

## FOOD QUESTIONNAIRE

This form asks about your usual food intake over the past year. It takes about 30 minutes to complete. Please follow these instructions:

- Answer each question as best you can estimate if you aren't sure.
- Use only a #2, ordinary pencil.
- Be certain to completely blacken in each of your answers, and erase completely if you make any changes.
- . Do not make any other marks on this form.
- If you wish to make comments, please use a separate piece of paper.

PLEASE PRINT YOUR NAME
IN THIS BOX. PLEASE DO NOT
WRITE OUTSIDE THE BOXED AREAS.



SEX	
O MALE	
O FEMALE	
AGE	

AGE
O Less than 50
O 50-59
O 60-69
O 70-79
○ 80-89
O 90+

INTER- VIEWER NUMBER	STUDY CENTER	PARTIC I.D. NU
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OOO	O O	000
222	22	222
333	33	333
44	44	444
555	<b>5</b>	555
666	66	666
000	00	000
333	88	888
999	99	999

PARTICIPANT I.D. NUMBER							DATE								
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PLEASE MAKE NO MARKS IN THIS AREA

		SELDOM/NEVER	SOMETIMES	OFTEN/ALWAYS
a. How often do you add salt to	your food?	0	0	0
b. How often do you add peppe	r to your food?	0	0	0
c. How often do you eat the ski	n on chicken?	0	0	
d. How often do you eat the fat	on meat?	0	0	0
a. If you eat poultry, it is usually.		C Light Meat	O Dark Meat	○ Both
b. If you eat hamburger or beef, i	t is usually	O Regular	O Lean	O Extra Lean
c. If you eat tuna, it is usually	Oil Pack	O Water Pack	○ Either one	O Don't know
What kinds of fat do you usually	use in cooking (to fry, stir-	fry, saute or bake)?	Specify only one	or two.
O Stick Margarine	OButter	○ Soft T	ub Margarine	O Oil
○ ½ Butter, ½ Margarine	O Low-Calorie Margarine	O Whipp	oed Butter	O Shortenin
○ Lard, fatback, baconfat	O Pam or no oil	O Don't	know or don't cook	100000000000000000000000000000000000000
What kinds of fat do you usually	add to vegetables, potatoe	s, etc.? Specify only	one or two.	
O Stick Margarine	O Soft Tub Margarine	O Low-o	calorie Margarine	
O Butter	O Whipped Butter	O 1/2 b	utter, 1/2 margarine	е
O Lard, fatback, baconfat	O Don't add fat			
In the past year, about how ofter			-	

		NUMBER OF VISITS LAST YEAR													
TYPE OF RESTAURANT	NEVER IN PAST YEAR	1-4 TIMES PAST YEAR	5-11 TIMES PAST YEAR	1-3 TIMES A MONTH	ONCE A WEEK	2-4 TIMES A WEEK	ALMOST EVERY DAY								
Fried Chicken	0	0	0	0	0	0	0								
Burgers	0	0	0	0	0	0	0								
Pizzas	0	0	0	0	0	0	0								
Chinese food	0	0	0	0	0	0	0								
Mexican food	0	0	0	0	0	0	0								
Fried fish	0	0	0	0	O	0	0								
Other restaurants	0	0	0	0	0	0	0								

### PLEASE DO NOT WRITE IN THIS AREA

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6. This section is about your usual eating habits. Your answers should reflect your food intake over the past year.

First: Mark whether your usual serving size is small, medium or large.

Second: Mark the column to show how often, on the average, you ate the food during the past year.

#### **Additional Comments:**

- · A small serving is about one-half the medium serving size shown, or less.
- A large serving is about one-and-a-half times the medium serving size shown, or more.
- If you never eat a food you may mark only "Never or less than once per month" skipping the serving size altogether.
- Please do not skip any foods.
- Please BE CAREFUL which column you put your answer in.

In the example below, this person ate a medium serving of rice about twice per month during the past year and never ate squash.

	QUAI	VTIT	Y			AVI	ERAG	E US	E LA	ST Y	EAR		
TYPE OF FOOD	MEDIUM SERVING	Ş	YOUR SERVIN SIZE		NEVER OR LESS THAN	1 Per	2-3 Per	1 Per	2 Per	3-4 Per	5-6 Per	1 Per	2+ Per
	oz.,,,,,,	S	M	L	ONCE PER MONTH	MONTH	MONTH	WEEK	WEEK	WEEK	WEEK	DAY	DAY
EXAMPLE											-		
Rice	3/4 cup	0	•	0	0	0	•	0	0	0	0	0	0
Winter squash, baked squash	1/2 cup	0	0	0	•	0	0	0	0	0	0	0	0
BREAKFAST FOODS					4	- 11-10				16019	See II	uni je	9.50
High fiber, bran or granola cereals, shredded wheat	1 medium bowl	0	0	0	0	0	0	0	0	0	0	0	0
Highly fortified cereals, such as Product 19, Total or Most	1 medium bowl	0	0	0	0	0	0	0	0	0	0	0	0
Other cold cereals, such as corn flakes, Rice Krispies	1 medium bowl	0	0	0	0	0	0	0	0	0	0	0	0
Cooked cereals	1 medium bowl	0	0	0	0	0	0	0	0	0	0	0	0
Sugar added to cereal	2 teaspoons	0	0	0	0	0	0	0	0	0	0	0	0
Eggs	1 egg=small 2 eggs=medium	0	0	0	0	0	0	0	0	0	0	0	0
Bacon	2 slices	0	0	0	0	0	0	0	0	0	0	0	0
Sausage	2 patties or links	0	0	0	0	0	0	0	0	0	0	0	0

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# PLEASE MAKE NO MARKS IN THIS AREA

	QUAI	AVERAGE USE LAST YEAR											
TYPE OF FOOD	MEDIUM SERVING	S	YOUR ERVIN SIZE	G	NEVER OR LESS THAN ONCE PER	1 Per MONTH	2-3 Per MONTH	1 Per WEEK	2 Per WEEK	3-4 Per WEEK	5-6 Per WEEK	1 Per DAY	2+ Per DAY
FRUITS AND JUICES	s should reflect	S	M 18 14	o¥ as	MONTH	a Est	ing to	ev a	eds	ai no	Spek.	Taks	වී
Apples, applesauce, pears	1 medium or 1/2 cup	0	0	0	0	0	0	0	0	0	0	0	0
Bananas	1 medium	0	0	0	0	0	0	0	0	0	0	0	0
Peaches, apricots (canned, frozen or dried)	1 medium or 1/2 cup	0	0	0	0	0	0	0	0	0	0	0	0
Peaches, apricots, nectarines (fresh, in season)	1 medium	0	0	0	0	0	0	0	0	0	0	0	0
Cantaloupe (in season)	1/4 medium	0	0	0	0	0	0	0	0	0	0	0	0
Watermelon (in season)	1 slice	0	0	0	0	0	0	0	0	0	0	0	0
Strawberries (fresh, in season)	1/2 cup	0	0	0	0	0	0	0	0	0	0	0	0
Durian Fruit	1 medium slice	0	0	0	0	0	0	0	0	0	0	0	0
Oranges	1 medium	0	0	0	0	0	0	0	0	0	0	0	0
Grapefruit	1/2 medium	0	0	0	0	0	0	0	0	0	0	0	0
Papaya or Mango	1/2 medium	0	0	0	0	0	0	0	0	0	0	0	0
Orange juice or grapefruit juice	6 ounce glass	0	0	0	0	0	0	0	0	0	0	0	0
Other fruit juices, fortified fruit drinks	6 ounce glass	0	0	0	0	0	0	0	0	0	0	0	0
Any other fruit, including berries, fruit cocktail	1/2 cup	0	0	0	0	0	0	0	0	0	0	0	0
Carrot juice	6 ounce glass	0	0	0	0	0	0	0	0	0	0	0	0
VEGETABLES								13			Seule ollisti	alber M. vAri	ed
String beans, green beans	1/2 cup	0	0	0	0	0	0	0	0	0	0	0	0
Peas	1/2 cup	0	0	0	0	0	0	0	0	0	0	0	0
Chili with beans	3/4 cup	0	0	0	0	0	0	0	0	0	0	0	0
Other beans such as baked beans, pintos, kidney, limas and lentils	3/4 cup	0	0	0	0	0	0	0	0	0	0	0	0
Corn	1/2 cup	0	0	0	0	0	0	0	0	0	0	0	0
Winter Squash, Baked Squash	1/2 cup	0	0	0	0	0	0	0	0	0	0	0	0
Potato Squash	1/2 cup	0	0	0	0	0	0	0	0	0	0	0	0

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	QUAI	AVERAGE USE LAST YEAR											
TYPE OF FOOD	MEDIUM		YOUR ERVIN SIZE		NEVER OR LESS THAN	1 Per	2-3 Per	1 Per	2 Per	3-4 Per	5-6 Per	1 Per	2+ Per
	SERVING	S	M	L	ONCE PER MONTH	MONTH	MONTH	A CONTRACTOR OF THE PERSON OF	WEEK	WEEK			DAY
VEGETABLES CONT'D			1 - 0			in auto	2	3 810	oni a	w dre	ngi ya	alcote be as	1 100
Tomatoes, tomato juice	1 medium or 6 ounce glass	0	0	0	0	0	0	0	0	0	0	0	0
Broccoli	1/2 cup	0	0	0	0	0	0	0	0	0	0	0	0
Cauliflower or brussel sprouts	1/2 cup	0	0	0	0	0	0	0	0	0	0	0	0
Spinach (raw)	3/4 cup	0	0	0	0	0	0	0	0	0	0	0	0
Spinach (cooked)	1/2 cup	0	0	0	0	0	0	0	0	0	0	0	0
Mustard greens, turnip greens, collards	1/2 cup	0	0	0	0	0	0	0	0	0	0	0	0
Red peppers	1/2 cup	0	0	0	0	0	0	0	0	0	0	0	0
Cole slaw, cabbage, sauerkraut	1/2 cup	0	0	0	0	0	0	0	0	0	0	0	0
Carrots, or mixed vegetables containing carrots	1/2 cup	0	0	0	0	0	0	0	0	0	0	0	0
Green salad	1 medium bowl	0	0	0	0	0	0	0	0	0	0	0	0
Carrot salad	1/2 cup	0	0	0	0	0	0	0	0	0	0	0	0
French fries and fried potatoes	3/4 cup	0	0	0	0	0	0	0	0	0	0	0	0
Sweet potatoes, yams	1/2 cup	0	0	0	0	0	0	0	0	0	0	0	0
Other potatoes, including boiled, baked, mashed & potato salad	1 medium or 1/2 cup	0	0	0	0	0	0	0	0	0	0	0	0
Rice	3/4 cup	0	0	0	0	0	0	0	0	0	0	0	0
Any other vegetable, including cooked onions, summer squash	1/2 cup	0	0	0	0	0	0	0	0	0	0	0	0
Regular salad dressing & mayon- naise, including on sandwiches.	2 tablespoons	0	0	0	0	0	0	0	0	0	0	0	0
Diet salad dressing & mayonnaise	2 tablespoons	0	0	0	0	0	0	0	0	0	0	0	0
Ketchup or salsa	1 tablespoon	0	0	0	0	0	0	0	0	0	0	0	0
Butter, margarine or other fat added to vegetables, potatoes or rice.	2 pats	0	0	0	0	0	0	0	0	0	0	0	0

	-,	QUA	AVERAGE USE LAST YEAR											
	TYPE OF FOOD	MEDIUM SERVING	S	YOUR SERVIN SIZE		NEVER OR LESS THAN ONCE PER MONTH	1 Per MONTH	2-3 Per MONTH	1 Per WEEK	2 Per WEEK	3-4 Per WEEK	5-6 Per WEEK	1 Per DAY	2+ Per DAY
	MEAT, FISH, POULTRY, LUNCH	ITEMS	11 7			TRAUD		AAR	988	455	1 600			
	Hamburgers, cheeseburgers, other ground beef (including meat loaf, tacos, casseroles)	1 medium or 4 ounces	0	0	0	0	0	0	0	0	0	0	0	0
	Beef (steaks, roasts, etc. including on sandwiches)	4 ounces	0	0	0	0	0	0	0	0	0	0	0	0
	Beef stew or pot pie with carrots or other vegetables	1 cup	0	0	0	0	0	0	0	0	0	0	0	0
	Liver, including chicken livers	4 ounces	0	0	0	0	0	0	0	0	0	0	0	0
	Pork, including chops, roasts	2 chops or 4 ounces	0	0	0	0	0	0	0	0	0	0	0	0
	Fried chicken	2 small or 1 large piece	0	0	0	0	0	0	0	0	0	0	0	0
	Chicken or turkey (roasted, stewed or broiled, including on sandwiches)	2 small or 1 large piece	0	0	0	0	0	0	0	0	0	0	Apani O	0
	Fried fish or fish sandwich	4 ounces or 1 sandwich	0	0	0	0	0	0	0	0	0	0	0	0
	Tuna, tuna salad, tuna casserole	1/2 cup	0	0	0	0	0	0	0	0	0	0	0	0
	Shell fish (shrimp, lobster, crab, oysters, etc.)	5 pieces, 1/4 cup or 3 ounces	0	0	0	0	0	0	0	0	0	0	0	0
	Other fish (broiled or baked)	2 pieces or 4 ounces	0	0	0	0	0	0	0	0	0	0	0	0
-	Spaghetti, lasagna, other pasta with tomato sauce	1 cup	0	0	0	0	0	0	0	0	0	0	0	0
	Pizza	2 slices	0	0	0	0	0	0	0	0	0	0	0	0
	Mixed dishes with cheese (such as macaroni and cheese)	1 cup	0	0	0	0	0	0	0	0	0	0	0	0
	Tofu/bean curd	1 slice or 3 oz.	0	0	0	0	0	0	0	0	0	0	0	0
	High fiber tofu/bean curd	1 slice or 3 oz.	0	0	0	0	0	0	0	0	0	0	0	0
	Hot dogs	2 hot dogs	0	0	0	0	0	0	0	0	0	0	0	0
	Ham, bologna, salami and other lunch meats	2 slices or 2 ounces	0	0	0	0	0	0	0	0	0	0	0	0
	Vegetable & tomato soups, including vegetable beef, minestrone	1 medium bowl	0	0	0	0	0	0	0	0	0	0	0	0
	Other soups	1 medium bowl	0	0	0	0	0	0	0	0	0	0	0	0
	BREADS, SNACKS, SPREADS							7 AV		rigo si Roci e			, test	u S.
	Biscuits, muffins, burger rolls (including fast foods)	1 medium piece	0	0	0	0	0	0	0	0	0	0	0	0
	White breads (including sand- wiches, bagels, crackers)	2 slices or 3 crackers	0	0	0	0	0	0	0	0	0	0	0	0
	Dark breads, such as wheat, rye, pumpernickel (including sandwiches, bagels, crackers)	2 slices or 3 crackers	0	0	0	0	0	0	0	0	0	0	0	0

		AVERAGE USE LAST YEAR											
TYPE OF FOOD	MEDIUM SERVING		YOUR SERVIN SIZE		NEVER OR LESS THAN ONCE PER	1 Per MONTH	2-3 Per MONTH	1 Per WFFK	2 Per WEEK	3-4 Per WEEK	5-6 Per WEEK	1 Per DAY	2+ Per DAY
State Committee of the		S	M	L	MONTH	IIIOI III	IIIOI III	****	VVLLIK	WEEK	VVLLIX	DAI	DAI
BREADS, SNACKS, SPREAD	OS CONT'D												
Corn bread, corn muffins, corn tortillas	1 medium piece	0	0	0	0	0	0	0	0	0	0	0	0
Potato chips, corn chips	2 handfuls or 1 cup	0	0	0	0	0	0	0	0	0	0	0	0
Popcorn	2 handfuls or 1 cup	0	0	0	0	0	0	0	0	0	0	0	0
Peanuts, peanut butter	2 tablespoons	0	0	0	0	0	0	0	0	0	0	0	0
Margarine on bread or rolls	2 pats	0	0	0	0	0	0	0	0	0	0	0	0
Butter on bread or rolls	2 pats	0	0	0	0	0	0	0	0	0	0	0	0
Gravies made with meat drip- pings, or white sauce	2 tablespoons	0	0	0	0	0	0	0	0	0	0	0	0
DAIRY PRODUCTS													
Regular cottage cheese	1/2 cup	0	0	0	0	0	0	0	0	0	0	0	0
Low fat cottage cheese or low-fat cheeses	1/2 cup or 2 ounces	0	0	0	0	0	0	0	0	0	0	0	0
Other cheeses and cheese spreads	2 slices or 2 ounces	0	0	0	0	0	0	0	0	0	0	0	0
Flavored yogurt	1 cup	0	0	0	0	0	0	0	0	0	0	0	0
Plain yogurt	1 cup	0	0	0	0	0	0	0	0	0	0	0	0
Heavy cream yogurt	1 cup	0	0	0	0	0	0	0	0	0	0	0	0
SWEETS													
Ice cream	1 scoop or 1/2 cup	0	0	0	0	0	0	0	0	0	0	0	0
Sherbet or jello	1 scoop or 1/2 cup	0	0	0	0	0	0	0	0	0	0	0	0
Frozen yogurt, ice milk	1 scoop or 1/2 cup	0	0	0	0	0	0	0	0	0	0	0	0
Carrot cake	1 medium slice	0	0	0	0	0	0	0	0	0	0	0	0
Doughnuts, cookies, other cake, pastry	1 piece or 3 cookies	0	0	0	0	0	0	0	0	0	0	0	0
Pumpkin pie	1 medium slice	0	0	0	0	0	0	0	0	0	0	0	0
Other pies	1 medium slice	0	0	0	0	0	0	0	0	0	0	0	0
Chocolate candy	1 small bar or 1 ounce	0	0	0	0	0	0	0	0	0	0	0	0
Other candy, jelly, honey, brown sugar	3 pieces or 1 tablespoon	0	0	0	0	0	0	0	0	0	0	0	0

## PLEASE DO NOT WRITE IN THIS AREA

	QUAN	VTIT	1		AVERAGE USE LAST YEAR										
TYPE OF FOOD	MEDIUM SERVING	S	YOUR ERVIN SIZE		NEVER OR LESS THAN	1-3 Per	1 Per	2-4 Per	5-6 Per	1 Per	2-3 Per	4-5 Per	6+ Per		
	OZ.IIVIII.O	S	M	L	ONCE PER MONTH	MONTH	WEEK	WEEK	WEEK	DAY	DAY	DAY	DAY		
BEVERAGES (Please note that	eren	t.)													
Whole milk and beverages with whole milk (not incl. on cereal)	8 ounce glass	0	0	0	0	Constant	0	0	0	0	0	0	0		
2% milk and beverages with 2% milk (not including on cereal)	8 ounce glass	0	0	0	0	0	0	0	0	0	0	0	0		
Skim milk, 1% milk or butter- milk (not including on cereal)	8 ounce glass	0	0	0	0	0	0	0	0	0	0	0	0		
Regular soft drinks	12 ounce can or bottle	0	0	0	0	0	0	0	0	0	0	0	0		
Diet soft drinks	12 ounce can or bottle	0	0	0	0	0	0	0	0	0	0	0	0		
Beer	12 ounce can or bottle	0	0	0	0	0	0	0	0	0	0	0	0		
Wine	1 medium glass	0	0	0	0	0	0	0	0	0	0	0	0		
Liquor	1 shot	0	0	0	0	0	0	0	0	0	0	0	0		
Coffee (regular or decaffeinated)	1 medium cup	0	0	0	0	0	0	0	0	0	0	0	0		
Tea (hot or iced)	1 medium cup	0	0	0	0	0	0	0	0	0	0	0	0		
Lemon in tea	1 teaspoon	0	0	0	0	0	0	0	0	0	0	0	0		
Non-dairy creamer in coffee or tea	1 tablespoon	0	0	0	0	0	0	0	0	0	0	0	0		
Milk in coffee or tea	1 tablespoon	0	0	0	0	0	0	0	0	0	0	0	0		
Cream (real) or Half-and-half in coffee or tea	1 tablespoon	0	0	0	0	0	0	0	0	0	0	0	0		
Sugar in coffee or tea	2 teaspoons = medium	0	0	0	0	0	0	0	0	0	0	0	0		

SUMMARY QUESTIONS	AVERAGE USE LAST YEAR								
	LESS THAN ONCE PER WEEK	1-2 Per WEEK	3-4 Per WEEK	5-6 Per WEEK	1 Per DAY	1½ Per DAY	2 Per DAY	3 Per DAY	4+ Per DAY
a. How often do you use fat or oil in cooking?	0	0	0	0	0	0	0	0	0
b. Not counting salad or potatoes, how many servings of vegetables do you eat?	0	0	0	0	0	0	0	0	0
c. Not counting juices, how many servings of fruit do you eat?	0	0	0	0	0	0	0	0	0

THANK YOU VERY MUCH FOR TAKING THE TIME TO FILL OUT THIS QUESTIONNAIRE

Please take a moment to fill in any questions you may have skipped.

038888

PLEASE MAKE NO MARKS IN THIS AREA