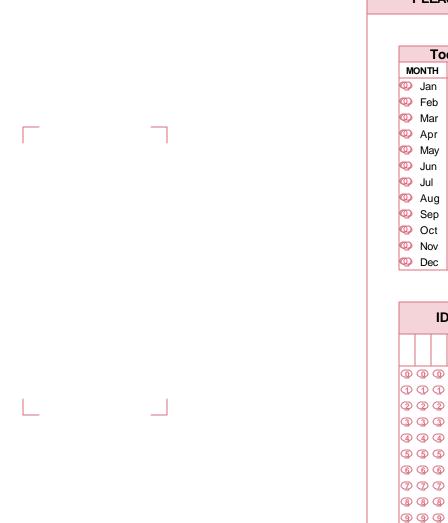
# **F** MAYO CLINIC



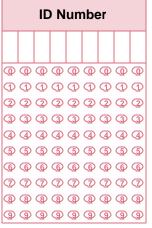


#### PLEASE PROVIDE:

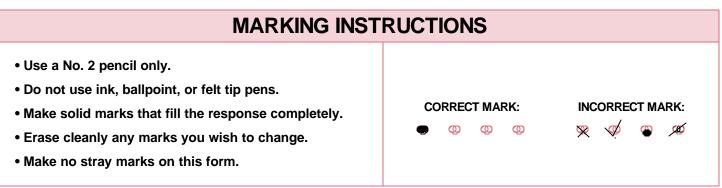
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1

	То	day's Da	ate
MC	ONTH	DAY	YEAR
Q	Jan	0000	@ 2003
Q	Feb	2022	<b>@</b> 2004
Q	Mar	3 13 23	<b>@</b> 2005
Q	Apr	<b>(4) (1) (2)</b>	@ 2006
Q	May	59	<b>@</b> 2007
Q	Jun	© @ @	@ 2008
Q	Jul	0000	<b>@</b> 2009
Q	Aug	® 19 29	<b>@</b> 2010
Q	Sep	9 <b>9</b> 9	<b>@</b> 2011
Ø	Oct	<b>(1) (2) (3)</b>	<b>@</b> 2012
Ø	Nov	3)	<b>@</b> 2013
Q	Dec		<b>@</b> 2014



PLEASE DO NOT WRITE IN THIS AREA



The first section of this questionnaire is about your usual eating habits, as an adult, before one year ago and not including any recent dietary changes. Please include foods that you ate in a restaurant.

**FIRST:** Mark the column to show HOW OFTEN, on average, you ate the food.

SECOND: Mark the column to show HOW MUCH you usually ate of each food

- A "medium" serving is shown for each food, but only as a guideline.
- A "small" serving is about one-half the medium serving size shown, or less
- A "large" serving is about one-and-a-half times the medium serving size shown, or more

**THIRD:** If you did not eat an item or ate it less than once per month, fill in the oval in the first column marked "NEVER OR LESS THAN ONCE PER MONTH." DO NOT LEAVE IT BLANK. When you select this response for a food, it is not necessary to choose a serving size.

**SAMPLE:** This person eats one large orange about twice a week, and drinks 5 oz. of red wine about five times a week.

	HOW MUCH													
TYPE OF FOOD	NEV OR LE THAN ( PER M(	ESS DNCE	1-3 PER MO.	1 PER WK.	2-4 PER WK.	5-6 PER WK.	1 PER DAY	2-3 PER DAY	4-5 PER DAY	6+ PER DAY	MEDIUM SERVING	S	м	L
Oranges		Q	9	Ø	Q	Ð	Q	Ð	Ø	Ø	1 medium	0	0	0
Red Wine		0	0	0	0	•	0	0	0	0	5 oz.	0	Q	0

FOR OFFICE USE ONLY										
C1 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0	C3 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0									
C2 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0	C4 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0									

											HOW MUCH			
TI	NEVER OR LESS HAN ON ER MON	S F CE F	1-3 PER MO.	1 PER WK.	2-4 PER WK.	5-6 PER WK.	1 PER DAY	2-3 PER DAY	4-5 PER DAY	6+ PER DAY	MEDIUM SERVING	S	м	L
FRUITS														
Bananas	<	2	0	0	0	0	0	0	0	0	1 medium	0	0	0
Apples, applesauce, pears		2	0	0	0	0	0	0	0	0	1 medium or 1/2 cup	0	0	0
Citrus fruits (oranges, grapefruit, tangerines)		5	0	0	0	0	0	0	0	0	1 medium	0	0	0
Cantaloupe	<	2	0	0	0	0	0	0	0	0	1/4 med.	0	0	0
Grapes		2	0	0	0	0	0	0	0	0	1/2 cup	0	0	0
Peaches, apricots, nectarines, plums (fresh in season)	<	2	0	0	0	0	0	0	0	0	1 medium	0	0	0
Mangoes, papayas	<	2	0	0	0	0	0	0	0	0	1/2 medium	0	0	0
Strawberries		D	0	0	0	0	0	0	0	0	1/2 cup	0	0	0
Other berries (in season)		2	0	0	0	0	0	0	0	0	1/2 cup	0	0	0
Watermelon (in season)	<	2	0	0	0	0	0	0	0	0	1/2 cup	0	0	0
Any other fruit including kiwi, pineapple	<	2	0	0	0	0	0	0	0	0	1/2 cup	0	0	0
Canned fruit	<	<b>&gt;</b>	0	0	0	0	0	0	0	0	1/2 cup	0	0	0
Dried fruit (raisins, dates, prunes)	<	2	0	0	0	0	0	0	0	0	2 Tbsp. or 2 prunes	0	0	0
CEREALS & DAIRY PRODUCTS													1	<u> </u>
Fiber cereals (i.e., Raisin Bran, granola, Shredded Wheat) List type:	_ <	5	0	0	0	0	0	0	0	0	1 cup	0	0	0
Sweetened cereals (i.e., Frosted Flakes) List type:		2	0	0	0	0	0	0	0	0	1 cup	0	0	0
Other cold cereals (i.e., Corn Flakes, Chee List type:		5	0	0	0	0	0	0	0	0	1 cup	0	0	0
Cooked cereal (i.e., oatmeal, oat bran, grit List type:		S	0	0	0	0	0	0	0	0	1 cup	0	0	0
Milk on cereal		2	0	0	0	0	0	0	0	0	1 cup	0	0	0
Sugar on cereal (white, brown)		2	0	0	0	0	0	0	0	0	1 Tsp.	0	0	0
Breakfast bars, granola bars, power bars	s (	D	0	0	0	0	0	0	0	0	1 serving	0	0	0
Breakfast shakes, diet shakes		D	0	0	0	0	0	0	0	0	1 serving	0	0	0
Pancakes or waffles		2	0	0	0	0	0	0	0	0	2 medium	0	0	0
Eggs		C	0	0	0	0	0	0	0	0	1 egg=small 2 eggs=med	0	0	0
Egg substitutes, Egg Beaters, egg whites	s 🤇	2	0	0	0	0	0	0	0	0	1/2 cup	0	0	0
Cottage cheese	<	D	0	0	0	0	0	0	0	0	1/2 cup	0	0	0
Other cheeses and cheese spreads (regular or lowfat)	<	5	0	0	0	0	0	0	0	0	2 slices or 2 ounces	0	0	0
Yogurt, frozen yogurt (regular or lowfat)		D	0	0	0	0	0	0	0	0	8 oz. container	0	0	0

 [SERIAL]

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PLEASE DO NOT WRITE IN THIS AREA

			Н	ow c	FTE	N				НО	N MU	ІСН	
TYPE OF FOOD O	NEVER R LESS AN ONCE R MONTH	1-3 PER MO.	1 PER WK.	2-4 PER WK.	5-6 PER WK.	1 PER DAY	2-3 PER DAY	4-5 PER DAY	6+ PER DAY	MEDIUM SERVING	S	м	L
VEGETABLES (fresh, frozen, or cannee	d, or in r	estau	rants	)									
String beans, green beans	Q	Q	Ø	Q	Q	Q	Q	Q	Q	1/2 cup	Q	Ø	Ø
Peas	0	0	0	0	0	0	0	0	0	1/2 cup	0	0	0
Other beans such as baked beans, pintos kidney (not including soup)	<sup>5,</sup> O	0	0	0	0	0	0	0	0	3/4 cup	0	0	0
Corn	0	0	0	0	0	0	0	0	0	1/2 cup	0	0	0
Tomatoes	0	0	0	0	0	0	0	0	0	1 medium	0	0	0
Tomato juice	0	0	0	0	0	0	0	0	0	6 oz.	0	0	0
Salsa, ketchup, taco sauce	0	0	0	0	0	0	0	0	0	2 Tbsp.	0	0	0
Broccoli	0	0	0	0	0	0	0	0	0	1/2 cup	0	0	0
Cauliflower or brussels sprouts	0	0	0	0	0	0	0	0	0	1/2 cup	0	0	0
Spinach, cooked	0	0	0	0	0	0	0	0	0	1/2 cup	0	0	0
Spinach, raw	0	0	0	0	0	0	0	0	0	1/2 cup	Q	Ø	Q
Mustard greens, turnip greens, collards	0	0	0	0	0	0	0	0	0	1/2 cup	0	0	0
Cole slaw, cabbage	Q	Q	Q	Q	Q	Q	Q	Ø	Q	1/2 cup	0	0	0
Carrots, or mixed vegetables containing carrots	0	0	0	0	0	0	0	0	0	1/2 cup	0	0	0
Beets	0	0	0	0	0	0	0	0	0	1/2 cup	Q	Ø	Q
Other vegetables (celery, alfalfa, mushrooms)	0	0	0	0	0	0	0	0	0	1/2 cup	0	0	0
Radishes	0	0	0	0	0	0	0	0	0	1/2 cup	Q	Ø	Q
Rhubarb	0	0	0	0	0	0	0	0	0	1/2 cup	0	0	0
Green salad	0	0	0	0	0	0	0	0	0	1 medium bowl	0	0	0
Creamy salad dressing, mayonnaise	0	0	0	0	0	0	0	0	0	2 Tbsp.	0	0	0
Oil and vinegar salad dressings	0	0	0	0	0	0	0	0	0	2 Tbsp.	0	0	0
French fries and fried potatoes	0	0	0	0	0	0	0	0	0	3/4 cup	0	0	0
Potatoes not fried, including boiled, baked mashed, and in potato salad	l, 🔾	0	0	0	0	0	0	0	0	1 medium or 1/2 cup	0	0	0
Sweet potatoes, yams	0	0	0	0	0	0	0	0	0	1/2 cup	0	0	0
Summer squash, zucchini, eggplant	0	0	0	0	0	0	0	0	0	1/2 cup	0	0	0
Winter squash (acorn, spaghetti)	0	0	0	0	0	0	0	0	0	1/2 cup	0	0	0
Fat added to vegetables, potatoes, etc., check one: OButter	0	0	0	0	0	0	0	0	0	2 pats or 2 Tsp.	0	0	0
Tofu, bean curd	0	0	0	0	0	0	0	0	0	1/2 cup	0	0	0
Meat substitutes made from soy	0	0	0	0	0	0	0	0	0	1 cup or patty	0	0	0

HOW OFTEN								1	HOW MUCH					
TYPE OF FOOD OR THA	EVER LESS N ONCE MONTH		1 PER WK.	2-4 PER WK.	5-6 PER WK.	1 PER DAY	2-3 PER DAY	4-5 PER DAY	6+ PER DAY	MEDIUM SERVING	S	м	L	
MEAT, POULTRY, SEAFOOD, AND MIXE	ED DISI	HES	1		1									
Hamburger, cheeseburger patties	Q	Q	Q	Q	Q	Q	Q	Q	Q	1 medium or 4 oz.	0	0	0	
Other ground beef including meat loaf, beef burritos, tacos	0	0	0	0	0	0	0	0	0	1 cup	0	0	0	
Beef (includes steak, roast, in sandwiches)		0	0	0	0	0	0	0	0	5 oz.	0	0	0	
Beef or vegetable stew or potpie with carrots and other vegetables	0	0	0	0	0	0	0	0	0	1 cup	0	0	0	
Game meat (venison, elk, pheasant, duck)	0	0	0	0	0	0	0	0	0	5 oz.	0	0	0	
Liver including chicken livers	0	0	0	0	0	0	0	0	0	5 oz.	0	0	0	
Pork (includes chops, roast)	0	0	0	0	0	0	0	0	0	5 oz.	0	0	0	
Bacon, back bacon	0	0	0	0	0	0	0	0	0	4 strips or 2 slices	0	0	0	
Sausage (including Italian, German, Polish, breakfast)	0	0	0	0	0	0	0	0	0	2 breakfast or 1 other sausage	0	0	0	
Fried chicken, chicken nuggets, chicken wings	0	0	0	0	0	0	0	0	0	1 large or 2 small pieces	0	0	0	
Chicken, turkey (includes roast, barbecue, in sandwiches, and mixed dishes)	0	0	0	0	0	0	0	0	0	5 oz.	0	0	0	
Fried fish or fish sandwich	0	0	0	0	0	0	0	0	0	5 oz. or 1 sandwich	0	0	0	
Fresh fish (baked, steamed)	0	0	0	0	0	0	0	0	0	5 oz.	0	0	0	
Canned fish (tuna, tuna salad, tuna casserole, salmon, sardines)	0	0	0	0	0	0	0	0	0	5 oz. or 1/2 cup	0	0	0	
Seafood (shrimp, crab, lobster, oysters)	0	0	0	0	0	0	0	0	0	5 pieces or 3 oz.	0	0	0	
Gravies	0	0	0	0	0	0	0	0	0	2 Tbsp.	0	0	0	
Pasta, spaghetti with tomato sauce or meat, lasagna	0	0	0	0	0	0	0	0	0	1 cup	0	0	0	
Pasta with cheese (such as macaroni and cheese)	0	0	0	0	0	0	0	0	0	1 cup	0	0	0	
Pasta salad, other pasta without tomato	0	0	0	0	0	0	0	0	0	3/4 cup	0	0	0	
Pizza	0	0	0	0	0	0	0	0	0	1 slice	0	0	0	
Hot dogs	0	0	0	0	0	0	0	0	0	2 hot dogs	0	0	0	
Ham, bologna, other lunch meats (regular or made with turkey)	0	0	0	0	0	0	0	0	0	2 slices/ 2 oz.	0	0	0	
Vegetable soups with carrots or tomatoes such as vegetable beef or tomato soup	0	0	0	0	0	0	0	0	0	1 cup	0	0	0	
Lentil, pea, and bean soups	0	0	0	0	0	0	0	0	0	1 cup	0	0	0	
Chili with beans (with or without meat)	0	0	0	0	0	0	0	0	0	1 cup	0	0	0	
Other soups like chicken noodle, mushroom, cup-a-soup, ramen	0	0	0	0	0	0	0	0	0	1 cup	0	0	0	

TYPE OF FOODNEVE OR LE THAN OPER MODBREADS, SNACKS, SPREADS (PleaseWhite bread, French or Italian bread, including sandwichesImage: Colspan="2">Image: Colspan="2"Image: Colspan="2"<	SS DNCE DNTH	1-3 PER MO.	1 РЕК WK. 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0		5-6 PER WK.			A-5 PER Colui		MEDIUM SERVING are differen # slices each time 1 medium # pieces each time 1 medium	S	M slices slices constructions pieces	L L Slices Slices	E XL
PER MC BREADS, SNACKS, SPREADS (Please White bread, French or Italian bread, including sandwiches Dark bread, such as whole wheat, ye, pumpernickel Bagels, English muffins, hamburger buns Corn bread, corn muffins Biscuits, muffins (including fast oods) Peanuts, peanut butter, other nuts Margarine on bread or rolls Butter on bread or rolls Fortillas Rice, or dishes made with rice Snacks like nachos with cheese, botato skins with topping Balty snacks, like potato chips,		MO. te tha	wк. t the 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0	wк. categ 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0	wк. pories	DAY.	DAY	DAY	DAY	SERVING are differen # slices each time # slices each time 1 medium # pieces each time	et.) (1) slice (1) slice (2) slice	Slices Slices Slices	Slices Slices Slices	XL
White bread, French or Italian         Dark bread, such as whole wheat,         Dark bread, such as whole wheat,         Dye, pumpernickel         Bagels, English muffins,         Bagels, English muffins,         Dorn bread, corn muffins         Biscuits, muffins (including fast         Dodds)         Peanuts, peanut butter, other nuts         Margarine on bread or rolls         Butter on bread or rolls         Fortillas         Rice, or dishes made with rice         Snacks like nachos with cheese,         Dotato skins with topping         Salty snacks, like potato chips,										# slices each time # slices each time 1 medium # pieces each time	<ul> <li>(1)</li> <li>(2)</li> <li>(3)</li> <li>(4)</li> <li>(5)</li> <li>(7)</li> <li>(7)</li> <li>(9)</li> <li>(9)</li></ul>	slices slices	slices 3 slices 0 pieces	
bread, including sandwiches Dark bread, such as whole wheat, ye, pumpernickel Bagels, English muffins, namburger buns Corn bread, corn muffins Biscuits, muffins (including fast oods) Peanuts, peanut butter, other nuts Margarine on bread or rolls Butter on bread or rolls Butter on bread or rolls Fortillas Rice, or dishes made with rice Snacks like nachos with cheese, botato skins with topping Salty snacks, like potato chips,	0 0 0 0 0 0 0					00000	0 0 0	0 0 0	000000000000000000000000000000000000000	each time # slices each time 1 medium # pieces each time	slice (1) slice () piece	slices slices	slices 3 slices 0 pieces	
ye, pumpernickel Bagels, English muffins, hamburger buns Corn bread, corn muffins Biscuits, muffins (including fast oods) Peanuts, peanut butter, other nuts Margarine on bread or rolls Butter on bread or rolls Butter on bread or rolls Fortillas Rice, or dishes made with rice Snacks like nachos with cheese, botato skins with topping Balty snacks, like potato chips,	0 0 0 0 0 0 0					0000	0000	0	0 0	each time 1 medium # pieces each time	slice (1) piece	slices 2 pieces	slices	
hamburger buns Corn bread, corn muffins Biscuits, muffins (including fast boods) Peanuts, peanut butter, other nuts Margarine on bread or rolls Butter on bread or rolls Fortillas Rice, or dishes made with rice Snacks like nachos with cheese, botato skins with topping Salty snacks, like potato chips,				0 0 0	0	0 0	0	0	0	# pieces each time	(1) piece	2 pieces	3 pieces	
Biscuits, muffins (including fast oods) Peanuts, peanut butter, other nuts Margarine on bread or rolls Butter on bread or rolls Fortillas Rice, or dishes made with rice Snacks like nachos with cheese, botato skins with topping Salty snacks, like potato chips,		0 0 0		0	0	0	0	0	0	each time	piece	pieces	pieces	
Peanuts, peanut butter, other nuts Margarine on bread or rolls Butter on bread or rolls Fortillas Rice, or dishes made with rice Snacks like nachos with cheese, botato skins with topping Salty snacks, like potato chips,	000000000000000000000000000000000000000	0	0	0	0	0				1 medium	Ø			
Margarine on bread or rolls Butter on bread or rolls Fortillas Rice, or dishes made with rice Snacks like nachos with cheese, botato skins with topping Salty snacks, like potato chips,	0 0	0	0	0			0	0			Ŭ.,	Q	Q	
Butter on bread or rolls Fortillas Rice, or dishes made with rice Snacks like nachos with cheese, sotato skins with topping Balty snacks, like potato chips,	0	0			0	$\cap$			0	2 Tbsp.	0	0	0	
Fortillas Rice, or dishes made with rice Snacks like nachos with cheese, botato skins with topping Salty snacks, like potato chips,	0					0	0	0	0	2 pats	0	0	0	
Rice, or dishes made with rice Snacks like nachos with cheese, botato skins with topping Salty snacks, like potato chips,				0	0	0	0	0	0	2 pats #	0	0	0	
Snacks like nachos with cheese, botato skins with topping Salty snacks, like potato chips,	$\bigcirc$		0	0	0	0	0	0	0	each time	1 tort.	2 tort.	3 tort.	4 tor
botato skins with topping Salty snacks, like potato chips,		0	0	0	0	0	0	0	0	3/4 cup	O S	M	L	XL
baily shacks, like polato chips,	0	0	0	0	0	0	0	0	0	1 cup or 1 skin	@ S	@ M	© L	Q XL
orn chips, popcorn, crackers	0	0	0	0	0	0	0	0	0	1 cup	O S	M	L	) XL
SWEETS			1	I										
ce cream	0	0	0	0	0	0	0	0	0	1 scoop or 1/2 cup	<b>@</b> S	@ M	@ L	Q XL
Doughnuts, pastry	0	0	0	0	0	0	0	0	0	1 piece	O S	O M	O L	O XL
Cookies or cake	0	0	0	0	0	0	0	0	0	3-5 cookies	<b>@</b> S	@ M	@ L	Q XL
Pumpkin pie, sweet potato pie	0	0	0	0	0	0	0	0	0	1 med slice or 1/6 <sup>th</sup> pie 1 med slice	0	0	0	
Fruit pies	0	0	0	0	0	0	0	0	$\bigcirc$	or 1/6 <sup>th</sup> pie 1 med slice	Q	Q	Q	
Cream pies, cheese cake	0	0	0	0	0	0	0	0	$\bigcirc$	or 1/6 <sup>th</sup> pie 1 small bar	0	0	0	
Chocolate candy, candy bars	0	0	0	0	0	0	0	0	0	or 55 gm.	0	0	0	
Other hard candy Jams or jelly	0	0	0	0	0	0	0	0	0	3 pieces 1 Tbsp.	0	0	0	
	$\bigcirc$			0					$\sim$			, <u> </u>		

					FTEN					пО		R SER	
TYPE OF FOOD O	NEVER R LESS AN ONCE	1-3 PER MO.	1 PER WK.	2-4 PER WK.	5-6 PER WK.	1 PER DAY	2-3 PER DAY	4-5 PER DAY	6+ PER DAY	MEDIUM SERVING	S	SIZE	L
BEVERAGES (Please note that the cate	R MONTH										J	141	-
· · · · · · · · · · · · · · · · · · ·	-							-					
Orange juice or grapefruit juice	0	0	0	0	0	0	0	0	0	6 oz.	@ 4 oz.	@ 6 oz.	@ 8 oz.
Apple juice, grape juice	0	0	0	0	0	0	0	0	0	6 oz.	0 4 oz.	0 6 oz.	0 8 oz.
Prune juice	0	0	0	0	0	0	0	0	0	6 oz.	<b>O</b> 4 oz.	0 6 oz.	0 8 oz.
Whole milk (or chocolate whole milk), not including on cereal	0	0	0	0	0	0	0	0	0	8 oz.	0 5 oz.	0 8 oz.	0 10 oz.
2% milk (or chocolate 2% milk), 1% milk, not including on cereal	0	0	0	0	0	0	0	0	0	8 oz.	<b>O</b> 5 oz.	0 8 oz.	0 10 oz.
Skim milk, not including on cereal	0	0	0	0	0	0	0	0	0	8 oz.	0 5 oz.	0 8 oz.	0 10 oz.
Soy milk	0	0	0	0	0	0	0	0	0	8 oz.	0 02. 0 5 0Z.	0 02. 0 8 02.	10 oz.
Kool-Aid, Hi-C, or other drinks with added vitamin C	0	0	0	0	0	0	0	0	0	8 oz.	5 02.	8 oz.	10 oz.
Snapple, Calistoga, sweetened bottled waters or instant teas	0	0	0	0	0	0	0	0	0	1 bottle	5 oz.	8 oz.	10 oz.
Iced tea, not instant (brewed iced tea, sur tea, restaurant iced tea, bottled tea)	٦ 🔾	0	0	0	0	0	0	0	0	8 oz.	8 oz.	12 oz. 8 oz.	16 oz.
Water from the tap at home	0	0	0	0	0	0	0	0	0	8 oz.	5 oz.	8 oz.	10 oz.
Water from the tap at work	•	0	0	0	0	0	0	0	0	8 oz.	5 oz.	8 oz.	10 oz.
Regular soft drinks (not diet soda)	0	0	0	0	0	0	0	0	0	12 oz. can or bottle		8 oz.	10 oz.
Beer	0	0	0	0	0	0	0	0	0	12 oz. can or bottle		12 oz.	16 oz.
White wine	0	0	0	0	0	0	0	0	0	5 oz.	8 oz.	12 oz.	16 oz.
Red wine	0	0	0	0	0	0	0	0	0	5 oz.	0	0	0
Liquor	0	0	0	0	0	0	0	0	0	1 shot	0	0	0
Coffee, regular	0	0	0	0	0	0	0	0	0	1 medium cup	0	0	0
Coffee, decaffeinated	0	0	0	0	0	0	0	0	0	1 medium cup	0	0	0
Hot black tea (Lipton's), not herbal	0	Q	0	0	0	0	0	0	0	1 medium cup	0	0	0
Hot green tea, not herbal	0	Q	0	0	0	0	0	0	0	1 medium cup	Q	Q	Q
Non-dairy creamer in coffee or tea	0	0	0	0	0	0	0	0	0	1 Tbsp.	0	0	0
Cream (real) or Half-and-Half in coffee or tea	0	0	0	0	0	0	0	0	0	1 Tbsp.	Q	Q	Q
Milk in coffee or tea Type (check one):	0	0	0	0	0	0	0	0	0	1 Tbsp.	0	0	0
Sugar or honey in coffee or tea	0	0	0	0	0	0	0	0	0	1 Tsp.	0	0	0
PLEASE DO N										SERIA		<u> </u>	<u> </u>

About how often do you eat the following foods from restaurants or carry-outs? Remember to think about all meals (breakfast, lunch, dinner, or snacks).

		١	NUMBER O	F VISITS L	AST YEA	R	
RESTAURANT FOOD	NEVER IN PAST YEAR	1-4 TIMES IN PAST YEAR	5-11 TIMES IN PAST YEAR	1-3 TIMES A MONTH	ONCE A WEEK	2-4 TIMES A WEEK	ALMOST EVERY DAY
Fried chicken	Q	Q	Q	Q	Q	Q	Q
Burgers	0	0	0	0	0	0	0
Pizza	Q	Q	Q	Q	Q	Q	Q
Chinese food, Thai, or other Asian food	0	0	0	0	$\bigcirc$	0	0
Mexican food	Q	Q	Q	Q	Q	Q	Q
Fried fish	0	0	0	0	0	0	0

What kinds of fat do you usually use in cooking (to fry or stir-fry)? (Mark the one you use most often.)

On't know	Ø Stick margarine	Corn oil or soybean (vegetable oil)
Q Lard, fatback, baconfat	Ø Soft tub margarine	Pam or no oil
Butter	Q Low calorie margarine	
Orisco shortening	Olive oil or canola oil	

## What kinds of fat do you usually add to breads, vegetables, potatoes at the table?

(Mark the one you use most often.)

On't add fat	Orisco shortening	Olive oil or canola oil
Q Lard, fatback, baconfat	Stick margarine	Orn oil or soybean oil (vegetable oil)
Ø Butter	Soft tub margarine	
Whipped butter	Q Low calorie margarine	

en you ate the following foods, how often did eat a low-fat or non-fat version of that food?	DO NOT EAT	ALWAYS LOW-FAT	SOMETIMES LOW-FAT	RARELY LOW-FAT
Milk on cereal	0	0	$\bigcirc$	0
Cottage cheese	0	0	0	0
Hard cheese and cheese spreads	0	0	0	0
Yogurt, frozen yogurt	0	0	0	0
Ice cream	0	0	0	0
Salad dressing	0	0	0	0
Cake or cookies	0	0	0	0

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How often did you add salt to your food?
Seldom Sometimes Often
How often did you eat the skin on chicken?
I do not eat chicken     O Seldom     Sometimes     Often     O
How often did you eat the fat on meat?
Q I do not eat meat Q Seldom Q Sometimes Q Often
If you drank orange juice, how often did you drink a calcium-fortified brand?
Usually

Answer questions regarding your usual eating habits before one year ago. Do not include any recent dietary changes.

#### Did you eat any hamburgers or cheeseburgers?

Q

How often were they:	ALMOST NEVER OR NEVER	ABOUT 1/4 OF THE TIME	ABOUT 1/2 OF THE TIME	ABOUT 3/4 OF THE TIME	ALMO ALWAY ALWA
Fast food (any method)?	0	0	0	0	C
Casual dining, family restaurar (Perkins, Applebee's)?	nts O	0	0	0	C
Pan-fried?	0	0	0	0	Q
Grilled/barbecued?	Q	0	$\bigcirc$	$\bigcirc$	C
Oven-broiled?	0	0	0	0	C
Microwaved?	Q	0	Q	0	C
When you ate hamburgers (or cl	heeseburgers), I	how did you	usually eat th	nem? (Mark o	only one

#### Did you eat any steak?

Q Yes

@ No

How often were they:	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
Fast food?	$\bigcirc$	$\bigcirc$	$\bigcirc$	$\bigcirc$	$\bigcirc$
Casual dining, family restaurants?	0	0	$\circ$	0	0
Pan-fried?	$\bigcirc$	$\bigcirc$	$\bigcirc$	$\bigcirc$	$\bigcirc$
Grilled/barbecued?	0	0	$\circ$	0	$\bigcirc$
Oven-broiled?	0	$\bigcirc$	$\bigcirc$	0	$\bigcirc$

#### When you ate steak, how did you usually eat it? (Mark only one.)

	Ø Medium well	Well done	Very well done	On't know
--	------------------	--------------	-------------------	-----------

#### Did you eat any chicken?

🔍 No

Q Yes

How often was the chicken (including nuggets) you ate:	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
Deep fat fried/fast food?	0	0	0	0	$\bigcirc$
Casual dining, family restaurants?	0	0	0	0	0
Pan fried?	$\bigcirc$	$\bigcirc$	$\bigcirc$	$\bigcirc$	0
Baked/roasted?	0	0	0	0	0
Stewed?	$\bigcirc$	$\bigcirc$	$\bigcirc$	0	0
Oven-broiled?	0	0	0	0	0
Grilled/barbecued?	0	0	0	0	0

### Did you eat any fish or seafood?

Q Yes

🚇 No

ow often was the fish you ate:	ALMOST NEVER OR NEVER	ABOUT 1/4 OF THE TIME	ABOUT 1/2 OF THE TIME	ABOUT 3/4 OF THE TIME	ALMOST ALWAYS O ALWAYS
Fried/fast food?	$\bigcirc$	$\bigcirc$	$\bigcirc$	$\bigcirc$	$\bigcirc$
Casual dining, family restaurants?	0	0	$\bigcirc$	0	0
Pan fried?	$\bigcirc$	$\bigcirc$	$\bigcirc$	$\bigcirc$	$\bigcirc$
Oven-broiled?	0	0	0	0	0
Baked?	$\bigcirc$	$\bigcirc$	$\bigcirc$	$\bigcirc$	$\bigcirc$
Grilled/barbecued?	0	0	0	0	0
Raw?	0	0	0	0	0

#### Did you eat any pork chops or ham steaks?

💿 No	© Yes ↓				
	How did you usu	-	© Fried	Broiled	On Don't know
	Baked	Orilled	Pried	Broiled     Broiled     Alternative     Alternative	💿 Don't kno

#### Did you eat bacon or sausage?

💿 No	◎ Yes					
	How did you usually eat them?					
	💿 Just until done	Well-done, crisp	Oharred/blackened	Oon't know		

When did you eat foods that have been grilled (cooked over coals, open fire, or gas grill)?

Q Never	Q All year round		y in the summer (J	une through Septemb	er)
	How often did you	eat grilled o	r barbecued meat	t (including beef, por	k, chicken, or fish)?
	Q Less than once	ce a month			
	© 1 to 3 times a	month			
	<ul> <li>Once a week</li> <li>2 to 3 times a</li> </ul>	week			
	<ul> <li>4 to 5 times a</li> </ul>				
	Q Almost every	day			
	How often did you	i eat meat wh	ich has been cha	rred/blackened by g	rilling or barbecuing?
	Never	Q Rarely	Sometimes	Often	

How would you describe your lifetime consumption of unpasteurized milk? (Mark one answer.)

- Q Never drank unpasteurized milk
- Orank it only as a child
- Orank it only as an adult
- Orank it as a child and as an adult

Before one year ago, did you 62 take any vitamins or minerals at least once a week for more **HOW OFTEN?** FOR HOW MANY YEARS? If you took a multiple than six months? vitamin, please name the MORE 1-3 4-6 LESS specific brand and type: 58 TIMES TIMES THAN O No Q Yes ONCE THAN 10-19 1-4 5-9 20+ PER PER 7 PER EVERY DAY 57 1 YR. YRS. YRS. YRS. YRS. WK. WK. WK. 56 55 Multiple O No Q Yes 0 1 2 3 4 5 6 7 8 954 Vitamins 0 Q ത Q 0 Q 0 Q Q 53 52 51 50 49 48 47 0 0 0 0 3 4 5 6 7 8 9Not counting multiple vitamins, did you take any of the following vitamins or minerals before one year ago? **USUAL DOSE?** Vitamin A (not 🔍 No Q Yes beta carotene) Q ത Q Q Q 0 Q Q Q 
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 1 550 mg or more
 Vitamin E ONO Q Yes @ 400 IU or less Q ത Q Q Q Q Q Q Q @ 450 IU or more Folic Acid 🔍 No Q Yes 0 0 0 0 0 0 0 0 400 μg or less Q 450 µg or more Vitamin B6 🔍 No Q Yes 0 Q ത Q Q 0 Q Q Q 4 10 mg or less I1 mg or more Vitamin B12 O No Q Yes Q 0 Q 0 0 Q 0 0 0 Calcium ON OP Q Yes (include Tums) 0 Q 0 Q 0 0 0 0 0 700 mg or less
 1 Zinc O No Q Yes 0 Q 0 Q 0 Q Q 0 0 25 mg or less
 ④ 30 mg or more Selenium 🔍 No Q Yes 0 Q ത Q Q Q Q Q 0 Φ 50 μg or less 18 Niacin Q Yes 🔍 No 17 16 15 œ 0 0 0 0 0 0 0 0 Vitamin D O No Q Yes 14 Q Q 0 Q 0 Q Q Q Q 13 12 Iron ON O Q Yes 11 C Q 0 0 0 0 0 0 0 10 9 Magnesium 🔍 No Q Yes 8 0 0 0 0 0 0 0 0 Q 7 6 ©2003, Mayo Foundation for Medical Eduction and Research (MFMER). All rights reserved. 5 4 PLEASE DO NOT WRITE IN THIS AREA

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