

National Human Exposure Assessment Survey (NHEXAS)

Arizona Study

Quality Systems and Implementation Plan for Human Exposure Assessment

The University of Arizona
Tucson, Arizona 85721

Cooperative Agreement CR 821560

Standard Operating Procedure

SOP-UA-D-45.0

Title: Cleaning: Diet Diary Questionnaire

Source: The University of Arizona

U.S. Environmental Protection Agency
Office of Research and Development
Human Exposure & Atmospheric Sciences Division
Human Exposure Research Branch

Notice: The U.S. Environmental Protection Agency (EPA), through its Office of Research and Development (ORD), partially funded and collaborated in the research described here. This protocol is part of the Quality Systems Implementation Plan (QSIP) that was reviewed by the EPA and approved for use in this demonstration/scoping study. Mention of trade names or commercial products does not constitute endorsement or recommendation by EPA for use.

Cleaning: Diet Diary

1.0 Purpose and Applicability

The purpose of this procedure is to define the particular steps involved in cleaning the electronic data generated from data entry of the Diet Diary. It applies to electronic data corresponding to the Diet Diary that was scanned and verified by the Data Staff for NHEXAS Arizona, the Border Study, or other Health and the Environment projects.

2.0 Definitions

- 2.1 BORDER STUDY: An alias for "Total Human Exposure Arizona: A Comparison of the Border Communities and the State" conducted in Arizona by the University of Arizona/Battelle/Illinois Institute of Technology consortium.
- 2.2 DATA CLEANING: The process of locating and correcting data processing and field technician errors. They can be individual level errors in the electronic and physical data, or they can be system level errors in the data collection, packaging, coding, entry, and cleaning procedures themselves. This process is also referred to as "data validation."
- 2.3 DATA, ELECTRONIC: Data stored on some type of magnetic or optical medium (for example: floppy disk, hard disk).
- 2.4 DATA, ENTERED: Electronic data scanned into a data file using Teleform scanning software. Entered data are the product of "data entry."
- 2.5 DATA, VERIFIED: Electronic data that has cleared through the Teleform Verification process. In the Verification process Teleform reviews all of the entered data and displays any possible errors. These potential errors are reviewed by a Data Technician. Once all of the errors are fixed the data is saved to an ASCII file.
- 2.6 DATA CLEANING BATCH: A collection of electronic data, along with their corresponding physical forms. Data cleaning batches are formed after one or more data processing batches (see DATA PROCESSING BATCH below) are scanned. The data cleaning batches are then cleaned (see DATA CLEANING) and appended to the master database (as described in UA-D-44.X). Each data cleaning batch is assigned a numeric descriptor of the form MMDDYY, where MM is the month the batch was created, DD is the day the batch was created, and YY is the year the batch was created. If more than one batch is created on the same day, each batch after the first is assigned a descriptor of the form MMDDYY_N, where N denotes the batch as being the Nth batch created that day.
- 2.7 HEALTH AND ENVIRONMENT PROJECTS (or H&E): An umbrella title for all projects funded to M.D. Lebowitz and/or M.K. O'Rourke (or their designees) which examine purported or real relationships among environmental factors and any aspect of human health.

- 2.8 HRP SITE: The Health Related Professions building, located at 1435 North Fremont Avenue; Tucson, AZ 85719. This is an annex of the Arizona Prevention Center and the primary site of NHEXAS Arizona, the Border Study, or other Health and the Environment projects.
- 2.9 MASS DATA MASSAGE PROCESS (or MDM) = The data processing program used by NHEXAS Arizona, the Border Study, and other Health and Environment projects.
- 2.10 NHEXAS Arizona: Acronym for National Human EXposure Assessment Survey, a research project conducted in Arizona by the University of Arizona/Battelle/Illinois Institute of Technology consortium.

3.0 References

SOP UA-D-44.X (Operation Manual of the Mass Data Massage Program) (This Volume)

4.0 Discussion

A copy of the Diet Diary is given in Appendix A. This copy has each variable labeled for easy reference. Questionnaires and Forms are reviewed for completeness and accuracy prior to being transferred to the data section of the project. These checks are designed to generate flawless forms and questionnaires prior to data entry. Once entered and verified the data is subject to logic checks through the application of Dictionaries and other projects. A copy of the Dictionary for the Diet Diary is given in Appendices B,C,D and E. These dictionaries define the file structure for the Diet Diary database, as well as the logic and range checks that are performed on each field. For further reference, see SOP# UA-D-4.X.

Sometimes despite all best efforts, errors are found in data. These errors must be corrected to produce a valid database. At this time, all anticipated problems have been addressed. "Cleaning" protocols are developed concurrently with data entry to address the unanticipated problems. Specific corrections will be documented as outlined in SOP # UA-D-38.X.

5.0 Responsibilities

The Project Data Coordinator is responsible for writing the data cleaning instructions for the Diet Diary when data problems are found during the data entry process.

6.0 Materials and Reagents

- 6.1 Local Area Network
- 6.2 Purple Pen

6.3 Copy of Data Dictionary for specific form.

7.0 Procedure

7.1 Steps Followed

I . Data Technicians

A. Entering data

1. Scan and verify the form as described in UA-D-34.X.

B. Cleaning Data

1. Log into UNIX environment.
2. Type "data" to run the *MDM*.
3. Select form type:

- a. The user will enter "3" for Questionnaires.
- b. The *MDM* will then prompt the user for a specific questionnaire. The user will then enter "5" for Diet Diary Qx.
4. The *MDM* shall prompt the user for an action. The user then selects an operation from a given list. Operations include:
 - a. Create a new batch
 - b. Clean existing batch
 - c. QA an existing batch
 - d. [Examine Descriptive Master Database]
5. The user will select the Clean existing batch option:
 - a. The *MDM* will list all possible batches to clean.
 - b. If there are no batches, the program will inform the user, and prompt the user to press the <enter> key, which will return the user to the previous menu.
 - c. If there are batches to be cleaned, the user will be prompted for a specific batch.
 - d. Once a batch is selected, it is preprocessed (checking for errors) for cleaning, and the user is given information regarding the status of the preprocessing.
 - e. If no errors are found within in the data, the *MDM* will send mail to the Data Coordinator informing him of the newly cleaned batch.
 - f. If errors are found in the data, the user is informed as to the number of errors found within the batch.
 - i. For each error found in the batch, the user will be shown the

key variables to locate the record containing the error, which is displayed between dashed lines.

- ii. The user is then prompted for an action, the action being either the changing the erroneous value, the skipping of the error, a manual change to a different variable in the current record, a manual change to any variable in any record, or the user may quit.

g. If the user wishes to change the erroneous value:

- i. Then "C" must be entered.
- ii. The variable name is then displayed, and the *MDM* prompts for a new value.
- iii. Once a new value is given, the user is given the option to accept the value given, to accept a value formatted by the *MDM*, or to abort the operation.
- iv. If the operation is not aborted, the user is prompted for a reason for the change. Once a reason is given, the update is completed.

h. If the user wishes to skip the error:

- i. If the user wishes to change the value of a different variable in the current record:
 - i. He/she must enter "S".
 - ii. This will cause the *MDM* to skip the current error, but not the current record.
- i. If the user wishes to change the value of a different variable in the current record:
 - i. He/she must enter "M".
 - ii. The user will then be prompted for the number of changes to be made.
 - iii. Once this number is entered, the *MDM* will then prompt for the variable to be changed.
 - iv. Once a valid variable is specified, the user is prompted for the new value.
 - v. Once a new value is given, the user is given the following options:
 - aa. Accept the value given
 - bb. Accept a value formatted by the *MDM*
 - cc. Abort the operation.
- vi. If the operation is not aborted, the user is prompted for a reason for the change. Once a reason is given, the update is completed.

- j. If the user wishes to change the value of a variable in a different record:
 - i. He/she must enter "R".
 - ii. The user will then be prompted for the number of changes to be made.
 - iii. Once this number is entered, the *MDM* will then prompt for the key variable values of the record to be modified.
 - iv. Once valid values are given, the *MDM* prompts the user for the variable to be changed.
 - v. Once a valid variable is specified, the user is prompted for the new value.
 - vi. Once a new value is given, the user is given the following options:
 - aa. Accept the value given
 - bb. Accept a value formatted by the *MDM*,
 - cc. Abort the operation.
 - vii. If the operation is not aborted, the user is prompted for a reason for the change.
 - viii. Once a reason is given, the update is completed.
- k. If the user wishes to quit, he/she must hit the "Q" key. The user is then returned to the menu defined in I.B.4.

7.2 Steps which are unique to the Diet Diary.

7.2.1 The data for the Diet Diary is broken into four separate directories; hdr, page, pagehdr and page27. Each of these parts must be cleaned separately.

8.0 Records

- 8.1 All records are automatically generated by the *MDM*.
- 8.2 Records of all the forms in a cleaning batch are printed out when the batch is created. This list is then attached to the cleaning batch.
- 8.3 Records of the changes made to the data are located in the following directories tarred with their associated batch: /rsc53/NHEXAZdata/master/qx/fd(hdr)/data, /rsc53/NHEXAZdata/master/qx/fd/page/data, /rsc53/NHEXAZdata/master/qx/fd/pagehdr/data, and /rsc53/NHEXAZdata/master/qx/fd/page27/data.
- 8.4 Records of the cleaning batches which have been appended to the master data base are located in the following directory: /rsc53/NHEXAZdata/master/qx/fd(hdr), /rsc53/NHEXAZdata/master/qx/fd/page, /rsc53/NHEXAZdata/master/qx/fd/pagehdr and /rsc53/NHEXAZdata/master/qx/fd/page27. The list is kept in the file "read.me".
- 8.5 All changes to the hard copy of the form must be dated and completed in purple or red

ink.

Inclusions:

- Appendix A: Diet Diary (27 pages)
- Appendix B: Diet Diary Dictionary, Header (10 pages)
- Appendix C: Diet Diary Dictionary, Pages 2-26 (8 pages)
- Appendix D: Diet Diary Dictionary, Header or Pages 2-26 (13 pages)
- Appendix E: Diet Diary Dictionary, Page 27 (9 pages)

Appendix A: Diet Diary

| | | | |
|---------------------|------|---------|-----|
| HHID | F.S. | IRN# | |
| [] [] [] [] [] | [] | [] [] | |
| HHID | | HHIDPS | IKN |

DIET DIARY

National Human Exposure Assessment Survey

| | | | | | | | | | | | | | |
|--|--|--|--|--|--|--|--|--|--|--|-------------------------|--------------------------|-------------------------|
| FIRST Name (ONLY): | | | | | | | | | | Date of Completion: | | | |
| <i>Erin</i> | | | | | | | | | | <input type="text"/> / <input type="text"/> / <input type="text"/> | <input type="text"/> MO | <input type="text"/> DAY | <input type="text"/> YY |
| INSTRUCTIONS | | | | | | | | | | | | | |
| <ul style="list-style-type: none">Please use the black, felt tip pen provided in the notebook when you complete this questionnaire.Please follow the special guidelines typed in <i>bold italics</i>. They tell you to either <i>Continue</i> to the question below, or to <i>GO TO</i> a given question.Please answer questions printed on a white background only. Shaded areas are for office use only.Multiple Choice Questions: Please fill in the appropriate bubble(s) (○) that appear to the left of each response. For example: How old is the puppy? <i>Fill in ONE bubble.</i> <input type="radio"/> 1 week <input checked="" type="radio"/> 2 weeks <input type="radio"/> 3 weeks | | | | | | | | | | | | | |
| <p>Please shade bubbles like this: <input checked="" type="radio"/> and <i>not</i> like this: <input checked="" type="radio"/> <input checked="" type="radio"/></p> | | | | | | | | | | | | | |
| <ul style="list-style-type: none">Open Ended Questions: Please write your answer on the line(s) or in the box(es) provided. Please write your numbers in the boxes using a block style without touching the sides of the boxes. For example: <i> 0 1 2 3 4 5 6 7 8 9 </i>If You Make a Mistake: For multiple choice, cross out the incorrect answer(s). For open-ended questions, cross out the incorrect value(s) and write the correct value(s) above or beside the boxes. For example: How old is the puppy? <i> 2 week(s)</i> <i>1 4</i> <i>+5</i> week(s)If you wish to not answer a question, then please draw a line through it, <i>but not through the answer space</i>. For example: How old is the puppy? <i>_____</i> week(s) | | | | | | | | | | | | | |
| <p>All data gathered in this questionnaire is kept strictly confidential. <i>Thank you for your time and support!</i></p> | | | | | | | | | | | | | |

Public reporting burden for this collection of information is estimated to average 10 minutes per day, and to require 0 hours of recordkeeping. This includes the time for reviewing instructions, searching existing data sources, gathering and maintaining the data needed, and completing and reviewing the collection of information. Send comments regarding this burden estimate or any other aspect of this collection of information, including suggestions for reducing the burden, to Chief, Information Policy Branch, 2136, U.S. Environmental Protection Agency, 401 M St., S.W., Washington, D.C. 20460; and to the Office of Information and Regulatory Affairs, Office of Management and Budget, Washington D.C. 20503. OMB Clearance # 2800-0053 Expiry: 07/31/98

| | | | | | | | | | | | | | | | | | | | | |
|----------------|-------------------------|-------------------------|-------------------------|-------------------------|-------------------------|-------------------------|-------------------------|-------------------------|-------------------------|-------------------------|-------------------------|-------------------------|-------------------------|-------------------------|-------------------------|-------------------------|-------------------------|-------------------------|-------------------------|-------------------------|
| Data Use Only: | <input type="radio"/> 0 | <input type="radio"/> 1 | <input type="radio"/> 2 | <input type="radio"/> 3 | <input type="radio"/> 4 | <input type="radio"/> 5 | <input type="radio"/> 6 | <input type="radio"/> 7 | <input type="radio"/> 8 | <input type="radio"/> 9 | <input type="radio"/> A | <input type="radio"/> B | <input type="radio"/> C | <input type="radio"/> D | <input type="radio"/> E | <input type="radio"/> F | <input type="radio"/> G | <input type="radio"/> H | <input type="radio"/> I | <input type="radio"/> J |
|----------------|-------------------------|-------------------------|-------------------------|-------------------------|-------------------------|-------------------------|-------------------------|-------------------------|-------------------------|-------------------------|-------------------------|-------------------------|-------------------------|-------------------------|-------------------------|-------------------------|-------------------------|-------------------------|-------------------------|-------------------------|

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Study Participants: Please begin on page 3 (next page).

PAGE 2
Diet Diary

DESIGNATED PARTICIPANT

If the participant is LESS THAN 10 YEARS OLD, what is the first name of the individual who is providing the answers for the designated respondent?

FIRST Name (ONLY):

Gname

IRN #:

G-IRN

What is the relationship of this individual to the person for whom the responses are provided?
Fill in ONE bubble.

- 1. Self G-relat
- 2. Guardian
- 3. Other (Specify:)

Record the date and day of each day intended for subject completion. Verify that the intended date(s) & day(s) correspond to actual date(s) & day(s) written above column(s). Completion Date = Day 1 (on cover & at bottom of each page of diary).

| | |
|--|---|
| "Day 1" Date: Date - 1 | "Day 1" Day: Day - 1 |
| <input type="text"/> / <input type="text"/> / <input type="text"/> | <input type="text"/> / <input type="text"/> / <input type="text"/> |
| MO | SUN MON TUE WED THU FRI SAT |
| DAY | <input type="radio"/> |
| YR | <input type="radio"/> |

| | |
|--|---|
| "Day 2" Date: Date - 2 | "Day 2" Day: Day 2 |
| <input type="text"/> / <input type="text"/> / <input type="text"/> | <input type="text"/> / <input type="text"/> / <input type="text"/> |
| MO | SUN MON TUE WED THU FRI SAT |
| DAY | <input type="radio"/> |
| YR | <input type="radio"/> |

| | |
|--|---|
| "Day 3" Date: Date - 3 | "Day 3" Day: Day 3 |
| <input type="text"/> / <input type="text"/> / <input type="text"/> | <input type="text"/> / <input type="text"/> / <input type="text"/> |
| MO | SUN MON TUE WED THU FRI SAT |
| DAY | <input type="radio"/> |
| YR | <input type="radio"/> |

| | |
|--|---|
| "Day 4" Date: Date - 4 | "Day 4" Day: Day 4 |
| <input type="text"/> / <input type="text"/> / <input type="text"/> | <input type="text"/> / <input type="text"/> / <input type="text"/> |
| MO | SUN MON TUE WED THU FRI SAT |
| DAY | <input type="radio"/> |
| YR | <input type="radio"/> |

OFFICE USE ONLY

- QC
 X's.R
 Y's.N
 Z's.M

- QC
 -5.R
 -8.N
 -9.M

- 55.R Relat. Code
 88.N
 99.M G-relat

| |
|-----------------|
| Comments: _____ |
| _____ |
| _____ |
| _____ |
| _____ |
| _____ |
| _____ |
| _____ |
| _____ |
| _____ |
| _____ |

Chain of Custody initiated _____ Consigned to packet on []: ___ / ___ / ___ Box UA-G-4-2.0

Hennum Study OFFICE USE ONLY

Form Type:

06

Study:

- 1. NHEXAS
- 2. Border
- 3. _____
- 4. _____
- 5. _____

Stage: Collapse
Collapsed?
Stage #: Y N 8

Admin. Method: Adminmeth
 1. Tech Admin. by:
 2. Self
 3. Guardian
 4. Other
Tech. ID: Tech ID

Form Status:
1.Cmp
2.N Cmp
3.P Cmp
4.Re-col
5.Ref
7.Dest
8.N/A
9.Miss

Tech. ID: MO: DAY: /
QC: QCBY QCBY /
Init. QA: QABY QABY /
Init.

Tech. ID: MO: DAY: /
DE: DEBY DEBY /
Init. DP Batch: / / QXV: QDD1
DPBATCH

| | | | | | | | | | | | | | | | | | | | | |
|----------------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|
| Data Use Only: | 0 | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | A | B | C | D | E | F | G | H | I | J |
| | <input type="radio"/> |

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NO VARIABLES

TABLE OF CONTENTS

PAGE 3
Diet Diary

| Food Category | Pages | Food Category | Pages | Food Category | Pages |
|-------------------------------------|---------|--|---------|-----------------------------|---------|
| Dairy | 4 - 5 | Eggs, Fish, & Meat | 14 - 16 | Snacks | 21 |
| Breads, Cereals, Grains, & Pasta | 5 - 7 | Main Dishes/ Prepared Meals | 16 - 19 | Desserts/ Sweets | 21 - 23 |
| Fruits | 8 - 9 | Condiments, Dressings, Oils, & Sauces | 19 - 20 | Beverages (excluding dairy) | 23 - 25 |
| Vegetables & Beans | 10 - 13 | | | Other (additional space) | 26 |
| | | | | 10 or More Servings | 27 |

DIET DIARY INSTRUCTIONS

One-Day Diet Diary:

- At the end of the day, shade one bubble for the total servings of each food/beverage you consumed on that day (24-hour time period).
- Report the total servings using the serving size given. For example, if you ate 3 slices of American cheese on "Day 1", then your total servings would be "3" (one serving = 1 slice or 1 oz. of cheese).
- If you ate or drank less than 1 serving, then round it up to 1 serving (for example, round $\frac{1}{2}$ up to 1).
- If you ate or drank other partial servings, round them to the nearest number (for example, round $2\frac{1}{4}$ down to 2).
- If you ate or drank 5 or more servings, shade the bubble for "5+".
- If you ate or drank 10 or more servings, write the item and the total servings at the bottom of the page.
- For all other items you consumed that are not listed in the food category, write the item, serving size, and total servings in the space(s) provided for OTHER at the end of each food category (additional space on page 26).
- Definitions: "Bottled" means contained or stored in glass; "canned" means contained or stored in metal; "oz." means ounce; "Tbs." means tablespoon; "tsp." means teaspoon.

Four-Day Diet Diary: Same as above, but enter any items of which you consumed 10 or more servings on page 27.

Enter the TOTAL SERVINGS for the DAY here.

"Office Use Only" (Please ignore.)

Example:

| FOOD & SERVING SIZE | | NUMBER OF SERVINGS | | | | | | | | OFFICE USE ONLY | | |
|--|---------------------|--------------------|---|---|------------|---|---|------------|---|---|------------|---|
| | | Day 1 | | Office Use Only | Day 2 | | Office Use Only | Day 3 | | Office Use Only | Day 4 | |
| <i>Dairy</i> | | Tues. | 11/21 | | / | | | / | | | / | |
| Butter, regular, salted | 1 pat | 1 2 3 4 5+ | <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> | <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> | 1 2 3 4 5+ | <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> | <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> | 1 2 3 4 5+ | <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> | <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> | 1 2 3 4 5+ | <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> |
| Cheese, American, processed | 1 slice or 1 oz. | 1 2 3 4 5+ | <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> | <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> | 1 2 3 4 5+ | <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> | <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> | 1 2 3 4 5+ | <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> | <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> | 1 2 3 4 5+ | <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> |
| OTHER DAIRY: <i>Parmesan cheese</i> | 1 T. | 1 2 3 4 5+ | <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> | <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> | 1 2 3 4 5+ | <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> | <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> | 1 2 3 4 5+ | <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> | <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> | 1 2 3 4 5+ | <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> |

164

10

600

Did you consume **TEN OR MORE SERVINGS** of any of the above? IF YES, specify item and total servings:

a. *Cream, 1/2 + 1/2* # servings:

b. _____

servings:

Food A

Food B

One-Day Diet Diary: Enter item(s) of which you consumed **TEN OR MORE SERVINGS** here.

For each food/beverage consumed, shade ONE bubble for the TOTAL SERVINGS for the day.

PAGE 4
Diet Diary

| FOOD & SERVING SIZE | NUMBER OF SERVINGS | | | | | | | | OFFICE USE ONLY |
|-----------------------------|--------------------|---|--|---|--|---|--|---|--|
| | Day 1 | | Day 2 | | Day 3 | | Day 4 | | |
| | Office Use Only | | Office Use Only | | Office Use Only | | Office Use Only | | |
| <i>Dairy</i> | | | | | | | | | |
| Butter, regular, salted | 1 pat | 1 2 3 4 5+ <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> | N M <input type="radio"/> <input type="radio"/> | 1 2 3 4 5+ <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> | N M <input type="radio"/> <input type="radio"/> | 1 2 3 4 5+ <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> | N M <input type="radio"/> <input type="radio"/> | 1 2 3 4 5+ <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> | N M <input type="radio"/> <input type="radio"/> |
| Cheese, American, processed | 1 slice or 1 oz. | 1 2 3 4 5+ <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> | N M <input type="radio"/> <input type="radio"/> | 1 2 3 4 5+ <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> | N M <input type="radio"/> <input type="radio"/> | 1 2 3 4 5+ <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> | N M <input type="radio"/> <input type="radio"/> | 1 2 3 4 5+ <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> | N M <input type="radio"/> <input type="radio"/> |
| Cheese, cheddar | 1 slice or 1 oz. | 1 2 3 4 5+ <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> | N M <input type="radio"/> <input type="radio"/> | 1 2 3 4 5+ <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> | N M <input type="radio"/> <input type="radio"/> | 1 2 3 4 5+ <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> | N M <input type="radio"/> <input type="radio"/> | 1 2 3 4 5+ <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> | N M <input type="radio"/> <input type="radio"/> |
| Cheese, cream | 1 slice or 1 oz. | 1 2 3 4 5+ <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> | N M <input type="radio"/> <input type="radio"/> | 1 2 3 4 5+ <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> | N M <input type="radio"/> <input type="radio"/> | 1 2 3 4 5+ <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> | N M <input type="radio"/> <input type="radio"/> | 1 2 3 4 5+ <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> | N M <input type="radio"/> <input type="radio"/> |
| Cheese, Swiss | 1 slice or 1 oz. | 1 2 3 4 5+ <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> | N M <input type="radio"/> <input type="radio"/> | 1 2 3 4 5+ <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> | N M <input type="radio"/> <input type="radio"/> | 1 2 3 4 5+ <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> | N M <input type="radio"/> <input type="radio"/> | 1 2 3 4 5+ <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> | N M <input type="radio"/> <input type="radio"/> |
| Cheese, Mexican white, soft | 1 slice or 1 oz. | 1 2 3 4 5+ <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> | N M <input type="radio"/> <input type="radio"/> | 1 2 3 4 5+ <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> | N M <input type="radio"/> <input type="radio"/> | 1 2 3 4 5+ <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> | N M <input type="radio"/> <input type="radio"/> | 1 2 3 4 5+ <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> | N M <input type="radio"/> <input type="radio"/> |
| Cottage cheese, 4% milk fat | ½ cup | 1 2 3 4 5+ <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> | N M <input type="radio"/> <input type="radio"/> | 1 2 3 4 5+ <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> | N M <input type="radio"/> <input type="radio"/> | 1 2 3 4 5+ <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> | N M <input type="radio"/> <input type="radio"/> | 1 2 3 4 5+ <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> | N M <input type="radio"/> <input type="radio"/> |
| Cream, half & half, fluid | 1 Tbs. | 1 2 3 4 5+ <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> | N M <input type="radio"/> <input type="radio"/> | 1 2 3 4 5+ <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> | N M <input type="radio"/> <input type="radio"/> | 1 2 3 4 5+ <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> | N M <input type="radio"/> <input type="radio"/> | 1 2 3 4 5+ <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> | N M <input type="radio"/> <input type="radio"/> |
| Cream substitute, frozen | 1 tsp. | 1 2 3 4 5+ <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> | N M <input type="radio"/> <input type="radio"/> | 1 2 3 4 5+ <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> | N M <input type="radio"/> <input type="radio"/> | 1 2 3 4 5+ <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> | N M <input type="radio"/> <input type="radio"/> | 1 2 3 4 5+ <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> | N M <input type="radio"/> <input type="radio"/> |
| Ice cream, vanilla | ½ cup | 1 2 3 4 5+ <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> | N M <input type="radio"/> <input type="radio"/> | 1 2 3 4 5+ <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> | N M <input type="radio"/> <input type="radio"/> | 1 2 3 4 5+ <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> | N M <input type="radio"/> <input type="radio"/> | 1 2 3 4 5+ <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> | N M <input type="radio"/> <input type="radio"/> |
| Ice milk, vanilla | ½ cup | 1 2 3 4 5+ <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> | N M <input type="radio"/> <input type="radio"/> | 1 2 3 4 5+ <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> | N M <input type="radio"/> <input type="radio"/> | 1 2 3 4 5+ <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> | N M <input type="radio"/> <input type="radio"/> | 1 2 3 4 5+ <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> | N M <input type="radio"/> <input type="radio"/> |
| Milk, low-fat (2%), fluid | 8 oz. glass | 1 2 3 4 5+ <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> | N M <input type="radio"/> <input type="radio"/> | 1 2 3 4 5+ <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> | N M <input type="radio"/> <input type="radio"/> | 1 2 3 4 5+ <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> | N M <input type="radio"/> <input type="radio"/> | 1 2 3 4 5+ <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> | N M <input type="radio"/> <input type="radio"/> |
| Milk, skim, fluid | 8 oz. glass | 1 2 3 4 5+ <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> | N M <input type="radio"/> <input type="radio"/> | 1 2 3 4 5+ <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> | N M <input type="radio"/> <input type="radio"/> | 1 2 3 4 5+ <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> | N M <input type="radio"/> <input type="radio"/> | 1 2 3 4 5+ <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> | N M <input type="radio"/> <input type="radio"/> |
| Milk, whole, fluid | 8 oz. glass | 1 2 3 4 5+ <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> | N M <input type="radio"/> <input type="radio"/> | 1 2 3 4 5+ <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> | N M <input type="radio"/> <input type="radio"/> | 1 2 3 4 5+ <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> | N M <input type="radio"/> <input type="radio"/> | 1 2 3 4 5+ <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> | N M <input type="radio"/> <input type="radio"/> |
| Milk, chocolate, fluid | 8 oz. glass | 1 2 3 4 5+ <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> | N M <input type="radio"/> <input type="radio"/> | 1 2 3 4 5+ <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> | N M <input type="radio"/> <input type="radio"/> | 1 2 3 4 5+ <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> | N M <input type="radio"/> <input type="radio"/> | 1 2 3 4 5+ <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> | N M <input type="radio"/> <input type="radio"/> |

Did you consume TEN OR MORE SERVINGS of any of the above? IF YES, specify item and total servings:

a. _____ # servings:

Ex-Serva

b. _____ # servings:

Ex-Servb

servings:

Ex-Fooda

Food A

Ex-Foodb

Food B

HHD

HHDFPS

ICN

EDATE

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42669

For Variables See Page 4

PAGE 5
Diet Diary

| FOOD & SERVING SIZE | | NUMBER OF SERVINGS | | | | | | | | OFFICE USE ONLY | | | |
|---|-------------|--------------------|----|-----------------|------------|----|-----------------|------------|----|-----------------|------------|----|-----------------|
| <i>Dairy (cont.)</i> | | Day 1 | | Office Use Only | Day 2 | | Office Use Only | Day 3 | | Office Use Only | Day 4 | | Office Use Only |
| | | / | / | | / | / | | / | / | | / | / | |
| Milk, evaporated, canned | 1/2 cup | 1 2 3 4 5+ | ○○ | N M | 1 2 3 4 5+ | ○○ | N M | 1 2 3 4 5+ | ○○ | N M | 1 2 3 4 5+ | ○○ | N M |
| Milkshake, chocolate, fast-food | 8 oz. glass | 1 2 3 4 5+ | ○○ | N M | 1 2 3 4 5+ | ○○ | N M | 1 2 3 4 5+ | ○○ | N M | 1 2 3 4 5+ | ○○ | N M |
| Sour cream | 1 Tbs. | 1 2 3 4 5+ | ○○ | N M | 1 2 3 4 5+ | ○○ | N M | 1 2 3 4 5+ | ○○ | N M | 1 2 3 4 5+ | ○○ | N M |
| Yogurt, lowfat, pre-stirred fruit | 1/2 cup | 1 2 3 4 5+ | ○○ | N M | 1 2 3 4 5+ | ○○ | N M | 1 2 3 4 5+ | ○○ | N M | 1 2 3 4 5+ | ○○ | N M |
| Yogurt, plain, low-fat | 1/2 cup | 1 2 3 4 5+ | ○○ | N M | 1 2 3 4 5+ | ○○ | N M | 1 2 3 4 5+ | ○○ | N M | 1 2 3 4 5+ | ○○ | N M |
| OTHER DAIRY: (Additional space on p. 26) | | 1 2 3 4 5+ | ○○ | N M | 1 2 3 4 5+ | ○○ | N M | 1 2 3 4 5+ | ○○ | N M | 1 2 3 4 5+ | ○○ | N M |
| | | 1 2 3 4 5+ | ○○ | N M | 1 2 3 4 5+ | ○○ | N M | 1 2 3 4 5+ | ○○ | N M | 1 2 3 4 5+ | ○○ | N M |
| | | 1 2 3 4 5+ | ○○ | N M | 1 2 3 4 5+ | ○○ | N M | 1 2 3 4 5+ | ○○ | N M | 1 2 3 4 5+ | ○○ | N M |
| | | 1 2 3 4 5+ | ○○ | N M | 1 2 3 4 5+ | ○○ | N M | 1 2 3 4 5+ | ○○ | N M | 1 2 3 4 5+ | ○○ | N M |
| <i>Breads, Cereals, Grains, & Pasta</i> | | | | | | | | | | | | | |
| Bagel, plain | 1 | 1 2 3 4 5+ | ○○ | N M | 1 2 3 4 5+ | ○○ | N M | 1 2 3 4 5+ | ○○ | N M | 1 2 3 4 5+ | ○○ | N M |
| Biscuit, from refrigerated dough, baked | 1 | 1 2 3 4 5+ | ○○ | N M | 1 2 3 4 5+ | ○○ | N M | 1 2 3 4 5+ | ○○ | N M | 1 2 3 4 5+ | ○○ | N M |
| Bolillo bread | 1 | 1 2 3 4 5+ | ○○ | N M | 1 2 3 4 5+ | ○○ | N M | 1 2 3 4 5+ | ○○ | N M | 1 2 3 4 5+ | ○○ | N M |
| Bread, cracked wheat | 1 slice | 1 2 3 4 5+ | ○○ | N M | 1 2 3 4 5+ | ○○ | N M | 1 2 3 4 5+ | ○○ | N M | 1 2 3 4 5+ | ○○ | N M |
| Bread, rye | 1 slice | 1 2 3 4 5+ | ○○ | N M | 1 2 3 4 5+ | ○○ | N M | 1 2 3 4 5+ | ○○ | N M | 1 2 3 4 5+ | ○○ | N M |
| Bread, white | 1 slice | 1 2 3 4 5+ | ○○ | N M | 1 2 3 4 5+ | ○○ | N M | 1 2 3 4 5+ | ○○ | N M | 1 2 3 4 5+ | ○○ | N M |

Did you consume TEN OR MORE SERVINGS of any of the above? IF YES, specify item and total servings:

Ex-Servs a

a. _____ # servings:

| | |
|--|--|
| | |
|--|--|

Ex-Servs b

servings:

| | |
|--|--|
| | |
|--|--|

Ex-Food a

Ex-Food b

HHID

F.S. TRN

Comp

Eventdate

Page 05

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For Variables

See Page 4

PAGE 6
Diet Diary

| FOOD & SERVING SIZE | NUMBER OF SERVINGS | | | | | OFFICE USE ONLY | | |
|---|--------------------|----------------------------|----------------------------|----------------------------|----------------------------|----------------------------|----------------------------|-----------------|
| | Day 1 | Office Use Only | Day 2 | Office Use Only | Day 3 | Office Use Only | Day 4 | Office Use Only |
| Breads, Cereals, Grains, & Pasta (cont.) | 1 | | 1 | | 1 | | 1 | |
| Bread, whole wheat | 1 slice | 1 2 3 4 5+ ○○○○○ N M | 62 |
| Cereal, fruit flavored, sweetened (ex: Froot Loops) | 1 cup | 1 2 3 4 5+ ○○○○○ N M | 72 |
| Corn flakes | 1 cup | 1 2 3 4 5+ ○○○○○ N M | 71 |
| Corn grits, regular, cooked | 1 cup | 1 2 3 4 5+ ○○○○○ N M | 53 |
| Cornbread, homemade | 1 piece | 1 2 3 4 5+ ○○○○○ N M | 60 |
| Crisped rice cereal (ex: Rice Krispies) | 1 cup | 1 2 3 4 5+ ○○○○○ N M | 75 |
| Gordita, prepared | 1 | 1 2 3 4 5+ ○○○○○ N M | 509 |
| Granola cereal (ex: Nature Valley) | 1 cup | 1 2 3 4 5+ ○○○○○ N M | 76 |
| Noodles, egg, boiled | 1 cup | 1 2 3 4 5+ ○○○○○ N M | 69 |
| Masa, corn, prepared | 1 cup | 1 2 3 4 5+ ○○○○○ N M | 507 |
| Muffin, blueberry, commercial | 1 | 1 2 3 4 5+ ○○○○○ N M | 65 |
| Muffin, English, plain, toasted | 1 | 1 2 3 4 5+ ○○○○○ N M | 250 |
| Oat ring cereal (ex: Cheerios) | 1 cup | 1 2 3 4 5+ ○○○○○ N M | 77 |
| Oatmeal, quick (1-3 min.), cooked | 1 cup | 1 2 3 4 5+ ○○○○○ N M | 51 |
| Pancake from mix | 1 | 1 2 3 4 5+ ○○○○○ N M | 68 |

Did you consume TEN OR MORE SERVINGS of any of the above? IF YES, specify item and total servings:

a. _____ # servings: b. _____ # servings:

Ex-Serv^a Ex-Serv^b Ex-Food_a
Ex-Food_b

HHID: FS: RN: IRN: Cmp: / / P#: 06
 Eventdate: Page:

For Variables See Page 4

PAGE 7
Diet Diary

| FOOD & SERVING SIZE | | NUMBER OF SERVINGS | | | | | | | | OFFICE USE ONLY |
|--|-------|--------------------|-----------------------|------------|-----------------------|------------|-----------------------|------------|-----------------------|-----------------|
| <i>Breads, Cereals, Grains, & Pasta (cont.)</i> | | Day 1 | Office Use Only | Day 2 | Office Use Only | Day 3 | Office Use Only | Day 4 | Office Use Only | |
| | | / | / | / | / | / | / | / | / | |
| Pasta or macaroni, boiled | 1 cup | 1 2 3 4 5+ | ○○○○○ | 1 2 3 4 5+ | ○○○○○ | 1 2 3 4 5+ | ○○○○○ | 1 2 3 4 5+ | ○○○○○ | |
| Raisin bran cereal | 1 cup | 1 2 3 4 5+ | ○○○○○ | 1 2 3 4 5+ | ○○○○○ | 1 2 3 4 5+ | ○○○○○ | 1 2 3 4 5+ | ○○○○○ | |
| Rice, Spanish, cooked | ½ cup | 1 2 3 4 5+ | ○○○○○ | 1 2 3 4 5+ | ○○○○○ | 1 2 3 4 5+ | ○○○○○ | 1 2 3 4 5+ | ○○○○○ | |
| Rice, white, cooked | 1 cup | 1 2 3 4 5+ | ○○○○○ | 1 2 3 4 5+ | ○○○○○ | 1 2 3 4 5+ | ○○○○○ | 1 2 3 4 5+ | ○○○○○ | |
| Roll, white | 1 | 1 2 3 4 5+ | ○○○○○ | 1 2 3 4 5+ | ○○○○○ | 1 2 3 4 5+ | ○○○○○ | 1 2 3 4 5+ | ○○○○○ | |
| Shredded wheat cereal | 1 cup | 1 2 3 4 5+ | ○○○○○ | 1 2 3 4 5+ | ○○○○○ | 1 2 3 4 5+ | ○○○○○ | 1 2 3 4 5+ | ○○○○○ | |
| Tortilla, corn | 1 | 1 2 3 4 5+ | ○○○○○ | 1 2 3 4 5+ | ○○○○○ | 1 2 3 4 5+ | ○○○○○ | 1 2 3 4 5+ | ○○○○○ | |
| Tortilla, flour | 1 | 1 2 3 4 5+ | ○○○○○ | 1 2 3 4 5+ | ○○○○○ | 1 2 3 4 5+ | ○○○○○ | 1 2 3 4 5+ | ○○○○○ | |
| Wheat cereal or farina, cooked | 1 cup | 1 2 3 4 5+ | ○○○○○ | 1 2 3 4 5+ | ○○○○○ | 1 2 3 4 5+ | ○○○○○ | 1 2 3 4 5+ | ○○○○○ | |
| OTHER Breads, Cereals, Grains, & Pasta: (More space p.26) | | 1 2 3 4 5+ | ○○○○○ | 1 2 3 4 5+ | ○○○○○ | 1 2 3 4 5+ | ○○○○○ | 1 2 3 4 5+ | ○○○○○ | |
| | | 1 2 3 4 5+ | ○○○○○ | 1 2 3 4 5+ | ○○○○○ | 1 2 3 4 5+ | ○○○○○ | 1 2 3 4 5+ | ○○○○○ | |
| | | 1 2 3 4 5+ | ○○○○○ | 1 2 3 4 5+ | ○○○○○ | 1 2 3 4 5+ | ○○○○○ | 1 2 3 4 5+ | ○○○○○ | |
| | | 1 2 3 4 5+ | ○○○○○ | 1 2 3 4 5+ | ○○○○○ | 1 2 3 4 5+ | ○○○○○ | 1 2 3 4 5+ | ○○○○○ | |
| | | 1 2 3 4 5+ | ○○○○○ | 1 2 3 4 5+ | ○○○○○ | 1 2 3 4 5+ | ○○○○○ | 1 2 3 4 5+ | ○○○○○ | |
| | | 1 2 3 4 5+ | ○○○○○ | 1 2 3 4 5+ | ○○○○○ | 1 2 3 4 5+ | ○○○○○ | 1 2 3 4 5+ | ○○○○○ | |
| | | 1 2 3 4 5+ | ○○○○○ | 1 2 3 4 5+ | ○○○○○ | 1 2 3 4 5+ | ○○○○○ | 1 2 3 4 5+ | ○○○○○ | |
| | | 1 2 3 4 5+ | ○○○○○ | 1 2 3 4 5+ | ○○○○○ | 1 2 3 4 5+ | ○○○○○ | 1 2 3 4 5+ | ○○○○○ | |
| | | 1 2 3 4 5+ | ○○○○○ | 1 2 3 4 5+ | ○○○○○ | 1 2 3 4 5+ | ○○○○○ | 1 2 3 4 5+ | ○○○○○ | |

Did you consume TEN OR MORE SERVINGS of any of the above? IF YES, specify item and total servings:

Ex-ServA

servings:

Ex-ServB

servings:

Ex-FoodA

Food A

Ex-FoodB

Food B

HHID

FS

RN

IRN

Comp

/ / /

P# 07

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For Variables See Page 4

| FOOD & SERVING SIZE | | NUMBER OF SERVINGS | | | | | | | | OFFICE USE ONLY | | | |
|--|-----------|--------------------|-------|-----------------|------------|-------|-----------------|------------|-------|-----------------|------------|-------|-----------------|
| <i>Fruits</i> | | Day 1 | | Office Use Only | Day 2 | | Office Use Only | Day 3 | | Office Use Only | Day 4 | | Office Use Only |
| | | 1 | / | | 1 | / | | 1 | / | | 1 | / | |
| Apple, red, raw | 1 | 1 2 3 4 5+ | ○○○○○ | N M | 1 2 3 4 5+ | ○○○○○ | N M | 1 2 3 4 5+ | ○○○○○ | N M | 1 2 3 4 5+ | ○○○○○ | N M |
| Applesauce, canned | ½ cup | 1 2 3 4 5+ | ○○○○○ | N M | 1 2 3 4 5+ | ○○○○○ | N M | 1 2 3 4 5+ | ○○○○○ | N M | 1 2 3 4 5+ | ○○○○○ | N M |
| Applesauce, bottled | ½ cup | 1 2 3 4 5+ | ○○○○○ | N M | 1 2 3 4 5+ | ○○○○○ | N M | 1 2 3 4 5+ | ○○○○○ | N M | 1 2 3 4 5+ | ○○○○○ | N M |
| Apricot, raw | 1 | 1 2 3 4 5+ | ○○○○○ | N M | 1 2 3 4 5+ | ○○○○○ | N M | 1 2 3 4 5+ | ○○○○○ | N M | 1 2 3 4 5+ | ○○○○○ | N M |
| Banana, raw | 1 | 1 2 3 4 5+ | ○○○○○ | N M | 1 2 3 4 5+ | ○○○○○ | N M | 1 2 3 4 5+ | ○○○○○ | N M | 1 2 3 4 5+ | ○○○○○ | N M |
| Cantaloupe, raw | 1/8 melon | 1 2 3 4 5+ | ○○○○○ | N M | 1 2 3 4 5+ | ○○○○○ | N M | 1 2 3 4 5+ | ○○○○○ | N M | 1 2 3 4 5+ | ○○○○○ | N M |
| Cherries, sweet, raw | ½ cup | 1 2 3 4 5+ | ○○○○○ | N M | 1 2 3 4 5+ | ○○○○○ | N M | 1 2 3 4 5+ | ○○○○○ | N M | 1 2 3 4 5+ | ○○○○○ | N M |
| Fruit cocktail, canned in heavy syrup | ½ cup | 1 2 3 4 5+ | ○○○○○ | N M | 1 2 3 4 5+ | ○○○○○ | N M | 1 2 3 4 5+ | ○○○○○ | N M | 1 2 3 4 5+ | ○○○○○ | N M |
| Grapefruit, raw | ½ | 1 2 3 4 5+ | ○○○○○ | N M | 1 2 3 4 5+ | ○○○○○ | N M | 1 2 3 4 5+ | ○○○○○ | N M | 1 2 3 4 5+ | ○○○○○ | N M |
| Grapes, purple/green, seedless, raw | ½ cup | 1 2 3 4 5+ | ○○○○○ | N M | 1 2 3 4 5+ | ○○○○○ | N M | 1 2 3 4 5+ | ○○○○○ | N M | 1 2 3 4 5+ | ○○○○○ | N M |
| Lime, raw | ½ | 1 2 3 4 5+ | ○○○○○ | N M | 1 2 3 4 5+ | ○○○○○ | N M | 1 2 3 4 5+ | ○○○○○ | N M | 1 2 3 4 5+ | ○○○○○ | N M |
| Mango | ½ | 1 2 3 4 5+ | ○○○○○ | N M | 1 2 3 4 5+ | ○○○○○ | N M | 1 2 3 4 5+ | ○○○○○ | N M | 1 2 3 4 5+ | ○○○○○ | N M |
| Orange, raw | 1 | 1 2 3 4 5+ | ○○○○○ | N M | 1 2 3 4 5+ | ○○○○○ | N M | 1 2 3 4 5+ | ○○○○○ | N M | 1 2 3 4 5+ | ○○○○○ | N M |
| Peach, canned in light/medium syrup | ½ cup | 1 2 3 4 5+ | ○○○○○ | N M | 1 2 3 4 5+ | ○○○○○ | N M | 1 2 3 4 5+ | ○○○○○ | N M | 1 2 3 4 5+ | ○○○○○ | N M |
| Peach, raw | 1 | 1 2 3 4 5+ | ○○○○○ | N M | 1 2 3 4 5+ | ○○○○○ | N M | 1 2 3 4 5+ | ○○○○○ | N M | 1 2 3 4 5+ | ○○○○○ | N M |

Did you consume TEN OR MORE SERVINGS of any of the above? IF YES, specify item and total servings: Ex-Food a Food A

Ex-serv a
a. _____ # servings: _____Ex-serv b
b. _____ # servings: _____

Ex-Food b Food B

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Diet Diary

| FOOD & SERVING SIZE | | NUMBER OF SERVINGS | | | | | | | | OFFICE USE ONLY | | |
|---|---------------------------|--------------------|---|-----------------|-------|----|-----------------|-------|---|-----------------|-------|---|
| | | Day 1 | | Office Use Only | Day 2 | | Office Use Only | Day 3 | | Office Use Only | Day 4 | |
| Fruits (cont.) | | | | | | | | | | | | |
| Pear, <i>canned in light syrup</i> | ½ cup | 1 | 2 | 3 | 4 | 5+ | 1 | 2 | 3 | 4 | 5+ | 1 |
| Pear, raw | 1 | 1 | 2 | 3 | 4 | 5+ | 1 | 2 | 3 | 4 | 5+ | 1 |
| Pineapple, <i>canned in juice</i> | ½ cup | 1 | 2 | 3 | 4 | 5+ | 1 | 2 | 3 | 4 | 5+ | 1 |
| Plum, raw | 1 | 1 | 2 | 3 | 4 | 5+ | 1 | 2 | 3 | 4 | 5+ | 1 |
| Prune, dried | ½ cup | 1 | 2 | 3 | 4 | 5+ | 1 | 2 | 3 | 4 | 5+ | 1 |
| Raisins, dried | 1 oz. or small pack | 1 | 2 | 3 | 4 | 5+ | 1 | 2 | 3 | 4 | 5+ | 1 |
| Strawberry, raw | ½ cup | 1 | 2 | 3 | 4 | 5+ | 1 | 2 | 3 | 4 | 5+ | 1 |
| Watermelon, raw | 1 slice | 1 | 2 | 3 | 4 | 5+ | 1 | 2 | 3 | 4 | 5+ | 1 |
| OTHER FRUITS: <i>(Additional space on p. 26)</i> | | 1 | 2 | 3 | 4 | 5+ | 1 | 2 | 3 | 4 | 5+ | 1 |
| | | 1 | 2 | 3 | 4 | 5+ | 1 | 2 | 3 | 4 | 5+ | 1 |
| | | 1 | 2 | 3 | 4 | 5+ | 1 | 2 | 3 | 4 | 5+ | 1 |
| | | 1 | 2 | 3 | 4 | 5+ | 1 | 2 | 3 | 4 | 5+ | 1 |
| | | 1 | 2 | 3 | 4 | 5+ | 1 | 2 | 3 | 4 | 5+ | 1 |
| | | 1 | 2 | 3 | 4 | 5+ | 1 | 2 | 3 | 4 | 5+ | 1 |
| | | 1 | 2 | 3 | 4 | 5+ | 1 | 2 | 3 | 4 | 5+ | 1 |
| | | 1 | 2 | 3 | 4 | 5+ | 1 | 2 | 3 | 4 | 5+ | 1 |
| | | 1 | 2 | 3 | 4 | 5+ | 1 | 2 | 3 | 4 | 5+ | 1 |

Did you consume TEN OR MORE SERVINGS of any of the above? IF YES, specify item and total servings:

Ex-ServA

a. _____ # servings: _____

Ex-ServA

b. _____ # servings: _____

Ex-FoodA

Ex-FoodB

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Diet Diary

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| FOOD & SERVING SIZE | | NUMBER OF SERVINGS | | | | | | | | OFFICE USE ONLY |
|---|---------|--------------------|-----------------|------------|-----------------|------------|-----------------|------------|-----------------|-----------------|
| | | Day 1 | Office Use Only | Day 2 | Office Use Only | Day 3 | Office Use Only | Day 4 | Office Use Only | |
| <i>Vegetables & Beans</i> | | / | | / | | / | | / | | |
| Asparagus, fresh/frozen, boiled | 1/2 cup | 1 2 3 4 5+ | ○ ○ ○ ○ ○ | 1 2 3 4 5+ | ○ ○ ○ ○ ○ | 1 2 3 4 5+ | ○ ○ ○ ○ ○ | 1 2 3 4 5+ | ○ ○ ○ ○ ○ | 115 |
| Avocado, raw | 1/4 | 1 2 3 4 5+ | ○ ○ ○ ○ ○ | 1 2 3 4 5+ | ○ ○ ○ ○ ○ | 1 2 3 4 5+ | ○ ○ ○ ○ ○ | 1 2 3 4 5+ | ○ ○ ○ ○ ○ | 97 |
| Beans, baked, canned | 1/2 cup | 1 2 3 4 5+ | ○ ○ ○ ○ ○ | 1 2 3 4 5+ | ○ ○ ○ ○ ○ | 1 2 3 4 5+ | ○ ○ ○ ○ ○ | 1 2 3 4 5+ | ○ ○ ○ ○ ○ | 822 |
| Beans, kidney, dry, boiled | 1/2 cup | 1 2 3 4 5+ | ○ ○ ○ ○ ○ | 1 2 3 4 5+ | ○ ○ ○ ○ ○ | 1 2 3 4 5+ | ○ ○ ○ ○ ○ | 1 2 3 4 5+ | ○ ○ ○ ○ ○ | 245 |
| Beans, lima, immature, frozen, boiled | 1/2 cup | 1 2 3 4 5+ | ○ ○ ○ ○ ○ | 1 2 3 4 5+ | ○ ○ ○ ○ ○ | 1 2 3 4 5+ | ○ ○ ○ ○ ○ | 1 2 3 4 5+ | ○ ○ ○ ○ ○ | 42 |
| Beans, pinto, dry, boiled | 1/2 cup | 1 2 3 4 5+ | ○ ○ ○ ○ ○ | 1 2 3 4 5+ | ○ ○ ○ ○ ○ | 1 2 3 4 5+ | ○ ○ ○ ○ ○ | 1 2 3 4 5+ | ○ ○ ○ ○ ○ | 38 |
| Beans, Pork and, canned | 1/2 cup | 1 2 3 4 5+ | ○ ○ ○ ○ ○ | 1 2 3 4 5+ | ○ ○ ○ ○ ○ | 1 2 3 4 5+ | ○ ○ ○ ○ ○ | 1 2 3 4 5+ | ○ ○ ○ ○ ○ | 39 |
| Beans, refried | 1/2 cup | 1 2 3 4 5+ | ○ ○ ○ ○ ○ | 1 2 3 4 5+ | ○ ○ ○ ○ ○ | 1 2 3 4 5+ | ○ ○ ○ ○ ○ | 1 2 3 4 5+ | ○ ○ ○ ○ ○ | 501 |
| Beans, snap green, fresh/frozen, boiled | 1/2 cup | 1 2 3 4 5+ | ○ ○ ○ ○ ○ | 1 2 3 4 5+ | ○ ○ ○ ○ ○ | 1 2 3 4 5+ | ○ ○ ○ ○ ○ | 1 2 3 4 5+ | ○ ○ ○ ○ ○ | 121 |
| Beans, snap green, canned | 1/2 cup | 1 2 3 4 5+ | ○ ○ ○ ○ ○ | 1 2 3 4 5+ | ○ ○ ○ ○ ○ | 1 2 3 4 5+ | ○ ○ ○ ○ ○ | 1 2 3 4 5+ | ○ ○ ○ ○ ○ | 809 |
| Beets, fresh/frozen, boiled | 1/2 cup | 1 2 3 4 5+ | ○ ○ ○ ○ ○ | 1 2 3 4 5+ | ○ ○ ○ ○ ○ | 1 2 3 4 5+ | ○ ○ ○ ○ ○ | 1 2 3 4 5+ | ○ ○ ○ ○ ○ | 262 |
| Beets, canned | 1/2 cup | 1 2 3 4 5+ | ○ ○ ○ ○ ○ | 1 2 3 4 5+ | ○ ○ ○ ○ ○ | 1 2 3 4 5+ | ○ ○ ○ ○ ○ | 1 2 3 4 5+ | ○ ○ ○ ○ ○ | 810 |
| Broccoli, fresh/frozen, boiled | 1/2 cup | 1 2 3 4 5+ | ○ ○ ○ ○ ○ | 1 2 3 4 5+ | ○ ○ ○ ○ ○ | 1 2 3 4 5+ | ○ ○ ○ ○ ○ | 1 2 3 4 5+ | ○ ○ ○ ○ ○ | 113 |
| Brussels sprouts, fresh/frozen, boiled | 1/2 cup | 1 2 3 4 5+ | ○ ○ ○ ○ ○ | 1 2 3 4 5+ | ○ ○ ○ ○ ○ | 1 2 3 4 5+ | ○ ○ ○ ○ ○ | 1 2 3 4 5+ | ○ ○ ○ ○ ○ | 263 |
| Cabbage, fresh, boiled | 1/2 cup | 1 2 3 4 5+ | ○ ○ ○ ○ ○ | 1 2 3 4 5+ | ○ ○ ○ ○ ○ | 1 2 3 4 5+ | ○ ○ ○ ○ ○ | 1 2 3 4 5+ | ○ ○ ○ ○ ○ | 110 |

Did you consume TEN OR MORE SERVINGS of any of the above? IF YES, specify item and total servings:

Ex-Servva

a. _____ # servings:

Ex-Servvb

b. _____ # servings: Ex-Fooda
Food AEx-Foodb
Food B

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| FOOD & SERVING SIZE | NUMBER OF SERVINGS | | | | | | | | OFFICE USE ONLY |
|---------------------------------------|--------------------|------------|-----------------|------------|-----------|-----------------|-----------|------------|-----------------|
| | Day 1 | | Office Use Only | Day 2 | | Office Use Only | Day 3 | | Office Use Only |
| Vegetables & Beans (cont.) | | | | | | | | | |
| Carrot, fresh, boiled | ½ cup | 1 2 3 4 5+ | ○ ○ ○ ○ ○ | 1 2 3 4 5+ | ○ ○ ○ ○ ○ | 1 2 3 4 5+ | ○ ○ ○ ○ ○ | 1 2 3 4 5+ | ○ ○ ○ ○ ○ |
| Cauliflower, fresh/frozen, boiled | ½ cup | 1 2 3 4 5+ | ○ ○ ○ ○ ○ | 1 2 3 4 5+ | ○ ○ ○ ○ ○ | 1 2 3 4 5+ | ○ ○ ○ ○ ○ | 1 2 3 4 5+ | ○ ○ ○ ○ ○ |
| Celery, raw | ½ stalk | 1 2 3 4 5+ | ○ ○ ○ ○ ○ | 1 2 3 4 5+ | ○ ○ ○ ○ ○ | 1 2 3 4 5+ | ○ ○ ○ ○ ○ | 1 2 3 4 5+ | ○ ○ ○ ○ ○ |
| Coleslaw w/dressing, homemade | ½ cup | 1 2 3 4 5+ | ○ ○ ○ ○ ○ | 1 2 3 4 5+ | ○ ○ ○ ○ ○ | 1 2 3 4 5+ | ○ ○ ○ ○ ○ | 1 2 3 4 5+ | ○ ○ ○ ○ ○ |
| Collards, fresh/frozen, boiled | ½ cup | 1 2 3 4 5+ | ○ ○ ○ ○ ○ | 1 2 3 4 5+ | ○ ○ ○ ○ ○ | 1 2 3 4 5+ | ○ ○ ○ ○ ○ | 1 2 3 4 5+ | ○ ○ ○ ○ ○ |
| Corn, fresh/frozen, boiled | ½ cup | 1 2 3 4 5+ | ○ ○ ○ ○ ○ | 1 2 3 4 5+ | ○ ○ ○ ○ ○ | 1 2 3 4 5+ | ○ ○ ○ ○ ○ | 1 2 3 4 5+ | ○ ○ ○ ○ ○ |
| Corn, canned | ½ cup | 1 2 3 4 5+ | ○ ○ ○ ○ ○ | 1 2 3 4 5+ | ○ ○ ○ ○ ○ | 1 2 3 4 5+ | ○ ○ ○ ○ ○ | 1 2 3 4 5+ | ○ ○ ○ ○ ○ |
| Corn, cream style, canned | ½ cup | 1 2 3 4 5+ | ○ ○ ○ ○ ○ | 1 2 3 4 5+ | ○ ○ ○ ○ ○ | 1 2 3 4 5+ | ○ ○ ○ ○ ○ | 1 2 3 4 5+ | ○ ○ ○ ○ ○ |
| Corn, yellow, kernel, dry | ½ cup | 1 2 3 4 5+ | ○ ○ ○ ○ ○ | 1 2 3 4 5+ | ○ ○ ○ ○ ○ | 1 2 3 4 5+ | ○ ○ ○ ○ ○ | 1 2 3 4 5+ | ○ ○ ○ ○ ○ |
| Cucumber, raw | ½ cup | 1 2 3 4 5+ | ○ ○ ○ ○ ○ | 1 2 3 4 5+ | ○ ○ ○ ○ ○ | 1 2 3 4 5+ | ○ ○ ○ ○ ○ | 1 2 3 4 5+ | ○ ○ ○ ○ ○ |
| Eggplant, fresh, boiled | ½ cup | 1 2 3 4 5+ | ○ ○ ○ ○ ○ | 1 2 3 4 5+ | ○ ○ ○ ○ ○ | 1 2 3 4 5+ | ○ ○ ○ ○ ○ | 1 2 3 4 5+ | ○ ○ ○ ○ ○ |
| French fries, frozen, heated | ½ cup | 1 2 3 4 5+ | ○ ○ ○ ○ ○ | 1 2 3 4 5+ | ○ ○ ○ ○ ○ | 1 2 3 4 5+ | ○ ○ ○ ○ ○ | 1 2 3 4 5+ | ○ ○ ○ ○ ○ |
| French fries, fast-food | ½ cup | 1 2 3 4 5+ | ○ ○ ○ ○ ○ | 1 2 3 4 5+ | ○ ○ ○ ○ ○ | 1 2 3 4 5+ | ○ ○ ○ ○ ○ | 1 2 3 4 5+ | ○ ○ ○ ○ ○ |
| Lettuce, iceberg, raw | ½ cup | 1 2 3 4 5+ | ○ ○ ○ ○ ○ | 1 2 3 4 5+ | ○ ○ ○ ○ ○ | 1 2 3 4 5+ | ○ ○ ○ ○ ○ | 1 2 3 4 5+ | ○ ○ ○ ○ ○ |
| Mushrooms, canned | ½ cup | 1 2 3 4 5+ | ○ ○ ○ ○ ○ | 1 2 3 4 5+ | ○ ○ ○ ○ ○ | 1 2 3 4 5+ | ○ ○ ○ ○ ○ | 1 2 3 4 5+ | ○ ○ ○ ○ ○ |

Did you consume **TEN OR MORE SERVINGS** of any of the above? IF YES, specify item and total servings:

Ex-Serv^a

a. _____ # servings:

Ex-Serv^b

b. _____ # servings:

Ex-Food^a
Food^a

Ex-Food^b
Food^b

For Variables See Page 4

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| FOOD & SERVING SIZE | | NUMBER OF SERVINGS | | | | | | | | OFFICE USE ONLY |
|---------------------------------------|----------|--------------------|-----------------|------------|-----------------|------------|-----------------|------------|-----------------|-----------------|
| <i>Vegetables & Beans (cont.)</i> | | Day 1 | Office Use Only | Day 2 | Office Use Only | Day 3 | Office Use Only | Day 4 | Office Use Only | |
| Mushrooms, raw | ½ cup | 1 2 3 4 5+ | ○○○○○ N M | 1 2 3 4 5+ | ○○○○○ N M | 1 2 3 4 5+ | ○○○○○ N M | 1 2 3 4 5+ | ○○○○○ N M | |
| Nopalito (cactus pad) | ½ cup | 1 2 3 4 5+ | ○○○○○ N M | 1 2 3 4 5+ | ○○○○○ N M | 1 2 3 4 5+ | ○○○○○ N M | 1 2 3 4 5+ | ○○○○○ N M | 264 |
| Okra, fresh/frozen, boiled | ½ cup | 1 2 3 4 5+ | ○○○○○ N M | 1 2 3 4 5+ | ○○○○○ N M | 1 2 3 4 5+ | ○○○○○ N M | 1 2 3 4 5+ | ○○○○○ N M | 515 |
| Onion, mature, raw | ¼ medium | 1 2 3 4 5+ | ○○○○○ N M | 1 2 3 4 5+ | ○○○○○ N M | 1 2 3 4 5+ | ○○○○○ N M | 1 2 3 4 5+ | ○○○○○ N M | 267 |
| Peas, green, canned | ½ cup | 1 2 3 4 5+ | ○○○○○ N M | 1 2 3 4 5+ | ○○○○○ N M | 1 2 3 4 5+ | ○○○○○ N M | 1 2 3 4 5+ | ○○○○○ N M | 128 |
| Peas, green, fresh/frozen, boiled | ½ cup | 1 2 3 4 5+ | ○○○○○ N M | 1 2 3 4 5+ | ○○○○○ N M | 1 2 3 4 5+ | ○○○○○ N M | 1 2 3 4 5+ | ○○○○○ N M | 800 |
| Peas, mature, dry, boiled | ½ cup | 1 2 3 4 5+ | ○○○○○ N M | 1 2 3 4 5+ | ○○○○○ N M | 1 2 3 4 5+ | ○○○○○ N M | 1 2 3 4 5+ | ○○○○○ N M | 46 |
| Pepper, hot chili, raw (Serrano) | ¼ medium | 1 2 3 4 5+ | ○○○○○ N M | 1 2 3 4 5+ | ○○○○○ N M | 1 2 3 4 5+ | ○○○○○ N M | 1 2 3 4 5+ | ○○○○○ N M | 246 |
| Pepper, sweet bell, green, raw | ¼ medium | 1 2 3 4 5+ | ○○○○○ N M | 1 2 3 4 5+ | ○○○○○ N M | 1 2 3 4 5+ | ○○○○○ N M | 1 2 3 4 5+ | ○○○○○ N M | 517 |
| Potato, white, baked in skin | 1 | 1 2 3 4 5+ | ○○○○○ N M | 1 2 3 4 5+ | ○○○○○ N M | 1 2 3 4 5+ | ○○○○○ N M | 1 2 3 4 5+ | ○○○○○ N M | 125 |
| Potato, white (home fries) | ½ cup | 1 2 3 4 5+ | ○○○○○ N M | 1 2 3 4 5+ | ○○○○○ N M | 1 2 3 4 5+ | ○○○○○ N M | 1 2 3 4 5+ | ○○○○○ N M | 137 |
| Potatoes, mashed, from instant | ½ cup | 1 2 3 4 5+ | ○○○○○ N M | 1 2 3 4 5+ | ○○○○○ N M | 1 2 3 4 5+ | ○○○○○ N M | 1 2 3 4 5+ | ○○○○○ N M | 519 |
| Potatoes, peeled, boiled | ½ cup | 1 2 3 4 5+ | ○○○○○ N M | 1 2 3 4 5+ | ○○○○○ N M | 1 2 3 4 5+ | ○○○○○ N M | 1 2 3 4 5+ | ○○○○○ N M | 135 |
| Potatoes, scalloped, homemade | ½ cup | 1 2 3 4 5+ | ○○○○○ N M | 1 2 3 4 5+ | ○○○○○ N M | 1 2 3 4 5+ | ○○○○○ N M | 1 2 3 4 5+ | ○○○○○ N M | 136 |
| Radish, raw | 1 | 1 2 3 4 5+ | ○○○○○ N M | 1 2 3 4 5+ | ○○○○○ N M | 1 2 3 4 5+ | ○○○○○ N M | 1 2 3 4 5+ | ○○○○○ N M | 139 |

Did you consume TEN OR MORE SERVINGS of any of the above? IF YES, specify item and total servings:

Ex-ServA

a. _____ # servings: _____

Ex-ServB

b. _____ # servings: _____

Ex-FoodA

Food A

Ex-FoodB

Food B

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| FOOD & SERVING SIZE | | NUMBER OF SERVINGS | | | | | OFFICE USE ONLY | | | |
|---|-------|---------------------|-----------------|---------------------|-----------------|---------------------|-----------------|---------------------|-----|-----|
| | | Day 1 / | Office Use Only | Day 2 / | Office Use Only | Day 3 / | Office Use Only | | | |
| Vegetables & Beans (cont.) | | | | | | | | | | |
| Sauerkraut, canned | ½ cup | 1 2 3 4 5+ ○○○○○ | N M | 1 2 3 4 5+ ○○○○○ | N M | 1 2 3 4 5+ ○○○○○ | N M | 1 2 3 4 5+ ○○○○○ | N M | 112 |
| Spinach, canned | ½ cup | 1 2 3 4 5+ ○○○○○ | N M | 1 2 3 4 5+ ○○○○○ | N M | 1 2 3 4 5+ ○○○○○ | N M | 1 2 3 4 5+ ○○○○○ | N M | 802 |
| Spinach, fresh/frozen, boiled | ½ cup | 1 2 3 4 5+ ○○○○○ | N M | 1 2 3 4 5+ ○○○○○ | N M | 1 2 3 4 5+ ○○○○○ | N M | 1 2 3 4 5+ ○○○○○ | N M | 107 |
| Squash, summer, raw/frozen, boiled | ½ cup | 1 2 3 4 5+ ○○○○○ | N M | 1 2 3 4 5+ ○○○○○ | N M | 1 2 3 4 5+ ○○○○○ | N M | 1 2 3 4 5+ ○○○○○ | N M | 124 |
| Squash, winter (Hubbard or acorn), raw/frozen, cooked | ½ cup | 1 2 3 4 5+ ○○○○○ | N M | 1 2 3 4 5+ ○○○○○ | N M | 1 2 3 4 5+ ○○○○○ | N M | 1 2 3 4 5+ ○○○○○ | N M | 126 |
| Sweet potato, baked in skin | 1 | 1 2 3 4 5+ ○○○○○ | N M | 1 2 3 4 5+ ○○○○○ | N M | 1 2 3 4 5+ ○○○○○ | N M | 1 2 3 4 5+ ○○○○○ | N M | 140 |
| Tomato, raw | ½ cup | 1 2 3 4 5+ ○○○○○ | N M | 1 2 3 4 5+ ○○○○○ | N M | 1 2 3 4 5+ ○○○○○ | N M | 1 2 3 4 5+ ○○○○○ | N M | 117 |
| Tomato sauce, canned | ½ cup | 1 2 3 4 5+ ○○○○○ | N M | 1 2 3 4 5+ ○○○○○ | N M | 1 2 3 4 5+ ○○○○○ | N M | 1 2 3 4 5+ ○○○○○ | N M | 813 |
| Tomato sauce, plain, bottled | ½ cup | 1 2 3 4 5+ ○○○○○ | N M | 1 2 3 4 5+ ○○○○○ | N M | 1 2 3 4 5+ ○○○○○ | N M | 1 2 3 4 5+ ○○○○○ | N M | 119 |
| Tomatoes, canned | ½ cup | 1 2 3 4 5+ ○○○○○ | N M | 1 2 3 4 5+ ○○○○○ | N M | 1 2 3 4 5+ ○○○○○ | N M | 1 2 3 4 5+ ○○○○○ | N M | 803 |
| Tomato, stewed, canned | ½ cup | 1 2 3 4 5+ ○○○○○ | N M | 1 2 3 4 5+ ○○○○○ | N M | 1 2 3 4 5+ ○○○○○ | N M | 1 2 3 4 5+ ○○○○○ | N M | 260 |
| Turnip, fresh/frozen, boiled | ½ cup | 1 2 3 4 5+ ○○○○○ | N M | 1 2 3 4 5+ ○○○○○ | N M | 1 2 3 4 5+ ○○○○○ | N M | 1 2 3 4 5+ ○○○○○ | N M | 266 |
| Vegetables, mixed, canned | ½ cup | 1 2 3 4 5+ ○○○○○ | N M | 1 2 3 4 5+ ○○○○○ | N M | 1 2 3 4 5+ ○○○○○ | N M | 1 2 3 4 5+ ○○○○○ | N M | 814 |
| Vegetables, mixed, frozen, boiled | ½ cup | 1 2 3 4 5+ ○○○○○ | N M | 1 2 3 4 5+ ○○○○○ | N M | 1 2 3 4 5+ ○○○○○ | N M | 1 2 3 4 5+ ○○○○○ | N M | 268 |
| OTHER VEGETABLES: (Additional space on p. 26) | | 1 2 3 4 5+ ○○○○○ | N M | 1 2 3 4 5+ ○○○○○ | N M | 1 2 3 4 5+ ○○○○○ | N M | 1 2 3 4 5+ ○○○○○ | N M | 630 |

Did you consume TEN OR MORE SERVINGS of any of the above? IF YES, specify item and total servings:

Ex-Serv A # servings: Ex-Serv B # servings:

a.

b.

Food A

Food B

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Diet Diary

For Variables See Page 4

| FOOD & SERVING SIZE | | NUMBER OF SERVINGS | | | | | | | | OFFICE USE ONLY | | |
|---|----------------|--------------------|-------|-----------------|------------|-------|-----------------|------------|-------|-----------------|------------|-------|
| <i>Eggs, Fish, & Meat</i> | | Day 1 | | Office Use Only | Day 2 | | Office Use Only | Day 3 | | Office Use Only | Day 4 | |
| | | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 |
| Egg, scrambled | 1 | 1 2 3 4 5+ | ○○○○○ | N M | 1 2 3 4 5+ | ○○○○○ | N M | 1 2 3 4 5+ | ○○○○○ | N M | 1 2 3 4 5+ | ○○○○○ |
| Egg, fried | 1 | 1 2 3 4 5+ | ○○○○○ | N M | 1 2 3 4 5+ | ○○○○○ | N M | 1 2 3 4 5+ | ○○○○○ | N M | 1 2 3 4 5+ | ○○○○○ |
| Egg, boiled | 1 | 1 2 3 4 5+ | ○○○○○ | N M | 1 2 3 4 5+ | ○○○○○ | N M | 1 2 3 4 5+ | ○○○○○ | N M | 1 2 3 4 5+ | ○○○○○ |
| Beef, chuck roast, baked | 4 - 6 oz. | 1 2 3 4 5+ | ○○○○○ | N M | 1 2 3 4 5+ | ○○○○○ | N M | 1 2 3 4 5+ | ○○○○○ | N M | 1 2 3 4 5+ | ○○○○○ |
| Beef, ground, regular hamburger | 1 | 1 2 3 4 5+ | ○○○○○ | N M | 1 2 3 4 5+ | ○○○○○ | N M | 1 2 3 4 5+ | ○○○○○ | N M | 1 2 3 4 5+ | ○○○○○ |
| Beef, loin/sirloin steak, pan cooked | 4 - 6 oz. | 1 2 3 4 5+ | ○○○○○ | N M | 1 2 3 4 5+ | ○○○○○ | N M | 1 2 3 4 5+ | ○○○○○ | N M | 1 2 3 4 5+ | ○○○○○ |
| Bologna | 1 slice | 1 2 3 4 5+ | ○○○○○ | N M | 1 2 3 4 5+ | ○○○○○ | N M | 1 2 3 4 5+ | ○○○○○ | N M | 1 2 3 4 5+ | ○○○○○ |
| Chicken breast, roasted | ½ or 4 - 6 oz. | 1 2 3 4 5+ | ○○○○○ | N M | 1 2 3 4 5+ | ○○○○○ | N M | 1 2 3 4 5+ | ○○○○○ | N M | 1 2 3 4 5+ | ○○○○○ |
| Chicken, fried, homemade | 4 - 6 oz. | 1 2 3 4 5+ | ○○○○○ | N M | 1 2 3 4 5+ | ○○○○○ | N M | 1 2 3 4 5+ | ○○○○○ | N M | 1 2 3 4 5+ | ○○○○○ |
| Chicken, fried, fast-food | 4 - 6 oz. | 1 2 3 4 5+ | ○○○○○ | N M | 1 2 3 4 5+ | ○○○○○ | N M | 1 2 3 4 5+ | ○○○○○ | N M | 1 2 3 4 5+ | ○○○○○ |
| Chicken nuggets, fast-food | 4 - 6 oz. | 1 2 3 4 5+ | ○○○○○ | N M | 1 2 3 4 5+ | ○○○○○ | N M | 1 2 3 4 5+ | ○○○○○ | N M | 1 2 3 4 5+ | ○○○○○ |
| Chorizo (Spanish sausage) | ½ cup | 1 2 3 4 5+ | ○○○○○ | N M | 1 2 3 4 5+ | ○○○○○ | N M | 1 2 3 4 5+ | ○○○○○ | N M | 1 2 3 4 5+ | ○○○○○ |
| Fish sticks, commercial, frozen, heated | 4 - 6 oz. | 1 2 3 4 5+ | ○○○○○ | N M | 1 2 3 4 5+ | ○○○○○ | N M | 1 2 3 4 5+ | ○○○○○ | N M | 1 2 3 4 5+ | ○○○○○ |
| Haddock, pan cooked | 4 - 6 oz. | 1 2 3 4 5+ | ○○○○○ | N M | 1 2 3 4 5+ | ○○○○○ | N M | 1 2 3 4 5+ | ○○○○○ | N M | 1 2 3 4 5+ | ○○○○○ |
| Ham, baked | 4 - 6 oz. | 1 2 3 4 5+ | ○○○○○ | N M | 1 2 3 4 5+ | ○○○○○ | N M | 1 2 3 4 5+ | ○○○○○ | N M | 1 2 3 4 5+ | ○○○○○ |

Did you consume **TEN OR MORE SERVINGS** of any of the above? IF YES, specify item and total servings:

Ex-Serv A

a. _____ # servings:

Ex-Serv b

b. _____ # servings:

Ex-Food a

Ex-Food b

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Diet Diary

For Variables See Page 4

| FOOD & SERVING SIZE | | NUMBER OF SERVINGS | | | | | | | | OFFICE USE ONLY | |
|---------------------------------------|-----------|--------------------|-------|-----------------|-------|-----------------|-------|-----------------|-------|-----------------|--|
| <i>Eggs, Fish, & Meat (cont.)</i> | | Day 1 | | Day 2 | | Day 3 | | Day 4 | | | |
| | | Office Use Only | | Office Use Only | | Office Use Only | | Office Use Only | | | |
| Ham luncheon meat, sliced | 1 slice | 1 2 3 4 5+ | ○○○○○ | 1 2 3 4 5+ | ○○○○○ | 1 2 3 4 5+ | ○○○○○ | 1 2 3 4 5+ | ○○○○○ | | |
| Ham spread, canned | 1 - 2 oz. | 1 2 3 4 5+ | ○○○○○ | 1 2 3 4 5+ | ○○○○○ | 1 2 3 4 5+ | ○○○○○ | 1 2 3 4 5+ | ○○○○○ | | |
| Hot dog, beef, boiled | 1 | 1 2 3 4 5+ | ○○○○○ | 1 2 3 4 5+ | ○○○○○ | 1 2 3 4 5+ | ○○○○○ | 1 2 3 4 5+ | ○○○○○ | | |
| Lamb chop, pan cooked | 1 | 1 2 3 4 5+ | ○○○○○ | 1 2 3 4 5+ | ○○○○○ | 1 2 3 4 5+ | ○○○○○ | 1 2 3 4 5+ | ○○○○○ | | |
| Liver (beef/calf), pan fried | 3 - 4 oz. | 1 2 3 4 5+ | ○○○○○ | 1 2 3 4 5+ | ○○○○○ | 1 2 3 4 5+ | ○○○○○ | 1 2 3 4 5+ | ○○○○○ | | |
| Machaca (dried beef) | 3 - 4 oz. | 1 2 3 4 5+ | ○○○○○ | 1 2 3 4 5+ | ○○○○○ | 1 2 3 4 5+ | ○○○○○ | 1 2 3 4 5+ | ○○○○○ | | |
| Pork, bacon, pan cooked | 1 slice | 1 2 3 4 5+ | ○○○○○ | 1 2 3 4 5+ | ○○○○○ | 1 2 3 4 5+ | ○○○○○ | 1 2 3 4 5+ | ○○○○○ | | |
| Pork chop, pan cooked | 1 | 1 2 3 4 5+ | ○○○○○ | 1 2 3 4 5+ | ○○○○○ | 1 2 3 4 5+ | ○○○○○ | 1 2 3 4 5+ | ○○○○○ | | |
| Pork roast, baked | 4 - 6 oz. | 1 2 3 4 5+ | ○○○○○ | 1 2 3 4 5+ | ○○○○○ | 1 2 3 4 5+ | ○○○○○ | 1 2 3 4 5+ | ○○○○○ | | |
| Pork sausage, pan cooked | 1 | 1 2 3 4 5+ | ○○○○○ | 1 2 3 4 5+ | ○○○○○ | 1 2 3 4 5+ | ○○○○○ | 1 2 3 4 5+ | ○○○○○ | | |
| Salami, sliced | 1 slice | 1 2 3 4 5+ | ○○○○○ | 1 2 3 4 5+ | ○○○○○ | 1 2 3 4 5+ | ○○○○○ | 1 2 3 4 5+ | ○○○○○ | | |
| Sardines, canned | 3 - 4 oz. | 1 2 3 4 5+ | ○○○○○ | 1 2 3 4 5+ | ○○○○○ | 1 2 3 4 5+ | ○○○○○ | 1 2 3 4 5+ | ○○○○○ | | |
| Shrimp, boiled | 3 - 4 oz. | 1 2 3 4 5+ | ○○○○○ | 1 2 3 4 5+ | ○○○○○ | 1 2 3 4 5+ | ○○○○○ | 1 2 3 4 5+ | ○○○○○ | | |
| Tuna, canned in oil | 3 - 4 oz. | 1 2 3 4 5+ | ○○○○○ | 1 2 3 4 5+ | ○○○○○ | 1 2 3 4 5+ | ○○○○○ | 1 2 3 4 5+ | ○○○○○ | | |
| Turkey breast, oven roasted | 4 - 6 oz. | 1 2 3 4 5+ | ○○○○○ | 1 2 3 4 5+ | ○○○○○ | 1 2 3 4 5+ | ○○○○○ | 1 2 3 4 5+ | ○○○○○ | | |

Did you consume TEN OR MORE SERVINGS of any of the above? IF YES, specify item and total servings:Ex-Serv A
servings: Ex-Serv B
servings: Ex-Food A
Food A
Ex-Food B
Food B

a.

b.

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Diet Diary

| FOOD & SERVING SIZE | | NUMBER OF SERVINGS | | | | | | | | OFFICE USE ONLY | | | |
|---|----------------------------------|--------------------|----------------------------------|-----------------|------------|--------------------------|-----------------|------------|--------------------------|-----------------|------------|--------------------------|-----------------|
| | | Day 1 | | Office Use Only | Day 2 | | Office Use Only | Day 3 | | Office Use Only | Day 4 | | Office Use Only |
| <i>Eggs, Fish, & Meat (cont.)</i> | | 1 | | | 1 | | | 1 | | | 1 | | |
| Veal cutlet, pan cooked | 4 - 6 oz. | 1 2 3 4 5+ | <input type="checkbox"/> | N M | 1 2 3 4 5+ | <input type="checkbox"/> | N M | 1 2 3 4 5+ | <input type="checkbox"/> | N M | 1 2 3 4 5+ | <input type="checkbox"/> | N M |
| Vienna sausage, canned | 4 - 6 oz. | 1 2 3 4 5+ | <input type="checkbox"/> | N M | 1 2 3 4 5+ | <input type="checkbox"/> | N M | 1 2 3 4 5+ | <input type="checkbox"/> | N M | 1 2 3 4 5+ | <input type="checkbox"/> | N M |
| OTHER EGGS, FISH, & MEAT: (Addtl. space p. 26) | Food | 1 2 3 4 5+ | <input type="checkbox"/> | N M | 1 2 3 4 5+ | <input type="checkbox"/> | N M | 1 2 3 4 5+ | <input type="checkbox"/> | N M | 1 2 3 4 5+ | <input type="checkbox"/> | N M |
| | Food | 1 2 3 4 5+ | <input type="checkbox"/> | N M | 1 2 3 4 5+ | <input type="checkbox"/> | N M | 1 2 3 4 5+ | <input type="checkbox"/> | N M | 1 2 3 4 5+ | <input type="checkbox"/> | N M |
| | Food | 1 2 3 4 5+ | <input type="checkbox"/> | N M | 1 2 3 4 5+ | <input type="checkbox"/> | N M | 1 2 3 4 5+ | <input type="checkbox"/> | N M | 1 2 3 4 5+ | <input type="checkbox"/> | N M |
| | Food | 1 2 3 4 5+ | <input type="checkbox"/> | N M | 1 2 3 4 5+ | <input type="checkbox"/> | N M | 1 2 3 4 5+ | <input type="checkbox"/> | N M | 1 2 3 4 5+ | <input type="checkbox"/> | N M |
| | | 1 2 3 4 5+ | <input type="checkbox"/> | N M | 1 2 3 4 5+ | <input type="checkbox"/> | N M | 1 2 3 4 5+ | <input type="checkbox"/> | N M | 1 2 3 4 5+ | <input type="checkbox"/> | N M |
| <i>Main Dishes/ Prepared Meals</i> | | | | | | | | | | | | | |
| Barbacoa (prepared beef dish) | 4 - 6 oz. | 1 2 3 4 5+ | <input type="checkbox"/> | N M | 1 2 3 4 5+ | <input type="checkbox"/> | N M | 1 2 3 4 5+ | <input type="checkbox"/> | N M | 1 2 3 4 5+ | <input type="checkbox"/> | N M |
| Beef stroganoff, homemade | 1 cup | 1 2 3 4 5+ | <input type="checkbox"/> | N M | 1 2 3 4 5+ | <input type="checkbox"/> | N M | 1 2 3 4 5+ | <input type="checkbox"/> | N M | 1 2 3 4 5+ | <input type="checkbox"/> | N M |
| Boullion, beef, canned | 1 cup | 1 2 3 4 5+ | <input type="checkbox"/> | N M | 1 2 3 4 5+ | <input type="checkbox"/> | N M | 1 2 3 4 5+ | <input type="checkbox"/> | N M | 1 2 3 4 5+ | <input type="checkbox"/> | N M |
| Caldo (Mexican beef stew) | 1 cup | 1 2 3 4 5+ | <input type="checkbox"/> | N M | 1 2 3 4 5+ | <input type="checkbox"/> | N M | 1 2 3 4 5+ | <input type="checkbox"/> | N M | 1 2 3 4 5+ | <input type="checkbox"/> | N M |
| Casserole, tuna noodle, homemade | 1 cup | 1 2 3 4 5+ | <input type="checkbox"/> | N M | 1 2 3 4 5+ | <input type="checkbox"/> | N M | 1 2 3 4 5+ | <input type="checkbox"/> | N M | 1 2 3 4 5+ | <input type="checkbox"/> | N M |
| Chile con carne, beef & beans, canned | 1 cup | 1 2 3 4 5+ | <input type="checkbox"/> | N M | 1 2 3 4 5+ | <input type="checkbox"/> | N M | 1 2 3 4 5+ | <input type="checkbox"/> | N M | 1 2 3 4 5+ | <input type="checkbox"/> | N M |
| Chile con carne w/ beans, homemade | 1 cup | 1 2 3 4 5+ | <input type="checkbox"/> | N M | 1 2 3 4 5+ | <input type="checkbox"/> | N M | 1 2 3 4 5+ | <input type="checkbox"/> | N M | 1 2 3 4 5+ | <input type="checkbox"/> | N M |
| Chow mein, beef, from carry-out | 1 cup | 1 2 3 4 5+ | <input type="checkbox"/> | N M | 1 2 3 4 5+ | <input type="checkbox"/> | N M | 1 2 3 4 5+ | <input type="checkbox"/> | N M | 1 2 3 4 5+ | <input type="checkbox"/> | N M |
| Did you consume <u>TEN OR MORE SERVINGS</u> of any of the above? IF YES, specify item and total servings: | | | | | | | | | | | | Ex-Food a | |
| a. _____ | # servings: <input type="text"/> | b. _____ | # servings: <input type="text"/> | Ex-Serv a | | Ex-Serv b | | Ex-Food b | | | | | |

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| FOOD & SERVING SIZE | | NUMBER OF SERVINGS | | | | | | | | OFFICE USE ONLY | | | |
|--|-----------|--------------------|-------|-----------------|------------|-------|-----------------|------------|-------|-----------------|------------|-------|-----------------|
| <i>Main Dishes/ Prepared Meals (cont.)</i> | | Day 1 | | Office Use Only | Day 2 | | Office Use Only | Day 3 | | Office Use Only | Day 4 | | Office Use Only |
| | | 1 | 1 | | 1 | 1 | | 1 | 1 | | 1 | 1 | |
| Clam chowder, New England, canned, made w/ milk | 1 cup | 1 2 3 4 5+ | ○○○○○ | N M | 1 2 3 4 5+ | ○○○○○ | N M | 1 2 3 4 5+ | ○○○○○ | N M | 1 2 3 4 5+ | ○○○○○ | N M |
| Egg, cheese & ham on English muffin, fast-food | 1 | 1 2 3 4 5+ | ○○○○○ | N M | 1 2 3 4 5+ | ○○○○○ | N M | 1 2 3 4 5+ | ○○○○○ | N M | 1 2 3 4 5+ | ○○○○○ | N M |
| Fajita, beef | 1 | 1 2 3 4 5+ | ○○○○○ | N M | 1 2 3 4 5+ | ○○○○○ | N M | 1 2 3 4 5+ | ○○○○○ | N M | 1 2 3 4 5+ | ○○○○○ | N M |
| Fish sandwich on bun, fast-food | 1 | 1 2 3 4 5+ | ○○○○○ | N M | 1 2 3 4 5+ | ○○○○○ | N M | 1 2 3 4 5+ | ○○○○○ | N M | 1 2 3 4 5+ | ○○○○○ | N M |
| Frozen dinner: salisbury steak, heated | 1 | 1 2 3 4 5+ | ○○○○○ | N M | 1 2 3 4 5+ | ○○○○○ | N M | 1 2 3 4 5+ | ○○○○○ | N M | 1 2 3 4 5+ | ○○○○○ | N M |
| Frozen dinner: turkey, heated | 1 | 1 2 3 4 5+ | ○○○○○ | N M | 1 2 3 4 5+ | ○○○○○ | N M | 1 2 3 4 5+ | ○○○○○ | N M | 1 2 3 4 5+ | ○○○○○ | N M |
| Green pepper, stuffed, homemade | 1 | 1 2 3 4 5+ | ○○○○○ | N M | 1 2 3 4 5+ | ○○○○○ | N M | 1 2 3 4 5+ | ○○○○○ | N M | 1 2 3 4 5+ | ○○○○○ | N M |
| Hot dog on bun, fast-food | 1 | 1 2 3 4 5+ | ○○○○○ | N M | 1 2 3 4 5+ | ○○○○○ | N M | 1 2 3 4 5+ | ○○○○○ | N M | 1 2 3 4 5+ | ○○○○○ | N M |
| Lasagna with meat, homemade | 1 piece | 1 2 3 4 5+ | ○○○○○ | N M | 1 2 3 4 5+ | ○○○○○ | N M | 1 2 3 4 5+ | ○○○○○ | N M | 1 2 3 4 5+ | ○○○○○ | N M |
| Macaroni & cheese, from box mix | 1 cup | 1 2 3 4 5+ | ○○○○○ | N M | 1 2 3 4 5+ | ○○○○○ | N M | 1 2 3 4 5+ | ○○○○○ | N M | 1 2 3 4 5+ | ○○○○○ | N M |
| Meatloaf, homemade | 1 slice | 1 2 3 4 5+ | ○○○○○ | N M | 1 2 3 4 5+ | ○○○○○ | N M | 1 2 3 4 5+ | ○○○○○ | N M | 1 2 3 4 5+ | ○○○○○ | N M |
| Pizza, cheese, regular crust, from carry-out | 1 slice | 1 2 3 4 5+ | ○○○○○ | N M | 1 2 3 4 5+ | ○○○○○ | N M | 1 2 3 4 5+ | ○○○○○ | N M | 1 2 3 4 5+ | ○○○○○ | N M |
| Pizza, cheese & pepperoni, regular crust, from carry-out | 1 slice | 1 2 3 4 5+ | ○○○○○ | N M | 1 2 3 4 5+ | ○○○○○ | N M | 1 2 3 4 5+ | ○○○○○ | N M | 1 2 3 4 5+ | ○○○○○ | N M |
| Pollo en Mole, roasted | 4 - 6 oz. | 1 2 3 4 5+ | ○○○○○ | N M | 1 2 3 4 5+ | ○○○○○ | N M | 1 2 3 4 5+ | ○○○○○ | N M | 1 2 3 4 5+ | ○○○○○ | N M |

Did you consume TEN OR MORE SERVINGS of any of the above? IF YES, specify item and total servings:

Ex-Serv A

a.

servings:

Ex-Serv B

b.

servings:

Ex-Food 1

Ex-Food 2

Food A

Food B

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| FOOD & SERVING SIZE | | NUMBER OF SERVINGS | | | | | | | | OFFICE USE ONLY |
|--|-------|--------------------|-----|-----------------|-----|-----------------|-----|-----------------|-----|-----------------|
| <i>Main Dishes/ Prepared Meals (cont.)</i> | | Day 1 | | Day 2 | | Day 3 | | Day 4 | | |
| | | Office Use Only | | Office Use Only | | Office Use Only | | Office Use Only | | |
| Taco or tostada, from carry-out | 1 | 1 2 3 4 5+ | ○ ○ | 1 2 3 4 5+ | ○ ○ | 1 2 3 4 5+ | ○ ○ | 1 2 3 4 5+ | ○ ○ | 279 |
| Tamale, with or without meat | 1 | 1 2 3 4 5+ | ○ ○ | 1 2 3 4 5+ | ○ ○ | 1 2 3 4 5+ | ○ ○ | 1 2 3 4 5+ | ○ ○ | 523 |
| Potpie, chicken, frozen, heated | 1 | 1 2 3 4 5+ | ○ ○ | 1 2 3 4 5+ | ○ ○ | 1 2 3 4 5+ | ○ ○ | 1 2 3 4 5+ | ○ ○ | 152 |
| Quarter-pound hamburger on bun, fast-food | 1 | 1 2 3 4 5+ | ○ ○ | 1 2 3 4 5+ | ○ ○ | 1 2 3 4 5+ | ○ ○ | 1 2 3 4 5+ | ○ ○ | 147 |
| Quarter-pound cheeseburger on bun, fast-food | 1 | 1 2 3 4 5+ | ○ ○ | 1 2 3 4 5+ | ○ ○ | 1 2 3 4 5+ | ○ ○ | 1 2 3 4 5+ | ○ ○ | 275 |
| Sloppy Joes w/ Beef, canned | 1 cup | 1 2 3 4 5+ | ○ ○ | 1 2 3 4 5+ | ○ ○ | 1 2 3 4 5+ | ○ ○ | 1 2 3 4 5+ | ○ ○ | 823 |
| Spaghetti, homemade | 1 cup | 1 2 3 4 5+ | ○ ○ | 1 2 3 4 5+ | ○ ○ | 1 2 3 4 5+ | ○ ○ | 1 2 3 4 5+ | ○ ○ | 142 |
| Spaghetti w/ tomato sauce, canned | 1 cup | 1 2 3 4 5+ | ○ ○ | 1 2 3 4 5+ | ○ ○ | 1 2 3 4 5+ | ○ ○ | 1 2 3 4 5+ | ○ ○ | 149 |
| Sopa Seca de Fideo (noodle soup) | 1 cup | 1 2 3 4 5+ | ○ ○ | 1 2 3 4 5+ | ○ ○ | 1 2 3 4 5+ | ○ ○ | 1 2 3 4 5+ | ○ ○ | 522 |
| Soup, bean w/ bacon or pork, canned | 1 cup | 1 2 3 4 5+ | ○ ○ | 1 2 3 4 5+ | ○ ○ | 1 2 3 4 5+ | ○ ○ | 1 2 3 4 5+ | ○ ○ | 283 |
| Soup, chicken noodle, canned | 1 cup | 1 2 3 4 5+ | ○ ○ | 1 2 3 4 5+ | ○ ○ | 1 2 3 4 5+ | ○ ○ | 1 2 3 4 5+ | ○ ○ | 155 |
| Soup, mushroom, canned, made w/ whole milk | 1 cup | 1 2 3 4 5+ | ○ ○ | 1 2 3 4 5+ | ○ ○ | 1 2 3 4 5+ | ○ ○ | 1 2 3 4 5+ | ○ ○ | 284 |
| Soup, tomato, canned | 1 cup | 1 2 3 4 5+ | ○ ○ | 1 2 3 4 5+ | ○ ○ | 1 2 3 4 5+ | ○ ○ | 1 2 3 4 5+ | ○ ○ | 156 |
| Soup, vegetable beef, canned | 1 cup | 1 2 3 4 5+ | ○ ○ | 1 2 3 4 5+ | ○ ○ | 1 2 3 4 5+ | ○ ○ | 1 2 3 4 5+ | ○ ○ | 157 |
| Stew, beef, homemade | 1 cup | 1 2 3 4 5+ | ○ ○ | 1 2 3 4 5+ | ○ ○ | 1 2 3 4 5+ | ○ ○ | 1 2 3 4 5+ | ○ ○ | 143 |

Did you consume **TEN OR MORE SERVINGS** of any of the above? IF YES, specify item and total servings:

Ex-Serv A

a. _____ # servings: _____

Ex-Serv B

b. _____ # servings: _____

Ex-Food a
Food AEx-Food b
Food B

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PAGE

For Variables See Page 4

| FOOD & SERVING SIZE | | NUMBER OF SERVINGS | | | | | | | | OFFICE USE ONLY |
|---|---------|--------------------|-----------|-----------------|-----------|-----------------|-----------|-----------------|-----------|-----------------|
| <i>Main Dishes/ Prepared Meals (cont.)</i> | | Day 1 | | Day 2 | | Day 3 | | Day 4 | | |
| | | Office Use Only | | Office Use Only | | Office Use Only | | Office Use Only | | |
| OTHER MAIN DISHES/ PREPARED MEALS: (Additional space on p. 26) | | 1 | | 1 | | 1 | | 1 | | |
| | | 1 2 3 4 5+ | ○ ○ ○ ○ ○ | 1 2 3 4 5+ | ○ ○ ○ ○ ○ | 1 2 3 4 5+ | ○ ○ ○ ○ ○ | 1 2 3 4 5+ | ○ ○ ○ ○ ○ | 650 |
| | 100 | 1 2 3 4 5+ | ○ ○ ○ ○ ○ | 1 2 3 4 5+ | ○ ○ ○ ○ ○ | 1 2 3 4 5+ | ○ ○ ○ ○ ○ | 1 2 3 4 5+ | ○ ○ ○ ○ ○ | 650 |
| | 100 | 1 2 3 4 5+ | ○ ○ ○ ○ ○ | 1 2 3 4 5+ | ○ ○ ○ ○ ○ | 1 2 3 4 5+ | ○ ○ ○ ○ ○ | 1 2 3 4 5+ | ○ ○ ○ ○ ○ | 650 |
| | 100 | 1 2 3 4 5+ | ○ ○ ○ ○ ○ | 1 2 3 4 5+ | ○ ○ ○ ○ ○ | 1 2 3 4 5+ | ○ ○ ○ ○ ○ | 1 2 3 4 5+ | ○ ○ ○ ○ ○ | 650 |
| | 100 | 1 2 3 4 5+ | ○ ○ ○ ○ ○ | 1 2 3 4 5+ | ○ ○ ○ ○ ○ | 1 2 3 4 5+ | ○ ○ ○ ○ ○ | 1 2 3 4 5+ | ○ ○ ○ ○ ○ | 650 |
| | 100 | 1 2 3 4 5+ | ○ ○ ○ ○ ○ | 1 2 3 4 5+ | ○ ○ ○ ○ ○ | 1 2 3 4 5+ | ○ ○ ○ ○ ○ | 1 2 3 4 5+ | ○ ○ ○ ○ ○ | 650 |
| | | 1 2 3 4 5+ | ○ ○ ○ ○ ○ | 1 2 3 4 5+ | ○ ○ ○ ○ ○ | 1 2 3 4 5+ | ○ ○ ○ ○ ○ | 1 2 3 4 5+ | ○ ○ ○ ○ ○ | 650 |
| <i>Condiments, Dressings, Oils, & Sauces</i> | | | | | | | | | | |
| Catsup | 1 Tbs. | 1 2 3 4 5+ | ○ ○ ○ ○ ○ | 1 2 3 4 5+ | ○ ○ ○ ○ ○ | 1 2 3 4 5+ | ○ ○ ○ ○ ○ | 1 2 3 4 5+ | ○ ○ ○ ○ ○ | 173 |
| Gravy, brown, homemade | 1/4 cup | 1 2 3 4 5+ | ○ ○ ○ ○ ○ | 1 2 3 4 5+ | ○ ○ ○ ○ ○ | 1 2 3 4 5+ | ○ ○ ○ ○ ○ | 1 2 3 4 5+ | ○ ○ ○ ○ ○ | 301 |
| Guacamole | 1 Tbs. | 1 2 3 4 5+ | ○ ○ ○ ○ ○ | 1 2 3 4 5+ | ○ ○ ○ ○ ○ | 1 2 3 4 5+ | ○ ○ ○ ○ ○ | 1 2 3 4 5+ | ○ ○ ○ ○ ○ | 510 |
| Honey, bottled | 1 Tbs. | 1 2 3 4 5+ | ○ ○ ○ ○ ○ | 1 2 3 4 5+ | ○ ○ ○ ○ ○ | 1 2 3 4 5+ | ○ ○ ○ ○ ○ | 1 2 3 4 5+ | ○ ○ ○ ○ ○ | 172 |
| Jelly, any flavor | 1 Tbs. | 1 2 3 4 5+ | ○ ○ ○ ○ ○ | 1 2 3 4 5+ | ○ ○ ○ ○ ○ | 1 2 3 4 5+ | ○ ○ ○ ○ ○ | 1 2 3 4 5+ | ○ ○ ○ ○ ○ | 296 |
| Lard | 1 Tbs. | 1 2 3 4 5+ | ○ ○ ○ ○ ○ | 1 2 3 4 5+ | ○ ○ ○ ○ ○ | 1 2 3 4 5+ | ○ ○ ○ ○ ○ | 1 2 3 4 5+ | ○ ○ ○ ○ ○ | 511 |
| Margarine, salted, stick, regular | 1 pat | 1 2 3 4 5+ | ○ ○ ○ ○ ○ | 1 2 3 4 5+ | ○ ○ ○ ○ ○ | 1 2 3 4 5+ | ○ ○ ○ ○ ○ | 1 2 3 4 5+ | ○ ○ ○ ○ ○ | 162 |
| Mayonnaise, bottled | 1 Tbs. | 1 2 3 4 5+ | ○ ○ ○ ○ ○ | 1 2 3 4 5+ | ○ ○ ○ ○ ○ | 1 2 3 4 5+ | ○ ○ ○ ○ ○ | 1 2 3 4 5+ | ○ ○ ○ ○ ○ | 166 |
| Mustard, yellow | 1 Tbs. | 1 2 3 4 5+ | ○ ○ ○ ○ ○ | 1 2 3 4 5+ | ○ ○ ○ ○ ○ | 1 2 3 4 5+ | ○ ○ ○ ○ ○ | 1 2 3 4 5+ | ○ ○ ○ ○ ○ | 298 |

Did you consume **TEN OR MORE SERVINGS** of any of the above? IF YES, specify item and total servings:

Ex-ServA

a. _____ # servings: _____

Ex-ServB

b. _____ # servings: _____

Ex-Fooda
Food A
Ex-Foodb
Food B

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For Variables See Page 4

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 Diet Diary

| FOOD & SERVING SIZE | | NUMBER OF SERVINGS | | | | | | | | OFFICE USE ONLY | |
|--|----------------------|--------------------|-------------------------------|------------|-------------------------------|------------|-------------------------------|------------|-------------------------------|-----------------|--|
| | | Day 1 | Office Use Only | Day 2 | Office Use Only | Day 3 | Office Use Only | Day 4 | Office Use Only | | |
| <i>Condiments, Dressings, Oils, & Sauces (cont.)</i> | | / | | / | | / | | / | | | |
| <i>Oil, olive / safflower</i> | 1 Tbs. | 1 2 3 4 5+ | ○ ○ ○ ○ ○ N M ○ ○ ○ ○ ○ | 1 2 3 4 5+ | ○ ○ ○ ○ ○ N M ○ ○ ○ ○ ○ | 1 2 3 4 5+ | ○ ○ ○ ○ ○ N M ○ ○ ○ ○ ○ | 1 2 3 4 5+ | ○ ○ ○ ○ ○ N M ○ ○ ○ ○ ○ | | |
| <i>Olive, black</i> | 1 | 1 2 3 4 5+ | ○ ○ ○ ○ ○ N M ○ ○ ○ ○ ○ | 1 2 3 4 5+ | ○ ○ ○ ○ ○ N M ○ ○ ○ ○ ○ | 1 2 3 4 5+ | ○ ○ ○ ○ ○ N M ○ ○ ○ ○ ○ | 1 2 3 4 5+ | ○ ○ ○ ○ ○ N M ○ ○ ○ ○ ○ | | |
| <i>Peanut butter, smooth</i> | 1 Tbs. | 1 2 3 4 5+ | ○ ○ ○ ○ ○ N M ○ ○ ○ ○ ○ | 1 2 3 4 5+ | ○ ○ ○ ○ ○ N M ○ ○ ○ ○ ○ | 1 2 3 4 5+ | ○ ○ ○ ○ ○ N M ○ ○ ○ ○ ○ | 1 2 3 4 5+ | ○ ○ ○ ○ ○ N M ○ ○ ○ ○ ○ | | |
| <i>Pickle, dill cucumber, bottled</i> | 1 spear or 5 slices | 1 2 3 4 5+ | ○ ○ ○ ○ ○ N M ○ ○ ○ ○ ○ | 1 2 3 4 5+ | ○ ○ ○ ○ ○ N M ○ ○ ○ ○ ○ | 1 2 3 4 5+ | ○ ○ ○ ○ ○ N M ○ ○ ○ ○ ○ | 1 2 3 4 5+ | ○ ○ ○ ○ ○ N M ○ ○ ○ ○ ○ | | |
| <i>Pickle, sweet cucumber</i> | 1 pickle or 5 slices | 1 2 3 4 5+ | ○ ○ ○ ○ ○ N M ○ ○ ○ ○ ○ | 1 2 3 4 5+ | ○ ○ ○ ○ ○ N M ○ ○ ○ ○ ○ | 1 2 3 4 5+ | ○ ○ ○ ○ ○ N M ○ ○ ○ ○ ○ | 1 2 3 4 5+ | ○ ○ ○ ○ ○ N M ○ ○ ○ ○ ○ | | |
| <i>Salad dressing, French, regular</i> | 1 Tbs. | 1 2 3 4 5+ | ○ ○ ○ ○ ○ N M ○ ○ ○ ○ ○ | 1 2 3 4 5+ | ○ ○ ○ ○ ○ N M ○ ○ ○ ○ ○ | 1 2 3 4 5+ | ○ ○ ○ ○ ○ N M ○ ○ ○ ○ ○ | 1 2 3 4 5+ | ○ ○ ○ ○ ○ N M ○ ○ ○ ○ ○ | | |
| <i>Salad dressing, Italian, low-calorie</i> | 1 Tbs. | 1 2 3 4 5+ | ○ ○ ○ ○ ○ N M ○ ○ ○ ○ ○ | 1 2 3 4 5+ | ○ ○ ○ ○ ○ N M ○ ○ ○ ○ ○ | 1 2 3 4 5+ | ○ ○ ○ ○ ○ N M ○ ○ ○ ○ ○ | 1 2 3 4 5+ | ○ ○ ○ ○ ○ N M ○ ○ ○ ○ ○ | | |
| <i>Salsa, picante</i> | 1/4 cup | 1 2 3 4 5+ | ○ ○ ○ ○ ○ N M ○ ○ ○ ○ ○ | 1 2 3 4 5+ | ○ ○ ○ ○ ○ N M ○ ○ ○ ○ ○ | 1 2 3 4 5+ | ○ ○ ○ ○ ○ N M ○ ○ ○ ○ ○ | 1 2 3 4 5+ | ○ ○ ○ ○ ○ N M ○ ○ ○ ○ ○ | | |
| <i>Sauce, white, homemade</i> | 1/4 cup | 1 2 3 4 5+ | ○ ○ ○ ○ ○ N M ○ ○ ○ ○ ○ | 1 2 3 4 5+ | ○ ○ ○ ○ ○ N M ○ ○ ○ ○ ○ | 1 2 3 4 5+ | ○ ○ ○ ○ ○ N M ○ ○ ○ ○ ○ | 1 2 3 4 5+ | ○ ○ ○ ○ ○ N M ○ ○ ○ ○ ○ | | |
| <i>Sugar, white, granulated</i> | 1 tsp. | 1 2 3 4 5+ | ○ ○ ○ ○ ○ N M ○ ○ ○ ○ ○ | 1 2 3 4 5+ | ○ ○ ○ ○ ○ N M ○ ○ ○ ○ ○ | 1 2 3 4 5+ | ○ ○ ○ ○ ○ N M ○ ○ ○ ○ ○ | 1 2 3 4 5+ | ○ ○ ○ ○ ○ N M ○ ○ ○ ○ ○ | | |
| <i>Syrup, pancake, bottled</i> | 1 Tbs. | 1 2 3 4 5+ | ○ ○ ○ ○ ○ N M ○ ○ ○ ○ ○ | 1 2 3 4 5+ | ○ ○ ○ ○ ○ N M ○ ○ ○ ○ ○ | 1 2 3 4 5+ | ○ ○ ○ ○ ○ N M ○ ○ ○ ○ ○ | 1 2 3 4 5+ | ○ ○ ○ ○ ○ N M ○ ○ ○ ○ ○ | | |
| <i>OTHER CONDIMENTS:</i> (Additional space on p. 26) | | 1 2 3 4 5+ | ○ ○ ○ ○ ○ N M ○ ○ ○ ○ ○ | 1 2 3 4 5+ | ○ ○ ○ ○ ○ N M ○ ○ ○ ○ ○ | 1 2 3 4 5+ | ○ ○ ○ ○ ○ N M ○ ○ ○ ○ ○ | 1 2 3 4 5+ | ○ ○ ○ ○ ○ N M ○ ○ ○ ○ ○ | | |
| | | 1 2 3 4 5+ | ○ ○ ○ ○ ○ N M ○ ○ ○ ○ ○ | 1 2 3 4 5+ | ○ ○ ○ ○ ○ N M ○ ○ ○ ○ ○ | 1 2 3 4 5+ | ○ ○ ○ ○ ○ N M ○ ○ ○ ○ ○ | 1 2 3 4 5+ | ○ ○ ○ ○ ○ N M ○ ○ ○ ○ ○ | | |
| | | 1 2 3 4 5+ | ○ ○ ○ ○ ○ N M ○ ○ ○ ○ ○ | 1 2 3 4 5+ | ○ ○ ○ ○ ○ N M ○ ○ ○ ○ ○ | 1 2 3 4 5+ | ○ ○ ○ ○ ○ N M ○ ○ ○ ○ ○ | 1 2 3 4 5+ | ○ ○ ○ ○ ○ N M ○ ○ ○ ○ ○ | | |
| | | 1 2 3 4 5+ | ○ ○ ○ ○ ○ N M ○ ○ ○ ○ ○ | 1 2 3 4 5+ | ○ ○ ○ ○ ○ N M ○ ○ ○ ○ ○ | 1 2 3 4 5+ | ○ ○ ○ ○ ○ N M ○ ○ ○ ○ ○ | 1 2 3 4 5+ | ○ ○ ○ ○ ○ N M ○ ○ ○ ○ ○ | | |

Did you consume **TEN OR MORE SERVINGS** of any of the above? IF YES, specify item and total servings:

Ex-ServA

a. _____ # servings: _____

Ex-ServB

b. _____ # servings: _____

Ex-FoodA Food A

Ex-FoodB Food B

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HHIDFS

EVNTDATE

PAGE 21
Diet Diary

For Variables See Page 48

| FOOD & SERVING SIZE | | NUMBER OF SERVINGS | | | | | | | | OFFICE USE ONLY | | | |
|--|--------------------|--------------------|---|-----------------|------------|---|-----------------|------------|---|-----------------|------------------|---|-----------------|
| | | Day 1 | | Office Use Only | Day 2 | | Office Use Only | Day 3 | | Office Use Only | Day 4 | | Office Use Only |
| <i>Snacks</i> | | 1 | | | 1 | | | 1 | | | 1 | | |
| Corn chips or tortilla chips | 1 oz. or small bag | 1 2 3 4 5+ | <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> | N M | 1 2 3 4 5+ | <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> | N M | 1 2 3 4 5+ | <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> | N M | 1 2 3 4 5+ | <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> | N M |
| Crackers, butter type, (ex: Ritz, Hi-Ho) | 2 | 1 2 3 4 5+ | <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> | N M | 1 2 3 4 5+ | <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> | N M | 1 2 3 4 5+ | <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> | N M | 1 2 3 4 5+ | <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> | N M |
| Crackers, graham | 2 | 1 2 3 4 5+ | <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> | N M | 1 2 3 4 5+ | <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> | N M | 1 2 3 4 5+ | <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> | N M | 1 2 3 4 5+ | <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> | N M |
| Cracker, saltine | 2 | 1 2 3 4 5+ | <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> | N M | 1 2 3 4 5+ | <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> | N M | 1 2 3 4 5+ | <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> | N M | 1 2 3 4 5+ | <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> | N M |
| Nuts, mixed, dry roasted, no peanuts | 1 oz. or small bag | 1 2 3 4 5+ | <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> | N M | 1 2 3 4 5+ | <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> | N M | 1 2 3 4 5+ | <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> | N M | 1 2 3 4 5+ | <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> | N M |
| Peanuts, dry roasted | 1 oz. or small bag | 1 2 3 4 5+ | <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> | N M | 1 2 3 4 5+ | <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> | N M | 1 2 3 4 5+ | <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> | N M | 1 2 3 4 5+ | <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> | N M |
| Popcorn, popped in oil | 1 cup | 1 2 3 4 5+ | <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> | N M | 1 2 3 4 5+ | <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> | N M | 1 2 3 4 5+ | <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> | N M | 1 2 3 4 5+ | <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> | N M |
| Potato chips, commercial | 1 oz. or small bag | 1 2 3 4 5+ | <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> | N M | 1 2 3 4 5+ | <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> | N M | 1 2 3 4 5+ | <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> | N M | 1 2 3 4 5+ | <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> | N M |
| Pretzels, hard, salted, any shape | 1 oz. or small bag | 1 2 3 4 5+ | <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> | N M | 1 2 3 4 5+ | <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> | N M | 1 2 3 4 5+ | <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> | N M | 1 2 3 4 5+ | <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> | N M |
| OTHER SNACKS: (Additional space on p. 26) | | 1 2 3 4 5+ | <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> | N M | 1 2 3 4 5+ | <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> | N M | 1 2 3 4 5+ | <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> | N M | 1 2 3 4 5+ | <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> | N M |
| | | 1 2 3 4 5+ | <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> | N M | 1 2 3 4 5+ | <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> | N M | 1 2 3 4 5+ | <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> | N M | 1 2 3 4 5+ | <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> | N M |
| <i>Desserts/ Sweets</i> | | | | | | | | | | | | | |
| Brownies, commercial | 1 | 1 2 3 4 5+ | <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> | N M | 1 2 3 4 5+ | <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> | N M | 1 2 3 4 5+ | <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> | N M | 1 2 3 4 5+ | <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> | N M |
| Cake, chocolate, w/ chocolate icing | 1 slice | 1 2 3 4 5+ | <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> | N M | 1 2 3 4 5+ | <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> | N M | 1 2 3 4 5+ | <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> | N M | 1 2 3 4 5+ | <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> | N M |
| Cake, yellow, w/white icing, made from mix | 1 slice | 1 2 3 4 5+ | <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> | N M | 1 2 3 4 5+ | <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> | N M | 1 2 3 4 5+ | <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> | N M | 1 2 3 4 5+ | <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> | N M |
| Did you consume TEN OR MORE SERVINGS of any of the above? IF YES, specify item and total servings: | | | | | | | | | | | | EX-Food a Food A | |
| a. | # servings: | EX-Serv A | | b. | | # servings: | EX-Serv b | | | | EX-Food b Food B | | |

HHID HHIDFS IRN EVNTDATE PAGE

29543

For Variables See Page 4

PAGE 22
Diet Diary

| FOOD & SERVING SIZE | | NUMBER OF SERVINGS | | | | | | | | OFFICE USE ONLY |
|--|-------------------|--------------------|-----------------------|------------|-----------------------|------------|-----------------------|------------|-----------------------|-----------------|
| <i>Desserts/ Sweets (cont.)</i> | | Day 1 | Office Use Only | Day 2 | Office Use Only | Day 3 | Office Use Only | Day 4 | Office Use Only | |
| Cake, snack, chocolate, w/chocolate icing (ex: Ding Dongs) | 1 | 1 2 3 4 5+ | ○ ○ ○ ○ ○ | 1 2 3 4 5+ | ○ ○ ○ ○ ○ | 1 2 3 4 5+ | ○ ○ ○ ○ ○ | 1 2 3 4 5+ | ○ ○ ○ ○ ○ | |
| Candy, milk chocolate, plain | 1 oz. or 1 bar | 1 2 3 4 5+ | ○ ○ ○ ○ ○ | 1 2 3 4 5+ | ○ ○ ○ ○ ○ | 1 2 3 4 5+ | ○ ○ ○ ○ ○ | 1 2 3 4 5+ | ○ ○ ○ ○ ○ | 289 |
| Candy, caramel | 1 oz. | 1 2 3 4 5+ | ○ ○ ○ ○ ○ | 1 2 3 4 5+ | ○ ○ ○ ○ ○ | 1 2 3 4 5+ | ○ ○ ○ ○ ○ | 1 2 3 4 5+ | ○ ○ ○ ○ ○ | 187 |
| Cookies, chocolate chip, commercial | 1 | 1 2 3 4 5+ | ○ ○ ○ ○ ○ | 1 2 3 4 5+ | ○ ○ ○ ○ ○ | 1 2 3 4 5+ | ○ ○ ○ ○ ○ | 1 2 3 4 5+ | ○ ○ ○ ○ ○ | 188 |
| Cookies, sandwich type w/ cream filling | 1 | 1 2 3 4 5+ | ○ ○ ○ ○ ○ | 1 2 3 4 5+ | ○ ○ ○ ○ ○ | 1 2 3 4 5+ | ○ ○ ○ ○ ○ | 1 2 3 4 5+ | ○ ○ ○ ○ ○ | 183 |
| Cookies, sugar, commercial | 1 | 1 2 3 4 5+ | ○ ○ ○ ○ ○ | 1 2 3 4 5+ | ○ ○ ○ ○ ○ | 1 2 3 4 5+ | ○ ○ ○ ○ ○ | 1 2 3 4 5+ | ○ ○ ○ ○ ○ | 184 |
| Doughnut, cake type w/ icing, from doughnut store | 1 | 1 2 3 4 5+ | ○ ○ ○ ○ ○ | 1 2 3 4 5+ | ○ ○ ○ ○ ○ | 1 2 3 4 5+ | ○ ○ ○ ○ ○ | 1 2 3 4 5+ | ○ ○ ○ ○ ○ | 292 |
| Gelatin dessert, prepared, any flavor | ½ cup | 1 2 3 4 5+ | ○ ○ ○ ○ ○ | 1 2 3 4 5+ | ○ ○ ○ ○ ○ | 1 2 3 4 5+ | ○ ○ ○ ○ ○ | 1 2 3 4 5+ | ○ ○ ○ ○ ○ | 290 |
| Pan Dulce (Mexican sweet roll) | 1 | 1 2 3 4 5+ | ○ ○ ○ ○ ○ | 1 2 3 4 5+ | ○ ○ ○ ○ ○ | 1 2 3 4 5+ | ○ ○ ○ ○ ○ | 1 2 3 4 5+ | ○ ○ ○ ○ ○ | 190 |
| Pie, pumpkin, fresh/frozen, heated | 1 slice | 1 2 3 4 5+ | ○ ○ ○ ○ ○ | 1 2 3 4 5+ | ○ ○ ○ ○ ○ | 1 2 3 4 5+ | ○ ○ ○ ○ ○ | 1 2 3 4 5+ | ○ ○ ○ ○ ○ | 516 |
| Pie, apple, fresh/frozen, heated | 1 slice | 1 2 3 4 5+ | ○ ○ ○ ○ ○ | 1 2 3 4 5+ | ○ ○ ○ ○ ○ | 1 2 3 4 5+ | ○ ○ ○ ○ ○ | 1 2 3 4 5+ | ○ ○ ○ ○ ○ | 186 |
| Popsicle, any flavor | 1 | 1 2 3 4 5+ | ○ ○ ○ ○ ○ | 1 2 3 4 5+ | ○ ○ ○ ○ ○ | 1 2 3 4 5+ | ○ ○ ○ ○ ○ | 1 2 3 4 5+ | ○ ○ ○ ○ ○ | 185 |
| Pudding, chocolate, from instant mix | ½ cup | 1 2 3 4 5+ | ○ ○ ○ ○ ○ | 1 2 3 4 5+ | ○ ○ ○ ○ ○ | 1 2 3 4 5+ | ○ ○ ○ ○ ○ | 1 2 3 4 5+ | ○ ○ ○ ○ ○ | 288 |
| Sherbet, fruit flavored | ½ cup | 1 2 3 4 5+ | ○ ○ ○ ○ ○ | 1 2 3 4 5+ | ○ ○ ○ ○ ○ | 1 2 3 4 5+ | ○ ○ ○ ○ ○ | 1 2 3 4 5+ | ○ ○ ○ ○ ○ | 175 |
| Suckers, any flavor | 1 | 1 2 3 4 5+ | ○ ○ ○ ○ ○ | 1 2 3 4 5+ | ○ ○ ○ ○ ○ | 1 2 3 4 5+ | ○ ○ ○ ○ ○ | 1 2 3 4 5+ | ○ ○ ○ ○ ○ | 287 |
| Did you consume TEN OR MORE SERVINGS of any of the above? IF YES, specify item and total servings: | | | | | | | | | | |

Ex-Serv a

servings:

Ex-Serv b

servings:

Ex-Food a

Food A

Ex-Food b

Food B

| | | | | |
|----------------------|----------------------|----------------------|--|-------------------------|
| HHD | HHIDES | IRN | EVNTDATE | PAGE |
| <input type="text"/> | <input type="text"/> | <input type="text"/> | <input type="text"/> / <input type="text"/> / <input type="text"/> | <input type="text"/> 22 |

For Variables See Page 4

PAGE 23
Diet Diary

| FOOD & SERVING SIZE | | NUMBER OF SERVINGS | | | | | | | | OFFICE USE ONLY |
|--|--------------------|--------------------|-------------------------------|------------|-------------------------------|------------|-------------------------------|------------|-------------------------------|-----------------|
| | | Day 1 | Office Use Only | Day 2 | Office Use Only | Day 3 | Office Use Only | Day 4 | Office Use Only | |
| <i>Desserts/ Sweets (cont.)</i> | | / | | / | | / | | / | | |
| Sweet roll or danish pastry | 1 | 1 2 3 4 5+ | ○ ○ ○ ○ ○ N M ○ ○ ○ ○ ○ | 1 2 3 4 5+ | ○ ○ ○ ○ ○ N M ○ ○ ○ ○ ○ | 1 2 3 4 5+ | ○ ○ ○ ○ ○ N M ○ ○ ○ ○ ○ | 1 2 3 4 5+ | ○ ○ ○ ○ ○ N M ○ ○ ○ ○ ○ | 182 |
| Syrup, chocolate topping | 1 Tbs. | 1 2 3 4 5+ | ○ ○ ○ ○ ○ N M ○ ○ ○ ○ ○ | 1 2 3 4 5+ | ○ ○ ○ ○ ○ N M ○ ○ ○ ○ ○ | 1 2 3 4 5+ | ○ ○ ○ ○ ○ N M ○ ○ ○ ○ ○ | 1 2 3 4 5+ | ○ ○ ○ ○ ○ N M ○ ○ ○ ○ ○ | 295 |
| Syrup, chocolate, canned | 1 Tbs. | 1 2 3 4 5+ | ○ ○ ○ ○ ○ N M ○ ○ ○ ○ ○ | 1 2 3 4 5+ | ○ ○ ○ ○ ○ N M ○ ○ ○ ○ ○ | 1 2 3 4 5+ | ○ ○ ○ ○ ○ N M ○ ○ ○ ○ ○ | 1 2 3 4 5+ | ○ ○ ○ ○ ○ N M ○ ○ ○ ○ ○ | 821 |
| Tamarindo (Mexican candy) | 1 | 1 2 3 4 5+ | ○ ○ ○ ○ ○ N M ○ ○ ○ ○ ○ | 1 2 3 4 5+ | ○ ○ ○ ○ ○ N M ○ ○ ○ ○ ○ | 1 2 3 4 5+ | ○ ○ ○ ○ ○ N M ○ ○ ○ ○ ○ | 1 2 3 4 5+ | ○ ○ ○ ○ ○ N M ○ ○ ○ ○ ○ | 524 |
| OTHER DESSERTS: (Additional space on p. 26) | FOOD-23a | 1 2 3 4 5+ | ○ ○ ○ ○ ○ N M ○ ○ ○ ○ ○ | 1 2 3 4 5+ | ○ ○ ○ ○ ○ N M ○ ○ ○ ○ ○ | 1 2 3 4 5+ | ○ ○ ○ ○ ○ N M ○ ○ ○ ○ ○ | 1 2 3 4 5+ | ○ ○ ○ ○ ○ N M ○ ○ ○ ○ ○ | 680 |
| | FOOD-23a | 1 2 3 4 5+ | ○ ○ ○ ○ ○ N M ○ ○ ○ ○ ○ | 1 2 3 4 5+ | ○ ○ ○ ○ ○ N M ○ ○ ○ ○ ○ | 1 2 3 4 5+ | ○ ○ ○ ○ ○ N M ○ ○ ○ ○ ○ | 1 2 3 4 5+ | ○ ○ ○ ○ ○ N M ○ ○ ○ ○ ○ | 680 |
| | FOOD-23a | 1 2 3 4 5+ | ○ ○ ○ ○ ○ N M ○ ○ ○ ○ ○ | 1 2 3 4 5+ | ○ ○ ○ ○ ○ N M ○ ○ ○ ○ ○ | 1 2 3 4 5+ | ○ ○ ○ ○ ○ N M ○ ○ ○ ○ ○ | 1 2 3 4 5+ | ○ ○ ○ ○ ○ N M ○ ○ ○ ○ ○ | 680 |
| | FOOD-23a | 1 2 3 4 5+ | ○ ○ ○ ○ ○ N M ○ ○ ○ ○ ○ | 1 2 3 4 5+ | ○ ○ ○ ○ ○ N M ○ ○ ○ ○ ○ | 1 2 3 4 5+ | ○ ○ ○ ○ ○ N M ○ ○ ○ ○ ○ | 1 2 3 4 5+ | ○ ○ ○ ○ ○ N M ○ ○ ○ ○ ○ | 680 |
| | FOOD-23a | 1 2 3 4 5+ | ○ ○ ○ ○ ○ N M ○ ○ ○ ○ ○ | 1 2 3 4 5+ | ○ ○ ○ ○ ○ N M ○ ○ ○ ○ ○ | 1 2 3 4 5+ | ○ ○ ○ ○ ○ N M ○ ○ ○ ○ ○ | 1 2 3 4 5+ | ○ ○ ○ ○ ○ N M ○ ○ ○ ○ ○ | 680 |
| <i>Beverages (excluding dairy)</i> | | | | | | | | | | |
| Apple juice, canned | 8 oz. | 1 2 3 4 5+ | ○ ○ ○ ○ ○ N M ○ ○ ○ ○ ○ | 1 2 3 4 5+ | ○ ○ ○ ○ ○ N M ○ ○ ○ ○ ○ | 1 2 3 4 5+ | ○ ○ ○ ○ ○ N M ○ ○ ○ ○ ○ | 1 2 3 4 5+ | ○ ○ ○ ○ ○ N M ○ ○ ○ ○ ○ | 801 |
| Apple juice, bottled | 8 oz. | 1 2 3 4 5+ | ○ ○ ○ ○ ○ N M ○ ○ ○ ○ ○ | 1 2 3 4 5+ | ○ ○ ○ ○ ○ N M ○ ○ ○ ○ ○ | 1 2 3 4 5+ | ○ ○ ○ ○ ○ N M ○ ○ ○ ○ ○ | 1 2 3 4 5+ | ○ ○ ○ ○ ○ N M ○ ○ ○ ○ ○ | 99 |
| Carbonated soda, cola, <u>low calorie</u> | 12 oz. 1 can | 1 2 3 4 5+ | ○ ○ ○ ○ ○ N M ○ ○ ○ ○ ○ | 1 2 3 4 5+ | ○ ○ ○ ○ ○ N M ○ ○ ○ ○ ○ | 1 2 3 4 5+ | ○ ○ ○ ○ ○ N M ○ ○ ○ ○ ○ | 1 2 3 4 5+ | ○ ○ ○ ○ ○ N M ○ ○ ○ ○ ○ | 194 |
| Carbonated soda, cola, sweetened | 12 oz. or 1 can | 1 2 3 4 5+ | ○ ○ ○ ○ ○ N M ○ ○ ○ ○ ○ | 1 2 3 4 5+ | ○ ○ ○ ○ ○ N M ○ ○ ○ ○ ○ | 1 2 3 4 5+ | ○ ○ ○ ○ ○ N M ○ ○ ○ ○ ○ | 1 2 3 4 5+ | ○ ○ ○ ○ ○ N M ○ ○ ○ ○ ○ | 191 |
| Carbonated soda, fruit flavor | 12 oz. or 1 can | 1 2 3 4 5+ | ○ ○ ○ ○ ○ N M ○ ○ ○ ○ ○ | 1 2 3 4 5+ | ○ ○ ○ ○ ○ N M ○ ○ ○ ○ ○ | 1 2 3 4 5+ | ○ ○ ○ ○ ○ N M ○ ○ ○ ○ ○ | 1 2 3 4 5+ | ○ ○ ○ ○ ○ N M ○ ○ ○ ○ ○ | 306 |

Did you consume TEN OR MORE SERVINGS of any of the above? IF YES, specify item and total servings:

Ex-Serv a

a. _____ # servings: _____

Rx-Serv b

b. _____ # servings: _____

Ex-Food a
Food A
Ex-Food b
Food B

HHID HHIDFS TRN EVNTDATE PAGE
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For Variables See Page 4

PAGE 24
 Diet Diary

| FOOD & SERVING SIZE | | NUMBER OF SERVINGS | | | | | | | | OFFICE USE ONLY | |
|--|-------------|--------------------|-----------------|------------|-----------------|------------|-----------------|------------|-----------------|-----------------|-----|
| <i>Beverages (excluding dairy) (cont.)</i> | | Day 1 | Office Use Only | Day 2 | Office Use Only | Day 3 | Office Use Only | Day 4 | Office Use Only | | |
| | | / | / | / | / | / | / | / | / | | |
| Coffee, decaffeinated, from instant | 1 cup | 1 2 3 4 5+ | ○ ○ N M | 1 2 3 4 5+ | ○ ○ N M | 1 2 3 4 5+ | ○ ○ N M | 1 2 3 4 5+ | ○ ○ N M | | |
| Coffee, from ground | 1 cup | 1 2 3 4 5+ | ○ ○ N M | 1 2 3 4 5+ | ○ ○ N M | 1 2 3 4 5+ | ○ ○ N M | 1 2 3 4 5+ | ○ ○ N M | | 196 |
| Fruit drink, from powder (ex: Kool-Aid) | 8 oz. glass | 1 2 3 4 5+ | ○ ○ N M | 1 2 3 4 5+ | ○ ○ N M | 1 2 3 4 5+ | ○ ○ N M | 1 2 3 4 5+ | ○ ○ N M | | 193 |
| Fruit drink, canned (ex: Hi-C) | 6 oz. glass | 1 2 3 4 5+ | ○ ○ N M | 1 2 3 4 5+ | ○ ○ N M | 1 2 3 4 5+ | ○ ○ N M | 1 2 3 4 5+ | ○ ○ N M | | 307 |
| Grape juice, canned | 6 oz. glass | 1 2 3 4 5+ | ○ ○ N M | 1 2 3 4 5+ | ○ ○ N M | 1 2 3 4 5+ | ○ ○ N M | 1 2 3 4 5+ | ○ ○ N M | | 807 |
| Grape juice, from frozen concentrate | 6 oz. glass | 1 2 3 4 5+ | ○ ○ N M | 1 2 3 4 5+ | ○ ○ N M | 1 2 3 4 5+ | ○ ○ N M | 1 2 3 4 5+ | ○ ○ N M | | 257 |
| Grapefruit juice, from frozen concentrate | 6 oz. glass | 1 2 3 4 5+ | ○ ○ N M | 1 2 3 4 5+ | ○ ○ N M | 1 2 3 4 5+ | ○ ○ N M | 1 2 3 4 5+ | ○ ○ N M | | 100 |
| Lemonade, from frozen concentrate | 6 oz. glass | 1 2 3 4 5+ | ○ ○ N M | 1 2 3 4 5+ | ○ ○ N M | 1 2 3 4 5+ | ○ ○ N M | 1 2 3 4 5+ | ○ ○ N M | | 105 |
| Orange juice, from frozen concentrate | 6 oz. glass | 1 2 3 4 5+ | ○ ○ N M | 1 2 3 4 5+ | ○ ○ N M | 1 2 3 4 5+ | ○ ○ N M | 1 2 3 4 5+ | ○ ○ N M | | 98 |
| Pineapple juice, canned | 6 oz. glass | 1 2 3 4 5+ | ○ ○ N M | 1 2 3 4 5+ | ○ ○ N M | 1 2 3 4 5+ | ○ ○ N M | 1 2 3 4 5+ | ○ ○ N M | | 812 |
| Pineapple juice, from frozen concentrate | 6 oz. glass | 1 2 3 4 5+ | ○ ○ N M | 1 2 3 4 5+ | ○ ○ N M | 1 2 3 4 5+ | ○ ○ N M | 1 2 3 4 5+ | ○ ○ N M | | 256 |
| Prune juice, bottled | 6 oz. glass | 1 2 3 4 5+ | ○ ○ N M | 1 2 3 4 5+ | ○ ○ N M | 1 2 3 4 5+ | ○ ○ N M | 1 2 3 4 5+ | ○ ○ N M | | 103 |
| Tea, from tea bag | 1 cup | 1 2 3 4 5+ | ○ ○ N M | 1 2 3 4 5+ | ○ ○ N M | 1 2 3 4 5+ | ○ ○ N M | 1 2 3 4 5+ | ○ ○ N M | | 197 |
| Tea, leaf (Manzanilla, herbal, etc.) | 1 cup | 1 2 3 4 5+ | ○ ○ N M | 1 2 3 4 5+ | ○ ○ N M | 1 2 3 4 5+ | ○ ○ N M | 1 2 3 4 5+ | ○ ○ N M | | 525 |
| Tomato juice, bottled | 6 oz. glass | 1 2 3 4 5+ | ○ ○ N M | 1 2 3 4 5+ | ○ ○ N M | 1 2 3 4 5+ | ○ ○ N M | 1 2 3 4 5+ | ○ ○ N M | | 261 |

Did you consume TEN OR MORE SERVINGS of any of the above? IF YES, specify item and total servings:

Ex-Serv A

a. _____ # servings: _____

Ex-Serv b

b. _____ # servings: _____

Rx Food A

Ex Food B

| | | | | |
|----------|----------|------|----------|------|
| MM/DD/YY | MM/DD/YY | IRN | EVNTDATE | PAGE |
| FS | RN | Comp | / / | P 24 |

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Diet Diary

| FOOD & SERVING SIZE | | NUMBER OF SERVINGS | | | | | | | | OFFICE USE ONLY | | |
|---|-----------------------|--------------------|-----------|-----------------|------------|-----------|-----------------|------------|-----------|-----------------|------------|-----------|
| | | Day 1 | | Office Use Only | Day 2 | | Office Use Only | Day 3 | | Office Use Only | Day 4 | |
| <i>Beverages (excluding dairy) (cont.)</i> | | 1 | 1 | | 1 | 1 | | 1 | 1 | | 1 | |
| Tomato juice, canned | 6 oz. glass | 1 2 3 4 5+ | ○ ○ ○ ○ ○ | N M | 1 2 3 4 5+ | ○ ○ ○ ○ ○ | N M | 1 2 3 4 5+ | ○ ○ ○ ○ ○ | N M | 1 2 3 4 5+ | ○ ○ ○ ○ ○ |
| Water, tap | 8 oz. glass | 1 2 3 4 5+ | ○ ○ ○ ○ ○ | N M | 1 2 3 4 5+ | ○ ○ ○ ○ ○ | N M | 1 2 3 4 5+ | ○ ○ ○ ○ ○ | N M | 1 2 3 4 5+ | ○ ○ ○ ○ ○ |
| Water, other source (not tap) | 8 oz. glass | 1 2 3 4 5+ | ○ ○ ○ ○ ○ | N M | 1 2 3 4 5+ | ○ ○ ○ ○ ○ | N M | 1 2 3 4 5+ | ○ ○ ○ ○ ○ | N M | 1 2 3 4 5+ | ○ ○ ○ ○ ○ |
| <i>Alcoholic Beverages</i> | | | | | | | | | | | | |
| Beer | 1 glass bottle or can | 1 2 3 4 5+ | ○ ○ ○ ○ ○ | N M | 1 2 3 4 5+ | ○ ○ ○ ○ ○ | N M | 1 2 3 4 5+ | ○ ○ ○ ○ ○ | N M | 1 2 3 4 5+ | ○ ○ ○ ○ ○ |
| Martini | 2 oz. glass | 1 2 3 4 5+ | ○ ○ ○ ○ ○ | N M | 1 2 3 4 5+ | ○ ○ ○ ○ ○ | N M | 1 2 3 4 5+ | ○ ○ ○ ○ ○ | N M | 1 2 3 4 5+ | ○ ○ ○ ○ ○ |
| Whiskey | 1 drink or 1 shot | 1 2 3 4 5+ | ○ ○ ○ ○ ○ | N M | 1 2 3 4 5+ | ○ ○ ○ ○ ○ | N M | 1 2 3 4 5+ | ○ ○ ○ ○ ○ | N M | 1 2 3 4 5+ | ○ ○ ○ ○ ○ |
| Wine, table, dry | 4 oz. glass | 1 2 3 4 5+ | ○ ○ ○ ○ ○ | N M | 1 2 3 4 5+ | ○ ○ ○ ○ ○ | N M | 1 2 3 4 5+ | ○ ○ ○ ○ ○ | N M | 1 2 3 4 5+ | ○ ○ ○ ○ ○ |
| OTHER BEVERAGES: (Additional space on p. 26) | | 1 2 3 4 5+ | ○ ○ ○ ○ ○ | N M | 1 2 3 4 5+ | ○ ○ ○ ○ ○ | N M | 1 2 3 4 5+ | ○ ○ ○ ○ ○ | N M | 1 2 3 4 5+ | ○ ○ ○ ○ ○ |
| | | 1 2 3 4 5+ | ○ ○ ○ ○ ○ | N M | 1 2 3 4 5+ | ○ ○ ○ ○ ○ | N M | 1 2 3 4 5+ | ○ ○ ○ ○ ○ | N M | 1 2 3 4 5+ | ○ ○ ○ ○ ○ |
| | | 1 2 3 4 5+ | ○ ○ ○ ○ ○ | N M | 1 2 3 4 5+ | ○ ○ ○ ○ ○ | N M | 1 2 3 4 5+ | ○ ○ ○ ○ ○ | N M | 1 2 3 4 5+ | ○ ○ ○ ○ ○ |
| | | 1 2 3 4 5+ | ○ ○ ○ ○ ○ | N M | 1 2 3 4 5+ | ○ ○ ○ ○ ○ | N M | 1 2 3 4 5+ | ○ ○ ○ ○ ○ | N M | 1 2 3 4 5+ | ○ ○ ○ ○ ○ |
| | | 1 2 3 4 5+ | ○ ○ ○ ○ ○ | N M | 1 2 3 4 5+ | ○ ○ ○ ○ ○ | N M | 1 2 3 4 5+ | ○ ○ ○ ○ ○ | N M | 1 2 3 4 5+ | ○ ○ ○ ○ ○ |
| | | 1 2 3 4 5+ | ○ ○ ○ ○ ○ | N M | 1 2 3 4 5+ | ○ ○ ○ ○ ○ | N M | 1 2 3 4 5+ | ○ ○ ○ ○ ○ | N M | 1 2 3 4 5+ | ○ ○ ○ ○ ○ |
| | | 1 2 3 4 5+ | ○ ○ ○ ○ ○ | N M | 1 2 3 4 5+ | ○ ○ ○ ○ ○ | N M | 1 2 3 4 5+ | ○ ○ ○ ○ ○ | N M | 1 2 3 4 5+ | ○ ○ ○ ○ ○ |
| | | 1 2 3 4 5+ | ○ ○ ○ ○ ○ | N M | 1 2 3 4 5+ | ○ ○ ○ ○ ○ | N M | 1 2 3 4 5+ | ○ ○ ○ ○ ○ | N M | 1 2 3 4 5+ | ○ ○ ○ ○ ○ |
| | | 1 2 3 4 5+ | ○ ○ ○ ○ ○ | N M | 1 2 3 4 5+ | ○ ○ ○ ○ ○ | N M | 1 2 3 4 5+ | ○ ○ ○ ○ ○ | N M | 1 2 3 4 5+ | ○ ○ ○ ○ ○ |

Did you consume **TEN OR MORE SERVINGS** of any of the above? *IF YES, specify item and total servings:*

Rx-Serv A

a. _____ # servings: _____

Ex-Serv b

servings: _____

Ex-Food A

Food A

Ex-Food b

Food B

HHD

HHIDS

IRN

Comp

EVNTDATE

/

/

/

/

PAGE

25

15402

If you consumed **TEN OR MORE SERVINGS** of any of the previous foods/beverages,
please specify the item(s), serving size(s), and total servings for the appropriate day.

PAGE 27
Diet Diary
Stage 3

| FOOD & SERVING SIZE | | NUMBER OF SERVINGS | | | | OFFICE USE ONLY |
|-----------------------------------|---------------|--|--|--|--|--|
| <i>10 or More Servings</i> | | Day 1 | Day 2 | Day 3 | Day 4 | |
| ITEM: | SERVING SIZE: | <i>Day 1 Serv</i> | <i>Day 2 Serv</i> | <i>Day 3 Serv</i> | <i>Day 4 Serv</i> | <i>Food code</i> |
| | | <input type="checkbox"/> <input type="checkbox"/> |
| | | <input type="checkbox"/> <input type="checkbox"/> |
| | | <input type="checkbox"/> <input type="checkbox"/> |
| | | <input type="checkbox"/> <input type="checkbox"/> |
| | | <input type="checkbox"/> <input type="checkbox"/> |
| | | <input type="checkbox"/> <input type="checkbox"/> |
| | | <input type="checkbox"/> <input type="checkbox"/> |
| | | <input type="checkbox"/> <input type="checkbox"/> |
| | | <input type="checkbox"/> <input type="checkbox"/> |
| | | <input type="checkbox"/> <input type="checkbox"/> |
| | | <input type="checkbox"/> <input type="checkbox"/> |
| | | <input type="checkbox"/> <input type="checkbox"/> |
| | | <input type="checkbox"/> <input type="checkbox"/> |
| | | <input type="checkbox"/> <input type="checkbox"/> |
| | | <input type="checkbox"/> <input checked="" type="checkbox"/> |
| | | ✓ | ✓ | ✓ | ✓ | ✓ |

HHDID

F.S.

RN

Cmp

1 / /

Pg 27

4THDFS IRN

Eventdate

Page

10658



Appendix B: Diet Diary Dictionary (HDR, Pages 1 and 2)

- * This is the dictionary for pages 1&2
- * Logic checks reviewed and approved by Mary Kay on 05/07/96
- * Last updated on 06/25/97 by Jared

K HHID (F6.0) '', HHIDFS (A1) '', Evndt_m (F2.0) '', Evndt_d (F2.0) '', Evndt_y (F2.0) ''

Q HHID 1 1 I6
T Household Identification

Q HHIDFS 1 7 A1
T Family Schism
Y 'A' Most frequent answer

Q IRN 1 8 I2
T IRN #
R (01,13)

Q Fname 1 10 A15
T FIRST Name of the respondent
L X not(any(Fname,"YYYYYYYYYYYYYYYY"))

* The following date field has been broken up into mm/dd/yy
*Q Evntdate 1 25 A8
* T Date of Completion

Q Evndt_m 1 25 I2
T Date of Completion, Month
R (01,12)

Q Evndt_d 1 28 I2
T Date of Completion, Day
R (01,31)

Q Evndt_y 1 31 I2
T Date of Completion, Year
R (95,99)

Q Gfname 1 33 A15
T If participant if LESS THAN 10 YEARS OLD, what is the first name of the individual who is providing the answers for the designated respondent?

Q G_IRN 1 48 I2
T Guardian IRN
P G_relat (F3.0) '', Gfname (A15) ''
R (01,10)
Y -8 Not applicable

Q G_relat 1 50 I3

T What is the relationship of this individual to the person for whom the responses are provided?

P Gfname (A15) '', G_IRN (F2.0) ''

Y 001 Self

Y 002 Guardian

Y 003 Other

Y 055 Refused

Y 088 Not Applicable

Y 099 Missing

L X (any(Gfname, "YYYYYYYYYYYYYYYY") and G_relat=088) and (G_IRN=-8)

L X not(any(Gfname, "YYYYYYYYYYYYYYYY")) and not(any(G_IRN,-8)) and

+ F not(any(G_relat,088)))

Q G_relato 1 53 I2

T What is the relationship of this individual to the person for whom the responses are provided: other code?

Y -8 N/A

P Gfname (A15) '', G_relat (F3.0) ''

L X (G_relat=003) and not(any(G_relato,-8))

L X (any(G_relato,001,002,055,088,099) and (G_relato=-8))

* The following date field has been broken up into mm/dd/yy

*Q Date_1 1 55 A8

* Completion Day

Q Date_1_M 1 55 I2

T Completion Day = Day 1, Day

P Day_1 (A3) ''

R (01,12)

Y -5 Refused

Y -8 Not applicable

Y -9 Missing

P Formstat (F3.0) ''

L X any(Formstat,01,02,05,09) and (range(Date_1_M,01,12) or Date_1_M=-9)

L X Formstat=03 and (range(Date_1_M,01,12) or any(Date_1_M,-8,-9))

Q Date_1_D 1 58 I2

T Completion Day = Day 1, Month

P Day_1 (A3) ''

R (01,31)

Y -5 Refused

Y -8 Not applicable

Y -9 Missing

P Formstat (F3.0) ''

L X any(Formstat,01,02,05,09) and (range(Date_1_D,01,31) or Date_1_D=-9)

L X Formstat=03 and (range(Date_1_D,01,31) or any(Date_1_D,-8,-9))

Q Date_1_Y 1 61 I2

T Completion Day = Day 1, Year

P Day_1 (A3) ''

R (95,99)

Y -5 Refused

Y -8 Not applicable

Y -9 Missing

P Formstat (F3.0) ''

L X any(Formstat,01,02,05,09) and (range(Date_1_Y,95,99) or Date_1_Y=-9)

L X Formstat=03 and (range(Date_1_Y,95,99) or any(Date_1_Y,-8,-9))

* Changed to A3 from A4 in order to skip in space put in by Teleform.

* The position was also changed from 63 to 64.

Q Day_1 1 64 A3

T Completion Day = Day 1

Y 'Sun' Sunday

Y 'Mon' Monday

Y 'Tue' Tuesday

Y 'Wed' Wednesday

Y 'Thu' Thursday

Y 'Fri' Friday

Y 'Sat' Saturday

Y '055' Refused

Y '088' Not Applicable

Y '099' Missing

P Date_1_M (F2.0) '', Date_1_D (F2.0) '', Date_1_Y (F2.0) ''

L X (range(Date_1_M,01,12) and range(Date_1_D,01,31) and

+ F range(Date_1_Y,95,99)) and not(any(Day_1,"088"))

L X (any(Date_1_M,-5,-9) and any(Date_1_D,-5,-9) and any(Date_1_Y,-5,-9)) and

+ F not(any(Day_1,"088"))

L X (Date_1_M=-8 and Date_1_D=-8 and Date_1_Y=-8 and Day_1="088")

* The following date field has been broken up into mm/dd/yy

*Q Date_2 1 67 A8

* Completion Day

Q Date_2_M 1 67 I2

T Completion month = Day 1, Month

R (01,12)

Y -5 Refused

Y -8 Not Applicable

Y -9 Missing

P Formstat (F3.0) '', Stage (F1.0) ''

L X (Stage=3 and any(Formstat,01,02,05,09)) and (range(Date_2_M,01,12) or

+ F any(Date_2_M,-5,-9))

L X (Stage=3 and Formstat=03) and (range(Date_2_M,01,12) or any(Date_2_M,-5,-8,-9))

L X (any(Stage,1,2,4) and (range(Date_2_M,01,12) or any(Date_2_M,-5,-8,-9)))

Q Date_2_D 1 70 I2

T Completion Day = Day 1, Day

R (01,31)

Y -5 Refused

Y -8 Not Applicable

Y -9 Missing

P Formstat (F3.0) '', Stage (F1.0) ''

L X (Stage=3 and any(Formstat,01,02,05,09)) and (range(Date_2_D,01,31) or

+ F any(Date_2_D,-5,-9))
L X (Stage=3 and Formstat=03) and (range(Date_2_D,01,31) or any(Date_2_D,-5,-8,-9))
L X (any(Stage,1,2,4) and (range(Date_2_D,01,31) or any(Date_2_D,-5,-8,-9)))
L X any(Formstat,02,05,09) and Date_2_D=-8

Q Date_2_Y 1 73 I2
T Completion Day = Day 1, Year
R (95,99)
Y -5 Refused
Y -8 Not Applicable
Y -9 Missing
P Formstat (F3.0) '', Stage (F1.0) ''
L X (Stage=3 and any(Formstat,01,02,05,09)) and (range(Date_2_Y,95,99) or any(Date_2_Y,-5,-9))
L X (Stage=3 and Formstat=03) and (range(Date_2_Y,95,99) or any(Date_2_Y,-5,-8,-9))
L X (any(Stage,1,2,4) and (range(Date_2_Y,95,99) or any(Date_2_Y,-5,-8,-9)))

* Changed from A4 to A3 to skip over space put in by Teleform

* Position changed from 75 to 76

Q Day_2 1 76 A3

T Completion Day = Day 2

Y 'Sun' Sunday

Y 'Mon' Monday

Y 'Tue' Tuesday

Y 'Wed' Wednesday

Y 'Thu' Thursday

Y 'Fri' Friday

Y 'Sat' Saturday

Y '055' Refused

Y '088' Not Applicable

Y '099' Missing

P Date_2_M (F2.0) '', Date_2_D (F2.0) '', Date_2_Y (F2.0) ''

L X (range(Date_2_M,01,12) and range(Date_2_D,01,31) and

+ F range(Date_2_Y,95,99)) and not(any(Day_2,"088"))

L X (any(Date_2_M,-5,-9) and any(Date_2_D,-5,-9) and any(Date_2_Y,-5,-9)) and

+ F not(any(Day_2,"088"))

L X (Date_2_M=-8 and Date_2_D=-8 and Date_2_Y=-8 and Day_2="088")

* The following date field has been broken up into mm/dd/yy

*Q Date_3 1 79 A8

* Completion Day

Q Date_3_M 1 79 I2

T Completion Day = Day 1, Month

R (01,12)

Y -5 Refused

Y -8 Not Applicable

Y -9 Missing

P Formstat (F3.0) '', Stage (F1.0) ''

L X (Stage=3 and any(Formstat,01,02,05,09)) and (range(Date_3_M,01,12) or

+ F any(Date_3_M,-5,-9))

L X (Stage=3 and Formstat=03) and (range(Date_3_M,01,12) or any(Date_3_M,-5,-8,-9))

L X (any(Stage,1,2,4) and (range(Date_3_M,01,12) or any(Date_3_M,-5,-8,-9)))
L X any(Formstat,02,05,09) and Date_3_M=-8

Q Date_3_D 1 82 I2
T Completion Day = Day 1, Day
R (01,31)
Y -5 Refused
Y -8 Not Applicable
Y -9 Missing
P Formstat (F3.0) '', Stage (F1.0) ''
L X (Stage=3 and any(Formstat,01,02,05,09)) and (range(Date_3_D,01,31) or
+ F any(Date_3_D,-5,-9))
L X (Stage=3 and Formstat=03) and (range(Date_3_D,01,31) or any(Date_3_D,-5,-8,-9))
L X (any(Stage,1,2,4) and (range(Date_3_D,01,31) or any(Date_3_D,-5,-8,-9)))
L X any(Formstat,02,05,09) and Date_3_D=-8

Q Date_3_Y 1 85 I2
T Completion Day = Day 1, Year
R (95,99)
Y -5 Refused
Y -8 Not Applicable
Y -9 Missing
P Formstat (F3.0) '', Stage (F1.0) ''
L X (Stage=3 and any(Formstat,01,02,05,09)) and (range(Date_3_Y,95,99) or
+ F any(Date_3_Y,-5,-9))
L X (Stage=3 and Formstat=03) and (range(Date_3_Y,95,99) or any(Date_3_Y,-5,-8,-9))
L X (any(Stage,1,2,4) and (range(Date_3_Y,95,99) or any(Date_3_Y,-5,-8,-9)))
L X any(Formstat,02,05,09) and Date_3_Y=-8

* Changed from A4 to A3 to skip over space put in by Teleform
* Position changed from 87 to 88

Q Day_3 1 88 A3

T Completion Day = Day 3

Y 'Sun' Sunday

Y 'Mon' Monday

Y 'Tue' Tuesday

Y 'Wed' Wednesday

Y 'Thu' Thursday

Y 'Fri' Friday

Y 'Sat' Saturday

Y '055' Refused

Y '088' Not Applicable

Y '099' Missing

P Date_3_M (F2.0) '', Date_3_D (F2.0) '', Date_3_Y (F2.0) ''

L X (range(Date_3_M,01,12) and range(Date_3_D,01,31) and
+ F range(Date_3_Y,95,99)) and not(any(Day_3,"088"))
L X (any(Date_3_M,-5,-9) and any(Date_3_D,-5,-9) and any(Date_3_Y,-5,-9)) and
+ F not(any(Day_3,"088"))
L X (Date_3_M=-8 and Date_3_D=-8 and Date_3_Y=-8 and Day_3="088")

* The following date field has been broken up into mm/dd/yy

*Q Date_4 1 91 A8
* Completion Day

Q Date_4_M 1 91 I2
T Completion Day = Day 1, Month
R (01,12)
Y -5 Refused
Y -8 Not Applicable
Y -9 Missing
P Formstat (F3.0) ''
L X (Stage=3 and any(Formstat,01,02,05,09)) and (range(Date_4_M,01,12) or
+ F any(Date_4_M,-5,-9))
L X (Stage=3 and Formstat=03) and (range(Date_4_M,01,12) or any(Date_4_M,-5,-8,-9))
L X (any(Stage,1,2,4) and (range(Date_4_M,01,12) or any(Date_4_M,-5,-8,-9)))
L X any(Formstat,02,05,09) and Date_4_M=-8

Q Date_4_D 1 94 I2
T Completion Day = Day 1, Day
R (01,31)
Y -5 Refused
Y -8 Not Applicable
Y -9 Missing
P Formstat (F3.0) '', Stage (F1.0) ''
L X (Stage=3 and any(Formstat,01,02,05,09)) and (range(Date_4_D,01,31) or
+ F any(Date_4_D,-5,-9))
L X (Stage=3 and Formstat=03) and (range(Date_4_D,01,31) or any(Date_4_D,-5,-8,-9))
L X (any(Stage,1,2,4) and (range(Date_4_D,01,31) or any(Date_4_D,-5,-8,-9)))
L X any(Formstat,02,05,09) and Date_4_D=-8

Q Date_4_Y 1 97 I2
T Completion Day = Day 1, Year
R (95,99)
Y -5 Refused
Y -8 Not Applicable
Y -9 Missing
P Formstat (F3.0) '', Stage (F1.0) ''
L X (Stage=3 and any(Formstat,01,02,05,09)) and (range(Date_4_Y,95,99) or
+ F any(Date_4_Y,-5,-9))
L X (Stage=3 and Formstat=03) and (range(Date_4_Y,95,99) or any(Date_4_Y,-5,-8,-9))
L X (any(Stage,1,2,4) and (range(Date_4_Y,95,99) or any(Date_4_Y,-5,-8,-9)))
L X any(Formstat,02,05,09) and Date_4_Y=-8

* Changed from A4 to A3 to skip over space put in by Teleform

* Position changed from 99 to 100

Q Day_4 1 100 A3
T Completion Day = Day 4
P Stage (F1.0) ''
Y 'Sun' Sunday
Y 'Mon' Monday
Y 'Tue' Tuesday
Y 'Wed' Wednesday

Y 'Thu' Thursday
Y 'Fri' Friday
Y 'Sat' Saturday
Y '055' Refused
Y '088' Not Applicable
Y '099' Missing
P Date_4_M (F2.0) '' , Date_4_D (F2.0) '' , Date_4_Y (F2.0) ''
L X (range(Date_4_M,01,12) and range(Date_4_D,01,31) and
+ F range(Date_4_Y,95,99)) and not(any(Day_4,"088"))
L X (any(Date_4_M,-5,-9) and any(Date_4_D,-5,-9) and any(Date_4_Y,-5,-9)) and
+ F not(any(Day_4,"088"))
L X (Date_4_M=-8 and Date_4_D=-8 and Date_4_Y=-8 and Day_4="088")

Q Itemnum 1 103 A2
T Form Type
Y '06' Form Type = Diet Diary

Q Study 1 105 I14
T Study
Y 00000000000001 NHEXAS
Y 00000000000002 Border
Y 00000000000003 _____
Y 00000000000004 _____
Y 00000000000005 _____

Q Stage 1 119 I1
T Stage #:
R (1,4)

Q Collapse 1 120 I2
T Collapsed?
Y 01 Y
Y 02 N
Y 08 N/A
P Stage (F1.0) ''
L X (any(Stage,1,4,8) and Collapse = 8)
L X (any(Stage,2,3) and any(Collapse,1,2))

Q Admnmeth 1 122 I2
T Admin. Method
Y 01 Tech
Y 02 Self
Y 03 Guardian
Y 04 Other

Q TechID 1 124 I2
T Admin. By:
P Admnmeth (F2.0) ''
Y -8 Default (Not Applicable)
Y 11 Ruben Dorame
Y 12 Antonio Luna

R (01,12)

Q QADATE_D 1 143 I2

T QA Date: Day

R (01,31)

Q QADATE_Y 1 146 I2

T QA Date: Year

R (95,99)

Q DEBY 1 148 I2

T DE: Tech ID

Y 16 Jared Sherrill

Y 19 Luis Fernandez

Y 32 Paige Stedry

Y 46 Shubha Kashinath

Y 50 Clinton Bittel

* The following date field has been broken up into mm/dd/yy

*Q DEDATE 1 150 A8

*T DE: Date

Q DEDATE_M 1 150 I2

T DE Date: Month

R (01,12)

Q DEDATE_D 1 153 I2

T DE Date: Day

R (01,31)

Q DEDATE_Y 1 156 I2

T DE Date: Year

R (96,99)

Q DPBATCH 1 158 A3

T DP Batch

L X not(any(DPBATCH,"-88"))

* Changed from A5 to A4 to skip over space put in by Teleform

* Position changed from 161 to 162

Q QXV 1 162 A4

T QXV

Y 'QDD1' N/A

Appendix C: Diet Diary Dictionary (Pages 2-26)

- * This is the dictionary for pages 4-26. It performs the logic
- * checks on the "Detailed" Group".
- * Logic Checks reviewed and approved by Mary Kay on 05/07/96
- * Last updated by Jared on 06/25/97

K HHID (F6.0) '', HHIDFS (A1) '', Evndt_m (F2.0) '', Evndt_d (F2.0) '', Evndt_y (F2.0) '', Page (F2.0) '', Foodcode (F3.0) ''

Q HHID 1 1 I6
T HHID

Q HHIDFS 1 7 A1
T Family Schism
Y 'A' First Family Partition

Q IRN 1 8 I2
T IRN
R (01,10)

*Q Evntdate 1 10 A8
* T Event Date

Q Evndt_M 1 10 I2
T Event Date, Month
R (01,12)

Q Evndt_D 1 13 I2
T Event Date, Day
R (01,31)

Q Evndt_Y 1 16 I2
T Event Date, Year
R (95,99)

Q Page 1 18 I2
T Page No:
R (04,27)

Q Day1serv 1 20 I2
T Number of Servings: Day 1
V q1
R (00,30)
Y 55 Refused
Y 88 Not applicable
Y 99 Missing
P Day2serv (F2.0) '', Day3serv (F2.0) '', Day4serv (F2.0) '', Foodcode (F3.0) ''
L X any(Foodcode,600,610,620,630,640,650,660,670,680,690) and
+ F (range(Day1serv,00,30) or any(Day1serv,55,88,99))
L X not(any(Foodcode,600,610,620,630,640,650,660,670,680,690)) and

+ F (range(Day1serv,00,05) or any(Day1serv,55,88,99))

Q Day2serv 1 22 I2

T Number of Servings: Day 2

V q2

R (00,30)

Y 55 Refused

Y 88 Not Applicable

Y 99 Missing

P Day1serv (F2.0) '', Day3serv (F2.0) '', Day4serv (F2.0) '', Foodcode (F3.0) ''

L X any(Foodcode,600,610,620,630,640,650,660,670,680,690) and

+ F (range(Day2serv,00,30) or any(Day2serv,55,88,99))

L X not(any(Foodcode,600,610,620,630,640,650,660,670,680,690)) and

+ F (range(Day2serv,00,05) or any(Day2serv,55,88,99))

Q Day3serv 1 24 I2

T Number of Servings: Day 3

V q3

R (00,30)

Y 55 Refused

Y 88 Not Applicable

Y 99 Missing

P Day1serv (F2.0) '', Day2serv (F2.0) '', Day4serv (F2.0) '', Foodcode (F3.0) ''

L X any(Foodcode,600,610,620,630,640,650,660,670,680,690) and

+ F (range(Day3serv,00,30) or any(Day3serv,55,88,99))

L X not(any(Foodcode,600,610,620,630,640,650,660,670,680,690)) and

+ F (range(Day3serv,00,05) or any(Day3serv,55,88,99))

Q Day4serv 1 26 I2

T Number of Servings: Day 4

V q4

R (00,30)

Y 55 Refused

Y 88 Not Applicable

Y 99 Missing

P Day1serv (F2.0) '', Day2serv (F2.0) '', Day3serv (F2.0) '', Foodcode (F3.0) ''

L X any(Foodcode,600,610,620,630,640,650,660,670,680,690) and

+ F (range(Day4serv,00,30) or any(Day4serv,55,88,99))

L X not(any(Foodcode,600,610,620,630,640,650,660,670,680,690)) and

+ F (range(Day4serv,00,05) or any(Day4serv,55,88,99))

* The Yes values were commented out and replaced by a range. This is because

* there were too many values for Spss to process.

Q Foodcode 1 28 I3

T Food code

V q5

P Day1serv (F2.0) '', Day2serv (F2.0) '', Day3serv (F2.0) '', Day4serv (F2.0) ''

Y -55 Refused

Y -88 N/A

R (000,999)

* Y 164 Dairy: Butter, regular, salted

* Y 010 Dairy: Cheese, American, processed

- * Y 012 Dairy: Cheese, cheddar
- * Y 237 Dairy: Cheese, cream
- * Y 236 Dairy: Cheese, Swiss
- * Y 504 Dairy: Cheese, Mexican, white, soft
- * Y 011 Dairy: Cottage cheese, 4% milk fat
- * Y 167 Dairy: Cream, half & half, fluid
- * Y 168 Dairy: Cream substitute, frozen
- * Y 286 Dairy: Ice cream, vanilla
- * Y 177 Dairy: Ice milk, vanilla
- * Y 002 Dairy: Milk, low-fat, 2%, fluid
- * Y 004 Dairy: Milk, skim, fluid
- * Y 001 Dairy: Milk, whole, fluid
- * Y 003 Dairy: Milk, chocolate, fluid
- * Y 008 Dairy: Milk, evaporated, canned
- * Y 007 Dairy: Milkshake, chocolate, fast-food
- * Y 300 Dairy: Sour cream
- * Y 235 Dairy: Yogurt, lowfat, pre-stirred, fruit
- * Y 006 Dairy: Yogurt, plain, low-fat
- * Y 249 Breads: Bagel, plain
- * Y 061 Breads: Biscuit, from refrigerated dough, plain
- * Y 502 Breads: Bolillo bread
- * Y 248 Breads: Bread, cracked wheat
- * Y 064 Breads: Bread, rye
- * Y 058 Breads: Bread, white
- * Y 062 Breads: Bread, whole wheat
- * Y 072 Breads: Cereal, fruit flavored, sweetened
- * Y 071 Breads: Corn flakes
- * Y 053 Breads: Corn grits, regular, cooked
- * Y 060 Breads: Cornbread, homemade
- * Y 075 Breads: Crisped rice cereal
- * Y 509 Breads: Gordita, prepared
- * Y 076 Breads: Granola cereal
- * Y 069 Breads: Noodles, egg, boiled
- * Y 507 Breads: Masa, corn, prepared
- * Y 065 Breads: Muffin, blueberry, commercial
- * Y 250 Breads: Muffin, English, plain, toasted
- * Y 077 Breads: Oat ring cereal
- * Y 051 Breads: Oatmeal, quick, 1-3 min, cooked
- * Y 068 Breads: Pancake, from mix
- * Y 070 Breads: Pasta or macaroni, boiled
- * Y 074 Breads: Raisin bran cereal
- * Y 520 Breads: Rice, Spanish, cooked
- * Y 050 Breads: Rice, white, cooked
- * Y 059 Breads: Roll, white
- * Y 073 Breads: Shredded wheat cereal
- * Y 526 Breads: Tortilla, corn
- * Y 063 Breads: Tortilla, flour
- * Y 052 Breads: Wheat cereal or farina, cooked
- * Y 078 Fruits: Apple, red, raw
- * Y 811 Fruits: Applesauce, canned
- * Y 084 Fruits: Applesause, bottled
- * Y 253 Fruits: Apricot, raw

- * Y 080 Fruits: Banana, raw
- * Y 089 Fruits: Cantaloupe, raw
- * Y 094 Fruits: Cherries, sweet, raw
- * Y 087 Fruits: Fruit cocktail, canned in heavy syrup
- * Y 092 Fruits: Grapefruit, raw
- * Y 088 Fruits: Grapes, purple or green, seedless, raw
- * Y 512 Fruits: Lime, raw
- * Y 514 Fruits: Mango
- * Y 079 Fruits: Orange, raw
- * Y 254 Fruits: Peach, canned in light or medium syrup
- * Y 083 Fruits: Peach, raw
- * Y 255 Fruits: Pear, canned in light syrup
- * Y 085 Fruits: Pear, raw
- * Y 093 Fruits: Pineapple, canned in juice
- * Y 091 Fruits: Plum, raw
- * Y 096 Fruits: Prune, dried
- * Y 095 Fruits: Raisins, dried
- * Y 086 Fruits: Strawberry, raw
- * Y 081 Fruits: Watermelon, raw
- * Y 115 Vegetables: Asparagus, fresh or frozen, boiled
- * Y 097 Vegetables: Avocado, raw
- * Y 822 Vegetables: Beans, baked, canned
- * Y 245 Vegetables: Beans, kidney, dry, boiled
- * Y 042 Vegetables: Beans, lima, immature, frozen, boiled
- * Y 038 Vegetables: Beans, pinto, dry, boiled
- * Y 039 Vegetables: Beans, Pork and, canned
- * Y 501 Vegetables: Beans, refried
- * Y 121 Vegetables: Beans, snap green, fresh or frozen, boiled
- * Y 809 Vegetables: Beans, snap green, canned
- * Y 262 Vegetables: Beets, fresh or frozen, boiled
- * Y 810 Vegetables: Beets, canned
- * Y 113 Vegetables: Broccoli, fresh or frozen, boiled
- * Y 263 Vegetables: Brussels sprouts, fresh or frozen, boiled
- * Y 110 Vegetables: Cabbage, fresh, boiled
- * Y 259 Vegetables: Carrot, fresh, boiled
- * Y 116 Vegetables: Cauliflower, fresh or frozen, boiled
- * Y 114 Vegetables: Celery, raw
- * Y 111 Vegetables: Coleslaw with dressing, homemade
- * Y 108 Vegetables: Collards, fresh or frozen, boiled
- * Y 054 Vegetables: Corn, fresh or frozen, boiled
- * Y 806 Vegetables: Corn, canned
- * Y 056 Vegetables: Corn, cream style, canned
- * Y 506 Vegetables: Corn, yellow, kernel, dry
- * Y 123 Vegetables: Cucumber, raw
- * Y 265 Vegetables: Eggplant, fresh, boiled
- * Y 134 Vegetables: French fries, frozen, heated
- * Y 258 Vegetables: French fries, fast-food
- * Y 109 Vegetables: Lettuce, iceburg, raw
- * Y 804 Vegetables: Mushrooms, canned
- * Y 264 Vegetables: Mushrooms, raw
- * Y 515 Vegetables: Nopalito, cactus pad
- * Y 267 Vegetables: Okra, fresh or frozen, boiled

- * Y 128 Vegetables: Onion, mature, raw
- * Y 800 Vegetables: Peas, green, canned
- * Y 046 Vegetables: Peas, green, fresh or frozen, boiled
- * Y 246 Vegetables: Peas, mature, dry, boiled
- * Y 517 Vegetables: Pepper, hot chili, raw, Serrano
- * Y 125 Vegetables: Pepper, sweet bell, green, raw
- * Y 137 Vegetables: Potato, white, baked in skin
- * Y 519 Vegetables: Potato, white, home fries
- * Y 135 Vegetables: Potatoes, mashed, from instant
- * Y 136 Vegetables: Potatoes, peeled, boiled
- * Y 139 Vegetables: Potatoes, scalloped, homemade
- * Y 132 Vegetables: Radish, raw
- * Y 112 Vegetables: Sauerkraut, canned
- * Y 802 Vegetables: Spinach, canned
- * Y 107 Vegetables: Spinach, fresh or frozen, boiled
- * Y 124 Vegetables: Squash, summer, raw or frozen, boiled
- * Y 126 Vegetables: Squash, winter, raw or frozen, cooked
- * Y 140 Vegetables: Sweet potato, baked in skin
- * Y 117 Vegetables: Tomato, raw
- * Y 813 Vegetables: Tomato sauce, canned
- * Y 119 Vegetables: Tomato sauce, bottled
- * Y 803 Vegetables: Tomatoes, canned
- * Y 260 Vegetables: Tomato, stewed, canned
- * Y 266 Vegetables: Turnip, fresh or frozen, boiled
- * Y 814 Vegetables: Vegetables, mixed, canned
- * Y 268 Vegetables: Vegetables, mixed, frozen, boiled
- * Y 035 Eggs, Fish, Meat: Egg, scrambled
- * Y 036 Eggs, Fish, Meat: Egg, fried
- * Y 037 Eggs, Fish, Meat: Egg, boiled
- * Y 014 Eggs, Fish, Meat: Beef, chuck roast, baked
- * Y 013 Eggs, Fish, Meat: Beef, ground, regular hamburger
- * Y 016 Eggs, Fish, Meat: Beef, loin or sirloin, steak, pan cooked
- * Y 029 Eggs, Fish, Meat: Bologna
- * Y 240 Eggs, Fish, Meat: Chicken breast, roasted
- * Y 024 Eggs, Fish, Meat: Chicken, fried, homemade
- * Y 242 Eggs, Fish, Meat: Chicken, fried, fast-food
- * Y 241 Eggs, Fish, Meat: Chicken, nuggets, fast-food
- * Y 505 Eggs, Fish, Meat: Chorizo, Spanish sausage
- * Y 034 Eggs, Fish, Meat: Fish sticks, commercial, frozen, heated
- * Y 243 Eggs, Fish, Meat: Haddock, pan cooked
- * Y 017 Eggs, Fish, Meat: Ham, baked
- * Y 239 Eggs, Fish, Meat: Ham luncheon meat, sliced
- * Y 820 Eggs, Fish, Meat: Ham spread, canned
- * Y 028 Eggs, Fish, Meat: Hot dog, beef, boiled
- * Y 022 Eggs, Fish, Meat: Lamb chop, pan cooked
- * Y 027 Eggs, Fish, Meat: Liver, beef or calf, pan fried
- * Y 513 Eggs, Fish, Meat: Machaca, dried beef
- * Y 020 Eggs, Fish, Meat: Pork, bacon, pan cooked
- * Y 018 Eggs, Fish, Meat: Pork chop, pan cooked
- * Y 021 Eggs, Fish, Meat: Pork roast, baked
- * Y 019 Eggs, Fish, Meat: Pork sausage, pan cooked
- * Y 030 Eggs, Fish, Meat: Salami, sliced

- * Y 825 Eggs, Fish, Meat: Sardines, canned
- * Y 244 Eggs, Fish, Meat: Shrimp, boiled
- * Y 032 Eggs, Fish, Meat: Tuna, canned in oil
- * Y 026 Eggs, Fish, Meat: Turkey breast, oven roasted
- * Y 238 Eggs, Fish, Meat: Veal cutlet, pan cooked
- * Y 824 Eggs, Fish, Meat: Vienna sausage, canned
- * Y 500 Main Dishes: Barbacoa, prepared beef dish
- * Y 269 Main Dishes: Beef stroganoff, homemade
- * Y 805 Main Dishes: Boullion, beef, canned
- * Y 503 Main Dishes: Caldo, Mexican beef stew
- * Y 272 Main Dishes: Casserole, tune noodle, homemade
- * Y 815 Main Dishes: Chile con carne, beef & beans, canned
- * Y 271 Main Dishes: Chile con carne with beans, homemade
- * Y 282 Main Dishes: Chow mein, been, from carry-out
- * Y 285 Main Dishes: Clam chowder, canned, made with milk
- * Y 278 Main Dishes: Egg, cheese and ham on English muffin, fast-food
- * Y 508 Main Dishes: Fajita, beef
- * Y 276 Main Dishes: Fish sandwich on bun, fast-food
- * Y 273 Main Dishes: Frozen dinner, salisbury steak, heated
- * Y 274 Main Dishes: Frozen dinner, turkey, heated
- * Y 270 Main Dishes: Green pepper, stuffed, homemade
- * Y 277 Main Dishes: Hot dog on bun, fast-food
- * Y 151 Main Dishes: Lasagna with meat, homemade
- * Y 146 Main Dishes: Macaroni and cheese, from box mix
- * Y 148 Main Dishes: Meatloaf, homemade
- * Y 280 Main Dishes: Pizza, cheese, regular crust, from carry-out
- * Y 281 Main Dishes: Pizza, cheese and pepp, reg crust, from carry-out
- * Y 518 Main Dishes: Pollo en Mole, roasted
- * Y 279 Main Dishes: Taco or tostada, from carry-out
- * Y 523 Main Dishes: Tamale, with or without meat
- * Y 152 Main Dishes: Potpie, chicken, frozen, heated
- * Y 147 Main Dishes: Quarter-pound hamburger on bun, fast-food
- * Y 275 Main Dishes: Royale with cheese, fast-food
- * Y 823 Main Dishes: Sloppy Joes with Beef, canned
- * Y 142 Main Dishes: Spaghetti, homemade
- * Y 149 Main Dishes: Spaghetti with tomato sauce, canned
- * Y 522 Main Dishes: Sopa Seca de Fideo, noodle soup
- * Y 283 Main Dishes: Soup, bean with bacon or pork, canned
- * Y 155 Main Dishes: Soup, chicken noodle, canned
- * Y 284 Main Dishes: Soup, mushroom, canned, made with whole milk
- * Y 156 Main Dishes: Soup, tomato, canned
- * Y 157 Main Dishes: Soup, vegetable beef, canned
- * Y 143 Main Dishes: Soup, beef, homemade
- * Y 173 Condiments: Catsup
- * Y 301 Condiments: Gravy, brown, homemade
- * Y 510 Condiments: Guacamole
- * Y 172 Condiments: Honey, bottled
- * Y 296 Condiments: Jelly, any flavor
- * Y 511 Condiments: Lard
- * Y 162 Condiments: Margarine, salted, stick, regular
- * Y 166 Condiments: Mayonnaise, bottled
- * Y 298 Condiments: Mustard, yellow

- * Y 304 Condiments: Oil, olive or sunflower
- * Y 299 Condiments: Olive, black
- * Y 047 Condiments: Peanut butter, smooth
- * Y 161 Condiments: Pickle, dill cucumber, bottled
- * Y 297 Condiments: Pickle, sweet cucumber
- * Y 302 Condiments: Salad dressing, French
- * Y 303 Condiments: Salad dressing, Italian, low-caloric
- * Y 521 Condiments: Salsa, picante
- * Y 160 Condiments: Sause, white, homemade
- * Y 169 Condiments: Sugar, white, granulated
- * Y 170 Condiments: Syrup, pancake, bottled
- * Y 067 Snacks: Corn chips or tortilla chips
- * Y 252 Snacks: Crackers, butter type
- * Y 251 Snacks: Crackers, graham
- * Y 066 Snacks: Crackers, saltine
- * Y 247 Snacks: Nuts, mixed, dry, roasted, no peanuts
- * Y 048 Snacks: Peanuts, dry roasted
- * Y 057 Snacks: Popcorn, popped in oil
- * Y 138 Snacks: Potato chips, commercial
- * Y 294 Snacks: Pretzels, hard, salted, any shape
- * Y 291 Desserts: Brownies, commercial
- * Y 178 Desserts: Cake, chocolate, with chocolate icing
- * Y 179 Desserts: Cake, yellow, with white icing, made from mix
- * Y 289 Desserts: Cake, snack, chocolate, with chocolate icing
- * Y 187 Desserts: Candy, milk chocolate, plain
- * Y 188 Desserts: Candy, caramel
- * Y 183 Desserts: Cookies, chocolate chip, commercial
- * Y 184 Desserts: Cookies, sandwich type with cream filling
- * Y 292 Desserts: Cookies, sugar
- * Y 290 Desserts: Doughnut, cake with icing, from doughnut store
- * Y 190 Desserts: Gelatin dessert, prepared, any flavor
- * Y 516 Desserts: Pan Dulce, Mexican sweet roll
- * Y 186 Desserts: Pie, pumkin, fresh or frozen, heated
- * Y 185 Desserts: Pie, apple, fresh or frozen, heated
- * Y 288 Desserts: Popsickle, any flavor
- * Y 175 Desserts: Pudding, chocolate, from instant mix
- * Y 287 Desserts: Sherbert, fruit flavored
- * Y 293 Desserts: Suckers, any flavor
- * Y 182 Desserts: Sweet roll or danish pastry
- * Y 295 Desserts: Syrup, chocolate topping
- * Y 821 Desserts: Syrup, chocolate, canned
- * Y 524 Desserts: Tamarindo, Mexican candy
- * Y 801 Beverages: Apple juice, canned
- * Y 099 Beverages: Apple juice, bottled
- * Y 194 Beverages: Carbonated soda, cola, low calorie
- * Y 191 Beverages: Carbonated soda, cola, sweetened
- * Y 306 Beverages: Carbonated soda, fruit flavored
- * Y 196 Beverages: Coffee, decaffeinated, from instant
- * Y 305 Beverages: Coffee, from ground
- * Y 193 Beverages: Fruit drink, from powder
- * Y 307 Beverages: Fruit drink, canned
- * Y 807 Beverages: Grape juice, canned

* Y 257 Beverages: Grape juice, from frozen concentrate
* Y 100 Beverages: Grapefruit juice, from frozen concentrate
* Y 105 Beverages: Lemonade, from frozen concentrate
* Y 098 Beverages: Orange juice, from frozen concentrate
* Y 812 Beverages: Pineapple juice, canned
* Y 256 Beverages: Pineapple juice, from frozen concentrate
* Y 103 Beverages: Prune juice, bottled
* Y 197 Beverages: Tea, from tea bag
* Y 525 Beverages: Tea, leaf
* Y 261 Beverages: Tomato juice, bottled
* Y 808 Beverages: Tomato juice, canned
* Y 201 Beverages: Water, tap
* Y 691 Beverages: Watter, other source, not tap
* Y 198 Alcoholic Beverages: Beer
* Y 308 Alcoholic Beverages: Martini
* Y 200 Alcoholic Beverages: Whiskey
* Y 199 Alcoholic Beverages: Wine, table, dry
L X Foodcode=-88 and (Day1serv=88 and Day2serv=88 and
+ F Day3serv=88 and Day4serv=88) and
L X not(any(Foodcode,600,610,620,630,640,650,660,670,680,690,-88)) and
+ C (range(Day1serv,01,05) or range(Day2serv,01,05) or
+ F range(Day3serv,01,05) or range(Day4serv,01,05))
L X (any(Foodcode,600,610,620,630,640,650,660,670,680,690) or
+ C range(Foodcode,001,600)) and
+ C (range(Day1serv,01,30) or range(Day2serv,01,30) or
+ C range(Day3serv,01,30) or range(Day4serv,01,30) or any(Day1serv,55,99) or
+ F any(Day2serv,55,99) or any(Day3serv,55,99) or any(Day4serv,55,99))

Appendix D: Diet Diary Dictionary (Header for Pages 2-26)

* This dictionary checks the logic on Pages 2-26. It checks the Header information.

* Logic Checks reviewed and approved by Mary Kay on 05/07/96

* Last updated by Jared on 06/25/97

K HHID (F6.0) '', HHIDFS (A1) '', Evndt_m (F2.0) '', Evndt_d (F2.0) '', Evndt_y (F2.0) '', Page (F2.0) ''

Q HHID 1 1 I6
T HHID

Q HHIDFS 1 7 A1
T Family Schism
Y 'A' First Family Partition

Q IRN 1 8 I2
R (01,12)

* The following date field has been broken up into mm/dd/yy
*Q Evntdate 1 10 A8
* T Date of Completion

Q Evndt_m 1 10 I2
T Date of Completion, Month
R (01,12)

Q Evndt_d 1 13 I2
T Date of Completion, Day
R (01,31)

Q Evndt_y 1 16 I2
T Date of Completion, Year
R (95,99)

Q Page 1 18 I2
T Page
R (04,27)

Q Ex_serva 1 20 I2
T Did you consume TEN OR MORE SERVINGS of any of the above? If YES, specify servings
V qa
Y -8 Default Value
Y -9 Missing
R (10,33)

Q Ex_servb 1 22 I2
T Did you consume TEN OR MORE SERVINGS of any of the above? If YES, specify servings
V qb
Y -8 Default Value
Y -9 Missing

R (10,33)

- * The Yes values were commented out and replaced by a range. This is because
- * there were too many values for Spss to process.

Q Ex_fooda 1 24 I3

T Did you consume TEN OR MORE SERVINGS of any of the above? If YES, specify item

V qal

Y -55 Refused

Y -88 N/A

R (000,999)

- * Y 164 Dairy: Butter, regular, salted
- * Y 010 Dairy: Cheese, American, processed
- * Y 012 Dairy: Cheese, cheddar
- * Y 237 Dairy: Cheese, cream
- * Y 236 Dairy: Cheese, Swiss
- * Y 504 Dairy: Cheese, Mexican, white, soft
- * Y 011 Dairy: Cottage cheese, 4% milk fat
- * Y 167 Dairy: Cream, half & half, fluid
- * Y 168 Dairy: Cream substitute, frozen
- * Y 286 Dairy: Ice cream, vanilla
- * Y 177 Dairy: Ice milk, vanilla
- * Y 002 Dairy: Milk, low-fat, 2%, fluid
- * Y 004 Dairy: Milk, skim, fluid
- * Y 001 Dairy: Milk, whole, fluid
- * Y 003 Dairy: Milk, chocolate, fluid
- * Y 008 Dairy: Milk, evaporated, canned
- * Y 007 Dairy: Milkshake, chocolate, fast-food
- * Y 300 Dairy: Sour cream
- * Y 235 Dairy: Yogurt, lowfat, pre-stirred, fruit
- * Y 006 Dairy: Yogurt, plain, low-fat
- * Y 249 Breads: Bagel, plain
- * Y 061 Breads: Biscuit, from refrigerated dough, plain
- * Y 502 Breads: Bolillo bread
- * Y 248 Breads: Bread, cracked wheat
- * Y 064 Breads: Bread, rye
- * Y 058 Breads: Bread, white
- * Y 062 Breads: Bread, whole wheat
- * Y 072 Breads: Cereal, fruit flavored, sweetened
- * Y 071 Breads: Corn flakes
- * Y 053 Breads: Corn grits, regular, cooked
- * Y 060 Breads: Cornbread, homemade
- * Y 075 Breads: Crisped rice cereal
- * Y 509 Breads: Gordita, prepared
- * Y 076 Breads: Granola cereal
- * Y 069 Breads: Noodles, egg, boiled
- * Y 507 Breads: Masa, corn, prepared
- * Y 065 Breads: Muffin, blueberry, commercial
- * Y 250 Breads: Muffin, English, plain, toasted
- * Y 077 Breads: Oat ring cereal
- * Y 051 Breads: Oatmeal, quick, 1-3 min, cooked
- * Y 068 Breads: Pancake, from mix
- * Y 070 Breads: Pasta or macaroni, boiled

- * Y 074 Breads: Raisin bran cereal
- * Y 520 Breads: Rice, Spanish, cooked
- * Y 050 Breads: Rice, white, cooked
- * Y 059 Breads: Roll, white
- * Y 073 Breads: Shredded wheat cereal
- * Y 526 Breads: Tortilla, corn
- * Y 063 Breads: Tortilla, flour
- * Y 052 Breads: Wheat cereal or farina, cooked
- * Y 078 Fruits: Apple, red, raw
- * Y 811 Fruits: Applesauce, canned
- * Y 084 Fruits: Applesause, bottled
- * Y 253 Fruits: Apricot, raw
- * Y 080 Fruits: Banana, raw
- * Y 089 Fruits: Cantaloupe, raw
- * Y 094 Fruits: Cherries, sweet, raw
- * Y 087 Fruits: Fruit cocktail, canned in heavy syrup
- * Y 092 Fruits: Grapefruit, raw
- * Y 088 Fruits: Grapes, purple or green, seedless, raw
- * Y 512 Fruits: Lime, raw
- * Y 514 Fruits: Mango
- * Y 079 Fruits: Orange, raw
- * Y 254 Fruits: Peach, canned in light or medium syrup
- * Y 083 Fruits: Peach, raw
- * Y 255 Fruits: Pear, canned in light syrup
- * Y 085 Fruits: Pear, raw
- * Y 093 Fruits: Pineapple, canned in juice
- * Y 091 Fruits: Plum, raw
- * Y 096 Fruits: Prune, dried
- * Y 095 Fruits: Raisins, dried
- * Y 086 Fruits: Strawberry, raw
- * Y 081 Fruits: Watermelon, raw
- * Y 115 Vegetables: Asparagus, fresh or frozen, boiled
- * Y 097 Vegetables: Avocado, raw
- * Y 822 Vegetables: Beans, baked, canned
- * Y 245 Vegetables: Beans, kidney, dry, boiled
- * Y 042 Vegetables: Beans, lima, immature, frozen, boiled
- * Y 038 Vegetables: Beans, pinto, dry, boiled
- * Y 039 Vegetables: Beans, Pork and, canned
- * Y 501 Vegetables: Beans, refried
- * Y 121 Vegetables: Beans,snap green,fresh or frozen, boiled
- * Y 809 Vegetables: Beans, snap green, canned
- * Y 262 Vegetables: Beets, fresh or frozen, boiled
- * Y 810 Vegetables: Beets, canned
- * Y 113 Vegetables: Broccoli, fresh or frozen, boiled
- * Y 263 Vegetables: Brussels sprouts,fresh or frozen, boiled
- * Y 110 Vegetables: Cabbage, fresh, boiled
- * Y 259 Vegetables: Carrot, fresh, boiled
- * Y 116 Vegetables: Cauliflower, fresh or frozen, boiled
- * Y 114 Vegetables: Celery, raw
- * Y 111 Vegetables: Coleslaw with dressing, homemade
- * Y 108 Vegetables: Collards, fresh or frozen, boiled
- * Y 054 Vegetables: Corn, fresh or frozen, boiled

- * Y 806 Vegetables: Corn, canned
- * Y 056 Vegetables: Corn, cream style, canned
- * Y 506 Vegetables: Corn, yellow, kernel, dry
- * Y 123 Vegetables: Cucumber, raw
- * Y 265 Vegetables: Eggplant, fresh, boiled
- * Y 134 Vegetables: French fries, frozen, heated
- * Y 258 Vegetables: French fries, fast-food
- * Y 109 Vegetables: Lettuce, iceburg, raw
- * Y 804 Vegetables: Mushrooms, canned
- * Y 264 Vegetables: Mushrooms, raw
- * Y 515 Vegetables: Nopalito, cactus pad
- * Y 267 Vegetables: Okra, fresh or frozen, boiled
- * Y 128 Vegetables: Onion, mature, raw
- * Y 800 Vegetables: Peas, green, canned
- * Y 046 Vegetables: Peas, green, fresh or frozen, boiled
- * Y 246 Vegetables: Peas, mature, dry, boiled
- * Y 517 Vegetables: Pepper, hot chili, raw, Serrano
- * Y 125 Vegetables: Pepper, sweet bell, green, raw
- * Y 137 Vegetables: Potato, white, baked in skin
- * Y 519 Vegetables: Potato, white, home fries
- * Y 135 Vegetables: Potatoes, mashed, from instant
- * Y 136 Vegetables: Potatoes, peeled, boiled
- * Y 139 Vegetables: Potatoes, scalloped, homemade
- * Y 132 Vegetables: Radish, raw
- * Y 112 Vegetables: Sauerkraut, canned
- * Y 802 Vegetables: Spinach, canned
- * Y 107 Vegetables: Spinach, fresh or frozen, boiled
- * Y 124 Vegetables: Squash, summer, raw or frozen, boiled
- * Y 126 Vegetables: Squash, winter, raw or frozen, cooked
- * Y 140 Vegetables: Sweet potato, baked in skin
- * Y 117 Vegetables: Tomato, raw
- * Y 813 Vegetables: Tomato sauce, canned
- * Y 119 Vegetables: Tomato sauce, bottled
- * Y 803 Vegetables: Tomatoes, canned
- * Y 260 Vegetables: Tomato, stewed, canned
- * Y 266 Vegetables: Turnip, fresh or frozen, boiled
- * Y 814 Vegetables: Vegetables, mixed, canned
- * Y 268 Vegetables: Vegetables, mixed, frozen, boiled
- * Y 035 Eggs, Fish, Meat: Egg, scrambled
- * Y 036 Eggs, Fish, Meat: Egg, fried
- * Y 037 Eggs, Fish, Meat: Egg, boiled
- * Y 014 Eggs, Fish, Meat: Beef, chuck roast, baked
- * Y 013 Eggs, Fish, Meat: Beef, ground, regular hamburger
- * Y 016 Eggs, Fish, Meat: Beef, sirloin, steak, pan cooked
- * Y 029 Eggs, Fish, Meat: Bologna
- * Y 240 Eggs, Fish, Meat: Chicken breast, roasted
- * Y 024 Eggs, Fish, Meat: Chicken, fried, homemade
- * Y 242 Eggs, Fish, Meat: Chicken, fried, fast-food
- * Y 241 Eggs, Fish, Meat: Chicken, nuggets, fast-food
- * Y 505 Eggs, Fish, Meat: Chorizo, Spanish sausage
- * Y 034 Eggs, Fish, Meat: Fish sticks, commer.,frozen,heated
- * Y 243 Eggs, Fish, Meat: Haddock, pan cooked

- * Y 017 Eggs, Fish, Meat: Ham, baked
- * Y 239 Eggs, Fish, Meat: Ham luncheon meat, sliced
- * Y 820 Eggs, Fish, Meat: Ham spread, canned
- * Y 028 Eggs, Fish, Meat: Hot dog, beef, boiled
- * Y 022 Eggs, Fish, Meat: Lamb chop, pan cooked
- * Y 027 Eggs, Fish, Meat: Liver, beef or calf, pan fried
- * Y 513 Eggs, Fish, Meat: Machaca, dried beef
- * Y 020 Eggs, Fish, Meat: Pork, bacon, pan cooked
- * Y 018 Eggs, Fish, Meat: Pork chop, pan cooked
- * Y 021 Eggs, Fish, Meat: Pork roast, baked
- * Y 019 Eggs, Fish, Meat: Pork sausage, pan cooked
- * Y 030 Eggs, Fish, Meat: Salami, sliced
- * Y 825 Eggs, Fish, Meat: Sardines, canned
- * Y 244 Eggs, Fish, Meat: Shrimp, boiled
- * Y 032 Eggs, Fish, Meat: Tuna, canned in oil
- * Y 026 Eggs, Fish, Meat: Turkey breast, oven roasted
- * Y 238 Eggs, Fish, Meat: Veal cutlet, pan cooked
- * Y 824 Eggs, Fish, Meat: Vienna sausage, canned
- * Y 500 Main Dishes: Barbacoa, prepared beef dish
- * Y 269 Main Dishes: Beef stroganoff, homemade
- * Y 805 Main Dishes: Boullion, beef, canned
- * Y 503 Main Dishes: Caldo, Mexican beef stew
- * Y 272 Main Dishes: Casserole, tune noodle, homemade
- * Y 815 Main Dishes: Chile con carne, beef & beans, canned
- * Y 271 Main Dishes: Chile con carne with beans, homemade
- * Y 282 Main Dishes: Chow mein, been, from carry-out
- * Y 285 Main Dishes: Clam chowder, canned, made with milk
- * Y 278 Main Dishes: Egg,cheese,ham on English muffin,fst-fd
- * Y 508 Main Dishes: Fajita, beef
- * Y 276 Main Dishes: Fish sandwich on bun, fast-food
- * Y 273 Main Dishes: Frozen dinner, salisbury steak, heated
- * Y 274 Main Dishes: Frozen dinner, turkey, heated
- * Y 270 Main Dishes: Green pepper, stuffed, homemade
- * Y 277 Main Dishes: Hot dog on bun, fast-food
- * Y 151 Main Dishes: Lasagna with meat, homemade
- * Y 146 Main Dishes: Macaroni and cheese, from box mix
- * Y 148 Main Dishes: Meatloaf, homemade
- * Y 280 Main Dishes: Pizza, cheese, regular crust,carry-out
- * Y 281 Main Dishes: Pizza,cheese,pepp,reg crust,carry-out
- * Y 518 Main Dishes: Pollo en Mole, roasted
- * Y 279 Main Dishes: Taco or tostada, from carry-out
- * Y 523 Main Dishes: Tamale, with or without meat
- * Y 152 Main Dishes: Potpie, chicken, frozen, heated
- * Y 147 Main Dishes: Quarter-pound hamburger on bun, fst-fd
- * Y 275 Main Dishes: Royale with cheese, fast-food
- * Y 823 Main Dishes: Sloppy Joes with Beef, canned
- * Y 142 Main Dishes: Spaghetti, homemade
- * Y 149 Main Dishes: Spaghetti with tomato sauce, canned
- * Y 522 Main Dishes: Sopa Seca de Fideo, noodle soup
- * Y 283 Main Dishes: Soup, bean with bacon or pork, canned
- * Y 155 Main Dishes: Soup, chicken noodle, canned
- * Y 284 Main Dishes: Soup, mushroom, canned, with whole milk

- * Y 156 Main Dishes: Soup, tomato, canned
- * Y 157 Main Dishes: Soup, vegetable beef, canned
- * Y 143 Main Dishes: Soup, beef, homemade
- * Y 173 Condiments: Catsup
- * Y 301 Condiments: Gravy, brown, homemade
- * Y 510 Condiments: Guacamole
- * Y 172 Condiments: Honey, bottled
- * Y 296 Condiments: Jelly, any flavor
- * Y 511 Condiments: Lard
- * Y 162 Condiments: Margarine, salted, stick, regular
- * Y 166 Condiments: Mayonnaise, bottled
- * Y 298 Condiments: Mustard, yellow
- * Y 304 Condiments: Oil, olive or sunflower
- * Y 299 Condiments: Olive, black
- * Y 047 Condiments: Peanut butter, smooth
- * Y 161 Condiments: Pickle, dill cucumber, bottled
- * Y 297 Condiments: Pickle, sweet cucumber
- * Y 302 Condiments: Salad dressing, French
- * Y 303 Condiments: Salad dressing, Italian, low-calorie
- * Y 521 Condiments: Salsa, picante
- * Y 160 Condiments: Sause, white, homemade
- * Y 169 Condiments: Sugar, white, granulated
- * Y 170 Condiments: Syrup, pancake, bottled
- * Y 067 Snacks: Corn chips or tortilla chips
- * Y 252 Snacks: Crackers, butter type
- * Y 251 Snacks: Crackers, graham
- * Y 066 Snacks: Crackers, saltine
- * Y 247 Snacks: Nuts, mixed, dry, roasted, no peanuts
- * Y 048 Snacks: Peanuts, dry roasted
- * Y 057 Snacks: Popcorn, popped in oil
- * Y 138 Snacks: Potato chips, commercial
- * Y 294 Snacks: Pretzels, hard, salted, any shape
- * Y 291 Desserts: Brownies, commercial
- * Y 178 Desserts: Cake, chocolate, with chocolate icing
- * Y 179 Desserts: Cake, yellow, with white icing, from mix
- * Y 289 Desserts: Cake, snack, chocolate, chocolate icing
- * Y 187 Desserts: Candy, milk chocolate, plain
- * Y 188 Desserts: Candy, caramel
- * Y 183 Desserts: Cookies, chocolate chip, commercial
- * Y 184 Desserts: Cookies, sandwich type with cream filling
- * Y 292 Desserts: Cookies, sugar
- * Y 290 Desserts: Doughnut,cake with icing, doughnut store
- * Y 190 Desserts: Gelatin dessert, prepared, any flavor
- * Y 516 Desserts: Pan Dulce, Mexican sweet roll
- * Y 186 Desserts: Pie, pumkin, fresh or frozen, heated
- * Y 185 Desserts: Pie, apple, fresh or frozen, heated
- * Y 288 Desserts: Popsickle, any flavor
- * Y 175 Desserts: Pudding, chocolate, from instant mix
- * Y 287 Desserts: Sherbert, fruit flavored
- * Y 293 Desserts: Suckers, any flavor
- * Y 182 Desserts: Sweet roll or danish pastry
- * Y 295 Desserts: Syrup, chocolate topping

- * Y 821 Desserts: Syrup, chocolate, canned
 - * Y 524 Desserts: Tamarindo, Mexican candy
 - * Y 801 Beverages: Apple juice, canned
 - * Y 099 Beverages: Apple juice, bottled
 - * Y 194 Beverages: Carbonated soda, cola, low calorie
 - * Y 191 Beverages: Carbonated soda, cola, sweetened
 - * Y 306 Beverages: Carbonated soda, fruit flavored
 - * Y 196 Beverages: Coffee, decaffeinated, from instant
 - * Y 305 Beverages: Coffee, from ground
 - * Y 193 Beverages: Fruit drink, from powder
 - * Y 307 Beverages: Fruit drink, canned
 - * Y 807 Beverages: Grape juice, canned
 - * Y 257 Beverages: Grape juice, from frozen concentrate
 - * Y 100 Beverages: Grapefruit juice, from frozen concentrate
 - * Y 105 Beverages: Lemonade, from frozen concentrate
 - * Y 098 Beverages: Orange juice, from frozen concentrate
 - * Y 812 Beverages: Pineapple juice, canned
 - * Y 256 Beverages: Pineapple juice, from frozen concentrate
 - * Y 103 Beverages: Prune juice, bottled
 - * Y 197 Beverages: Tea, from tea bag
 - * Y 525 Beverages: Tea, leaf
 - * Y 261 Beverages: Tomato juice, bottled
 - * Y 808 Beverages: Tomato juice, canned
 - * Y 201 Beverages: Water, tap
 - * Y 691 Beverages: Watter, other source, not tap
 - * Y 198 Alcoholic Beverages: Beer
 - * Y 308 Alcoholic Beverages: Martini
 - * Y 200 Alcoholic Beverages: Whiskey
 - * Y 199 Alcoholic Beverages: Wine, table, dry
- P Ex_serva (F2.0) ''
 L X (Ex_serva=-8) and (Ex_fooda=-88)
 L X not(any(Ex_serva,-8)) and not(any(Ex_fooda,-88))

- * The Yes values were commented out and replaced by a range. This is because
- * there were too many values for Spss to process.

Q Ex_foodb 1 27 I3

T Did you consume TEN OR MORE SERVINGS of any of the above? If YES, specify item

V qb1

Y -55 Refused

Y -88 N/A

R (000,999)

- * Y 164 Dairy: Butter, regular, salted
- * Y 010 Dairy: Cheese, American, processed
- * Y 012 Dairy: Cheese, cheddar
- * Y 237 Dairy: Cheese, cream
- * Y 236 Dairy: Cheese, Swiss
- * Y 504 Dairy: Cheese, Mexican, white, soft
- * Y 011 Dairy: Cottage cheese, 4% milk fat
- * Y 167 Dairy: Cream, half & half, fluid
- * Y 168 Dairy: Cream substitute, frozen
- * Y 286 Dairy: Ice cream, vanilla
- * Y 177 Dairy: Ice milk, vanilla

- * Y 002 Dairy: Milk, low-fat, 2%, fluid
- * Y 004 Dairy: Milk, skim, fluid
- * Y 001 Dairy: Milk, whole, fluid
- * Y 003 Dairy: Milk, chocolate, fluid
- * Y 008 Dairy: Milk, evaporated, canned
- * Y 007 Dairy: Milkshake, chocolate, fast-food
- * Y 300 Dairy: Sour cream
- * Y 235 Dairy: Yogurt, lowfat, pre-stirred, fruit
- * Y 006 Dairy: Yogurt, plain, low-fat
- * Y 249 Breads: Bagel, plain
- * Y 061 Breads: Biscuit, from refrigerated dough, plain
- * Y 502 Breads: Bolillo bread
- * Y 248 Breads: Bread, cracked wheat
- * Y 064 Breads: Bread, rye
- * Y 058 Breads: Bread, white
- * Y 062 Breads: Bread, whole wheat
- * Y 072 Breads: Cereal, fruit flavored, sweetened
- * Y 071 Breads: Corn flakes
- * Y 053 Breads: Corn grits, regular, cooked
- * Y 060 Breads: Cornbread, homemade
- * Y 075 Breads: Crisped rice cereal
- * Y 509 Breads: Gordita, prepared
- * Y 076 Breads: Granola cereal
- * Y 069 Breads: Noodles, egg, boiled
- * Y 507 Breads: Masa, corn, prepared
- * Y 065 Breads: Muffin, blueberry, commercial
- * Y 250 Breads: Muffin, English, plain, toasted
- * Y 077 Breads: Oat ring cereal
- * Y 051 Breads: Oatmeal, quick, 1-3 min, cooked
- * Y 068 Breads: Pancake, from mix
- * Y 070 Breads: Pasta or macaroni, boiled
- * Y 074 Breads: Raisin bran cereal
- * Y 520 Breads: Rice, Spanish, cooked
- * Y 050 Breads: Rice, white, cooked
- * Y 059 Breads: Roll, white
- * Y 073 Breads: Shredded wheat cereal
- * Y 526 Breads: Tortilla, corn
- * Y 063 Breads: Tortilla, flour
- * Y 052 Breads: Wheat cereal or farina, cooked
- * Y 078 Fruits: Apple, red, raw
- * Y 811 Fruits: Applesauce, canned
- * Y 084 Fruits: Applesause, bottled
- * Y 253 Fruits: Apricot, raw
- * Y 080 Fruits: Banana, raw
- * Y 089 Fruits: Cantaloupe, raw
- * Y 094 Fruits: Cherries, sweet, raw
- * Y 087 Fruits: Fruit cocktail, canned in heavy syrup
- * Y 092 Fruits: Grapefruit, raw
- * Y 088 Fruits: Grapes, purple or green, seedless, raw
- * Y 512 Fruits: Lime, raw
- * Y 514 Fruits: Mango
- * Y 079 Fruits: Orange, raw

- * Y 254 Fruits: Peach, canned in light or medium syrup
- * Y 083 Fruits: Peach, raw
- * Y 255 Fruits: Pear, canned in light syrup
- * Y 085 Fruits: Pear, raw
- * Y 093 Fruits: Pineapple, canned in juice
- * Y 091 Fruits: Plum, raw
- * Y 096 Fruits: Prune, dried
- * Y 095 Fruits: Raisins, dried
- * Y 086 Fruits: Strawberry, raw
- * Y 081 Fruits: Watermelon, raw
- * Y 115 Vegetables: Asparagus, fresh or frozen, boiled
- * Y 097 Vegetables: Avocado, raw
- * Y 822 Vegetables: Beans, baked, canned
- * Y 245 Vegetables: Beans, kidney, dry, boiled
- * Y 042 Vegetables: Beans, lima, immature, frozen, boiled
- * Y 038 Vegetables: Beans, pinto, dry, boiled
- * Y 039 Vegetables: Beans, Pork and, canned
- * Y 501 Vegetables: Beans, refried
- * Y 121 Vegetables: Beans,snap green,fresh or frozen, boiled
- * Y 809 Vegetables: Beans, snap green, canned
- * Y 262 Vegetables: Beets, fresh or frozen, boiled
- * Y 810 Vegetables: Beets, canned
- * Y 113 Vegetables: Broccoli, fresh or frozen, boiled
- * Y 263 Vegetables: Brussels sprouts,fresh or frozen, boiled
- * Y 110 Vegetables: Cabbage, fresh, boiled
- * Y 116 Vegetables: Cauliflower, fresh or frozen, boiled
- * Y 114 Vegetables: Celery, raw
- * Y 111 Vegetables: Coleslaw with dressing, homemade
- * Y 108 Vegetables: Collards, fresh or frozen, boiled
- * Y 054 Vegetables: Corn, fresh or frozen, boiled
- * Y 806 Vegetables: Corn, canned
- * Y 056 Vegetables: Corn, cream style, canned
- * Y 506 Vegetables: Corn, yellow, kernel, dry
- * Y 123 Vegetables: Cucumber, raw
- * Y 265 Vegetables: Eggplant, fresh, boiled
- * Y 134 Vegetables: French fries, frozen, heated
- * Y 258 Vegetables: French fries, fast-food
- * Y 109 Vegetables: Lettuce, iceburg, raw
- * Y 804 Vegetables: Mushrooms, canned
- * Y 264 Vegetables: Mushrooms, raw
- * Y 515 Vegetables: Nopalito, cactus pad
- * Y 267 Vegetables: Okra, fresh or frozen, boiled
- * Y 128 Vegetables: Onion, mature, raw
- * Y 800 Vegetables: Peas, green, canned
- * Y 046 Vegetables: Peas, green, fresh or frozen, boiled
- * Y 246 Vegetables: Peas, mature, dry, boiled
- * Y 517 Vegetables: Pepper, hot chili, raw, Serrano
- * Y 125 Vegetables: Pepper, sweet bell, green, raw
- * Y 137 Vegetables: Potato, white, baked in skin
- * Y 519 Vegetables: Potato, white, home fries
- * Y 135 Vegetables: Potatoes, mashed, from instant
- * Y 136 Vegetables: Potatoes, peeled, boiled

- * Y 139 Vegetables: Potatoes, scalloped, homemade
- * Y 132 Vegetables: Radish, raw
- * Y 112 Vegetables: Sauerkraut, canned
- * Y 802 Vegetables: Spinach, canned
- * Y 107 Vegetables: Spinach, fresh or frozen, boiled
- * Y 124 Vegetables: Squash, summer, raw or frozen, boiled
- * Y 126 Vegetables: Squash, winter, raw or frozen, cooked
- * Y 140 Vegetables: Sweet potato, baked in skin
- * Y 117 Vegetables: Tomato, raw
- * Y 813 Vegetables: Tomato sauce, canned
- * Y 119 Vegetables: Tomato sauce, bottled
- * Y 803 Vegetables: Tomatoes, canned
- * Y 260 Vegetables: Tomato, stewed, canned
- * Y 266 Vegetables: Turnip, fresh or frozen, boiled
- * Y 814 Vegetables: Vegetables, mixed, canned
- * Y 268 Vegetables: Vegetables, mixed, frozen, boiled
- * Y 035 Eggs, Fish, Meat: Egg, scrambled
- * Y 036 Eggs, Fish, Meat: Egg, fried
- * Y 037 Eggs, Fish, Meat: Egg, boiled
- * Y 014 Eggs, Fish, Meat: Beef, chuck roast, baked
- * Y 013 Eggs, Fish, Meat: Beef, ground, regular hamburger
- * Y 016 Eggs, Fish, Meat: Beef, sirloin,steak,pan cooked
- * Y 029 Eggs, Fish, Meat: Bologna
- * Y 240 Eggs, Fish, Meat: Chicken breast, roasted
- * Y 024 Eggs, Fish, Meat: Chicken, fried, homemade
- * Y 242 Eggs, Fish, Meat: Chicken, fried, fast-food
- * Y 241 Eggs, Fish, Meat: Chicken, nuggets, fast-food
- * Y 505 Eggs, Fish, Meat: Chorizo, Spanish sausage
- * Y 034 Eggs, Fish, Meat: Fish sticks, comm. , frozen,heated
- * Y 243 Eggs, Fish, Meat: Haddock, pan cooked
- * Y 017 Eggs, Fish, Meat: Ham, baked
- * Y 239 Eggs, Fish, Meat: Ham luncheon meat, sliced
- * Y 820 Eggs, Fish, Meat: Ham spread, canned
- * Y 028 Eggs, Fish, Meat: Hot dog, beef, boiled
- * Y 022 Eggs, Fish, Meat: Lamb chop, pan cooked
- * Y 027 Eggs, Fish, Meat: Liver, beef or calf, pan fried
- * Y 513 Eggs, Fish, Meat: Machaca, dried beef
- * Y 020 Eggs, Fish, Meat: Pork, bacon, pan cooked
- * Y 018 Eggs, Fish, Meat: Pork chop, pan cooked
- * Y 021 Eggs, Fish, Meat: Pork roast, baked
- * Y 019 Eggs, Fish, Meat: Pork sausage, pan cooked
- * Y 030 Eggs, Fish, Meat: Salami, sliced
- * Y 825 Eggs, Fish, Meat: Sardines, canned
- * Y 244 Eggs, Fish, Meat: Shrimp, boiled
- * Y 032 Eggs, Fish, Meat: Tuna, canned in oil
- * Y 026 Eggs, Fish, Meat: Turkey breast, oven roasted
- * Y 238 Eggs, Fish, Meat: Veal cutlet, pan cooked
- * Y 824 Eggs, Fish, Meat: Vienna sausage, canned
- * Y 500 Main Dishes: Barbacoa, prepared beef dish
- * Y 269 Main Dishes: Beef stroganoff, homemade
- * Y 805 Main Dishes: Boullion, beef, canned
- * Y 503 Main Dishes: Caldo, Mexican beef stew

- * Y 272 Main Dishes: Casserole, tune noodle, homemade
- * Y 815 Main Dishes: Chile con carne, beef & beans, canned
- * Y 271 Main Dishes: Chile con carne with beans, homemade
- * Y 282 Main Dishes: Chow mein, been, from carry-out
- * Y 285 Main Dishes: Clam chowder, canned, made with milk
- * Y 278 Main Dishes: Egg,cheese,ham on English muffin,fst-fd
- * Y 508 Main Dishes: Fajita, beef
- * Y 276 Main Dishes: Fish sandwich on bun, fast-food
- * Y 273 Main Dishes: Frozen dinner, salisbury steak, heated
- * Y 274 Main Dishes: Frozen dinner, turkey, heated
- * Y 270 Main Dishes: Green pepper, stuffed, homemade
- * Y 277 Main Dishes: Hot dog on bun, fast-food
- * Y 151 Main Dishes: Lasagna with meat, homemade
- * Y 146 Main Dishes: Macaroni and cheese, from box mix
- * Y 148 Main Dishes: Meatloaf, homemade
- * Y 280 Main Dishes: Pizza, cheese, regular crust, carry-out
- * Y 281 Main Dishes: Pizza,cheese,pepp,reg crust,carry-out
- * Y 518 Main Dishes: Pollo en Mole, roasted
- * Y 279 Main Dishes: Taco or tostada, from carry-out
- * Y 523 Main Dishes: Tamale, with or without meat
- * Y 152 Main Dishes: Potpie, chicken, frozen, heated
- * Y 147 Main Dishes: Quarter-pnd hamburger on bun, fast-food
- * Y 275 Main Dishes: Royale with cheese, fast-food
- * Y 823 Main Dishes: Sloppy Joes with Beef, canned
- * Y 142 Main Dishes: Spaghetti, homemade
- * Y 149 Main Dishes: Spaghetti with tomato sauce, canned
- * Y 522 Main Dishes: Sopa Seca de Fideo, noodle soup
- * Y 283 Main Dishes: Soup, bean with bacon or pork, canned
- * Y 155 Main Dishes: Soup, chicken noodle, canned
- * Y 284 Main Dishes: Soup, mushroom, canned, with whole milk
- * Y 156 Main Dishes: Soup, tomato, canned
- * Y 157 Main Dishes: Soup, vegetable beef, canned
- * Y 143 Main Dishes: Soup, beef, homemade
- * Y 173 Condiments: Catsup
- * Y 301 Condiments: Gravy, brown, homemade
- * Y 510 Condiments: Guacamole
- * Y 172 Condiments: Honey, bottled
- * Y 296 Condiments: Jelly, any flavor
- * Y 511 Condiments: Lard
- * Y 162 Condiments: Margarine, salted, stick, regular
- * Y 166 Condiments: Mayonnaise, bottled
- * Y 298 Condiments: Mustard, yellow
- * Y 304 Condiments: Oil, olive or sunflower
- * Y 299 Condiments: Olive, black
- * Y 047 Condiments: Peanut butter, smooth
- * Y 161 Condiments: Pickle, dill cucumber, bottled
- * Y 297 Condiments: Pickle, sweet cucumber
- * Y 302 Condiments: Salad dressing, French
- * Y 303 Condiments: Salad dressing, Italian, low-calorie
- * Y 521 Condiments: Salsa, picante
- * Y 170 Condiments: Syrup, pancake, bottled
- * Y 067 Snacks: Corn chips or tortilla chips

- * Y 252 Snacks: Crackers, butter type
- * Y 251 Snacks: Crackers, graham
- * Y 066 Snacks: Crackers, saltine
- * Y 247 Snacks: Nuts, mixed, dry, roasted, no peanuts
- * Y 048 Snacks: Peanuts, dry roasted
- * Y 057 Snacks: Popcorn, popped in oil
- * Y 138 Snacks: Potato chips, commercial
- * Y 294 Snacks: Pretzels, hard, salted, any shape
- * Y 291 Desserts: Brownies, commercial
- * Y 178 Desserts: Cake, chocolate, with chocolate icing
- * Y 179 Desserts: Cake, yellow, with white icing, from mix
- * Y 289 Desserts: Cake, snack, chocolate, chocolate icing
- * Y 187 Desserts: Candy, milk chocolate, plain
- * Y 188 Desserts: Candy, caramel
- * Y 183 Desserts: Cookies, chocolate chip, commercial
- * Y 184 Desserts: Cookies, sandwich type with cream filling
- * Y 292 Desserts: Cookies, sugar
- * Y 290 Desserts: Doughnut, cake with icing, doughnut store
- * Y 190 Desserts: Gelatin dessert, prepared, any flavor
- * Y 516 Desserts: Pan Dulce, Mexican sweet roll
- * Y 186 Desserts: Pie, pumkin, fresh or frozen, heated
- * Y 185 Desserts: Pie, apple, fresh or frozen, heated
- * Y 288 Desserts: Popsickle, any flavor
- * Y 175 Desserts: Pudding, chocolate, from instant mix
- * Y 287 Desserts: Sherbert, fruit flavored
- * Y 293 Desserts: Suckers, any flavor
- * Y 182 Desserts: Sweet roll or danish pastry
- * Y 295 Desserts: Syrup, chocolate topping
- * Y 821 Desserts: Syrup, chocolate, canned
- * Y 524 Desserts: Tamarindo, Mexican candy
- * Y 801 Beverages: Apple juice, canned
- * Y 099 Beverages: Apple juice, bottled
- * Y 194 Beverages: Carbonated soda, cola, low calorie
- * Y 191 Beverages: Carbonated soda, cola, sweetened
- * Y 306 Beverages: Carbonated soda, fruit flavored
- * Y 196 Beverages: Coffee, decaffeinated, from instant
- * Y 305 Beverages: Coffee, from ground
- * Y 193 Beverages: Fruit drink, from powder
- * Y 307 Beverages: Fruit drink, canned
- * Y 807 Beverages: Grape juice, canned
- * Y 257 Beverages: Grape juice, from frozen concentrate
- * Y 100 Beverages: Grapefruit juice, from frozen concentrate
- * Y 105 Beverages: Lemonade, from frozen concentrate
- * Y 098 Beverages: Orange juice, from frozen concentrate
- * Y 812 Beverages: Pineapple juice, canned
- * Y 256 Beverages: Pineapple juice, from frozen concentrate
- * Y 103 Beverages: Prune juice, bottled
- * Y 197 Beverages: Tea, from tea bag
- * Y 525 Beverages: Tea, leaf
- * Y 261 Beverages: Tomato juice, bottled
- * Y 808 Beverages: Tomato juice, canned
- * Y 201 Beverages: Water, tap

* Y 691 Beverages: Watter, other source, not tap
* Y 198 Alcoholic Beverages: Beer
* Y 308 Alcoholic Beverages: Martini
* Y 200 Alcoholic Beverages: Whiskey
* Y 199 Alcoholic Beverages: Wine, table, dry
P Ex_servb (F2.0) ''
L X (Ex_servb=-8) and (Ex_foodb=-88)
L X not(any(Ex_servb,-8)) and not(any(Ex_foodb,-88))

Appendix E: Diet Diary Dictionary (Page 27)

- * This dictionary checks the logic on Pages 2-26. It checks the Header information.
- * Logic Checks reviewed and approved by Mary Kay on 05/07/96
- * Last updated by Jared on 06/25/97

K HHID (F6.0) '', HHIDFS (A1) '', Evndt_m (F2.0) '', Evndt_d (F2.0) '', Evndt_y (F2.0) '', Page (F2.0) ''

Q HHID 1 1 I6
T HHID

Q HHIDFS 1 7 A1
T Family Schism
Y 'A' First Family Partition

Q IRN 1 8 I2
R (01,12)

* The following date field has been broken up into mm/dd/yy
*Q Evndtdate 1 10 A8
* T Date of Completion

Q Evndt_m 1 10 I2
T Date of Completion, Month
R (01,12)

Q Evndt_d 1 13 I2
T Date of Completion, Day
R (01,31)

Q Evndt_y 1 16 I2
T Date of Completion, Year
R (95,99)

Q Page 1 18 I2
T Page
R (04,27)

Q Ex_serva 1 20 I2
T Did you consume TEN OR MORE SERVINGS of any of the above? If YES, specify servings
V qa
Y -8 Default Value
Y -9 Missing
R (10,33)

Q Ex_servb 1 22 I2
T Did you consume TEN OR MORE SERVINGS of any of the above? If YES, specify servings
V qb
Y -8 Default Value
Y -9 Missing

R (10,33)

- * The Yes values were commented out and replaced by a range. This is because
- * there were too many values for Spss to process.

Q Ex_fooda 1 24 I3

T Did you consume TEN OR MORE SERVINGS of any of the above? If YES, specify item

V qa1

Y -55 Refused

Y -88 N/A

R (000,999)

- * Y 164 Dairy: Butter, regular, salted
- * Y 010 Dairy: Cheese, American, processed
- * Y 012 Dairy: Cheese, cheddar
- * Y 237 Dairy: Cheese, cream
- * Y 236 Dairy: Cheese, Swiss
- * Y 504 Dairy: Cheese, Mexican, white, soft
- * Y 011 Dairy: Cottage cheese, 4% milk fat
- * Y 167 Dairy: Cream, half & half, fluid
- * Y 168 Dairy: Cream substitute, frozen
- * Y 286 Dairy: Ice cream, vanilla
- * Y 177 Dairy: Ice milk, vanilla
- * Y 002 Dairy: Milk, low-fat, 2%, fluid
- * Y 004 Dairy: Milk, skim, fluid
- * Y 001 Dairy: Milk, whole, fluid
- * Y 003 Dairy: Milk, chocolate, fluid
- * Y 008 Dairy: Milk, evaporated, canned
- * Y 007 Dairy: Milkshake, chocolate, fast-food
- * Y 300 Dairy: Sour cream
- * Y 235 Dairy: Yogurt, lowfat, pre-stirred, fruit
- * Y 006 Dairy: Yogurt, plain, low-fat
- * Y 249 Breads: Bagel, plain
- * Y 061 Breads: Biscuit, from refrigerated dough, plain
- * Y 502 Breads: Bolillo bread
- * Y 248 Breads: Bread, cracked wheat
- * Y 064 Breads: Bread, rye
- * Y 058 Breads: Bread, white
- * Y 062 Breads: Bread, whole wheat
- * Y 072 Breads: Cereal, fruit flavored, sweetened
- * Y 071 Breads: Corn flakes
- * Y 053 Breads: Corn grits, regular, cooked
- * Y 060 Breads: Cornbread, homemade
- * Y 075 Breads: Crisped rice cereal
- * Y 509 Breads: Gordita, prepared
- * Y 076 Breads: Granola cereal
- * Y 069 Breads: Noodles, egg, boiled
- * Y 507 Breads: Masa, corn, prepared
- * Y 065 Breads: Muffin, blueberry, commercial
- * Y 250 Breads: Muffin, English, plain, toasted
- * Y 077 Breads: Oat ring cereal
- * Y 051 Breads: Oatmeal, quick, 1-3 min, cooked
- * Y 068 Breads: Pancake, from mix
- * Y 070 Breads: Pasta or macaroni, boiled

- * Y 074 Breads: Raisin bran cereal
- * Y 520 Breads: Rice, Spanish, cooked
- * Y 050 Breads: Rice, white, cooked
- * Y 059 Breads: Roll, white
- * Y 073 Breads: Shredded wheat cereal
- * Y 526 Breads: Tortilla, corn
- * Y 063 Breads: Tortilla, flour
- * Y 052 Breads: Wheat cereal or farina, cooked
- * Y 078 Fruits: Apple, red, raw
- * Y 811 Fruits: Applesauce, canned
- * Y 084 Fruits: Applesause, bottled
- * Y 253 Fruits: Apricot, raw
- * Y 080 Fruits: Banana, raw
- * Y 089 Fruits: Cantaloupe, raw
- * Y 094 Fruits: Cherries, sweet, raw
- * Y 087 Fruits: Fruit cocktail, canned in heavy syrup
- * Y 092 Fruits: Grapefruit, raw
- * Y 088 Fruits: Grapes, purple or green, seedless, raw
- * Y 512 Fruits: Lime, raw
- * Y 514 Fruits: Mango
- * Y 079 Fruits: Orange, raw
- * Y 254 Fruits: Peach, canned in light or medium syrup
- * Y 083 Fruits: Peach, raw
- * Y 255 Fruits: Pear, canned in light syrup
- * Y 085 Fruits: Pear, raw
- * Y 093 Fruits: Pineapple, canned in juice
- * Y 091 Fruits: Plum, raw
- * Y 096 Fruits: Prune, dried
- * Y 095 Fruits: Raisins, dried
- * Y 086 Fruits: Strawberry, raw
- * Y 081 Fruits: Watermelon, raw
- * Y 115 Vegetables: Asparagus, fresh or frozen, boiled
- * Y 097 Vegetables: Avocado, raw
- * Y 822 Vegetables: Beans, baked, canned
- * Y 245 Vegetables: Beans, kidney, dry, boiled
- * Y 042 Vegetables: Beans, lima, immature, frozen, boiled
- * Y 038 Vegetables: Beans, pinto, dry, boiled
- * Y 039 Vegetables: Beans, Pork and, canned
- * Y 501 Vegetables: Beans, refried
- * Y 121 Vegetables: Beans,snap green,fresh or frozen, boiled
- * Y 809 Vegetables: Beans, snap green, canned
- * Y 262 Vegetables: Beets, fresh or frozen, boiled
- * Y 810 Vegetables: Beets, canned
- * Y 113 Vegetables: Broccoli, fresh or frozen, boiled
- * Y 263 Vegetables: Brussels sprouts,fresh or frozen, boiled
- * Y 110 Vegetables: Cabbage, fresh, boiled
- * Y 259 Vegetables: Carrot, fresh, boiled
- * Y 116 Vegetables: Cauliflower, fresh or frozen, boiled
- * Y 114 Vegetables: Celery, raw
- * Y 111 Vegetables: Coleslaw with dressing, homemade
- * Y 108 Vegetables: Collards, fresh or frozen, boiled
- * Y 054 Vegetables: Corn, fresh or frozen, boiled

- * Y 806 Vegetables: Corn, canned
- * Y 056 Vegetables: Corn, cream style, canned
- * Y 506 Vegetables: Corn, yellow, kernel, dry
- * Y 123 Vegetables: Cucumber, raw
- * Y 265 Vegetables: Eggplant, fresh, boiled
- * Y 134 Vegetables: French fries, frozen, heated
- * Y 258 Vegetables: French fries, fast-food
- * Y 109 Vegetables: Lettuce, iceburg, raw
- * Y 804 Vegetables: Mushrooms, canned
- * Y 264 Vegetables: Mushrooms, raw
- * Y 515 Vegetables: Nopalito, cactus pad
- * Y 267 Vegetables: Okra, fresh or frozen, boiled
- * Y 128 Vegetables: Onion, mature, raw
- * Y 800 Vegetables: Peas, green, canned
- * Y 046 Vegetables: Peas, green, fresh or frozen, boiled
- * Y 246 Vegetables: Peas, mature, dry, boiled
- * Y 517 Vegetables: Pepper, hot chili, raw, Serrano
- * Y 125 Vegetables: Pepper, sweet bell, green, raw
- * Y 137 Vegetables: Potato, white, baked in skin
- * Y 519 Vegetables: Potato, white, home fries
- * Y 135 Vegetables: Potatoes, mashed, from instant
- * Y 136 Vegetables: Potatoes, peeled, boiled
- * Y 139 Vegetables: Potatoes, scalloped, homemade
- * Y 132 Vegetables: Radish, raw
- * Y 112 Vegetables: Sauerkraut, canned
- * Y 802 Vegetables: Spinach, canned
- * Y 107 Vegetables: Spinach, fresh or frozen, boiled
- * Y 124 Vegetables: Squash, summer, raw or frozen, boiled
- * Y 126 Vegetables: Squash, winter, raw or frozen, cooked
- * Y 140 Vegetables: Sweet potato, baked in skin
- * Y 117 Vegetables: Tomato, raw
- * Y 813 Vegetables: Tomato sauce, canned
- * Y 119 Vegetables: Tomato sauce, bottled
- * Y 803 Vegetables: Tomatoes, canned
- * Y 260 Vegetables: Tomato, stewed, canned
- * Y 266 Vegetables: Turnip, fresh or frozen, boiled
- * Y 814 Vegetables: Vegetables, mixed, canned
- * Y 268 Vegetables: Vegetables, mixed, frozen, boiled
- * Y 035 Eggs, Fish, Meat: Egg, scrambled
- * Y 036 Eggs, Fish, Meat: Egg, fried
- * Y 037 Eggs, Fish, Meat: Egg, boiled
- * Y 014 Eggs, Fish, Meat: Beef, chuck roast, baked
- * Y 013 Eggs, Fish, Meat: Beef, ground, regular hamburger
- * Y 016 Eggs, Fish, Meat: Beef, sirloin, steak, pan cooked
- * Y 029 Eggs, Fish, Meat: Bologna
- * Y 240 Eggs, Fish, Meat: Chicken breast, roasted
- * Y 024 Eggs, Fish, Meat: Chicken, fried, homemade
- * Y 242 Eggs, Fish, Meat: Chicken, fried, fast-food
- * Y 241 Eggs, Fish, Meat: Chicken, nuggets, fast-food
- * Y 505 Eggs, Fish, Meat: Chorizo, Spanish sausage
- * Y 034 Eggs, Fish, Meat: Fish sticks, commer.,frozen,heated
- * Y 243 Eggs, Fish, Meat: Haddock, pan cooked

- * Y 017 Eggs, Fish, Meat: Ham, baked
- * Y 239 Eggs, Fish, Meat: Ham luncheon meat, sliced
- * Y 820 Eggs, Fish, Meat: Ham spread, canned
- * Y 028 Eggs, Fish, Meat: Hot dog, beef, boiled
- * Y 022 Eggs, Fish, Meat: Lamb chop, pan cooked
- * Y 027 Eggs, Fish, Meat: Liver, beef or calf, pan fried
- * Y 513 Eggs, Fish, Meat: Machaca, dried beef
- * Y 020 Eggs, Fish, Meat: Pork, bacon, pan cooked
- * Y 018 Eggs, Fish, Meat: Pork chop, pan cooked
- * Y 021 Eggs, Fish, Meat: Pork roast, baked
- * Y 019 Eggs, Fish, Meat: Pork sausage, pan cooked
- * Y 030 Eggs, Fish, Meat: Salami, sliced
- * Y 825 Eggs, Fish, Meat: Sardines, canned
- * Y 244 Eggs, Fish, Meat: Shrimp, boiled
- * Y 032 Eggs, Fish, Meat: Tuna, canned in oil
- * Y 026 Eggs, Fish, Meat: Turkey breast, oven roasted
- * Y 238 Eggs, Fish, Meat: Veal cutlet, pan cooked
- * Y 824 Eggs, Fish, Meat: Vienna sausage, canned
- * Y 500 Main Dishes: Barbacoa, prepared beef dish
- * Y 269 Main Dishes: Beef stroganoff, homemade
- * Y 805 Main Dishes: Boullion, beef, canned
- * Y 503 Main Dishes: Caldo, Mexican beef stew
- * Y 272 Main Dishes: Casserole, tune noodle, homemade
- * Y 815 Main Dishes: Chile con carne, beef & beans, canned
- * Y 271 Main Dishes: Chile con carne with beans, homemade
- * Y 282 Main Dishes: Chow mein, been, from carry-out
- * Y 285 Main Dishes: Clam chowder, canned, made with milk
- * Y 278 Main Dishes: Egg,cheese,ham on English muffin,fst-fd
- * Y 508 Main Dishes: Fajita, beef
- * Y 276 Main Dishes: Fish sandwich on bun, fast-food
- * Y 273 Main Dishes: Frozen dinner, salisbury steak, heated
- * Y 274 Main Dishes: Frozen dinner, turkey, heated
- * Y 270 Main Dishes: Green pepper, stuffed, homemade
- * Y 277 Main Dishes: Hot dog on bun, fast-food
- * Y 151 Main Dishes: Lasagna with meat, homemade
- * Y 146 Main Dishes: Macaroni and cheese, from box mix
- * Y 148 Main Dishes: Meatloaf, homemade
- * Y 280 Main Dishes: Pizza, cheese, regular crust,carry-out
- * Y 281 Main Dishes: Pizza,cheese,pepp,reg crust,carry-out
- * Y 518 Main Dishes: Pollo en Mole, roasted
- * Y 279 Main Dishes: Taco or tostada, from carry-out
- * Y 523 Main Dishes: Tamale, with or without meat
- * Y 152 Main Dishes: Potpie, chicken, frozen, heated
- * Y 147 Main Dishes: Quarter-pound hamburger on bun, fst-fd
- * Y 275 Main Dishes: Royale with cheese, fast-food
- * Y 823 Main Dishes: Sloppy Joes with Beef, canned
- * Y 142 Main Dishes: Spaghetti, homemade
- * Y 149 Main Dishes: Spaghetti with tomato sauce, canned
- * Y 522 Main Dishes: Sopa Seca de Fideo, noodle soup
- * Y 283 Main Dishes: Soup, bean with bacon or pork, canned
- * Y 155 Main Dishes: Soup, chicken noodle, canned
- * Y 284 Main Dishes: Soup, mushroom, canned, with whole milk

- * Y 156 Main Dishes: Soup, tomato, canned
- * Y 157 Main Dishes: Soup, vegetable beef, canned
- * Y 143 Main Dishes: Soup, beef, homemade
- * Y 173 Condiments: Catsup
- * Y 301 Condiments: Gravy, brown, homemade
- * Y 510 Condiments: Guacamole
- * Y 172 Condiments: Honey, bottled
- * Y 296 Condiments: Jelly, any flavor
- * Y 511 Condiments: Lard
- * Y 162 Condiments: Margarine, salted, stick, regular
- * Y 166 Condiments: Mayonnaise, bottled
- * Y 298 Condiments: Mustard, yellow
- * Y 304 Condiments: Oil, olive or sunflower
- * Y 299 Condiments: Olive, black
- * Y 047 Condiments: Peanut butter, smooth
- * Y 161 Condiments: Pickle, dill cucumber, bottled
- * Y 297 Condiments: Pickle, sweet cucumber
- * Y 302 Condiments: Salad dressing, French
- * Y 303 Condiments: Salad dressing, Italian, low-calorie
- * Y 521 Condiments: Salsa, picante
- * Y 160 Condiments: Sause, white, homemade
- * Y 169 Condiments: Sugar, white, granulated
- * Y 170 Condiments: Syrup, pancake, bottled
- * Y 067 Snacks: Corn chips or tortilla chips
- * Y 252 Snacks: Crackers, butter type
- * Y 251 Snacks: Crackers, graham
- * Y 066 Snacks: Crackers, saltine
- * Y 247 Snacks: Nuts, mixed, dry, roasted, no peanuts
- * Y 048 Snacks: Peanuts, dry roasted
- * Y 057 Snacks: Popcorn, popped in oil
- * Y 138 Snacks: Potato chips, commercial
- * Y 294 Snacks: Pretzels, hard, salted, any shape
- * Y 291 Desserts: Brownies, commercial
- * Y 178 Desserts: Cake, chocolate, with chocolate icing
- * Y 179 Desserts: Cake, yellow, with white icing, from mix
- * Y 289 Desserts: Cake, snack, chocolate, chocolate icing
- * Y 187 Desserts: Candy, milk chocolate, plain
- * Y 188 Desserts: Candy, caramel
- * Y 183 Desserts: Cookies, chocolate chip, commercial
- * Y 184 Desserts: Cookies, sandwich type with cream filling
- * Y 292 Desserts: Cookies, sugar
- * Y 290 Desserts: Doughnut, cake with icing, doughnut store
- * Y 190 Desserts: Gelatin dessert, prepared, any flavor
- * Y 516 Desserts: Pan Dulce, Mexican sweet roll
- * Y 186 Desserts: Pie, pumkin, fresh or frozen, heated
- * Y 185 Desserts: Pie, apple, fresh or frozen, heated
- * Y 288 Desserts: Popsickle, any flavor
- * Y 175 Desserts: Pudding, chocolate, from instant mix
- * Y 287 Desserts: Sherbert, fruit flavored
- * Y 293 Desserts: Suckers, any flavor
- * Y 182 Desserts: Sweet roll or danish pastry
- * Y 295 Desserts: Syrup, chocolate topping

- * Y 821 Desserts: Syrup, chocolate, canned
 - * Y 524 Desserts: Tamarindo, Mexican candy
 - * Y 801 Beverages: Apple juice, canned
 - * Y 099 Beverages: Apple juice, bottled
 - * Y 194 Beverages: Carbonated soda, cola, low calorie
 - * Y 191 Beverages: Carbonated soda, cola, sweetened
 - * Y 306 Beverages: Carbonated soda, fruit flavored
 - * Y 196 Beverages: Coffee, decaffeinated, from instant
 - * Y 305 Beverages: Coffee, from ground
 - * Y 193 Beverages: Fruit drink, from powder
 - * Y 307 Beverages: Fruit drink, canned
 - * Y 807 Beverages: Grape juice, canned
 - * Y 257 Beverages: Grape juice, from frozen concentrate
 - * Y 100 Beverages: Grapefruit juice, from frozen concentrate
 - * Y 105 Beverages: Lemonade, from frozen concentrate
 - * Y 098 Beverages: Orange juice, from frozen concentrate
 - * Y 812 Beverages: Pineapple juice, canned
 - * Y 256 Beverages: Pineapple juice, from frozen concentrate
 - * Y 103 Beverages: Prune juice, bottled
 - * Y 197 Beverages: Tea, from tea bag
 - * Y 525 Beverages: Tea, leaf
 - * Y 261 Beverages: Tomato juice, bottled
 - * Y 808 Beverages: Tomato juice, canned
 - * Y 201 Beverages: Water, tap
 - * Y 691 Beverages: Watter, other source, not tap
 - * Y 198 Alcoholic Beverages: Beer
 - * Y 308 Alcoholic Beverages: Martini
 - * Y 200 Alcoholic Beverages: Whiskey
 - * Y 199 Alcoholic Beverages: Wine, table, dry
- P Ex_serva (F2.0) ''
L X (Ex_serva=-8) and (Ex_fooda=-88)
L X not(any(Ex_serva,-8)) and not(any(Ex_fooda,-88))

* The Yes values were commented out and replaced by a range. This is because
* there were too many values for Spss to process.

Q Ex_foodb 1 27 I3

T Did you consume TEN OR MORE SERVINGS of any of the above? If YES, specify item

V qbl

Y -55 Refused

Y -88 N/A

R (000,999)

- * Y 164 Dairy: Butter, regular, salted
- * Y 010 Dairy: Cheese, American, processed
- * Y 012 Dairy: Cheese, cheddar
- * Y 237 Dairy: Cheese, cream
- * Y 236 Dairy: Cheese, Swiss
- * Y 504 Dairy: Cheese, Mexican, white, soft
- * Y 011 Dairy: Cottage cheese, 4% milk fat
- * Y 167 Dairy: Cream, half & half, fluid
- * Y 168 Dairy: Cream substitute, frozen
- * Y 286 Dairy: Ice cream, vanilla
- * Y 177 Dairy: Ice milk, vanilla

- * Y 002 Dairy: Milk, low-fat, 2%, fluid
- * Y 004 Dairy: Milk, skim, fluid
- * Y 001 Dairy: Milk, whole, fluid
- * Y 003 Dairy: Milk, chocolate, fluid
- * Y 008 Dairy: Milk, evaporated, canned
- * Y 007 Dairy: Milkshake, chocolate, fast-food
- * Y 300 Dairy: Sour cream
- * Y 235 Dairy: Yogurt, lowfat, pre-stirred, fruit
- * Y 006 Dairy: Yogurt, plain, low-fat
- * Y 249 Breads: Bagel, plain
- * Y 061 Breads: Biscuit, from refrigerated dough, plain
- * Y 502 Breads: Bolillo bread
- * Y 248 Breads: Bread, cracked wheat
- * Y 064 Breads: Bread, rye
- * Y 058 Breads: Bread, white
- * Y 062 Breads: Bread, whole wheat
- * Y 072 Breads: Cereal, fruit flavored, sweetened
- * Y 071 Breads: Corn flakes
- * Y 053 Breads: Corn grits, regular, cooked
- * Y 060 Breads: Cornbread, homemade
- * Y 075 Breads: Crisped rice cereal
- * Y 509 Breads: Gordita, prepared
- * Y 076 Breads: Granola cereal
- * Y 069 Breads: Noodles, egg, boiled
- * Y 507 Breads: Masa, corn, prepared
- * Y 065 Breads: Muffin, blueberry, commercial
- * Y 250 Breads: Muffin, English, plain, toasted
- * Y 077 Breads: Oat ring cereal
- * Y 051 Breads: Oatmeal, quick, 1-3 min, cooked
- * Y 068 Breads: Pancake, from mix
- * Y 070 Breads: Pasta or macaroni, boiled
- * Y 074 Breads: Raisin bran cereal
- * Y 520 Breads: Rice, Spanish, cooked
- * Y 050 Breads: Rice, white, cooked
- * Y 059 Breads: Roll, white
- * Y 073 Breads: Shredded wheat cereal
- * Y 526 Breads: Tortilla, corn
- * Y 063 Breads: Tortilla, flour
- * Y 052 Breads: Wheat cereal or farina, cooked
- * Y 078 Fruits: Apple, red, raw
- * Y 811 Fruits: Applesauce, canned
- * Y 084 Fruits: Applesause, bottled
- * Y 253 Fruits: Apricot, raw
- * Y 080 Fruits: Banana, raw
- * Y 089 Fruits: Cantaloupe, raw
- * Y 094 Fruits: Cherries, sweet, raw
- * Y 087 Fruits: Fruit cocktail, canned in heavy syrup
- * Y 092 Fruits: Grapefruit, raw
- * Y 088 Fruits: Grapes, purple or green, seedless, raw
- * Y 512 Fruits: Lime, raw
- * Y 514 Fruits: Mango
- * Y 079 Fruits: Orange, raw

- * Y 254 Fruits: Peach, canned in light or medium syrup
- * Y 083 Fruits: Peach, raw
- * Y 255 Fruits: Pear, canned in light syrup
- * Y 085 Fruits: Pear, raw
- * Y 093 Fruits: Pineapple, canned in juice
- * Y 091 Fruits: Plum, raw
- * Y 096 Fruits: Prune, dried
- * Y 095 Fruits: Raisins, dried
- * Y 086 Fruits: Strawberry, raw
- * Y 081 Fruits: Watermelon, raw
- * Y 115 Vegetables: Asparagus, fresh or frozen, boiled
- * Y 097 Vegetables: Avocado, raw
- * Y 822 Vegetables: Beans, baked, canned
- * Y 245 Vegetables: Beans, kidney, dry, boiled
- * Y 042 Vegetables: Beans, lima, immature, frozen, boiled
- * Y 038 Vegetables: Beans, pinto, dry, boiled
- * Y 039 Vegetables: Beans, Pork and, canned
- * Y 501 Vegetables: Beans, refried
- * Y 121 Vegetables: Beans,snap green,fresh or frozen, boiled
- * Y 809 Vegetables: Beans, snap green, canned
- * Y 262 Vegetables: Beets, fresh or frozen, boiled
- * Y 810 Vegetables: Beets, canned
- * Y 113 Vegetables: Broccoli, fresh or frozen, boiled
- * Y 263 Vegetables: Brussels sprouts,fresh or frozen, boiled
- * Y 110 Vegetables: Cabbage, fresh, boiled
- * Y 116 Vegetables: Cauliflower, fresh or frozen, boiled
- * Y 114 Vegetables: Celery, raw
- * Y 111 Vegetables: Coleslaw with dressing, homemade
- * Y 108 Vegetables: Collards, fresh or frozen, boiled
- * Y 054 Vegetables: Corn, fresh or frozen, boiled
- * Y 806 Vegetables: Corn, canned
- * Y 056 Vegetables: Corn, cream style, canned
- * Y 506 Vegetables: Corn, yellow, kernel, dry
- * Y 123 Vegetables: Cucumber, raw
- * Y 265 Vegetables: Eggplant, fresh, boiled
- * Y 134 Vegetables: French fries, frozen, heated
- * Y 258 Vegetables: French fries, fast-food
- * Y 109 Vegetables: Lettuce, iceburg, raw
- * Y 804 Vegetables: Mushrooms, canned
- * Y 264 Vegetables: Mushrooms, raw
- * Y 515 Vegetables: Nopalito, cactus pad
- * Y 267 Vegetables: Okra, fresh or frozen, boiled
- * Y 128 Vegetables: Onion, mature, raw
- * Y 800 Vegetables: Peas, green, canned
- * Y 046 Vegetables: Peas, green, fresh or frozen, boiled
- * Y 246 Vegetables: Peas, mature, dry, boiled
- * Y 517 Vegetables: Pepper, hot chili, raw, Serrano
- * Y 125 Vegetables: Pepper, sweet bell, green, raw
- * Y 137 Vegetables: Potato, white, baked in skin
- * Y 519 Vegetables: Potato, white, home fries
- * Y 135 Vegetables: Potatoes, mashed, from instant
- * Y 136 Vegetables: Potatoes, peeled, boiled

- * Y 139 Vegetables: Potatoes, scalloped, homemade
- * Y 132 Vegetables: Radish, raw
- * Y 112 Vegetables: Sauerkraut, canned
- * Y 802 Vegetables: Spinach, canned
- * Y 107 Vegetables: Spinach, fresh or frozen, boiled
- * Y 124 Vegetables: Squash, summer, raw or frozen, boiled
- * Y 126 Vegetables: Squash, winter, raw or frozen, cooked
- * Y 140 Vegetables: Sweet potato, baked in skin
- * Y 117 Vegetables: Tomato, raw
- * Y 813 Vegetables: Tomato sauce, canned
- * Y 119 Vegetables: Tomato sauce, bottled
- * Y 803 Vegetables: Tomatoes, canned
- * Y 260 Vegetables: Tomato, stewed, canned
- * Y 266 Vegetables: Turnip, fresh or frozen, boiled
- * Y 814 Vegetables: Vegetables, mixed, canned
- * Y 268 Vegetables: Vegetables, mixed, frozen, boiled
- * Y 035 Eggs, Fish, Meat: Egg, scrambled
- * Y 036 Eggs, Fish, Meat: Egg, fried
- * Y 037 Eggs, Fish, Meat: Egg, boiled
- * Y 014 Eggs, Fish, Meat: Beef, chuck roast, baked
- * Y 013 Eggs, Fish, Meat: Beef, ground, regular hamburger
- * Y 016 Eggs, Fish, Meat: Beef, sirloin,steak,pan cooked
- * Y 029 Eggs, Fish, Meat: Bologna
- * Y 240 Eggs, Fish, Meat: Chicken breast, roasted
- * Y 024 Eggs, Fish, Meat: Chicken, fried, homemade
- * Y 242 Eggs, Fish, Meat: Chicken, fried, fast-food
- * Y 241 Eggs, Fish, Meat: Chicken, nuggets, fast-food
- * Y 505 Eggs, Fish, Meat: Chorizo, Spanish sausage
- * Y 034 Eggs, Fish, Meat: Fish sticks, comm. , frozen,heated
- * Y 243 Eggs, Fish, Meat: Haddock, pan cooked
- * Y 017 Eggs, Fish, Meat: Ham, baked
- * Y 239 Eggs, Fish, Meat: Ham luncheon meat, sliced
- * Y 820 Eggs, Fish, Meat: Ham spread, canned
- * Y 028 Eggs, Fish, Meat: Hot dog, beef, boiled
- * Y 022 Eggs, Fish, Meat: Lamb chop, pan cooked
- * Y 027 Eggs, Fish, Meat: Liver, beef or calf, pan fried
- * Y 513 Eggs, Fish, Meat: Machaca, dried beef
- * Y 020 Eggs, Fish, Meat: Pork, bacon, pan cooked
- * Y 018 Eggs, Fish, Meat: Pork chop, pan cooked
- * Y 021 Eggs, Fish, Meat: Pork roast, baked
- * Y 019 Eggs, Fish, Meat: Pork sausage, pan cooked
- * Y 030 Eggs, Fish, Meat: Salami, sliced
- * Y 825 Eggs, Fish, Meat: Sardines, canned
- * Y 244 Eggs, Fish, Meat: Shrimp, boiled
- * Y 032 Eggs, Fish, Meat: Tuna, canned in oil
- * Y 026 Eggs, Fish, Meat: Turkey breast, oven roasted
- * Y 238 Eggs, Fish, Meat: Veal cutlet, pan cooked
- * Y 824 Eggs, Fish, Meat: Vienna sausage, canned
- * Y 500 Main Dishes: Barbacoa, prepared beef dish
- * Y 269 Main Dishes: Beef stroganoff, homemade
- * Y 805 Main Dishes: Boullion, beef, canned
- * Y 503 Main Dishes: Caldo, Mexican beef stew

- * Y 272 Main Dishes: Casserole, tune noodle, homemade
- * Y 815 Main Dishes: Chile con carne, beef & beans, canned
- * Y 271 Main Dishes: Chile con carne with beans, homemade
- * Y 282 Main Dishes: Chow mein, been, from carry-out
- * Y 285 Main Dishes: Clam chowder, canned, made with milk
- * Y 278 Main Dishes: Egg,cheese,ham on English muffin,fst-fd
- * Y 508 Main Dishes: Fajita, beef
- * Y 276 Main Dishes: Fish sandwich on bun, fast-food
- * Y 273 Main Dishes: Frozen dinner, salisbury steak, heated
- * Y 274 Main Dishes: Frozen dinner, turkey, heated
- * Y 270 Main Dishes: Green pepper, stuffed, homemade
- * Y 277 Main Dishes: Hot dog on bun, fast-food
- * Y 151 Main Dishes: Lasagna with meat, homemade
- * Y 146 Main Dishes: Macaroni and cheese, from box mix
- * Y 148 Main Dishes: Meatloaf, homemade
- * Y 280 Main Dishes: Pizza, cheese, regular crust, carry-out
- * Y 281 Main Dishes: Pizza,cheese,pepp,reg crust,carry-out
- * Y 518 Main Dishes: Pollo en Mole, roasted
- * Y 279 Main Dishes: Taco or tostada, from carry-out
- * Y 523 Main Dishes: Tamale, with or without meat
- * Y 152 Main Dishes: Potpie, chicken, frozen, heated
- * Y 147 Main Dishes: Quarter-pnd hamburger on bun, fast-food
- * Y 275 Main Dishes: Royale with cheese, fast-food
- * Y 823 Main Dishes: Sloppy Joes with Beef, canned
- * Y 142 Main Dishes: Spaghetti, homemade
- * Y 149 Main Dishes: Spaghetti with tomato sauce, canned
- * Y 522 Main Dishes: Sopa Seca de Fideo, noodle soup
- * Y 283 Main Dishes: Soup, bean with bacon or pork, canned
- * Y 155 Main Dishes: Soup, chicken noodle, canned
- * Y 284 Main Dishes: Soup, mushroom, canned, with whole milk
- * Y 156 Main Dishes: Soup, tomato, canned
- * Y 157 Main Dishes: Soup, vegetable beef, canned
- * Y 143 Main Dishes: Soup, beef, homemade
- * Y 173 Condiments: Catsup
- * Y 301 Condiments: Gravy, brown, homemade
- * Y 510 Condiments: Guacamole
- * Y 172 Condiments: Honey, bottled
- * Y 296 Condiments: Jelly, any flavor
- * Y 511 Condiments: Lard
- * Y 162 Condiments: Margarine, salted, stick, regular
- * Y 166 Condiments: Mayonnaise, bottled
- * Y 298 Condiments: Mustard, yellow
- * Y 304 Condiments: Oil, olive or sunflower
- * Y 299 Condiments: Olive, black
- * Y 047 Condiments: Peanut butter, smooth
- * Y 161 Condiments: Pickle, dill cucumber, bottled
- * Y 297 Condiments: Pickle, sweet cucumber
- * Y 302 Condiments: Salad dressing, French
- * Y 303 Condiments: Salad dressing, Italian, low-calorie
- * Y 521 Condiments: Salsa, picante
- * Y 170 Condiments: Syrup, pancake, bottled
- * Y 067 Snacks: Corn chips or tortilla chips

- * Y 252 Snacks: Crackers, butter type
- * Y 251 Snacks: Crackers, graham
- * Y 066 Snacks: Crackers, saltine
- * Y 247 Snacks: Nuts, mixed, dry, roasted, no peanuts
- * Y 048 Snacks: Peanuts, dry roasted
- * Y 057 Snacks: Popcorn, popped in oil
- * Y 138 Snacks: Potato chips, commercial
- * Y 294 Snacks: Pretzels, hard, salted, any shape
- * Y 291 Desserts: Brownies, commercial
- * Y 178 Desserts: Cake, chocolate, with chocolate icing
- * Y 179 Desserts: Cake, yellow, with white icing, from mix
- * Y 289 Desserts: Cake, snack, chocolate, chocolate icing
- * Y 187 Desserts: Candy, milk chocolate, plain
- * Y 188 Desserts: Candy, caramel
- * Y 183 Desserts: Cookies, chocolate chip, commercial
- * Y 184 Desserts: Cookies, sandwich type with cream filling
- * Y 292 Desserts: Cookies, sugar
- * Y 290 Desserts: Doughnut, cake with icing, doughnut store
- * Y 190 Desserts: Gelatin dessert, prepared, any flavor
- * Y 516 Desserts: Pan Dulce, Mexican sweet roll
- * Y 186 Desserts: Pie, pumkin, fresh or frozen, heated
- * Y 185 Desserts: Pie, apple, fresh or frozen, heated
- * Y 288 Desserts: Popsickle, any flavor
- * Y 175 Desserts: Pudding, chocolate, from instant mix
- * Y 287 Desserts: Sherbert, fruit flavored
- * Y 293 Desserts: Suckers, any flavor
- * Y 182 Desserts: Sweet roll or danish pastry
- * Y 295 Desserts: Syrup, chocolate topping
- * Y 821 Desserts: Syrup, chocolate, canned
- * Y 524 Desserts: Tamarindo, Mexican candy
- * Y 801 Beverages: Apple juice, canned
- * Y 099 Beverages: Apple juice, bottled
- * Y 194 Beverages: Carbonated soda, cola, low calorie
- * Y 191 Beverages: Carbonated soda, cola, sweetened
- * Y 306 Beverages: Carbonated soda, fruit flavored
- * Y 196 Beverages: Coffee, decaffeinated, from instant
- * Y 305 Beverages: Coffee, from ground
- * Y 193 Beverages: Fruit drink, from powder
- * Y 307 Beverages: Fruit drink, canned
- * Y 807 Beverages: Grape juice, canned
- * Y 257 Beverages: Grape juice, from frozen concentrate
- * Y 100 Beverages: Grapefruit juice, from frozen concentrate
- * Y 105 Beverages: Lemonade, from frozen concentrate
- * Y 098 Beverages: Orange juice, from frozen concentrate
- * Y 812 Beverages: Pineapple juice, canned
- * Y 256 Beverages: Pineapple juice, from frozen concentrate
- * Y 103 Beverages: Prune juice, bottled
- * Y 197 Beverages: Tea, from tea bag
- * Y 525 Beverages: Tea, leaf
- * Y 261 Beverages: Tomato juice, bottled
- * Y 808 Beverages: Tomato juice, canned
- * Y 201 Beverages: Water, tap

* Y 691 Beverages: Water, other source, not tap
* Y 198 Alcoholic Beverages: Beer
* Y 308 Alcoholic Beverages: Martini
* Y 200 Alcoholic Beverages: Whiskey
* Y 199 Alcoholic Beverages: Wine, table, dry
P Ex_servb (F2.0) ''
L X (Ex_servb=-8) and (Ex_foodb=-88)
L X not(any(Ex_servb,-8)) and not(any(Ex_foodb,-88))