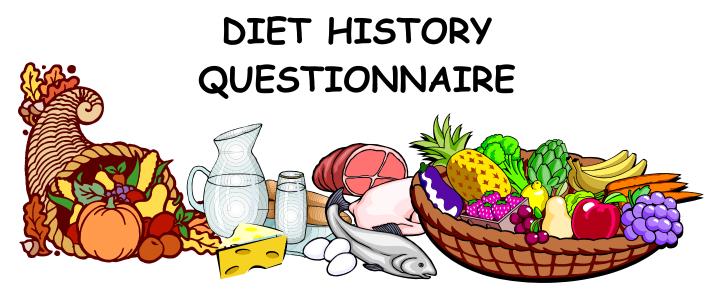




A research initiative of the Alberta Cancer Board Adapted from the National Institutes of Health Diet History Questionnaire



GENERAL INSTRUCTIONS

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

Please fill in the corresponding bubble for your gender below.

Gender n MALE

1 O FEMALE

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

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

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

1 ounce = 30 mL

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



1.	Over the past 12 months, how often did you drink tomato juice or vegetable juice? TJ1	Ove	er the <u>past 12 month</u> s
	O NEVER (GO TO QUESTION 2) TJNever1 O 1 time per month or less O 1 time per day	3a.	Each time you drank other fruit juice or fruit juice mixtures , how much did you usually drink? FJ3a
	O 2-3 times per month O 2-3 times per day		O Less than 3/4 cup (6 ounces)
	O 1-2 times per week O 4-5 times per day		○ 3/4 to 1 1/2 cups (6 to 12 ounces)
	O 3-4 times per week O 6 or more times per day		O More than 1 1/2 cups (12 ounces)
	○ 5-6 times per week		O More than 1 1/2 cups (12cunces)
	1a. Each time you drank tomato juice or vegetable juice, how much did you usually drink? TJ1a	4.	How often did you drink other fruit drinks (such as cranberry cocktail, fruit punch, lemonade, or Kool-Aid, diet or regular)? FD4
	O Less than 3/4 cup (6 ounces)		O NEVER (GO TO QUESTION 5)
	O 3/4 to 1 1/4 cups (6 to 10 ounces)		FDNever4
\bigvee	O More than 1 1/4 cups (10 ounces)		O 1 time per month or less O 1 time per day
V			O 2-3 times per month O 2-3 times per day
2.	Over the past 12 months, how often did you drink		O 1-2 times per week O 4-5 times per day
	orange juice or grapefruit juice? OJ2		O 3-4 times per week O 6 or more times per da
	O NEVER (GO TO QUESTION 3)		○ 5-6 times per week
	OJNever2		4a. Each time you drank fruit drinks, how much
	O 1 time per month or less O 1 time per day		did you usually drink? FD4a
	○ 2-3 times per month ○ 2-3 times per day		•
	○ 1-2 times per week ○ 4-5 times per day		O Less than 1 cup (8 ounces)
	○ 3-4 times per week ○ 6 or more times per day		O 1 to 2 cups (8 to 16 ounces)
	○ 5-6 times per week		O More than 2 cups (16 ounces)
	2a. Each time you drank orange juic e or grapefruit juice , how much did you usually		4b. How often were your fruit drinks diet or sugar-free drinks ? FD4b
	drink? OJ2a		O Almost never or never
	O Less than 3/4 cup (6 ounces)		O About 1/4 of the time
	O 3/4 to 1 1/4 cups (6 to 10 ounces)		O About 1/2 the time
	O More than 1 1/4 cups (10 ounces)		O About 3/4 of the time
	2b. How often was the juice fortified with Calcium ?	Y	O Almost always or always
	O Almost never or never	5.	How often did you drink milk as a beverage
	About 1/4 of the time		NOT in coffee, NOT in cereal? (Please include
	O About 1/2 the time		chocolate milk and hot chocolate.) MILK5
	O About 3/4 of the time		O NEVER (GO TO QUESTION 6)
	O Almost always or always		MILKNever5
V	O / milest amayo of amayo		O 1 time per month or less O 1 time per day
3.	Over the past 2 months, how often did you drink		○ 2-3 times per month ○ 2-3 times per day
	other 100% fruit juice or 100% fruit juice mixtures (such as apple, grape, pineapple, or others)? FJ3		○ 1-2 times per week ○ 4-5 times per day
			○ 3-4 times per week ○ 6 or more times per da
	O NEVER (GO TO QUESTION 4)		○ 5-6 times per week
	FJNever3		Eq. Fook times you decide will be a fire or
	○ 1 time per month or less ○ 1 time per day		5a. Each time you drank milk as a beverage , how much did you usually drink? MILK5a
	O 2-3 times per month O 2-3 times per day		
	○ 1-2 times per week○ 3-4 times per week○ 6 or more times per day		O Less than 1 cup (8 ounces)
	○ 5-6 times per week ○ 6 or more times per day		O 1 to 1 1/2 cups (8 to 12 ounces)
V	<u> </u>	\ \	O More than 1 1/2cups (12 ounces)
Que	estion 4 appears in the next column.	Que	estion 6 appears on the next page.

Question 6 appears on the next page.

2

	kind of milk did	you usually drink? MILK5b	70	C.	Each time you drank soft much did you usually drin	
O 1 %	fat milk 6 fat milk m, nonfat, or 1/2 %	6 fat milk			O Less than 12 ounces or O 12 to 16 ounces or 1 car O More than 16 ounces or SD7c	or bottle
	e milk		70	d.	How often were these so diet or sugar-free?	ft drinks or pop
energy, or I Instant Bre others? NEVER (CONTROL OF MENER OF 1-2 times OF 3-4 times OF 5-6 times	akfast, Ensure, SAIR6 GO TO QUESTION er6 month or less Caper month Caper week Caper week Caper week Caper week	verages such as Slimfast, Boost or	70	e.	 ○ 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 SD7d How often were these sor caffeine-free? ○ Almost never or never ○ About 1/4 of the time ○ About 1/2 of the time ○ About 3/4 of the time 	
bever drink?	ages, how much MR6a s than 1 cup (8 ou	did you usually			O Almost always or always SD7e	
○ 1 to	1 1/2 cups (8 to 1) e than 1 1/2 cups	2 ounces)			the <u>past 12 months</u> , did y se do not include non-alc	
7. Over the pa	st 12 months, die	d you drink soft drinks		NC YE	O (GO TO QUESTION 9) Be	eerNo8
	O QUESTION 8)	SDNo7			-0	
O YES			8:	a.	How often did you drink b	peer IN THE SUMMER?
	ften did you drink E SUMMER?	soft drinks or pop			O NEVER BeerNever8	a
○ 1 tim ○ 2-3 t ○ 1-2 t ○ 3-4 t ○ 5-6 t SD7a	mes per month mes per week mes per week mes per week	os O 1 time per day O 2-3 times per day O 4-5 times per day O 6 or more times per day	81	b.	 ○ 1 time per month or less ○ 2-3 times per month ○ 1-2 times per week ○ 3-4 times per week ○ 5-6 times per week Beer8a How often did you drink to REST OF THE YEAR? ○ NEVER BeerNever8 	 2-3 times per day 4-5 times per day 6 or more times per day peer DURING THE
○ 1 tim ○ 2-3 t ○ 1-2 t ○ 3-4 t ○ 5-6 t SD7b	e per month or les mes per month mes per week mes per week mes per week	 1 time per day 2-3 times per day 4-5 times per day 6 or more times per day 			 ○ 1 time per month or less ○ 2-3 times per month ○ 1-2 times per week ○ 3-4 times per week ○ 5-6 times per week Beer8b 	2-3 times per day4-5 times per day6 or more times per day
Question 8 app	ears in the next	column.	Quest	ion	9 appears on the next pag	le. = 55017

Ov	Over the past 12 months					
	8c. Each time you drank beer , how much did you usually drink?					
	 Less than a 12-ounce can or bottle 1 to 3 12-ounce cans or bottles More than 3 12-ounce cans or bottles Beer8c 					
9.	How often did you drink wine or wine coolers?					
	O NEVER (GO TO QUESTION 10) WCNever9					
	 ○ 1 time per month or less ○ 2-3 times per month ○ 1 time per day ○ 2-3 times per day ○ 4-5 times per day ○ 4-5 times per day ○ 6 or more times per day ○ 5-6 times per week WC9 					
	9a. Each time you drank wine or wine coolers, how much did you usually drink?					
\	 ○ Less than 5 ounces or less than 1 glass ○ 5 to 12 ounces or 1 to 2 glasses ○ More than 12 ounces or more than 2 glasses WC9a 					
10.	How often did you drink liquor or mixed drinks?					
	O NEVER (GO TO QUESTION 11) LMDNever10					
	 ○ 1 time per month or less ○ 2-3 times per month ○ 1-2 times per week ○ 3-4 times per week ○ 4-5 times per day ○ 6 or more times per day ○ 6 or more times per day 					
	10a. Each time you drank liquor or mixed drinks, how much did you usually drink?					
	Less than 1 shot of liquor1 to 3 shots of liquorMore than 3 shots of liquorLMD10a					
11.	11. Over the past 12 months, did you eat oatmeal, cream of wheat or other cooked cereal?					
	- O NO (GO TO QUESTION 12) OMNo11					
	○ YES ✓ Question 11a appears at top of the next column.					

Question 12 appears in the next column.

11a. How often did you eat oatmeal, cream of wheat or other cooked cereal IN THE WINTER? O NEVER OMNever11a O 1-6 times per winter O 2 times per week ○ 7-11 times per winter O 3-4 times per week O 1 time per month O 5-6 times per week O 2-3 times per month O 1 time per day O 2 or more times O 1 time per week per day 11b. How often did you eat oatmeal, cream of wheat or other cooked cereal DURING THE REST OF THE YEAR? O NEVER OMNever11b ○ 1-6 times per year O 2 times per week ○ 7-11 times per year O 3-4 times per week O 1 time per month ○ 5-6 times per week O 2-3 times per month O 1 time per day O 1 time per week O 2 or more times per day OM11b 11c. Each time you ate oatmeal, cream of wheat or other cooked cereal how much did you usually eat? O Less than 3/4 cups O 3/4 to 1 1/4 cups O More than 1 1/4 cups OM11c 12. How often did you eat cold cereal? O NEVER (GO TO QUESTION 13) CCnever 12 O 1-6 times per year O 2 times per week ○ 7-11 times per year O 3-4 times per week O 1 time per month ○ 5-6 times per week O 2-3 times per month O 1 time per day O 1 time per week O 2 or more times per day CC12 12a. Each time you ate cold cereal, how much did you usually eat? O Less than 1 cup O 1 to 2 1/2 cups O More than 2 1/2 cups CC12a 12b. How often was the cold cereal you ate All Bran, Fiber One, 100% Bran, or Bran Buds? Almost never or never O About 1/4 of the time O About 1/2 of the time O About 3/4 of the time

CC12b Question 13 appears on the next page.



O Almost always or always

Over the past 12 months... 13a. Each time you ate applesauce, how much did you usually eat? 12c. How often was the cold cereal you ate **some** O Less than 1/2 cup other bran or fiber cereal (such as Cheerios, O 1/2 to 1 cup Shredded Wheat, Raisin Bran, Bran Flakes, O More than 1 cup Grape Nuts, Granola or Mini-Wheats)? AS13a O Almost never or never 14. How often did you eat apples? O About 1/4 of the time O About 1/2 of the time O About 3/4 of the time O NEVER (GO TO QUESTION 15) APNever14 Almost always or always CC12c ○ 1-6 times per year 12d. How often was the cold cereal you ate any ○ 7-11 times per year other type of cold cereal (such as Corn O 1 time per month Flakes, Rice Krispies, Frosted Flakes, O 2-3 times per month Special K, Froot Loops, Cap'n Crunch, or others)? O 1 time per week **AP14** O Almost never or never 14a. Each time you ate **apples**, how many did you O About 1/4 of the time usually eat? O About 1/2 of the time O About 3/4 of the time O Less than 1 apple O Almost always or always O 1 apple CC12d O More than 1 apple 12e. Was milk added to your cold cereal? AP14a 15. How often did you eat **pears** (fresh, canned, or O NO (GO TO QUESTION 13) CCNo12e frozen)? O YES O NEVER (GO TO QUESTION 16) PENever15 O 1-6 times per year 12f. What kind of **milk** was usually added? O 7-11 times per year O Whole milk O 1 time per month O 2% fat milk O 2-3 times per month O 1% fat milk O Skim, nonfat, or 1/2 % fat milk O 1 time per week PE15 O Soy milk O Rice milk O Other usually eat? CC12f 12g. Each time milk was added to your cold cereal, how much was usually added? O 1 pear O Less than 1/2 cup PE15a ○ 1/2 to 1 cup O More than 1 cup

O 2 or more times per day 15a. Each time you ate **pears**, how many did you O Less than 1 pear O More than 1 pear How often did you eat **bananas**? O NEVER (GO TO QUESTION 17) BANever16 O 1-6 times per year O 2 times per week O 7-11 times per year O 3-4 times per week O 1 time per month ○ 5-6 times per week O 2-3 times per month O 1 time per day O 1 time per week O 2 or more times per day **BA16** Question 17 appears on the next page.

2 times per week

O 3-4 times per week

○ 5-6 times per week

O 2 times per week

O 3-4 times per week

○ 5-6 times per week

O 1 time per day

O 2 or more times per day

O 1 time per day

Question 14 appears in the next column.

CC12q

O 1-6 times per year

○ 7-11 times per year

O 2-3 times per month

O 1 time per month

O 1 time per week

AS13

How often did you eat applesauce?

O NEVER (GO TO QUESTION 14) ASNever13

O 2 times per week

O 3-4 times per week

○ 5-6 times per week

O 2 or more times per day

O 1 time per day



Ove	r the	past 12 months			18c.	Each time you ate plums, how much		ches, nectarines, or vou usually eat?
	16a.	Each time you ate b you usually eat? O Less than 1 banana O 1 banana	ananas, how many did			O Less than 1 fruit o O 1 to 2 fruits or 1/2 O More than 2 fruits	2 to 3/4	4 cup
		O More than 1 banana	3			PN18c		
4-		BA16a	16 %	19.	How	often did you eat g	rapes	; ?
17.		often did you eat dri aisins (not including d	ed fruit, such as prunes ried apricots)?		O NE	EVER (GO TO QUES	TION :	²⁰⁾ GRNever19
	- O NI	EVER (GO TO QUESTI	ON 18) DENover17		O 1-6	6 times per year	O 2	times per week
					O 7-	11 times per year	O 3	-4 times per week
		• •	2 times per week		O 1 t	ime per month	○ 5	i-6 times per week
		• •	3-4 times per week			3 times per month		time per day
			5-6 times per week			ime per week	O 2	or more times per day
		•	1 time per day		GR	119		
	O 1 DF 17a.		2 or more times per day ried fruit, how much did		19a.	Each time you ate you usually eat?	grape	es, how much did
		you usually eat (not apricots)?	including dried			○ Less than 1/2 cup○ 1/2 to 1 cup or 10	to 30	grapes
		O Less than 2 tablesp	oons			O More than 1 cup o	r more	e than 30 grapes
\downarrow		2 to 5 tablespoonsMore than 5 tablesp	noone			R19a		
•		DF17a	000119	20.	Ove	the past 12 months	<u>s</u> , did	you eat cantaloupe?
18.		the <u>past 12 months,</u> carines or plums?	did you eat peaches,		- O N	O (GO TO QUESTIO	N 21)	CANo20
	O NC) (GO TO QUESTION 1	9)PNNo18		O YI	ES		
	O YE	S			\forall			
	\				20a.	How often did you WHEN IN SEASO		resh cantaloupe
	18a.	How often did you ex nectarines, or plum	at fresh peaches, ns WHEN IN SEASON?			O NEVER CANE	ver2()a
		O NEVER PNNeve	r18a			O 1-6 times per sea	ison	O 2 times per week
		○ 1-6 times per seaso	on 0 2 times per week			O 7-11 times per se	ason	O 3-4 times per week
			son () 3-4 times per week			O 1 time per month		○ 5-6 times per week
		1 time per month	○ 5-6 times per week			O 2-3 times per mor	nth	O 1 time per day
		O 2-3 times per month	•			O 1 time per week		O 2 or more times per day
		○ 1 time per week	O 2 or more times		20h	CA20a How often did you	eat f	resh or frozen
		PN18a	per day		200.			HE REST OF THE
	18b.	How often did you en nectarines, or plum	ns (fresh, canned or			YEAR? O NEVER CANEV		
		•	E REST OF THE YEAR?					_
		O NEVER PNNeve	er18b			O 1-6 times per yea		O 2 times per week
		1-6 times per year	O 2 times per week			○ 7-11 times per ye		O 3-4 times per week
		○ 7-11 times per year	O 3-4 times per week			O 1 time per month		○ 5-6 times per week
		1 time per month	○ 5-6 times per week			O 2-3 times per moi	nth	O 1 time per day
		O 2-3 times per month	○ 1 time per day			O 1 time per week		O 2 or more times per da
\bigvee		O 1 time per week	O 2 or more times			CA20b		
▼		PN18b	per day	\ \				
Que	stion	19 appears in the next	t column.	Que	stion 2	21 appears on the ne	ext pa	ge. 63017

6

Over the past 12 months...

- 20c. Each time you ate **cantaloupe**, how much did you usually eat?
 - O Less than 1/4 melon or less than 1/2 cup
 - 1/4 melon or 1/2 to 1 cup
 - O More than 1/4 melon or more than 1 cup CA20c
- 21. Over the <u>past 12 months</u>, did you eat **melon**, **other than cantaloupe** (such as watermelon or honeydew)?
 - O NO (GO TO QUESTION 22) MENo21

O YES

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

O NEVER MENever21a

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

ME21a per day

- 21b. How often did you eat fresh or frozen melon, other than cantaloupe, DURING THE REST OF THE YEAR?
 - O NEVER MENever 21b
 - 1-6 times per year 2 times per week
 - 7-11 times per year 3-4 times per week
 - 1 time per month 5-6 times per week
 - 2-3 times per month 1 time per day
 - 1 time per week 2 or more times

ME21b per

per day

- 21c. Each time you ate **melon other than** cantaloupe, how much did you usually eat?
 - O Less than 1/2 cup or 1 small wedge
 - O 1/2 to 2 cups or 1 medium wedge
 - O More than 2 cups or 1 large wedge



Question 22 appears in the next column.

22.	Over the past 12 months, did you eat
	strawberries?

O YE	O (GO TO QUESTION 23)	SBNo22
22a.	How often did you eat f WHEN IN SEASON?	fresh strawberries
	O NEVER SBNever2	2a
	O 1-6 times per season	O 2 times per week
	○ 7-11 times per season	O 3-4 times per week
	O 1 time per month	○ 5-6 times per week
	O 2-3 times per month	O 1 time per day
	O 1 time per week	O 2 or more times
		per day
22b.	How often did you eat f strawberries, DURING YEAR?	

○ NEVER SBNever22b○ 1-6 times per year○ 2 times per week

○ 7-11 times per year○ 3-4 times per week○ 1 time per month○ 5-6 times per week

O 2-3 times per month O 1 time per day

○ 1 time per week ○ 2 or more times

SB22b per day

22c. Each time you ate **strawberries**, how much did you usually eat?

- O Less than 1/4 cup or less than 3 berries
- O 1/4 to 3/4 cup or 3 to 8 berries
- \bigcirc More than 3/4 cup or more than 8 berries

SB22c

23. Over the <u>past 12 months</u>, did you eat **oranges**, tangerines, or tangelos?

O NO (GO TO QUESTION 24) ORNo23

O YES

 \bigvee

23a. How often did you eat **oranges**, **tangerines**, or **tangelos WHEN IN SEASON**?

O NEVER ORNever23a

○ 1-6 times per season ○ 2 times per week

○ 7-11 times per season ○ 3-4 times per week

○ 1 time per month ○ 5-6 times per week

O 2-3 times per month O 1 time per day

O 1 time per week O 2 or more times

- Turne per week O 2 or more uni

OR23a per day



Over the past 12 months... 25. How often did you eat other kinds of fruit? O NEVER (GO TO QUESTION 26) KFNever25 23b. How often did you eat oranges, tangerines, or tangelos (fresh or canned) DURING THE O 1-6 times per year O 2 times per week **REST OF THE YEAR?** ○ 7-11 times per year O 3-4 times per week O NEVER OR Never 23b O 1 time per month ○ 5-6 times per week O 1-6 times per year O 2 times per week O 2-3 times per month O 1 time per day O 3-4 times per week ○ 7-11 times per year O 1 time per week O 2 or more times O 1 time per month ○ 5-6 times per week per day KF25 ○ 2-3 times per month ○ 1 time per day O 1 time per week O 2 or more times 25a. Each time you ate other kinds of fruit, how OR23b much did you usually eat? per day 23c. Each time you ate oranges, tangerines, or O Less than 1/4 cup tangelos, how many did you usually eat? O 1/4 to 3/4 cup OR23c O More than 3/4 cup O Less than 1 fruit O 1 fruit KF25a O More than 1 fruit How often did you eat COOKED greens (such as 24. Over the past 12 months, did you eat grapefruit? spinach, chard, or kale)? O NO (GO TO QUESTION 25) GFNo24 O NEVER (GO TO QUESTION 27) CGNever26 O YES O 1-6 times per year O 2 times per week ○ 7-11 times per year O 3-4 times per week O 1 time per month O 5-6 times per week 24a. How often did you eat fresh grapefruit O 2-3 times per month O 1 time per day WHEN IN SEASON? O 1 time per week O 2 or more times O NEVER GFNever24a per day ○ 1-6 times per season ○ 2 times per week 26a. Each time you ate **COOKED greens**, how ○ 7-11 times per season ○ 3-4 times per week much did you usually eat? O 1 time per month O 5-6 times per week O Less than 1/2 cup O 2-3 times per month O 1 time per day O 1/2 to 1 cup O 1 time per week O 2 or more times O More than 1 cup per day GF24a CG26a How often did you eat **RAW greens** (such as 24b. How often did you eat grapefruit (fresh or spinach, chard, or kale)? (We will ask about lettuce canned) DURING THE REST OF THE YEAR? later.) O NEVER GFNever24b O 1-6 times per year O 2 times per week ○ 7-11 times per year O 3-4 times per week ○ 1-6 times per year O 1 time per month ○ 5-6 times per week ○ 7-11 times per year

O NEVER (GO TO QUESTION 28) RGNever27

O 2 times per week ○ 3-4 times per week ○ 1 time per month ○ 5-6 times per week

O 2-3 times per month O 1 time per day

O 1 time per week O 2 or more times

per day

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

O Less than 1/2 cup

○ 1/2 to 1 cup

O More than 1 cup

RG27a Question 28 appears on the next page.



O 2-3 times per month

24c. Each time you ate grapefruit, how much

O 1 time per week

did you usually eat?

O 1/2 grapefruit

GF24c

O Less than 1/2 grapefruit

O More than 1/2 grapefruit

GF24b

O 1 time per day

per day

O 2 or more times

CT30a

Question 31 appears in the next column.

				beans (fresh, canned, o	r frozen)?
28.	How often did you eat c	oleslaw?		O NEVER (GO TO QUES	TION 32) SGNever31
	O NEVER (GO TO QUES	TION 29)CSNever28		○ 1-6 times per year	O 2 times per week
	○ 1-6 times per year	O 2 times per week		○ 7-11 times per year	○ 3-4 times per week
	○ 7-11 times per year	○ 3-4 times per week		O 1 time per month	○ 5-6 times per week
	1 time per month	○ 5-6 times per week		O 2-3 times per month	O 1 time per day
	O 2-3 times per month	O 1 time per day		O 1 time per week	2 or more times
	O 1 time per week	O 2 or more times		SG31	per day
	CS28	per day			
		, ,			te string beans or green a did you usually eat?
	28a. Each time you ate you usually eat?	coleslaw, how much did		O Less than 1/2 cu	
	O Less than 1/4 cup			O 1/2 to 1 cup	
	O 1/4 to 3/4 cup		\	O More than 1 cup	SG31a
\bigvee	O More than 3/4 cup		20	Have often did you got m	ess (freeh conned or
•	CS28a		32.	How often did you eat p frozen)?	eas (fresh, canned or
29.	How often did you eat s	auerkraut or cabbage		,	
	(other than coleslaw)?			O NEVER (GO TO QUES	TION 33) PSNever32
	O NEVER (GO TO QUEST	TION 30) SCNever29		○ 1-6 times per year	O 2 times per week
	O 1 6 times per year	O 2 times per week		O 7-11 times per year	O 3-4 times per week
	○ 1-6 times per year	O 2 times per week		O 1 time per month	○ 5-6 times per week
	O 7-11 times per year	O 3-4 times per week		O 2-3 times per month	O 1 time per day
	O 1 time per month	○ 5-6 times per week		O 1 time per week	O 2 or more times
	O 2-3 times per month	1 time per day		PS32	per day
	○ 1 time per week	O 2 or more times		32a. Each time you ate	peas, how much did you
	SC29	per day		usually eat?	
	29a. Each time you ato how much did you	e cabbage or sauerkraut,		O Less than 1/4 cu	ıp
	O Less than 1/4 cu	•		O 1/4 to 3/4 cup	
	O 1/4 to 1 cup	۲		O More than 3/4 cu	qı
\bigvee	O More than 1 cup		\ <u>'</u>	PS32a	
•	SC29a		33.	Over the past 12 month	s, did you eat corn ?
30.	How often did you eat c frozen)?	carrots (fresh, canned, or		O NO (GO TO QUESTION	N 34) CNNo33
	O NEVER (GO TO QUES	TION 31) OTN aver 20			1 1 1) ON NOO
	O 1-6 times per year	② 2 times per week		O YES	
	○ 7-11 times per year	3-4 times per week		\	
	○ 1 time per month	○ 5-6 times per week		33a How often did you	eat fresh corn WHEN IN
	O 2-3 times per month	O 1 time per day		SEASON?	eat Hesh Colli When IN
	O 1 time per week	O 2 or more times		O NEVER CNNev	ver33a
	•	per day			
	CT30	•		•	son 0 2 times per week
	30a. Each time you ate you usually eat?	carrots, how much did		7-11 times per se1 time per month	ason \bigcirc 3-4 times per week \bigcirc 5-6 times per week
	O Less than 1/4 cup	o or less than 2 baby carrots		O 2-3 times per mor	•
	O 1/4 to 1/2 cup or 2	•		○ 1 time per week	② 2 or more times
	•	o or more than 5 baby carrots		CN33a	per day
-		•	1 1/12	O11000	

Question 34 appears on the next page.

31. How often did you eat string beans or green



Question 36 appears in the next column.

		ou eat corn (fresh, canned, or		O NEVER (GO TO QUES	STION 37) VGNever36
	frozen) DURING	THE REST OF THE YEAR?		O 1-6 times per year	O 2 times per week
	○ NEVED ○NINI	01/07/206		○ 7-11 times per year	○ 3-4 times per week
	O NEVER CNN	ever33b		○ 1 time per month	○ 5-6 times per week
	O 1-6 times per ye	ear 0 2 times per week		O 2-3 times per month	○ 1 time per day
	○ 7-11 times per	year 0 3-4 times per week		O 1 time per week	O 2 or more times
	O 1 time per mon	th 0 5-6 times per week		VG36	per day
	O 2-3 times per m	nonth 0 1 time per day			
	○ 1 time per weel	O 2 or more times		•	e mixed vegetables, how
	CN33b	per day		much did you usi	ually eat?
		te corn , how much did you		O Less than 1/2 cu	qı
	usually eat?	to com, now maon and you		O 1/2 to 1 cup	
	O Less than 1 ea	r or less than 1/2 cup		O More than 1 cup	
	○ 1 ear or 1/2 to	•	,	VG36a	
		ar or more than 1 cup	37.	How often did you eat	onions?
	CN33c	a or more than 1 dap		O NEVER (GO TO QUES	STION 38) ONNever37
34.	Over the past 12 mon	ths how often did you eat		○ 1-6 times per year	O 2 times per week
	broccoli (fresh or froz	en)?		○ 7-11 times per year	O 3-4 times per week
	- O NEVER (GO TO QUE	ESTION 35) BINever34		1 time per month	○ 5-6 times per week
		Billevelo-		2-3 times per month	○ 1 time per day
	O 1-6 times per year	O 2 times per week		O 1 time per week	O 2 or more times
	O 7-11 times per year	O 3-4 times per week		ON37	per day
	O 1 time per month	O 5-6 times per week		ON37	per day
	O 2-3 times per month	O 1 time per day		37a. Each time you at	e onions , how much did you
	1 time per week	O 2 or more times		usually eat?	
	BI34	per day		O Less than 1 slice	e or less than 1 tablespoon
	34a Fach time you a	te broccoli , how much did you		O 1 slice or 1 to 4	tablespoons
	usually eat?	to 2. 2000, now maon ala you	V		e or more than 4 tablespoons
	O Less than 1/4 c	un		ON37a	
	O 1/4 to 1 cup	ap	38.	ate in the past 12 month	cooked vegetables you
\downarrow	O More than 1 cu	0		prepared. How often w	
•	Bl34a			COOKED WITH some	sort of fat , including oil
35.		cauliflower or brussels		spray? (Please do not i	nclude potatoes.)
	sprouts (fresh or froz	en)?			
	O NEVER (GO TO QUE	ESTION 36) CBNever35		- O NEVER (GO TO QUES	STION 39) CVNever38
	0.4.0.0	0.00		○ 1-6 times per year	O 2 times per week
	O 1-6 times per year	O 2 times per week		O 7-11 times per year	○ 3-4 times per week
	O 7-11 times per year	O 3-4 times per week		○ 1 time per month	○ 5-6 times per week
	O 1 time per month	○ 5-6 times per week		O 2-3 times per month	O 1 time per day
	O 2-3 times per month	○ 1 time per day		O 1 time per week	O 2 or more times
	O 1 time per week CB35	O 2 or more times		·	per day
	0000	per day		CV38	M
		te cauliflower or brussels			
	sprouts , how m	uch did you usually eat?			
	O Less than 1/4cu	лр			
	O 1/4 to 1/2 cup				
Y	O More than 1/2 of	cup CB35a	\		

36. How often did you eat mixed vegetables?

Over the past 12 months... 38a. Which fats were usually added to your vegetables **DURING COOKING**? (Please do not include potatoes. Mark as many as apply.) Margarine (including O Corn oil low-fat) O Canola or rapeseed oil O Butter (including Oil spray, such as low-fat) Pam or others O Lard, or bacon fat Other kinds of oils O Olive oil O None of the above CV38a 39. Now, thinking again about all the cooked vegetables you ate in the past 12 months, how often was some sort of fat, sauce, or dressing added AFTER COOKING OR AT THE TABLE? (Please do not include potatoes.) O NEVER (GO TO QUESTION 40) ACNever39 O 3-4 times per week O 1-6 times per year O 7-11 times per year ○ 5-6 times per week O 1 time per month O 1 time per day O 2-3 times per month O 2 times per day O 1-2 times per week O 3 or more times per day AC39 39a. Which fats, sauces, or dressings were usually added AFTER COOKING OR AT THE **TABLE?** (Please do not include potatoes. Mark as many as apply.) low-fat) O Cheese sauce O Butter (including O White sauce low-fat) O Lard, or bacon fat O Other AC39a 39b. If margarine, butter, lard, fatback, or bacon fat was added to your cooked vegetables AFTER COOKING OR AT THE TABLE, how much did you usually add? O Did not usually add these O Less than 1 teaspoon O 1 to 3 teaspoons O More than 3 teaspoons AC39b 39c. If salad dressing, cheese sauce, or white sauce was added to your cooked vegetables AFTER COOKING OR AT THE TABLE, how much did you usually add? O Did not usually add these O Less than 1 tablespoon

sweet peppers (green, red, or yellow)? O NEVER (GO TO QUESTION 41) SPNever40 ○ 1-6 times per year O 2 times per week ○ 7-11 times per year O 3-4 times per week ○ 5-6 times per week 1 time per month O 2-3 times per month O 1 time per day O 1 time per week O 2 or more times per day **SP40** 40a. Each time you ate **sweet peppers**, how much did you usually eat? O Less than 1/8 pepper 1/8 to 1/4 pepper O More than 1/4 pepper SP40a Over the past 12 months did you eat **fresh** tomatoes (including those in salads)? O NO (GO TO QUESTION 42) FTNo41 O YES 41a. How often did you eat fresh tomatoes (including those in salads) WHEN IN SEASON? O NEVER FTNever41a O 1-6 times per season O 2 times per week ○ 7-11 times per season O 3-4 times per week O 1 time per month O 5-6 times per week O 2-3 times per month O 1 time per day O 1 time per week O 2 or more times per day FT41a 41b. How often did you eat fresh tomatoes (including those in salads) DURING THE **REST OF THE YEAR?** O NEVER FTNever41b ○ 1-6 times per year O 2 times per week ○ 7-11 times per year O 3-4 times per week O 1 time per month ○ 5-6 times per week O 2-3 times per month O 1 time per day O 1 time per week O 2 or more times per day FT41b 41c. Each time you ate fresh tomatoes, how much did you usually eat? O Less than 1/4 tomato O 1/4 to 1/2 tomato O More than 1/2 tomato FT41c

Over the past 12 months how often did you eat

63017

AC39c

O More than 3 tablespoons

O 1 to 3 tablespoons

Question 42 appears on the next page.

41.

42.	How often did you eat lettuce salads (with or
	without other vegetables)?

without other vegetables)?				
O NEVER (GO TO QUESTION 43) LSNever42				
 1-6 times per year 7-11 times per year 1 time per month 2-3 times per month 1 time per week LS42 	○ 5-6 times per week			
42a. Each time you ate did you usually ea	e lettuce salads, how much at?			
O Less than 1/4 cu O 1/4 to 1 1/4 cups O More than 1 1/4 LS42a 3. How often did you eat low-fat) on salads?	· }			
O NEVER (GO TO QUES	STION 44) SANever43			
 1-6 times per year 7-11 times per year 1 time per month 2-3 times per month 1 time per week 	 2 times per week 3-4 times per week 5-6 times per week 1 time per day 2 or more times per day 			
43a. Each time you at how much did yo	ee salad dressing on salads, ou usually eat?			
○ Less than 2 tablespood ○ 2 to 4 tablespood ○ More than 4 tablespood SA43a 4. How often did you eat	ons			
O NEVER (GO TO QUES	STION 45) SYNever44			
 1-6 times per year 7-11 times per year 1 time per month 2-3 times per month 1 time per week SY44 	 2 times per week 3-4 times per week 5-6 times per week 1 time per day 2 or more times per day 			
44a. Each time you ato how much did you	e sweet potatoes or yams, u usually eat?			
 1 small potato or less than 1/4 cup 1 medium potato or 1/4 to 3/4 cup 1 large potato or more than 3/4 cup 				

SY44a

Question 45 appears in the next column.

How often did you eat French fries, home fries, hash browned potatoes, or tater tots? O NEVER (GO TO QUESTION 46) FFNever45 O 1-6 times per year O 2 times per week O 7-11 times per year O 3-4 times per week O 1 time per month ○ 5-6 times per week O 2-3 times per month O 1 time per day O 1 time per week O 2 or more times per day **FF45** 45a. Each time you ate French fries, home fries, hash browned potatoes, or tater tots how much did you usually eat? O Less than 10 fries or less than 1/2 cup ○ 10 to 25 fries or 1/2 to 1 cup O More than 25 fries or more than 1 cup FF45a How often did you eat potato salad? O NEVER (GO TO QUESTION 47) PONever46 ○ 1-6 times per year O 2 times per week ○ 7-11 times per year O 3-4 times per week O 1 time per month ○ 5-6 times per week O 2-3 times per month O 1 time per day O 1 time per week O 2 or more times per day PO46 46a. Each time you ate potato salad, how much did you usually eat? O Less than 1/2 cup O 1/2 to 1 cup O More than 1 cup PO46a How often did you eat baked, boiled, or mashed potatoes? O NEVER (GO TO QUESTION 48) BBNever47 O 1-6 times per year O 2 times per week ○ 7-11 times per year O 3-4 times per week O 1 time per month ○ 5-6 times per week O 2-3 times per month O 1 time per day O 1 time per week O 2 or more times **BB47** per day 47a. Each time you ate baked, boiled, or mashed potatoes, how much did you usually eat? ○ 1 small potato or less than 1/2 cup O 1 medium potato or 1/2 to 1 cup ○ 1 large potato or more than 1 cup

Question 48 appears on the next page.

BB47a



12

Over the past 12 months... 47h. Each time cheese or cheese sauce was added to your potatoes, how much was usually added? 47b. How often was **sour cream** (including low-fat) added to your potatoes, EITHER IN COOKING O Less than 1 tablespoon **OR AT THE TABLE?** O 1 to 3 tablespoons O More than 3 tablespoons O Almost never or never (GO TO QUESTION 47d) BB47h O About 1/4 of the time 48. How often did you eat salsa? O About 1/2 of the time O NEVER (GO TO QUESTION 49) SLNever48 O About 3/4 of the time O Almost always or always 1-6 times per year O 2 times per week BB47b ○ 7-11 times per year O 3-4 times per week ○ 5-6 times per week 1 time per month 47c. Each time **sour cream** was added to your potatoes, how much was usually added? O 2-3 times per month O 1 time per day O 2 or more times per day O 1 time per week O Less than 1 tablespoon SL48 48a. Each time you ate salsa, how much did you O 1 to 3 tablespoons usually eat? O More than 3 tablespoons O Less than 1 tablespoon BB47c O 1 to 5 tablespoons 47d. How often was margarine (including low-fat) O More than 5 tablespoons added to your potatoes, EITHER IN SL48a 49. How often did you eat **ketchup**? **COOKING OR AT THE TABLE?** O Almost never or never O NEVER (GO TO QUESTION 50) KPNever49 O About 1/4 of the time O 1-6 times per year O 2 times per week O About 1/2 of the time O About 3/4 of the time O 7-11 times per year O 3-4 times per week O Almost always or always O 1 time per month ○ 5-6 times per week BB47d O 2-3 times per month O 1 time per day 47e. How often was **butter** (including low-fat) O 1 time per week O 2 or more times added to your potatoes, EITHER IN per day **KP39 COOKING OR AT THE TABLE?** 49a. Each time you ate **ketchup**, how much did you O Almost never or never usually eat? O About 1/4 of the time O About 1/2 of the time O Less than 1 teaspoon O About 3/4 of the time O 1 to 6 teaspoons O Almost always or always O More than 6 teaspoons BB47e KP49a 47f. Each time margarine or butter was added to 50. How often did you eat stuffing, dressing, or your potatoes, how much was usually added? dumplings? O NEVER (GO TO QUESTION 51) DPNever50 O Never added O Less than 1 teaspoon ○ 1-6 times per year O 2 times per week O 1 to 3 teaspoons ○ 7-11 times per year O 3-4 times per week O More than 3 teaspoons O 1 time per month O 5-6 times per week BB47f 47g. How often was cheese or cheese sauce O 2-3 times per month O 1 time per day added to your potatoes, EITHER IN O 1 time per week O 2 or more times per day **COOKING OR AT THE TABLE? DP50** 50a. Each time you ate stuffing, dressing, or O Almost never or never (GO TO QUESTION 48) dumplings, how much did you usually eat? O About 1/4 of the time O About 1/2 of the time O Less than 1/2 cup O About 3/4 of the time O 1/2 to 1 cup O Almost always or always O More than 1 cup DP50a Question 51 appears on the next page.

Question 48 appears in the next column.

51.	How often	did you	eat chili?
-----	-----------	---------	------------

51.	How often did you eat chili ?			
	O NEVER (GO TO QUEST	ION 52) CINever51		
	○ 1-6 times per year	O 2 times per week		
	○ 7-11 times per year	O 3-4 times per week		
	O 1 time per month	○ 5-6 times per week		
	O 2-3 times per month	○ 1 time per day		
	O 1 time per week	O 2 or more times per day		
	CI51	O 2 of more times per day		
		chili, how much did you		
	O Less than 1/2 cup			
	O 1/2 to 1 3/4 cups			
٧	O More than 1 3/4 cu	ips		
	Cl51a			
52.				
	O NEVER (GO TO QUEST	ION 53) MXNever52		
	○ 1-6 times per year	O 2 times per week		
	○ 7-11 times per year	○ 3-4 times per week		
	O 1 time per month	○ 5-6 times per week		
	O 2-3 times per month	O 1 time per day		
	O 1 time per week	O 2 or more times per day		
	MX52	O 2 of more times per day		
		lexican foods, how much		
	O Less than 1 taco, t	ourrito, etc.		
	O 1 to 2 tacos, burrito	os, etc.		
	O More than 2 tacos,	burritos, etc.		
•	MX52a			
53.		oked dried beans (such		
	as baked beans, pintos, I			
	lima, lentils, soybeans, or			
	(Please don't include bea	,		
	O NEVER (GO TO QUEST	ION 54) DBNever53		
	O 1-6 times per year	O 2 times per week		
	○ 7-11 times per year	O 3-4 times per week		
	O 1 time per month	○ 5-6 times per week		
	O 2-3 times per month	O 1 time per day		
	○ 1 time per week	O 2 or more times per day		
	FOO Fook times were at a la			
	53a. Each time you ate busually eat?	eans, now much did you		
	O Less than 1/2 cup			
	O 1/2 to 1 cup			
\bigvee	O More than 1 cup			
٧	DB53a			

	53b.	How often were the b beans, beans prepa fat, or with meat add	red with any type of	
		 ○ Almost never or never ○ About 1/4 of the time ○ About 1/2 of the time ○ About 3/4 of the time ○ Almost always or alw ○ DB53b 	ays	
54		•	ner kinds of vegetables?	
Γ	<u> </u>	NEVER (GO TO QUESTI	ON 55) KVNever54	
	01	1-6 times per year	O 2 times per week	
	07	7-11 times per year	O 3-4 times per week	
	01	1 time per month	O 5-6 times per week	
	02	2-3 times per month	O 1 time per day	
		1 time per week V54	O 2 or more times per day	
	54a	a. Each time you ate o	other kinds of uch did you usually eat?	
\		 ○ Less than 1/4cup ○ 1/4 to 1/2 cup ○ More than 1/2 cup KV54a 		
55		How often did you eat rice or other cooked grains (such as bulgur, cracked wheat, or millet)?		
Г	<u> </u>	NEVER (GO TO QUESTI	ON 56) CGNever55	
	01	1-6 times per year	O 2 times per week	
	07	7-11 times per year	○ 3-4 times per week	
	01	1 time per month	○ 5-6 times per week	
	02	2-3 times per month	O 1 time per day	
		1 time per week	O 2 or more times per day	
		CG55 55a. Each time you ate rice or other cooked grains , how much did you usually eat?		
		O Less than 1/2 cup		
		O 1/2 to 1 1/2 cups		
		O More than 1 1/2 ct CG55a	ups	
	55h	Low often was butt	or margarina or ail	

55b. How often was **butter**, **margarine**, or **oil** added to your rice IN COOKING OR AT THE **TABLE?**

> O Almost never or never O About 1/4 of the time O About 1/2 of the time

O About 3/4 of the time

O Almost always or always

CG55b



Over the past 12 months... 56f. Each time syrup was added to your pancakes, waffles, or French toast, how much was usually added? How often did you eat pancakes, waffles, or French toast? O Less than 1 tablespoon O 1 to 4 tablespoons O NEVER (GO TO QUESTION 57) PWNever56 O More than 4 tablespoons ○ 1-6 times per year O 2 times per week PW56f ○ 7-11 times per year O 3-4 times per week 57. How often did you eat lasagna, stuffed shells, O 1 time per month O 5-6 times per week stuffed manicotti, ravioli, or tortellini? (Please O 2-3 times per month O 1 time per day do not include spaghetti or other pasta.) O 1 time per week O 2 or more times per day O NEVER (GO TO QUESTION 58) LTNever57 **PW56** ○ 1-6 times per year O 2 times per week 56a. Each time you ate pancakes, waffles, or ○ 7-11 times per year O 3-4 times per week French toast, how much did you usually eat? 1 time per month ○ 5-6 times per week O Less than 1 medium piece O 2-3 times per month O 1 time per day O 1 to 3 medium pieces O 1 time per week O 2 or more times per day O More than 3 medium pieces LT57 PW56a 57a. Each time you ate lasagna, stuffed shells, 56b. How often was **margarine** (including low-fat) stuffed manicotti, ravioli, or tortellini, how added to your pancakes, waffles, or French much did you usually eat? toast, AFTER COOKING OR AT THE TABLE? O Less than 1 cup O Almost never or never O 1 to 2 cups O About 1/4 of the time O More than 2 cups O About 1/2 of the time O About 3/4 of the time O Almost always or always 58. How often did you eat macaroni and cheese? PW56b 56c. How often was butter (including low-fat) added O NEVER (GO TO QUESTION 59) MCNever58 to your pancakes, waffles, or French toast, O 1-6 times per year **AFTER COOKING OR AT THE TABLE?** O 2 times per week ○ 7-11 times per year O 3-4 times per week O Almost never or never O 1 time per month ○ 5-6 times per week O About 1/4 of the time O 2-3 times per month O 1 time per day O About 1/2 of the time O 1 time per week O 2 or more times per day O About 3/4 of the time Almost always or always PW56c 58a. Each time you ate macaroni and cheese, how 56d. Each time margarine or butter was added to much did you usually eat? your pancakes, waffles or French toast, how much was usually added? O Less than 1 cup O 1 to 1 1/2 cups O Never added O More than 1 1/2 cups O Less than 1 teaspoon MC58a O 1 to 3 teaspoons 59. How often did you eat pasta salad or macaroni O More than 3 teaspoons

salad?

O NEVER (GO TO QUESTION 60) PMNever59

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

○ 1 time per week ○ 2 or more times per day

PM59

Question 60 appears on the next page.



Almost always or always

○ About 1/4 of the time○ About 1/2 of the time○ About 3/4 of the time

waffles, or French toast?

56e. How often was **syrup** added to your pancakes,

O Almost never or never (GO TO QUESTION 57)

PW56d

PW56e

	59a. Each time you ate pasta salad or macaroni salad, how much did you usually eat?				
		○ Less than 1/2 cup○ 1/2 to 1 cup○ More than 1 cupPM59a			
60.	60. Other than the pastas listed in Questions 57, 58, and 59, how often did you eat pasta, spaghetti, or other noodles?				
	O NE	VER (GO TO QUESTION 61) ONNever60			
	○ 7-1 ○ 1 tii ○ 2-3	times per year 1 times per year 3-4 times per week 5-6 times per week 1 times per month 1 times per week 2 times per week 3 - 4 times per week 5 - 6 times per week 1 time per day 2 or more times per day 2 or more times per day			
	60a.	Each time you ate pasta, spaghetti, or other noodles, how much did you usually eat?			
	 ○ Less than 1 cup ○ 1 to 3 cups ○ More than 3 cups ○ N60a How often did you eat your pasta, spaghetti, or other noodles with tomato sauce or spaghetti sauce made WITH meat? 				
 ○ Almost never or never ○ About 1/4 of the time ○ About 1/2 of the time ○ About 3/4 of the time ○ Almost always or always ○ N60b 					
60c. How often did you eat your pasta, spaghett other noodles with tomato sauce or spaghetti sauce made WITHOUT meat?					
 ○ Almost never or never ○ About 1/4 of the time ○ About 1/2 of the time ○ About 3/4 of the time ○ Almost always or always ON60c 60d. How often did you eat your pasta, spaghetti, or other noodles with margarine, butter, oil or cream sauce? 					
\	 ○ 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 ○ N60d 				
Qu	Question 61 appears in the next column.				

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

		DUCTION TO QUESTION 62)
	MNever61 6 times per year	O 2 times per week
	11 times per year	O 3-4 times per week
	time per month	○ 5-6 times per week
	3 times per month	O 1 time per day
	time per week	O 2 or more times per day
		pagels or English muffins, usually eat?
	Less than 1 bagel1 bagel or EnglishMore than 1 bagelEM61a	muffin
61b.	How often was mar	garine (including low-fat) s or English muffins?
	 ○ Almost never or ne ○ About 1/4 of the tir ○ About 1/2 of the tir ○ About 3/4 of the tir ○ Almost always or a EM61b 	me me me
61c.	How often was but to your bagels or E	ter (including low-fat) added nglish muffins?
	O Almost never or n O About 1/4 of the ti O About 1/2 of the ti O About 3/4 of the ti O Almost always or EM61c	me me me
61d.		ne or butter was added to lish muffins, how much was
610	O Never added O Less than 1 teasp O 1 to 2 teaspoons O More than 2 teasp EM61d How often was cree	
o ie.		our bagels or English
	○ Almost never or ne	ever (GO TO INTRODUCTION TO QUESTION 62)
	O About 1/4 of the tir	
	O About 1/2 of the tir	me
	O About 3/4 of the tir	
\bigvee	O Almost always or a EM61e	always

Question 62 appears on the next page.



61f. Each time cream cheese was added to your bagels or English muffins, how much was usually added? O Less than 1 tablespoon O 1 to 2 tablespoons O More than 2 tablespoons EM61f The next questions ask about your intake of breads other than bagels or English muffins. First, we will ask about bread you ate as part of sandwiches only. Then we will ask about all other bread you ate. How often did you eat breads or rolls AS PART OF SANDWICHES (including burger and hot dog O NEVER (GO TO QUESTION 63) BRNever62 O 1-6 times per year O 2 times per week ○ 7-11 times per year O 3-4 times per week O 1 time per month ○ 5-6 times per week O 2-3 times per month O 1 time per day O 1 time per week O 2 or more times per day **BR62** 62a. Each time you ate breads or rolls AS PART OF SANDWICHES, how much did you usually eat? O 1 slice or 1/2 roll O 2 slices or 1 roll O More than 2 slices or more than 1 roll BR62a 62b. How often were the breads or rolls that you 63. used for your sandwiches white bread (including burger and hot dog rolls)? Almost never or never O About 1/4 of the time O About 1/2 of the time O About 3/4 of the time O Almost always or always BR62b 62c. How often was mayonnaise or mayonnaisetype dressing (including low-fat) added to your sandwich breads or rolls? O Almost never or never (GO TO QUESTION 62e) O About 1/4 of the time O About 1/2 of the time O About 3/4 of the time O Almost always or always

Question 62e appears in the next column. Question 63 appears in the next column.

BR62c

type dressing wa	nnaise or mayonnaise- as added to your or rolls, how much was	
O Less than 1 teaspoon		
1 to 3 teaspoonsMore than 3 teas		
BR62d	500113	
	argarine (including low-fat) ndwich bread or rolls?	
O Almost never or		
O About 1/4 of the O About 1/2 of the		
O About 3/4 of the	time	
O Almost always of	r always	
BR62e 62f How often was b i	utter (including low-fat)	
	ndwich breads or rolls?	
 ○ Almost never or ○ About 1/4 of the ○ About 1/2 of the ○ About 3/4 of the ○ Almost always of BR62f 	time time time	
	arine or butter was added to reads or rolls, how much was	
•		
○ Never added○ Less than 1 teas	spoon	
1 to 2 teaspoonMore than 2 tea	s	
BR62g		
How often did you eat AS PART OF SANDW	breads or dinner rolls NOT ICHES ?	
— O NEVER (GO TO QUES	STION 64) BDNever63	
○ 1-6 times per year	O 2 times per week	
○ 7-11 times per year	O 3-4 times per week	
O 1 time per month	O 5-6 times per week	
○ 2-3 times per month	○ 1 time per day	
O 1 time per week	○ 2 or more times per day	
BD63		

63a. Each time you ate breads or dinner rolls NOT AS PART OF SANDWICHES, how much did you usually eat?

O 1 slice or 1 dinner roll

O 2 slices or 2 dinner rolls

O More than 2 slices or 2 dinner rolls

BD63a

Question 64 appears on the next page.



Over the past 12 months... 63b. How often were the breads or rolls you ate white bread? BD63b O Almost never or never O About 1/4 of the time O About 1/2 of the time O About 3/4 of the time O Almost always or always 63c. How often was margarine (including low-fat) added to your breads or rolls? BD63c O Almost never or never O About 1/4 of the time O About 1/2 of the time O About 3/4 of the time O Almost always or always 63d. How often was butter (including low-fat) added to your breads or rolls? BD63d O Almost never or never O About 1/4 of the time O About 1/2 of the time O About 3/4 of the time O Almost always or always 63e. Each time margarine or butter was added to your breads or rolls, how much was usually added? BD63e O Never added O Less than 1 teaspoon O 1 to 2 teaspoons O More than 2 teaspoons 63f. How often was cream cheese (including low-fat) added to your breads or rolls? BD63f O Almost never or never (GO TO QUESTION 64) O About 1/4 of the time O About 1/2 of the time O About 3/4 of the time O Almost always or always 63g. Each time cream cheese was added to

your breads or rolls, how much was usually

	bageis, mullins, breau,			
	O NEVER (GO TO QUESTION 65) JJNever64			
	○ 1-6 times per year	○ 2 times per week		
	○ 7-11 times per year	O 3-4 times per week		
	O 1 time per month	○ 5-6 times per week		
	O 2-3 times per month	O 1 time per day		
	O 1 time per week	O 2 or more times per day		
	JJ64 64a. Each time you at much did you use	e jam, jelly or honey, how ually eat?		
	O Less than 1 teas	poon		
	O 1 to 3 teaspoons			
\forall	O More than 3 teas	spoons		
	JJ64a			
65.	How often did you eat putter?	peanut butter or other nut		
	O NEVER (GO TO QUES	TION 66) PNNever65		
	O 1-6 times per year	O 2 times per week		
	○ 7-11 times per year	O 3-4 times per week		
	O 1 time per month	○ 5-6 times per week		
	O 2-3 times per month	○ 1 time per day		
	O 1 time per week	O 2 or more times per day		
	_	peanut butter or other nut did you usually eat?		
	butter, how much	did you usually eat?		
	butter, how muchLess than 1 table1 to 2 tablespoon	did you usually eat? spoon s		
	butter, how muchLess than 1 table1 to 2 tablespoonMore than 2 table	did you usually eat? spoon s		
V	butter, how much Cless than 1 table 1 to 2 tablespoon More than 2 table PN65a	did you usually eat? spoon s spoons		
Y 66.	butter, how muchLess than 1 table1 to 2 tablespoonMore than 2 table	did you usually eat? spoon s spoons		
66.	butter, how much O Less than 1 table O 1 to 2 tablespoon O More than 2 table PN65a How often did you eat r	did you usually eat? spoon s spoons oast beef or steak IN		
66.	butter, how much O Less than 1 table O 1 to 2 tablespoon O More than 2 table PN65a How often did you eat r SANDWICHES?	did you usually eat? spoon s spoons oast beef or steak IN		
V 66.	butter, how much O Less than 1 table O 1 to 2 tablespoon O More than 2 table PN65a How often did you eat r SANDWICHES? O NEVER (GO TO QUES	did you usually eat? spoon s spoons oast beef or steak IN TION 67) RBNever66 © 2 times per week		
66.	butter, how much Cless than 1 table 1 to 2 tablespoon More than 2 table PN65a How often did you eat r SANDWICHES? NEVER (GO TO QUES) 1-6 times per year	did you usually eat? spoon s spoons oast beef or steak IN TION 67) RBNever66 © 2 times per week		
66.	butter, how much O Less than 1 table O 1 to 2 tablespoon O More than 2 table PN65a How often did you eat r SANDWICHES? O NEVER (GO TO QUES) O 1-6 times per year O 7-11 times per year	did you usually eat? spoon s spoons oast beef or steak IN TION 67) RBNever66 ○ 2 times per week ○ 3-4 times per week ○ 5-6 times per week		
66.	butter, how much Cless than 1 table 1 to 2 tablespoon More than 2 table PN65a How often did you eat r SANDWICHES? NEVER (GO TO QUES) 1-6 times per year 7-11 times per year 1 time per month	did you usually eat? spoon s spoons oast beef or steak IN TION 67) RBNever66 ○ 2 times per week ○ 3-4 times per week ○ 5-6 times per week		
V 66.	butter, how much O Less than 1 table O 1 to 2 tablespoon O More than 2 table PN65a How often did you eat r SANDWICHES? O NEVER (GO TO QUES) O 1-6 times per year O 7-11 times per year O 1 time per month O 2-3 times per month O 1 time per week	did you usually eat? spoon s spoons oast beef or steak IN TION 67) RBNever66 ○ 2 times per week ○ 3-4 times per week ○ 5-6 times per week ○ 1 time per day ○ 2 or more times per day		
66.	butter, how much O Less than 1 table O 1 to 2 tablespoon O More than 2 table PN65a How often did you eat r SANDWICHES? O 1-6 times per year O 7-11 times per year O 1 time per month O 2-3 times per month O 1 time per week 66a. Each time you ate SANDWICHES, h O Less than 1 slice	did you usually eat? spoon s spoons oast beef or steak IN TION 67) RBNever66 ② 2 times per week ③ 3-4 times per week ③ 5-6 times per week ③ 1 time per day ③ 2 or more times per day roast beef or steak IN ow much did you usually eat? e or less than 2 ounces		
V 66.	butter, how much O Less than 1 table O 1 to 2 tablespoon O More than 2 table PN65a How often did you eat r SANDWICHES? O NEVER (GO TO QUES) O 1-6 times per year O 7-11 times per year O 1 time per month O 2-3 times per month O 1 time per week 66a. Each time you ate SANDWICHES, he O Less than 1 slice O 1 to 2 slices or 2	did you usually eat? spoon s spoons oast beef or steak IN TION 67) RBNever66		
66.	butter, how much O Less than 1 table O 1 to 2 tablespoon O More than 2 table PN65a How often did you eat r SANDWICHES? O NEVER (GO TO QUES) O 1-6 times per year O 7-11 times per year O 1 time per month O 2-3 times per month O 1 time per week 66a. Each time you ate SANDWICHES, he O Less than 1 slice O 1 to 2 slices or 2	did you usually eat? spoon s spoons oast beef or steak IN TION 67) RBNever66 ② 2 times per week ③ 3-4 times per week ③ 5-6 times per week ③ 1 time per day ③ 2 or more times per day roast beef or steak IN ow much did you usually eat? e or less than 2 ounces		

How often did you eat jam, jelly, or honey on

Question 64 appears in the next column.

Less than 1 tablespoon1 to 2 tablespoonsMore than 2 tablespoons

added? BD63q

Question 67 appears on the next page.

18



67. How often did you eat **turkey** or **chicken COLD CUTS** (such as loaf, luncheon meat, turkey ham, turkey salami, or turkey pastrami)? (We will ask about other turkey or chicken later.)

O NEVER (GO TO QUESTION 68) To	CNever67
--------------------------------	----------

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

TC67

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

- O Less than 1 slice
- O 1 to 3 slices
- O More than 3 slices

TC67a

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

O NEVER (GO TO QUESTION 69) LDNever68

- O 1-6 times per year
- O 2 times per week
- 7-11 times per year
- 3-4 times per week
- O 1 time per month
- O 5-6 times per week
- 2-3 times per month1 time per week
- 1 time per day2 or more times per day
- LD68

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

- O Less than 1 slice
- O 1 to 3 slices
- O More than 3 slices

LD68a

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

LD68b

- O Almost never or never
- O About 1/4 of the time
- O About 1/2 of the time
- O About 3/4 of the time
- O Almost always or always



Question 69 appears in the next column.

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

O NEVER (GO TO QUESTION 70) OLNever69

- O 1-6 times per year
- O 2 times per week
- 7-11 times per year
- 3-4 times per week○ 5-6 times per week
- 1 time per month2-3 times per month
- O 1 time per day
- O 1 time per week
- O 2 or more times per day

OL69

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

- O Less than 1 slice
- O 1 to 3 slices
- O More than 3 slices

OL69a

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

- O Almost never or never
- O About 1/4 of the time
- O About 1/2 of the time
- O About 3/4 of the time
- O Almost always or always

OL69a

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

O NEVER (GO TO QUESTION 71) TUNever70

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

TU70

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

- O Less than 1/4 cup or less than 2 ounces
- O 1/4 to 1/2 cup or 2 to 3 ounces
- O More than 1/2 cup or more than 3 ounces

TU70a

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

- O Almost never or never
- O About 1/4 of the time
- O About 1/2 of the time
- O About 3/4 of the time
- O Almost always or always

Question 71 appears on the next page.



- 70c. How often was the canned tuna you ate prepared with mayonnaise or other dressing (including low-fat)? TU70c O Almost never or never O About 1/4 of the time O About 1/2 of the time O About 3/4 of the time
- 71. How often did you eat GROUND chicken or turkey? (We will ask about other chicken and turkey later.)

O NEVER (GO TO QUESTION 72) GTNever71

O Almost always or always

	O 1-6 times per year	O 2 times per week	
	O 7-11 times per year	O 3-4 times per week	
	○ 1 time per month	○ 5-6 times per week	
	O 2-3 times per month	1 time per day2 or more times per d	
	O 1 time per week GT71		
	71a. Each time you ate turkey, how much	GROUND chicken or did you usually eat?	
	O Less than 2 ounce	es or less than 1/2 cup	
O 2 to 4 ounces or 1/2 to 1 cup			
O More than 4 ounces or more than 1 cup			
	GT71a		
	How often did you got b	aaf hamburaara or	

- 72. How often did you eat **beef hamburgers** or cheeseburgers?
 - O NEVER (GO TO QUESTION 73) BHNever72 O 1-6 times per year O 2 times per week O 7-11 times per year O 3-4 times per week O 1 time per month ○ 5-6 times per week O 2-3 times per month O 1 time per day O 1 time per week O 2 or more times per day
 - 72a. Each time you ate beef hamburgers or cheeseburgers, how much did you usually
 - O Less than 1 patty or less than 2 ounces
 - O 1 patty or 2 to 4 ounces
 - O More than 1 patty or more than 4 ounces

BH72a

- 72b. How often were the beef hamburgers or cheeseburgers you ate made with lean ground beef?
 - O Almost never or never
 - O About 1/4 of the time
 - O About 1/2 of the time
 - O About 3/4 of the time
 - Almost always or always

BH72b

Question 73 appears in the next column.

73.	How often did you eat ground beef in mixtures
	(such as meatballs, casseroles, chili, or meatloaf)?

O NEVER (GO TO QUESTION 74) GMNever73						
O 1-	6 times per year	O 2 times per week				
O 7-	11 times per year	O 3-4 times per week				
011	time per month	○ 5-6 times per week				
2-3 times per month1 time per weekGM73		1 time per day2 or more times per day				
				73a.	Each time you ato how much did you	e ground beef in mixtures, u usually eat?
O Less than 3 ounces or less than 1/2 cup						

O 3 to 8 ounces or 1/2 to 1 cup

O More than 8 ounces or more than 1 cup

How often did you eat hot dogs or frankfurters? (Please do not include sausages or vegetarian hot

O NEVER (GO TO QUESTION 75) HFNever74

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

O 1 time per week O 2 or more times per day

HF74

day

- 74a. Each time you ate hot dogs or frankfurters, how many did you usually eat?
 - O Less than 1 hot dog
 - O 1 to 2 hot dogs
 - O More than 2 hot dogs

HF74a

- 74b. How often were the hot dogs or frankfurters you ate light or low-fat hot dogs?
 - O Almost never or never
 - O About 1/4 of the time
 - O About 1/2 of the time
 - O About 3/4 of the time
 - O Almost always or always



Question 75 appears on the next page.



Over the past 12 months				77b. How often was the steak you ate lean steak?			
75	5. How often did you eat beef mixtures such as beef stew, beef pot pie, beef and noodles, or beef and vegetables?			 Almost never or never About 1/4 of the time About 1/2 of the time About 3/4 of the time 			
Г	O NEVER (GO TO QUESTION 76) BVNever75			Almost always or always			
	○ 1-6 times per year	O 2 times per week		SK77b	•		
	O 7-11 times per year	O 3-4 times per week	78.	How often did you eat	pork or beef spareribs?		
	O 1 time per month	O 5-6 times per week		— O NEVER (GO TO QUESTION 79) SPNever78			
	O 2-3 times per month	O 1 time per day					
	O 1 time per week BV75	O 2 or more times per day		1-6 times per year7-11 times per year	2 times per week3-4 times per week		
	75a. Each time you at	e beef stew, beef pot pie,		1 time per month	○ 5-6 times per week		
		es, or beef and vegetables,		O 2-3 times per month	○ 1 time per day		
	how much did yo	u usually eat?		O 1 time per week	O 2 or more times per day		
	O Less than 1 cup			SP78			
	O 1 to 2 cups			/8a. Each time you at how much did yo	e pork or beef spareribs,		
•	O More than 2 cup			now much did yo	u usually eat:		
76	BV75a How often did you eat roast beef or pot roast ?			O Less than 4 ribs	5		
	(Please do not include sandwiches.)	(Please do not include roast beef or pot roast in					
_	,			O More than 12 ri SP78a	bs		
	O NEVER (GO TO QUESTION 77) RRNever76		70				
	O 1-6 times per year	O 2 times per week	79.		gets (including in sandwiches)?		
	O 7-11 times per year	O 3-4 times per week			3 (
	1 time per month	○ 5-6 times per week		O NEVER (GO TO QUES	STION 80) TTNever79		
	O 2-3 times per month	O 1 time per day		○ 1-6 times per year	O 2 times per week		
	O 1 time per week	O 2 or more times per day		○ 7-11 times per year	O 3-4 times per week		
	76a. Each time you a	te roast beef or pot roast,		1 time per month	○ 5-6 times per week		
	(including in mix	tures) how much did you		O 2-3 times per month	○ 1 time per day		
	usually eat?			O 1 time per week	O 2 or more times per day		
	O Less than 2 ou	nces		TT79			
	O 2 to 5 ounces		79a. Each time you ate roast turkey, turkey cutlets, or turkey nuggets, how much did				
Y	O More than 5 ou	inces		•	(Please note: 4-8 turkey		
77	RR76a How often did you eat steak (beef)? (Do not include steak in sandwiches.)			nuggets=3 ounce	s.)		
Γ	O NEVER (GO TO QUESTION 78) SKNever77			O 2 to 4 ounces O More than 4 our			
	O 1-6 times per year	O 2 times per week	\(\psi\)	TT79a	1003		
	○ 7-11 times per year	O 3-4 times per week	80.		chicken as part of salads,		
	O 1 time per month	○ 5-6 times per week	00.	sandwiches, cassero	•		
	O 2-3 times per month	O 1 time per day		mixtures?	,, •- •••••		
	O 1 time per week SK77	O 2 or more times per day			STION 81) SMNever80		
	77a. Each time you at did you usually ea	e steak (beef), how much at?		1-6 times per year7-11 times per year	2 times per week3-4 times per week		

Question 78 appears in the next column.

O 3 to 7 ounces

O Less than 3 ounces

O More than 7 ounces

SK77a



O 5-6 times per week

O 2 or more times per day

O 1 time per day

O 1 time per month

O 1 time per week

SM80

O 2-3 times per month

	oou.		hes, casseroles, stews, s, how much did you
		Less than 1/2 cup1/2 to 1 1/2 cupsMore than 1 1/2 composition	
81.	stew	red, or fried chicke	paked, broiled, roasted, en (including nuggets)? chicken in mixtures.)
	O NE	EVER (GO TO QUES	TION 82) CNever81
		6 times per year 11 times per year	O 2 times per week O 3-4 times per week
		ime per month	○ 5-6 times per week
		3 times per month	○ 1 time per day
		ime per week	O 2 or more times per day
	C8 81a.	Each time you ate stewed, or fried of	e baked, broiled, roasted, chicken (including ich did you usually eat?
	81b.	or thigh, or less to 2 drumsticks or v or 4 to 8 nuggets. More than 2 drum or thigh, or more C81a How often was the chicken (including nuggets?	vings, 1 breast or thigh, is naticks or wings, 1 breast than 8 nuggets e chicken you ate fried g deep fried) or chicken
	81c.	O Almost never or it About 1/4 of the State O About 1/2 of the State O About 3/4 of the O Almost always or C81b How often was the meat?	time time time
	044	○ Almost never or i ○ About 1/4 of the i ○ About 1/2 of the i ○ About 3/4 of the i ○ Almost always or C81c	time time time always
	81 0 .	O Almost never or a O About 1/4 of the O About 3/4 of the O Almost always or	time time time
•		C81d	•
Ques		2 appears in the nex	kt column.

Qu

Each time you ate chicken as part of

82. How often did you eat baked ham or ham steak? O NEVER (GO TO QUESTION 83) HSNever82 ○ 1-6 times per year 2 times per week O 7-11 times per year O 3-4 times per week 1 time per month ○ 5-6 times per week O 2-3 times per month O 1 time per day O 1 time per week O 2 or more times per day **HS82** 82a. Each time you ate baked ham or ham steak, how much did you usually eat? O Less than 1 ounce O 1 to 3 ounces O More than 3 ounces HS82a 83. How often did you eat **pork** (including chops, roasts, and in mixed dishes)? (Please do not include ham, ham steak, or sausage.) O NEVER (GO TO QUESTION 84) PNever83 ○ 1-6 times per year O 2 times per week ○ 7-11 times per year O 3-4 times per week O 1 time per month ○ 5-6 times per week O 2-3 times per month O 1 time per day O 1 time per week O 2 or more times per day 83a. Each time you ate **pork**, how much did you usually eat? O Less than 2 ounces or less than 1 chop O 2 or 5 ounces or 1 chop O More than 5 ounces or more than 1 chop P83a 84. How often did you eat gravy on meat, chicken, potatoes, rice, etc? O NEVER (GO TO QUESTION 85) GMNever84 ○ 1-6 times per year O 2 times per week ○ 7-11 times per year O 3-4 times per week O 1 time per month ○ 5-6 times per week O 2-3 times per month O 1 time per day O 1 time per week O 2 or more times per day **GM84** 84a. Each time you ate **gravy** on meat, chicken, potatoes, or rice, etc., how much did you usually eat? O Less than 1/8 cup O 1/8 to 1/2 cup

GM84a

Question 85 appears on the next page.

O More than 1/2 cup



Ove	er the <u>past 12 months</u>			87a.	Each time you ato you usually eat?	e sausage, how much did S87a
85.	How often did you eat	liver (all kinds) or			O Fewer than 1 par	tty or 2 links
	liverwurst?				O 1 to 3 patties or	2 to 5 links
	O NEVER (GO TO QUE	STION 86) LNever85			O More than 3 patt	ies or 5 links
	O 1-6 times per year	O 2 times per week		87b.		e sausage you ate light,
	O 7-11 times per year	O 3-4 times per week			low-fat, or lean s	ausage? S87b
	O 1 time per month	○ 5-6 times per week			O Almost never or	
	O 2-3 times per month	O 1 time per day			O About 1/4 of the	
	○ 1 time per week L85	O 2 or more times per day			About 1/2 of theAbout 3/4 of theAlmost always of	time
85a. Each time you ate liver or liverwurst , how much did you usually eat?		88.	How	•	fish sticks or fried fish	
O Less than 1 ounce		(including fried seafood or shellfish)?				
	O 1 to 4 ounces		_	- O N	EVER (GO TO QUE	STION 89) FNever88
\	O More than 4 ou L85a	nces		O 1-	-6 times per year	O 2 times per week
86.		bacon (including low-fat)?			-11 times per year	O 3-4 times per week
00.	riow often did you eat i	oacon (including low-lat):			time per month	○ 5-6 times per week
	O NEVER (GO TO QUES	STION 87) BNever86		O 2-	3 times per month	○ 1 time per day
	O 1-6 times per year	O 2 times per week			time per week	O 2 or more times per day
	O 7-11 times per year	O 3-4 times per week		F8		
	O 1 time per month	○ 5-6 times per week		88a.	how much did yo	te fish sticks or fried fish,
	O 2-3 times per month	O 1 time per day			now much did yo	ou usually eat?
	O 1 time per week	O 2 or more times per day			O Less than 2 our	nces or less than 1 fillet
	B86				O 2 to 7 ounces of	r 1 fillet
	86a. Each time you at you usually eat?	e bacon , how much did	\		O More than 7 our F88a	nces or more than 1 fillet
	○ Fewer than 2 sli○ 2 to 3 slices	ces	89.	How NOT	often did you eat f	ish or seafood that was shellfish)? FSNever89
	O More than 3 slic	es		O NE	EVER (GO TO THE I	NTRODUCTION TO QUESTION 90)
	86b. How often was the	e bacon you ate light,		O 1-	6 times per year	O 2 times per week
	low-fat, or lean b			O 7-	11 times per year	O 3-4 times per week
	○ Almost nover or	nover		O 1 t	ime per month	○ 5-6 times per week
	○ Almost never or○ About 1/4 of the			O 2-	3 times per month	1 time per day
	O About 1/2 of the			O 1 t	ime per week	O 2 or more times per day
	O About 3/4 of the			,FS	889	to fich on conford that was
٧	○ Almost always o B86b	r always		ъуа.		te fish or seafood that was nuch did you usually eat?
87.		sausage (including low-fat)?			,	,
	1.5. O.L. and you out					nces or less than 1 fillet
	- O NEVER (GO TO QUES	STION 88) SNever87			O 2 to 5 ounces of	r 1 fillet

- O NEVER (GO TO QUES	STION 88) SNever87
O 1-6 times per year	O 2 times per week
○ 7-11 times per year	O 3-4 times per week
O 1 time per month	○ 5-6 times per week
O 2-3 times per month	○ 1 time per day
○ 1 time per week	O 2 or more times per day
007	

S87

Question 88 appears in the next column.

FS89a

 \bigcirc More than 5 ounces or more than 1 fillet

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

How often was oil, butter, margarine, or other fat used to FRY, SAUTE, BASTE, OR **MARINATE** any meat, poultry, or fish you ate? (Please do not include deep frying.)

O NEVER (GO TO QUESTION 91) ONever 90

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

90a. Which of the following **fats** were regularly used to prepare your meat, poultry, or fish? (Mark all that apply.)

- - O Margarine (including O Corn oil
 - low-fat)
- O Canola or rapeseed oil
- O Butter (including low-fat)
- Oil spray, such as Pam or others
- O Lard, fatback, or bacon fat
- Other kinds of oils
- O Olive oil
- O None of the above

O90a

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

O NEVER (GO TO QUESTION 92) TNever91

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

T91

91a. Each time you ate tofu, soy burgers, or soy meat-substitutes, how much did you usually eat?

- O Less than 1/4 cup or less than 2 ounces
- 1/4 to 1/2 cup or 2 to 4 ounces
- O More than 1/2 cup or more than 4 ounces



Question 92 appears in the next column.

Over the past 12 months, did you eat **soups**?

O NO (GO TO QUESTION 93) SONO92

O YES



92a. How often did you eat soup DURING THE WINTER?

- O NEVER SONever92
- O 1-6 times per winter O 2 times per week
- 7-11 times per winter 3-4 times per week
- O 1 time per month ○ 5-6 times per week
- O 2-3 times per month O 1 time per day
- O 1 time per week O 2 or more times per day

SO92a

92b. How often did you eat soup DURING THE **REST OF THE YEAR?**

- O NEVER SONever92b
- O 1-6 times per year
- O 2 times per week
- 7-11 times per year
- O 3-4 times per week
- O 1 time per month
- 5-6 times per week O 1 time per day
- O 2-3 times per month O 1 time per week
- O 2 or more times

SO92b

per day

92c. Each time you ate **soup**, how much did you usually eat?

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

SO92c

92d. How often were the soups you ate bean soups?

- O Almost never or never
- O About 1/4 of the time
- O About 1/2 of the time
- O About 3/4 of the time
- O Almost always or always

SO92d

92e. How often were the soups you ate **cream soups** (including chowders)?

- O Almost never or never
- O About 1/4 of the time
- O About 1/2 of the time
- O About 3/4 of the time
- O Almost always or always

SO92e

Question 93 appears on the next page.



Over	r the	past 12 months			94a.	Each time you ate you usually eat?	crackers, how much did
(92f.		e soups you ate tomato or			O Fewer than 4 cra	nekore
		vegetable soups?	?			O 4 to 10 crackers	ickers
		O Almost never or r O About 1/4 of the t				O More than 10 cra	ackers
		○ About 1/2 of the t○ About 3/4 of the t○ Almost always or	time	95.	How	often did you eat c	corn bread or corn muffins?
		SO92f	aiways		- O NI	EVER (GO TO QUES	STION 96)
9	2g.	How often were the	e soups you ate broth		O 1-	6 times per year	O 2 times per week
			chicken) with or without			11 times per year	○ 3-4 times per week
		noodles or rice?				time per month	○ 5-6 times per week
		O Almost never or r	never			3 times per month	○ 1 time per day
		O About 1/4 of the f				•	• •
		O About 1/2 of the t			O I	time per week	O 2 or more times per day
		O About 3/4 of the t			050	Fach time very etc	and broad or com
		O Almost always or	always		95a.	,	corn bread or corn ch did you usually eat?
22	Llavo	SO92g	:0			mamms, now made	on did you asaany cat:
93.	HOW	often did you eat p	oizza ?			O Less than 1 piec	e or muffin
_	O NE	EVER (GO TO QUES	TION 94) PNever93			O 1 to 2 pieces or i	muffins
						O More than 2 piec	es or muffins
		6 times per year	O 2 times per week	\\			
		11 times per year	O 3-4 times per week	96.	How	often did vou eat k	paking powder biscuits?
		time per month	○ 5-6 times per week			, , , , , , , , , , , , , , , , , , , ,	9
		3 times per month	O 1 time per day		- O N	EVER (GO TO QUES	STION 97)
1		time per week	O 2 or more times per day			•	
	PS					6 times per year	O 2 times per week
,	93a.	usually eat?	e pizza, how much did you			11 times per year	O 3-4 times per week
		asaany cat:				time per month	○ 5-6 times per week
		O Less than 1 slice	or less than 1 mini pizza		O 2-	3 times per month	○ 1 time per day
		O 1 to 3 slices or 1	•		011	time per week	2 or more times per day
		O More than 3 slice	s or more than 1 mini pizza				
		P93a			96a.	Each time you ate	baking powder biscuits,
	nah	How often did you	oot pizzo with			how many did you	usually eat?
,	9JD.		age, or other meat?				
		popporoin, cado	ago, or other mout.			O Fewer than 1 biso	cuit
		O Almost never or r				O 1 to 2 biscuits	
		○ About 1/4 of the f○ About 1/2 of the f				O More than 2 biscu	uits
		O About 3/4 of the f		▼			
\bigvee		O Almost always or		97.			ootato chips, tortilla chips,
94.	How	often did you eat c	rackers?			orn chips (includin salt)?	g low-fat, fat-free, or
_	O NE	EVER (GO TO QUES	TION 95)		- O N	EVER (GO TO QUES	STION 98)
		6 times per year	O 2 times per week				·
		11 times per year	○ 3-4 times per week		O 1-	6 times per year	2 times per week
		· ·	•		O 7-	11 times per year	O 3-4 times per week
		time per month	○ 5-6 times per week		011	time per month	O 5-6 times per week
		3 times per month	1 time per day		O 2-	3 times per month	1 time per day
\ '	∪ 11	time per week	O 2 or more times per day		O 1	time per week	O 2 or more times per day

Question 95 appears in the next column.



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

O More than 20 average twists

Question 100 appears in the next column.

Question 103 appears on the next page.

O 1/2 to 1 cup or 1 container

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

O More than 1 cup or more than 1 container



26

				or ice	s (including low-f	at or fat-free)?	
103.	How often did you eat c low-fat)?	cottage cheese (including		O NE	VER (GO TO QUES	STION 106)	
	O NEVER (GO TO QUES	TION 104)		O 1-6	times per year	O 2 times per week	
		,		O 7-1	1 times per year	O 3-4 times per week	
	○ 1-6 times per year	O 2 times per week		○ 1 ti	me per month	○ 5-6 times per week	
	○ 7-11 times per year	O 3-4 times per week		O 2-3	times per month	○ 1 time per day	
	O 1 time per month	O 5-6 times per week		○ 1 ti	me per week	O 2 or more times per day	/
	O 2-3 times per month	O 1 time per day			•		
	O 1 time per week	O 2 or more times per day		105a.		e frozen yogurt, sorbet, did you usually eat?	or
	103a. Each time you at much did you us				○ Less than 1/2 cu ○ 1/2 to 1 cup or 1	up or less than 1 scoop	
	O Less than 1/4 cu	10			•	o or more than 2 scoops	
	○ 1/4 to 1 cup	1Þ	٧		O More than 1 cup	of more than 2 3000ps	
	O More than 1 cup		106.	How	often did vou eat i	ce cream, ice cream bar	\$
Y	O More than I cup	,	100.		•	w-fat or fat-free)?	. ,
104.		cheese (including low-fat; gers or in sandwiches or		O NE	VER (GO TO QUES	STION 107)	
	subs)?			O 1-6	times per year	O 2 times per week	
_	O NEVER (GO TO QUES	STION 105)		O 7-1	1 times per year	O 3-4 times per week	
	O NEVER (GO TO QUE	3110N 103)		O 1 tii	me per month	O 5-6 times per week	
	O 1-6 times per year	2 times per week		O 2-3	times per month	O 1 time per day	
	O 7-11 times per year	O 3-4 times per week			me per week	O 2 or more times per day	1
	O 1 time per month	○ 5-6 times per week			•	- ,	
	O 2-3 times per month	○ 1 time per day		106a.	Each time vou at	e ice cream, ice cream	
	O 1 time per week	O 2 or more times per day			•	, how much did you usual	ly eat?
					O Less than 1/2 cu	up or less than 1 scoop	
	104a. Each time you a	te cheese , how much did you			O 1/2 to 1 1/2 cups		
	usually eat?				•	cups or more than 2 scoops	;
	O Less than 1/2 o	unce or less than 1 slice				·	
	○ 1/2 to 1 1/2 oun			106b.	How often was th	ne ice cream you ate light	,
		ounces or more than 1 slice				ee ice cream or sherbet?	
	104b. How often was the low-fat cheese?	ne cheese you ate light or			○ Almost never or○ About 1/4 of the		
					O About 1/2 of the		
	○ Almost never of About 1/4 of the				About 3/4 of theAlmost always of		
	O About 1/2 of the		\downarrow		C Airiost always C	n always	
	O About 3/4 of the		•				
	○ Almost always	or always	107.		often did you eat c -free)?	cake (including low-fat	
	104c. How often was the cheese?	ne cheese you ate fat-free		O NE	VER (GO TO QUES	TION 108)	
	○ Almost nover a	r novor		O 1-6	times per year	O 2 times per week	
	○ Almost never of O About 1/4 of the			O 7-1	1 times per year	O 3-4 times per week	
	O About 1/2 of the			O 1 tii	me per month	○ 5-6 times per week	
	O About 3/4 of the	e time		O 2-3	times per month	○ 1 time per day	
\bigvee	O Almost always	or always		○ 1 tiı	me per week	O 2 or more times per day	/
▼			♥			•	

27

Question 108 appears on the next page.

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



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

Question 110 appears in the next column.

Over the past 12 months...



112. How often did you eat pie?

O NEVER (GO TO QUEST	ΓΙΟΝ 113)		
 1-6 times per year 7-11 times per year 1 time per month 2-3 times per month 1 time per week 	 2 times per week 3-4 times per week 5-6 times per week 1 time per day 2 or more times per day 		
112a. Each time you ate r usually eat?	oie, how much did you		
 ○ Less than 1/8 of a ○ About 1/8 of a pie ○ More than 1/8 of a The payt four questions a	pie		
The next four questions ask about the kinds of pie you ate. Please read all four questions before answering.			
112b. How often were th (such as apple, blue			
 Almost never or a About 1/4 of the About 1/2 of the About 3/4 of the Almost always or 	time time time		
112c. How often were the pudding, custard	e pies you ate cream, , or meringue pie ?		
 ○ Almost never or an about 1/4 of the second 1/2 of the second 3/4 of the second 2/4 of the	time time time		
112d. How often was the pie ?	pie you ate pumpkin		
○ Almost never or n○ About 1/4 of the t○ About 1/2 of the t○ About 3/4 of the t○ Almost always or	ime ime ime		
112e. How often was the	e pie you ate pecan pie ?		
 Almost never or a About 1/4 of the About 1/2 of the About 3/4 of the Almost always or 	time time time		

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

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

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

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

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

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

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

> O 1 egg O 2 eggs

 \bigcirc 3 or more eggs



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

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

Question 117 appears in the next column.

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

Question 120 appears on the next page.



O 1 to 3 teaspoons O More than 3 teaspoons

Ove	er the <u>past 12 months</u>				122a. Each time crear	
120. How often did you add artificial sweetener to your coffee or tea?		added to your coffee or tea, how much usually added?				
	O NEVER (GO TO QUESTION 121)				○ Less than 1 tab○ 1 to 2 tablespo	=
	O Less than 1 time per month	5-6 times per week1 time per day			O More than 2 tal	
	1-3 times per month1 time per week	2-3 times per day4-5 times per day	1	23.	How often was milk ac	•
	O 2-4 times per week	O 6 or more times per day			O NEVER (GO TO QUE	STION 124)
	120a. What kind of artif usually use?	ficial sweetener do you			Less than 1 time per month1-3 times per month	5-6 times per weel1 time per day2-3 times per day
	○ Equal or asparta○ Sweet N Low or○ Splenda				○ 1 time per week○ 2-4 times per week	○ 4-5 times per day○ 6 or more times per
121.	How often was non-dai coffee or tea?	ry creamer added to your			123a. Each time milk tea, how much w	was added to your coffe vas usually added?
	O NEVER (GO TO QUES	TION 122)			○ Less than 1 tab○ 1 to 3 tablespoon	•
	O Less than 1 time per month	5-6 times per week1 time per day			O More than 3 tal	
	○ 1-3 times per month○ 1 time per week	2-3 times per day4-5 times per day			123b. What kind of mi coffee or tea?	lk was usually added to
		○ 6 or more times per day airy creamer was added to how much was usually			○ Whole milk○ 2% fat milk○ 1 % fat milk○ Skim, nonfat, o	r 1/2% milk
	Less than 1 teas1 to 3 teaspoonsMore than 3 teas	•	,		Evaporated orSoy milkRice milkOther	condensed (canned) milk
	121b. What kind of non usually use? O Regular powder		1	24.	How often was sugar you ate? (Please do r tea, other beverages,	not include sugar in cof
	○ Low-fat or fat-free powdered○ Regular liquid			Г	O NEVER (GO TO INTE QUESTION 125)	,
122		ee liquid or half and half added to			1-6 times per year7-11 times per year1 time per month	2 times per week3-4 times per week5-6 times per week
your coffee or tea?					○ 2-3 times per month	O 1 time ner day

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

added to your coffee or tea, how much was

Question 123 appears in the next column.

O NEVER (GO TO QUESTION 123)

O Less than 1 time per

○ 1-3 times per month

O 2-4 times per week

O 1 time per week

month



○ 5-6 times per week

O 2-3 times per day

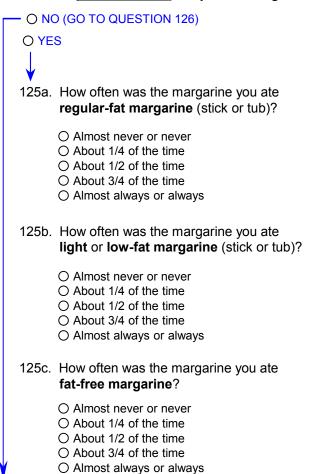
O 4-5 times per day

O 6 or more times per day

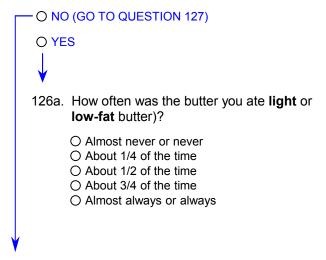
O 1 time per day

The following questions are about the kinds of margarine, mayonnaise, sour cream, cream cheese, and salad dressing that you eat. If possible, please check the labels of these foods to help you answer.

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



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



Question 127 appears in the next column.

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

ONO	(GO TO QUESTION 128)	
O YES	S	
127a.	How often was the mayonnaise you ate regular-fat mayonnaise?	
	○ Almost never or never○ About 1/4 of the time○ About 1/2 of the time○ About 3/4 of the time○ Almost always or always	
127b.	How often was the mayonnaise you ate light or low-fat mayonnaise?	
	○ Almost never or never○ About 1/4 of the time○ About 1/2 of the time○ About 3/4 of the time○ Almost always or always	
127c.	How often was the mayonnaise you ate fat-free mayonnaise?	
	○ Almost never or never○ About 1/4 of the time○ About 1/2 of the time○ About 3/4 of the time○ Almost always or always	
128. Over	the <u>past 12 months</u> , did you eat sour	
0.00.	O (GO TO QUESTION 129)	
O YE	ES	
128a.	How often was the sour cream you ate regular-fat sour cream?	
	○ Almost never or never○ About 1/4 of the time○ About 1/2 of the time○ About 3/4 of the time○ Almost always or always	
128b.	How often was the sour cream you ate lig low-fat or fat-free sour cream ?	ht,
	○ Almost never or never○ About 1/4 of the time○ About 1/2 of the time○ About 3/4 of the time○ Almost always or always	
▼	6301	7



29. Over the past 12 months, did you eat cream cheese?	summarize your usual intake of vegetables and fruits. Please do not include salads, potatoes, or juices.
O NO (GO TO QUESTION 130) O YES	131. Over the <u>past 12 months</u> , how many servings of vegetables (not including salad or potatoes) did you eat per week or per day?
 129a. How often was the cream cheese you ate regular-fat cream cheese? ○ Almost never or never ○ About 1/4 of the time ○ About 1/2 of the time ○ About 3/4 of the time ○ Almost always or always 129b. How often was the cream cheese you ate light, low-fat or fat-free cream cheese? 	 ○ Less than 1 per week ○ 2 per day ○ 1-2 per week ○ 3 per day ○ 3-4 per week ○ 4 per day ○ 5-6 per week ○ 5 or more per day ○ 1 per day 132. Over the past 12 months, how many servings of fruit (not including juices) did you eat per week or per day? ○ Less than 1 per week ○ 2 per day ○ 1-2 per week ○ 3 per day
 Almost never or never About 1/4 of the time About 1/2 of the time About 3/4 of the time 	○ 3-4 per week○ 5-6 per week○ 5 or more per day○ 1 per day
O Almost always or always30. Over the past 12 months, did you eat salad dressing?	133. Over the <u>past month</u> , which of the following foods did you eat AT LEAST THREE TIMES? (Mark as many as apply.) O Avocado, guacamole O Olives
O NO (GO TO INTRODUCTION TO QUESTION 131) O YES 130a. How often was the salad dressing you ate regular-fat salad dressing (including oil and vinegar dressing)? O Almost never or never O About 1/4 of the time	 Cheesecake Chocolate, fudge, or butterscotch toppings or syrups Chow mein noodles Croissants Dried apricots Egg rolls Granola bars Oysters Pickles or pickled vegetables or fruit Plantains Pork neckbones, hock, head, feet Pudding or custard Veal, venison, lamb Whipped cream, regular
○ About 1/2 of the time○ About 3/4 of the time○ Almost always or always	 Hot peppers Jello, gelatin Milkshakes or substitute ice-cream sodas Whipped cream, regular Whipped cream, substitute
130b. How often was the salad dressing you ate light or low-fat salad dressing? O Almost never or never O About 1/4 of the time O About 1/2 of the time O About 3/4 of the time O Almost always or always	134. For all of the past 12 months, have you followed any type of vegetarian diet? O NO (GO TO INTRODUCTION TO QUESTION 135) O YES 134a. Which of the following food did you
 130c. How often was the salad dressing you ate fat-free salad dressing? Almost never or never About 1/4 of the time About 1/2 of the time About 3/4 of the time Almost always or always 	TOTALLY EXCLUDE from your diet? (Mark all that apply.) O Meat (beef, pork, lamb, etc.) O Poultry (chicken, turkey, duck) O Fish and seafood O Eggs O Dairy products (milk, cheese, etc.)

The following two questions ask you to

33

Question 131 appears in the next column.

Question 135 appears in the next column.

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

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

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

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

Question 140 appears on the next page.

O Less than 8,000 IU

O 10,000 - 14,999 IU

O 8,000 - 9,999 IU



O 15,000 - 24,999 IU

O 25,000 IU or more

O Don't know

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

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

Mhan you took Vitamin E about how

Question 142 appears in the next column.

O Less than 1 day per month

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

O Every day



as	•	/itamin D on its own or blement (NOT as part of in 137)?		Please mark supplements
<u> </u>	NEVER (GO TO QUEST	ΓΙΟΝ 144)		○ Aloe Vera
0	Less than 1 day per month 1-3 days per month 1-3 days per week 4-6 days per week Every day	nth		AstragalusBilberryCascara saCat's clawCayenne
14	43a. When you took V much did you take	*		CranberryDong KuaiEchinacea
	Less than 125 IL125-249 IU250-399 IU400 IU or more	J		Evening pringFeverfewGarlic
	O Don't know		146.	Is there anyth
14	43b. For how many yea Vitamin D?	ars have you taken		month? Pleas amount.
¥	○ Less than 1 year○ 1 - 4 years○ 5 - 9 years○ 10 or more years			
	ast two questions ask ments you took more			
su	ease mark any of the for Ipplements you took material of a multiviter.	nore than once per week		
0	B-6	○ Folic acid/folate		
0	B-Complex	○ Glucosamine		
0	Brewer's yeast	O Hydroxytryptophan (HTP)		
0	Cod liver oil	○ Iron		
0	Coenzyme Q	○ Niacin		
	Fish oil Dmega-3 fatty acids)	○ Selenium○ Zinc		Tha comp
				Before



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

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

ank you very much for leting this questionnaire!

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

