

Food Frequency Questionnaire

PLEASE PROVIDE:

Today's Date		
MONTH	DAY	YEAR
☐ Jan	☐ 1 ☐ 12 ☐ 21	☐ 2003
☐ Feb	☐ 2 ☐ 12 ☐ 22	☐ 2004
☐ Mar	☐ 3 ☐ 13 ☐ 23	☐ 2005
☐ Apr	☐ 4 ☐ 14 ☐ 24	☐ 2006
☐ May	☐ 5 ☐ 15 ☐ 25	☐ 2007
☐ Jun	☐ 6 ☐ 16 ☐ 26	☐ 2008
☐ Jul	☐ 7 ☐ 17 ☐ 27	☐ 2009
☐ Aug	☐ 8 ☐ 18 ☐ 28	☐ 2010
☐ Sep	☐ 9 ☐ 19 ☐ 29	☐ 2011
☐ Oct	☐ 10 ☐ 20 ☐ 30	☐ 2012
☐ Nov	☐ 31	☐ 2013
☐ Dec		☐ 2014

ID Number

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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
☐ 6	☐ 6	☐ 6	☐ 6	☐ 6	☐ 6	☐ 6	☐ 6	☐ 6	☐ 6
☐ 7	☐ 7	☐ 7	☐ 7	☐ 7	☐ 7	☐ 7	☐ 7	☐ 7	☐ 7
☐ 8	☐ 8	☐ 8	☐ 8	☐ 8	☐ 8	☐ 8	☐ 8	☐ 8	☐ 8
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PLEASE DO NOT WRITE IN THIS AREA



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TYPE OF FOOD	HOW OFTEN										HOW MUCH			
	NEVER OR LESS THAN ONCE PER 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	M	L	
FRUITS														
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"/>	<input type="radio"/>	1 medium	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	
Apples, applesauce, pears	<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"/>	1 medium or 1/2 cup	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	
Citrus fruits (oranges, grapefruit, tangerines)	<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"/>	1 medium	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	
Cantaloupe	<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"/>	1/4 med.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	
Grapes	<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"/>	1/2 cup	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	
Peaches, apricots, nectarines, plums (fresh 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"/>	<input type="radio"/>	1 medium	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	
Mangoes, papayas	<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"/>	1/2 medium	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	
Strawberries	<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"/>	1/2 cup	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	
Other berries (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"/>	<input type="radio"/>	1/2 cup	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	
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"/>	<input type="radio"/>	1/2 cup	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	
Any other fruit including kiwi, pineapple	<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"/>	1/2 cup	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	
Canned fruit	<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"/>	1/2 cup	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	
Dried fruit (raisins, dates, prunes)	<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"/>	2 Tbsp. or 2 prunes	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	
CEREALS & DAIRY PRODUCTS														
Fiber cereals (i.e., Raisin Bran, granola, Shredded Wheat) List type: _____	<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"/>	1 cup	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	
Sweetened cereals (i.e., Frosted Flakes) List type: _____	<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"/>	1 cup	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	
Other cold cereals (i.e., Corn Flakes, Cheerios) List type: _____	<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"/>	1 cup	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	
Cooked cereal (i.e., oatmeal, oat bran, grits) List type: _____	<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"/>	1 cup	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	
Milk on 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"/>	<input type="radio"/>	1 cup	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	
Sugar on cereal (white, brown)	<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"/>	1 Tsp.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	
Breakfast bars, granola bars, power 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"/>	<input type="radio"/>	1 serving	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	
Breakfast shakes, diet shakes	<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"/>	1 serving	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	
Pancakes or waffles	<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"/>	2 medium	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	
Eggs	<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"/>	1 egg=small 2 eggs=med	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	
Egg substitutes, Egg Beaters, egg whites	<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"/>	1/2 cup	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	
Cottage 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"/>	<input type="radio"/>	1/2 cup	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	
Other cheeses and cheese spreads (regular or lowfat)	<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"/>	2 slices or 2 ounces	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	
Yogurt, frozen yogurt (regular or lowfat)	<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"/>	8 oz. container	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	

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TYPE OF FOOD	HOW OFTEN										HOW MUCH			
	NEVER OR LESS THAN ONCE PER 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	M	L	
VEGETABLES (fresh, frozen, or canned, or in restaurants)														
String beans, green 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"/>	<input type="radio"/>	<input type="radio"/>	1/2 cup	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
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"/>	<input type="radio"/>	<input type="radio"/>	1/2 cup	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Other beans such as baked beans, pintos, kidney (not including 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"/>	<input type="radio"/>	<input type="radio"/>	3/4 cup	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Corn	<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"/>	<input type="radio"/>	1/2 cup	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
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"/>	<input type="radio"/>	<input type="radio"/>	1 medium	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Tomato 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"/>	<input type="radio"/>	<input type="radio"/>	6 oz.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Salsa, ketchup, taco 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"/>	<input type="radio"/>	<input type="radio"/>	2 Tbsp.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Broccoli	<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"/>	<input type="radio"/>	1/2 cup	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Cauliflower or 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"/>	<input type="radio"/>	<input type="radio"/>	1/2 cup	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Spinach, 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"/>	<input type="radio"/>	<input type="radio"/>	1/2 cup	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Spinach, raw	<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"/>	<input type="radio"/>	1/2 cup	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Mustard greens, turnip greens, collards	<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"/>	<input type="radio"/>	1/2 cup	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Cole slaw, cabbage	<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"/>	<input type="radio"/>	1/2 cup	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Carrots, or mixed vegetables containing carrots	<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"/>	<input type="radio"/>	1/2 cup	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Beets	<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"/>	<input type="radio"/>	1/2 cup	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Other vegetables (celery, alfalfa, mushrooms)	<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"/>	<input type="radio"/>	1/2 cup	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Radishes	<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"/>	<input type="radio"/>	1/2 cup	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Rhubarb	<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"/>	<input type="radio"/>	1/2 cup	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Green 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"/>	<input type="radio"/>	<input type="radio"/>	1 medium bowl	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Creamy salad dressing, 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"/>	<input type="radio"/>	<input type="radio"/>	2 Tbsp.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Oil and vinegar salad dressings	<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"/>	<input type="radio"/>	2 Tbsp.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
French fries and 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"/>	<input type="radio"/>	<input type="radio"/>	3/4 cup	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Potatoes not fried, including boiled, baked, mashed, and in potato 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"/>	<input type="radio"/>	<input type="radio"/>	1 medium or 1/2 cup	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Sweet potatoes, 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"/>	<input type="radio"/>	<input type="radio"/>	1/2 cup	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Summer squash, zucchini, 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"/>	<input type="radio"/>	<input type="radio"/>	1/2 cup	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Winter squash (acorn, spaghetti)	<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"/>	<input type="radio"/>	1/2 cup	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Fat added to vegetables, potatoes, etc., check one:											2 pats or 2 Tsp.	<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"/>
Tofu, bean 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"/>	<input type="radio"/>	<input type="radio"/>	1/2 cup	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Meat substitutes made from soy	<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"/>	<input type="radio"/>	1 cup or patty	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

TYPE OF FOOD	HOW OFTEN										HOW MUCH			
	NEVER OR LESS THAN ONCE PER 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	M	L	
MEAT, POULTRY, SEAFOOD, AND MIXED DISHES														
Hamburger, cheeseburger 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"/>	<input type="radio"/>	<input type="radio"/>	1 medium or 4 oz.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Other ground beef including meat loaf, beef burritos, tacos	<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"/>	<input type="radio"/>	1 cup	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Beef (includes steak, roast, 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"/>	<input type="radio"/>	<input type="radio"/>	5 oz.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Beef or vegetable stew or potpie with carrots and other 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"/>	<input type="radio"/>	<input type="radio"/>	1 cup	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Game meat (venison, elk, pheasant, duck)	<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"/>	<input type="radio"/>	5 oz.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Liver including chicken livers	<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"/>	<input type="radio"/>	5 oz.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Pork (includes chops, roast)	<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"/>	<input type="radio"/>	5 oz.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Bacon, back 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"/>	<input type="radio"/>	<input type="radio"/>	4 strips or 2 slices	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Sausage (including Italian, German, Polish, breakfast)	<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"/>	<input type="radio"/>	2 breakfast or 1 other sausage	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Fried chicken, chicken nuggets, chicken 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"/>	<input type="radio"/>	<input type="radio"/>	1 large or 2 small pieces	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Chicken, turkey (includes roast, barbecue, in sandwiches, and mixed dishes)	<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"/>	<input type="radio"/>	5 oz.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Fried fish or 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"/>	<input type="radio"/>	<input type="radio"/>	5 oz. or 1 sandwich	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Fresh fish (baked, steamed)	<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"/>	<input type="radio"/>	5 oz.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Canned fish (tuna, tuna salad, tuna casserole, salmon, 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"/>	<input type="radio"/>	<input type="radio"/>	5 oz. or 1/2 cup	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Seafood (shrimp, crab, lobster, oysters)	<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"/>	<input type="radio"/>	5 pieces or 3 oz.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Gravies	<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"/>	<input type="radio"/>	2 Tbsp.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Pasta, spaghetti with tomato sauce or meat, lasagna	<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"/>	<input type="radio"/>	1 cup	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Pasta with cheese (such as macaroni and 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"/>	<input type="radio"/>	<input type="radio"/>	1 cup	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Pasta salad, other pasta without tomato	<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"/>	<input type="radio"/>	3/4 cup	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
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"/>	<input type="radio"/>	<input type="radio"/>	1 slice	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Hot dogs	<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"/>	<input type="radio"/>	2 hot dogs	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Ham, bologna, other lunch meats (regular or made with 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"/>	<input type="radio"/>	<input type="radio"/>	2 slices/ 2 oz.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Vegetable soups with carrots or tomatoes such as vegetable beef or tomato 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"/>	<input type="radio"/>	<input type="radio"/>	1 cup	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Lentil, pea, and bean soups	<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"/>	<input type="radio"/>	1 cup	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Chili with beans (with or without 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"/>	<input type="radio"/>	<input type="radio"/>	1 cup	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Other soups like chicken noodle, mushroom, cup-a-soup, ramen	<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"/>	<input type="radio"/>	1 cup	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

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TYPE OF FOOD	HOW OFTEN										HOW MUCH				
	NEVER OR LESS THAN ONCE PER 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	YOUR SERVING SIZE				
											S	M	L	XL	
BREADS, SNACKS, SPREADS (Please note that the categories for these columns are different.)															
White bread, French or Italian bread, including 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"/>	<input type="radio"/>	<input type="radio"/>	# slices each time	<input type="radio"/> slice	<input type="radio"/> slices	<input type="radio"/> slices	
Dark bread, such as whole wheat, rye, pumpernickel	<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"/>	<input type="radio"/>	# slices each time	<input type="radio"/> slice	<input type="radio"/> slices	<input type="radio"/> slices	
Bagels, English muffins, hamburger buns	<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"/>	<input type="radio"/>	1 medium	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	
Corn bread, corn 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"/>	<input type="radio"/>	<input type="radio"/>	# pieces each time	<input type="radio"/> piece	<input type="radio"/> pieces	<input type="radio"/> pieces	
Biscuits, muffins (including fast foods)	<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"/>	<input type="radio"/>	1 medium	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	
Peanuts, peanut butter, 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"/>	<input type="radio"/>	<input type="radio"/>	2 Tbsp.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	
Margarine on bread or rolls	<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"/>	<input type="radio"/>	2 pats	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	
Butter on bread or rolls	<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"/>	<input type="radio"/>	2 pats	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	
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"/>	<input type="radio"/>	<input type="radio"/>	# each time	<input type="radio"/> 1 tort.	<input type="radio"/> 2 tort.	<input type="radio"/> 3 tort.	<input type="radio"/> 4 tort.
Rice, or dishes made with 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"/>	<input type="radio"/>	<input type="radio"/>	3/4 cup	<input type="radio"/> S	<input type="radio"/> M	<input type="radio"/> L	<input type="radio"/> XL
Snacks like nachos with cheese, potato skins with topping	<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"/>	<input type="radio"/>	1 cup or 1 skin	<input type="radio"/> S	<input type="radio"/> M	<input type="radio"/> L	<input type="radio"/> XL
Salty snacks, like potato chips, corn chips, popcorn, crackers	<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"/>	<input type="radio"/>	1 cup	<input type="radio"/> S	<input type="radio"/> M	<input type="radio"/> L	<input type="radio"/> XL
SWEETS															
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"/>	<input type="radio"/>	<input type="radio"/>	1 scoop or 1/2 cup	<input type="radio"/> S	<input type="radio"/> M	<input type="radio"/> L	<input type="radio"/> XL
Doughnuts, pastry	<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"/>	<input type="radio"/>	1 piece	<input type="radio"/> S	<input type="radio"/> M	<input type="radio"/> L	<input type="radio"/> XL
Cookies or 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"/>	<input type="radio"/>	<input type="radio"/>	3-5 cookies	<input type="radio"/> S	<input type="radio"/> M	<input type="radio"/> L	<input type="radio"/> XL
Pumpkin pie, sweet potato pie	<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"/>	<input type="radio"/>	1 med slice or 1/6th pie	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	
Fruit 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"/>	<input type="radio"/>	<input type="radio"/>	1 med slice or 1/6th pie	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	
Cream pies, cheese 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"/>	<input type="radio"/>	<input type="radio"/>	1 med slice or 1/6th pie	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	
Chocolate candy, candy 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"/>	<input type="radio"/>	<input type="radio"/>	1 small bar or 55 gm.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	
Other hard 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"/>	<input type="radio"/>	<input type="radio"/>	3 pieces	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	
Jams or jelly	<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"/>	<input type="radio"/>	1 Tbsp.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	

PLEASE DO NOT WRITE IN THIS AREA



[SERIAL]

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TYPE OF FOOD	HOW OFTEN										HOW MUCH			63
	NEVER OR LESS THAN ONCE PER 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	YOUR SERVING SIZE			62
											S	M	L	61
BEVERAGES (Please note that the categories for these columns are different.)														60
Orange juice or grapefruit 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"/>	<input type="radio"/>	6 oz.	<input type="radio"/> 4 oz.	<input type="radio"/> 6 oz.	<input type="radio"/> 8 oz.	59
Apple juice, grape 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"/>	<input type="radio"/>	6 oz.	<input type="radio"/> 4 oz.	<input type="radio"/> 6 oz.	<input type="radio"/> 8 oz.	58
Prune 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"/>	<input type="radio"/>	6 oz.	<input type="radio"/> 4 oz.	<input type="radio"/> 6 oz.	<input type="radio"/> 8 oz.	57
Whole milk (or chocolate whole milk), not including on 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"/>	<input type="radio"/>	8 oz.	<input type="radio"/> 5 oz.	<input type="radio"/> 8 oz.	<input type="radio"/> 10 oz.	56
2% milk (or chocolate 2% milk), 1% milk, not including on 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"/>	<input type="radio"/>	8 oz.	<input type="radio"/> 5 oz.	<input type="radio"/> 8 oz.	<input type="radio"/> 10 oz.	55
Skim milk, not including on 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"/>	<input type="radio"/>	8 oz.	<input type="radio"/> 5 oz.	<input type="radio"/> 8 oz.	<input type="radio"/> 10 oz.	54
Soy 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"/>	<input type="radio"/>	8 oz.	<input type="radio"/> 5 oz.	<input type="radio"/> 8 oz.	<input type="radio"/> 10 oz.	53
Kool-Aid, Hi-C, or other drinks with added vitamin C	<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"/>	8 oz.	<input type="radio"/> 5 oz.	<input type="radio"/> 8 oz.	<input type="radio"/> 10 oz.	52
Snapple, Calistoga, sweetened bottled waters or instant teas	<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"/>	1 bottle	<input type="radio"/> 8 oz.	<input type="radio"/> 12 oz.	<input type="radio"/> 16 oz.	51
Iced tea, not instant (brewed iced tea, sun tea, restaurant iced tea, bottled 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"/>	8 oz.	<input type="radio"/> 5 oz.	<input type="radio"/> 8 oz.	<input type="radio"/> 10 oz.	50
Water from the tap at home	<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"/>	8 oz.	<input type="radio"/> 5 oz.	<input type="radio"/> 8 oz.	<input type="radio"/> 10 oz.	49
Water from the tap at work	<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"/>	8 oz.	<input type="radio"/> 5 oz.	<input type="radio"/> 8 oz.	<input type="radio"/> 10 oz.	48
Regular soft drinks (not diet 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"/>	<input type="radio"/>	12 oz. can or bottle	<input type="radio"/> 8 oz.	<input type="radio"/> 12 oz.	<input type="radio"/> 16 oz.	47
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"/>	12 oz. can or bottle	<input type="radio"/> 8 oz.	<input type="radio"/> 12 oz.	<input type="radio"/> 16 oz.	46
White 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"/>	5 oz.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	45
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"/>	5 oz.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	44
Liquor	<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"/>	1 shot	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	43
Coffee, regular	<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"/>	1 medium cup	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	42
Coffee, decaffeinated	<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"/>	1 medium cup	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	41
Hot black tea (Lipton's), not herbal	<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"/>	1 medium cup	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	40
Hot green tea, not herbal	<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"/>	1 medium cup	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	39
Non-dairy creamer in coffee or 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"/>	1 Tbsp.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	38
Cream (real) or Half-and-Half in coffee or 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"/>	1 Tbsp.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	37
Milk in coffee or tea Type (check one):	<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"/>	1 Tbsp.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	36
											<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	35
											<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	34
											<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	33
Sugar or honey in coffee or 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"/>	1 Tsp.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	32

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63 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).

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RESTAURANT FOOD	NUMBER OF VISITS LAST YEAR						
	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	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Burgers	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Pizza	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Chinese food, Thai, or other Asian food	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Mexican food	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Fried fish	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

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

- Don't know
- Stick margarine
- Corn oil or soybean (vegetable oil)
- Lard, fatback, baconfat
- Soft tub margarine
- Pam or no oil
- Butter
- Low calorie margarine
- Crisco 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.)

- Don't add fat
- Crisco shortening
- Olive oil or canola oil
- Lard, fatback, baconfat
- Stick margarine
- Corn oil or soybean oil (vegetable oil)
- Butter
- Soft tub margarine
- Whipped butter
- Low calorie margarine

When you ate the following foods, how often did you 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	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Cottage cheese	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Hard cheese and cheese spreads	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Yogurt, frozen yogurt	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Ice cream	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Salad dressing	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Cake or cookies	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

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
 Seldom
 Sometimes
 Often

How often did you eat the fat on meat?

- I do not eat meat
 Seldom
 Sometimes
 Often

If you drank orange juice, how often did you drink a calcium-fortified brand?

- Usually
 Sometimes
 Rarely
 Don't know

**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?

- No
 Yes

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 (any method)?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Casual dining, family restaurants (Perkins, Applebee's)?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Pan-fried?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Grilled/barbecued?	<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"/>
Microwaved?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

When you ate hamburgers (or cheeseburgers), how did you usually eat them? (Mark only one.)

Rare
 Medium rare
 Medium
 Medium well
 Well done
 Very well done
 Don't know

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Did you eat any steak?

No Yes

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?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Casual dining, family restaurants?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Pan-fried?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Grilled/barbecued?	<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"/>

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

Rare
 Medium rare
 Medium
 Medium well
 Well done
 Very well done
 Don't know

Did you eat any chicken?

No 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?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Casual dining, family restaurants?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Pan fried?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Baked/roasted?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Stewed?	<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"/>
Grilled/barbecued?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Did you eat any fish or seafood?

No Yes

How 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 OR ALWAYS
Fried/fast food?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Casual dining, family restaurants?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Pan fried?	<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"/>
Baked?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Grilled/barbecued?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Raw?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

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Did you eat any pork chops or ham steaks?

- No Yes

How did you usually eat them?

- Baked Grilled Fried Broiled Don't know

Did you eat bacon or sausage?

- No Yes

How did you usually eat them?

- Just until done Well-done, crisp Charred/blackened Don't know

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

- Never All year round Mostly in the summer (June through September)

How often did you eat grilled or barbecued meat (including beef, pork, chicken, or fish)?

- Less than once a month
 1 to 3 times a month
 Once a week
 2 to 3 times a week
 4 to 5 times a week
 Almost every day

How often did you eat meat which has been charred/blackened by grilling or barbecuing?

- Never Rarely Sometimes Often

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

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

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63 Before one year ago, did you
 62 take any vitamins or minerals
 61 at least once a week for more
 60 than six months?

59 No Yes

HOW OFTEN?

1-3
TIMES
PER
WK.
4-6
TIMES
PER
WK.
ONCE
EVERY
DAY
MORE
THAN
7 PER
WK.

FOR HOW MANY YEARS?

LESS
THAN
1 YR.
1-4
YRS.
5-9
YRS.
10-19
YRS.
20+
YRS.

If you took a multiple
 vitamin, please name the
 specific brand and type:

55 Multiple
 54 Vitamins

No Yes

1	2	3	4	5	6	7	8	9
1	2	3	4	5	6	7	8	9
1	2	3	4	5	6	7	8	9

51 Not counting multiple vitamins, did you take any of the following vitamins or minerals before one year ago?

48 Vitamin A (not
 47 beta carotene)

No Yes

USUAL DOSE?

8,000 IU or less
 8,500 IU or more

45 Beta
 44 Carotene

No Yes

8,000 IU or less
 8,500 IU or more

42 Vitamin C

No Yes

500 mg or less
 550 mg or more

39 Vitamin E

No Yes

400 IU or less
 450 IU or more

36 Folic Acid

No Yes

400 µg or less
 450 µg or more

33 Vitamin B6

No Yes

10 mg or less
 11 mg or more

30 Vitamin B12

No Yes

10 µg or less
 11 µg or more

27 Calcium
 26 (include Tums)

No Yes

700 mg or less
 750 mg or more

24 Zinc

No Yes

25 mg or less
 30 mg or more

21 Selenium

No Yes

50 µg or less
 51 µg or more

18 Niacin

No Yes

15 Vitamin D

No Yes

12 Iron

No Yes

9 Magnesium

No Yes

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