAGE USE DURING LAST YEAR							
	Never or hardly ever	Once a month	2 to 3 times a month	Once a week	2 to 3 times a week	4 to 6 times a week	Once a day	2 or more times a day
Vegetable Oil	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Salt Pork, Lard, or Bacon Fat	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Vegetable Shortening (such as Crisco)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Margarine	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Butter	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Vegetable spray, water, or non-stick pan	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

ANSWER THE FOLLOWING FOR THE LAST YEAR:

<p>WHEN YOU ATE MEAT, HOW WAS IT USUALLY PREPARED?</p> <p><input type="radio"/> Rare</p> <p><input type="radio"/> Medium</p> <p><input type="radio"/> Well-done</p> <p><input type="radio"/> Don't eat meat</p>	<p>WHEN YOU ATE MEAT, DID YOU EAT THE FAT:</p> <p><input type="radio"/> Most of the time</p> <p><input type="radio"/> Some of the time</p> <p><input type="radio"/> Never or hardly ever</p> <p><input type="radio"/> Don't eat meat</p>	<p>WHEN YOU ATE CHICKEN, DID YOU EAT THE SKIN:</p> <p><input type="radio"/> Most of the time</p> <p><input type="radio"/> Some of the time</p> <p><input type="radio"/> Never or hardly ever</p> <p><input type="radio"/> Don't eat chicken</p>
<p>WHAT KIND OF MARGARINE DID YOU USUALLY USE? (mark only one)</p> <p><input type="radio"/> Regular Stick OR</p> <p><input type="radio"/> Regular Tub OR</p> <p><input type="radio"/> Diet or Spread OR</p> <p><input type="radio"/> Don't use margarine</p> <p><input type="radio"/> Don't know</p>	<p>WHAT KIND OF BUTTER DID YOU USUALLY USE? (mark only one)</p> <p><input type="radio"/> Regular OR</p> <p><input type="radio"/> Whipped OR</p> <p><input type="radio"/> Don't use butter</p> <p><input type="radio"/> Don't know</p>	<p>WHAT KIND OF VEGETABLE OIL DID YOU USUALLY USE? (mark only one)</p> <p><input type="radio"/> Soybean or corn oil</p> <p><input type="radio"/> Olive oil</p> <p><input type="radio"/> Canola oil</p> <p><input type="radio"/> Any other oil</p> <p><input type="radio"/> Don't use oil <input type="radio"/> Don't know</p>

VITAMINS AND MINERALS

DID YOU TAKE ANY OF THE FOLLOWING MULTIVITAMINS OR MULTIVITAMINS WITH MINERALS DURING THE LAST YEAR (at least once a week)?

<p>STRESS-TABS TYPE</p> <p><input type="radio"/> No <input type="radio"/> Yes</p>	<p>IF YES, HOW MANY TABLETS DID YOU TAKE?</p> <p><input type="radio"/> 1 to 3 a week <input type="radio"/> 4 to 6 a week <input type="radio"/> 1 a day <input type="radio"/> 2 a day <input type="radio"/> 3 or more a day</p>	<p>IF YES, HOW MANY YEARS HAVE YOU TAKEN THEM?</p> <p><input type="radio"/> 1 year or less <input type="radio"/> 2 to 4 years <input type="radio"/> 5 years or more</p>
<p>THERAPEUTIC, THERAGRAN TYPE</p> <p><input type="radio"/> No <input type="radio"/> Yes</p>	<p><input type="radio"/> 1 to 3 a week <input type="radio"/> 4 to 6 a week <input type="radio"/> 1 a day <input type="radio"/> 2 a day <input type="radio"/> 3 or more a day</p>	<p><input type="radio"/> 1 year or less <input type="radio"/> 2 to 4 years <input type="radio"/> 5 years or more</p>
<p>ONE-A-DAY TYPE</p> <p><input type="radio"/> No <input type="radio"/> Yes</p>	<p><input type="radio"/> 1 to 3 a week <input type="radio"/> 4 to 6 a week <input type="radio"/> 1 a day <input type="radio"/> 2 a day <input type="radio"/> 3 or more a day</p>	<p><input type="radio"/> 1 year or less <input type="radio"/> 2 to 4 years <input type="radio"/> 5 years or more</p>

DID YOU TAKE ANY OF THE FOLLOWING VITAMINS OR MINERALS BY ITSELF DURING THE LAST YEAR (at least once a week)?

<p>VITAMIN A (BY ITSELF)</p> <p><input type="radio"/> No <input type="radio"/> Yes</p>	<p>IF YES, HOW MANY TABLETS DID YOU TAKE?</p> <p><input type="radio"/> 1 to 3 a week <input type="radio"/> 4 to 6 a week <input type="radio"/> 1 a day <input type="radio"/> 2 a day <input type="radio"/> 3 or more a day</p>	<p>IF YES, HOW MANY YEARS HAVE YOU TAKEN THEM?</p> <p><input type="radio"/> 1 year or less <input type="radio"/> 2 to 4 years <input type="radio"/> 5 years or more</p>	<p>IF YES, WHAT WAS THE DOSE PER TABLET?</p> <p><input type="radio"/> 5,000 I.U. (International Units) or less <input type="radio"/> 6,000 to 10,000 I.U. <input type="radio"/> 11,000 to 24,000 I.U. <input type="radio"/> 25,000 I.U. or more <input type="radio"/> Don't know</p>
<p>VITAMIN C (BY ITSELF)</p> <p><input type="radio"/> No <input type="radio"/> Yes</p>	<p><input type="radio"/> 1 to 3 a week <input type="radio"/> 4 to 6 a week <input type="radio"/> 1 a day <input type="radio"/> 2 a day <input type="radio"/> 3 or more a day</p>	<p><input type="radio"/> 1 year or less <input type="radio"/> 2 to 4 years <input type="radio"/> 5 years or more</p>	<p><input type="radio"/> 250 mg (milligrams) or less <input type="radio"/> 300 to 500 mg. <input type="radio"/> 600 to 4,000 mg. <input type="radio"/> 5,000 to 9,000 mg. <input type="radio"/> 10,000 mg. or more <input type="radio"/> Don't know</p>
<p>VITAMIN E (BY ITSELF)</p> <p><input type="radio"/> No <input type="radio"/> Yes</p>	<p><input type="radio"/> 1 to 3 a week <input type="radio"/> 4 to 6 a week <input type="radio"/> 1 a day <input type="radio"/> 2 a day <input type="radio"/> 3 or more a day</p>	<p><input type="radio"/> 1 year or less <input type="radio"/> 2 to 4 years <input type="radio"/> 5 years or more</p>	<p><input type="radio"/> 200 I.U. (International Units) or less <input type="radio"/> 250 to 800 I.U. <input type="radio"/> 825 to 1,200 I.U. <input type="radio"/> 1,250 I.U. or more <input type="radio"/> Don't know</p>
<p>BETA-CAROTENE (BY ITSELF)</p> <p><input type="radio"/> No <input type="radio"/> Yes</p>	<p><input type="radio"/> 1 to 3 a week <input type="radio"/> 4 to 6 a week <input type="radio"/> 1 a day <input type="radio"/> 2 a day <input type="radio"/> 3 or more a day</p>	<p><input type="radio"/> 1 year or less <input type="radio"/> 2 to 4 years <input type="radio"/> 5 years or more</p>	<p><input type="radio"/> 6,000 mcg (micrograms) or less <input type="radio"/> 7,000 to 15,000 mcg. <input type="radio"/> 16,000 mcg. or more <input type="radio"/> Don't know</p>
<p>CALCIUM (BY ITSELF)</p> <p><input type="radio"/> No <input type="radio"/> Yes</p>	<p><input type="radio"/> 1 to 3 a week <input type="radio"/> 4 to 6 a week <input type="radio"/> 1 a day <input type="radio"/> 2 a day <input type="radio"/> 3 or more a day</p>	<p><input type="radio"/> 1 year or less <input type="radio"/> 2 to 4 years <input type="radio"/> 5 years or more</p>	<p><input type="radio"/> 250 mg (milligrams) or less <input type="radio"/> 300 to 600 mg. <input type="radio"/> 625 to 1,000 mg. <input type="radio"/> 1,250 mg. or more <input type="radio"/> Don't know</p>
<p>SELENIUM (BY ITSELF)</p> <p><input type="radio"/> No <input type="radio"/> Yes</p>	<p><input type="radio"/> 1 to 3 a week <input type="radio"/> 4 to 6 a week <input type="radio"/> 1 a day <input type="radio"/> 2 a day <input type="radio"/> 3 or more a day</p>	<p><input type="radio"/> 1 year or less <input type="radio"/> 2 to 4 years <input type="radio"/> 5 years or more</p>	<p><input type="radio"/> 75 mcg. (micrograms) or less <input type="radio"/> 100 to 150 mcg. <input type="radio"/> 200 to 225 mcg. <input type="radio"/> 250 mcg. or more <input type="radio"/> Don't know</p>
<p>IRON (BY ITSELF)</p> <p><input type="radio"/> No <input type="radio"/> Yes</p>	<p><input type="radio"/> 1 to 3 a week <input type="radio"/> 4 to 6 a week <input type="radio"/> 1 a day <input type="radio"/> 2 a day <input type="radio"/> 3 or more a day</p>	<p><input type="radio"/> 1 year or less <input type="radio"/> 2 to 4 years <input type="radio"/> 5 years or more</p>	<p><input type="radio"/> 50 mg. (milligrams) or less <input type="radio"/> 51 to 150 mg. <input type="radio"/> 151 mg. or more <input type="radio"/> Don't know</p>