



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-43.0

Title: Coding: 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.

Coding: Diet Diary Questionnaire

1.0 Purpose and Applicability

This procedure defines the coding strategy for the Diet Diary Questionnaire. This questionnaire was developed for use in NHEXAS, the Border Study, and other Health and 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 CODE, GLOBAL: A set of standard codes used in data within the project designating the status of a data field in three cases: datum refused, datum non-applicable, and datum missing.
- 2.3 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.
- 2.4 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.
- 2.5 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

Teleform 5.0, Copyright 1991-1996 by Cardiff Software, Inc., San Marcos, CA.

4.0 Discussion

The Diet Diary Questionnaire is a scanable form. The questionnaire will be completed by the primary respondent in the subject's home. It will be QA checked, coded and scanned directly into a database.

The OMB approved questions were formatted into a scanable form using the Teleform program package and following procedures outlined in SOP # UA-D-

30.x. This package has a dictionary feature and a feature that prints out the characteristics of each created form.

The overall coding scheme will follow SOP# UA-D-31.x: Global Coding for scanned Forms. The data will be stored as flat ASCII files and re-coded according to EPA's coding scheme when it is ready to be submitted to EPA.

A final version of the Diet Diary Questionnaire scanable form is presented in the attached Appendix A. A description of all fields and variables may be found in UA-D-45.x Appendix B. Field descriptions contain the name of the field on the form, the variable name, the object id attributes, the constraint level for recognition of the code, the length of the field and the type of the field (i.e., hand writing recognition, and automated Dictionary Correction, etc.).

Special Coding lists will be developed as needed to accommodate unanticipated responses. Such coding lists will be attached to each of the appendices as generated. At this point all codes needed are incorporated into the Diet Diary Questionnaire itself.

5.0 Responsibilities

The Project Data Coordinator is responsible for creating the forms, defining the databases and writing the coding instructions for the Diet Diary Questionnaire form.

6.0 Materials and Reagents

- 6.1 Codes are to be written with a black felt tip pen only.
- 6.2 Questionnaires are put into a batch once they are coded and recorded on the Batch Description and Custody Record.
- 6.3 Codes needed for this form are found on the form itself.
- 6.4 Networked Computer Workstation that can access FoxPro.
- 6.5 Microsoft FoxPro Professional Edition version 2.6, Copyright 1989-1993 Microsoft Corporation.
- 6.6 Coding Program v1.0, developed in-house using FoxPro 2.6.

7.0 Procedural Steps for Coding of the Diet Diary Questionnaire

7.1 Preparation

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- A. Remove a batch of Diet Diary Questionnaires forms from the Data Coordinator's office.
- B. Bring forms to an area where coding can be done.
- C. Use only a black felt-tip pen for coding.
- 7.2 Coding Forms
 - A. Begin by checking for missing information, illogical answers, and necessary codes throughout the entire form.
 - B. Follow the Global Coding scheme (UA-D-31.x) as necessary.
 - C. For foods that have been bubbled in on any given day enter the code next to the box located in the "For Office Use Only" section.
- 7.3 Creation of a New Code

N/A

8.0 Records

Inclusions:

Appendix A. Diet Diary Questionnaire

Appendix A. Diet Diary Questionnaire

	HHID	F.S.	IRN#
DIET DIAR	YHID	HHIDES	IRN

National Human Exposure Assessment Survey

FIRST Name	e (ONLY): Date of Completion:
	Frame MO DAY Extindate
	INSTRUCTIONS
Please use the bla	ack, felt tip pen provided in the notebook when you complete this questionnaire.
Please follow the below, or to GO	special guidelines typed in bold italics . They tell you to either Continue to the question DTO a given question.
Please answer que	estions printed on a white background only. Shaded areas are for office use only.
Multiple Choice response.	Questions: Please fill in the appropriate bubble(s) () that appear to the left of each
For example:	How old is the puppy? Fill in ONE bubble. ○ 1 week • 2 weeks ○ 3 weeks
	Please shade bubbles like this: ● and not like this: ※ ※
Open Ended Que numbers in the be	estions: Please write your answer on the line(s) or in the box(es) provided. Please write your exists a block style without touching the sides of the boxes.
Open Ended Que numbers in the be For example:	estions: Please write your answer on the line(s) or in the box(es) provided. Please write your assumed by the sides of the boxes.
numbers in the be	oxes using a block style without touching the sides of the boxes. O 1 2 3 4 5 6 7 8 9
For example: For example: If You Make a M	oxes using a block style without touching the sides of the boxes. O 1 2 3 4 5 6 7 8 9
For example: For example: If You Make a M	How old is the puppy? Week(s) Mistake: For multiple choice, cross out the incorrect answer(s). For open-ended questions, priect value(s) and write the correct value(s) above or beside the boxes.
For example: For example: If You Make a Norross out the incompleted in the incomplete in the incompl	How old is the puppy? Week(s) Mistake: For multiple choice, cross out the incorrect answer(s). For open-ended questions, correct value(s) and write the correct value(s) above or beside the boxes. How old is the puppy? Fill in ONE bubble. 1 week 2 weeks 3 weeks 1 4
For example: For example: If You Make a Ma	How old is the puppy? Week(s) Mistake: For multiple choice, cross out the incorrect answer(s). For open-ended questions, correct value(s) and write the correct value(s) above or beside the boxes. How old is the puppy? Fill in ONE bubble. 1 week 2 weeks 3 weeks 1 4
For example: For example: If You Make a Norross out the incomposition of the incomposition	How old is the puppy? How old is the puppy? Week(s) Mistake: For multiple choice, cross out the incorrect answer(s). For open-ended questions, correct value(s) and write the correct value(s) above or beside the boxes. How old is the puppy? How old is the puppy? How old is the puppy? How old is the puppy?

Data Use O 1 2 3 4 5 6 7 8 9 A B C D E F G H I J Only:



Study Participants: Please begin on page 3 (next page).	PAGE 2 Diet Diary
DESIGNATED PARTICIPANT	OFFICE USE ONLY
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?	□QC □ X's.R
FIRST Name (ONLY): Grance	☐ Y's.N ☐ Z's.M
RN# G-IRN	□ - 5.R □ - 8.N □ - 9.M
What is the relationship of this individual to the person for whom the responses are provided? Fill in ONE bubble.	
1. Self 2. Guardian 3. Other (Specify:)	55.R ORelat Code 88.N 99.M
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: Date: "Day 1" Day: Day: Day 1" Day: Day 1" Day: Day: No. Mon Tue Wed Thu-Fn Sat R N M	
"Day 2" Date: Day 2" Day: Day: Sun Mon Tue Wed Thu Fri Sat R N M MO DAY YR O O O O O O O O	
"Day 3" Date: Date: Date: Day 3" Day: Day: Day 3" Day 3" Day: Day 3" Day 3" Day: Day 3" Day 3" Day: Day 3" Day 3" Day 3" Day: Day 3" D	
"Day 4" Day: DOU 4 Sun Mon Tue Wed Thu Fri Sat R N M MO DAY YR O O O O O O O O	
Chain of Custody initiated Consigned to packet on []:/_/	Box UA-G-4-2.0
Form Type: O 6 Stage #: O 1. NHEXAS O 2. Border O 3. O 4. O 5. O 7 N 8 O 8 O 1. Tech O 1. Tech O 2. Self Stage #: O 3. Guardian O 4. Other	Admin. by: Ind. Tech. ID
Tech. ID MO DAY YR S O 2.N Cmp 3.P Cmp 3.P Cmp 3.P Cmp 3.Re-col E O 5.Ref 0 7. Dest 0 8.N/A 9.Miss QA: QA: QA: Init. QA: QA: DAHE DP Batch: QP DATCH	DAY YR XV: QDD1
Data Use 0 1 2 3 4 5 6 7 8 9 A B C D E F G H I J Only: O O O O O O O O O O O O O O O O O O O O O O O O O O O O O O O O O O O O O O O O O O O O O O O O O O O O O O O O O O O O O O O O O O O O O O O O O O O O O O O O O O O <t< td=""><td>6825</td></t<>	6825

NO VARIABLES
TABLE OF CONTENTS

PAGE 3 Diet Diary

Food Category I	Pages	Food Category	Pages	Food Category Pages
Breads, Cereals, Grains, & Pasta	5 - 7 8 - 9	Main Dishes/ Prepared Meals Condiments, Dressings, Oils, & Sauces	14 - 16 16 - 19	Snacks 21 Desserts/ Sweets 21 - 2 Beverages (excluding dairy) 23 - 2 Other (additional space) 26 10 or More Servings 27

DIET DIARY INSTRUCTIONS

One-Day Diet Diary:

- 1. At the end of the day, shade one bubble for the <u>total servings</u> of each food/beverage you consumed on that day (24-hour time period).
- 2. Report the total servings <u>using the serving size given</u>. 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).
- 3. If you are or drank less than 1 serving, then round it up to 1 serving (for example, round ½ up to 1).
- 4. If you ate or drank other partial servings, round them to the nearest number (for example, round 21/4 down to 2).
- 5. If you ate or drank 5 or more servings, shade the bubble for "5+".
- 6. If you are or drank 10 or more servings, write the item and the total servings at the bottom of the page.
- 7. 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).
- 8. Defintions: "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 TO Example:	OTAL S	ERVINGS	for	the DAY l	nere.		'Offi	ce Use Or	ıly" ((Please ignore.)		
FOOD & SERVIN	G SIZE		NUMBER OF SERVINGS									
Dairy		Day 1 Tues. 11/21	Office Use Only	Day 2	Office Use Only	Day 3	Office Use Only	Day 4	Office Use Only			
Butter, regular, salted	l pat	1 2 3 4 5+	0.0	1 2 3 4 5+	0 = 0	1 2 3 4 5+	0 = 0	1 2 3 4 5+	0.0	164		
Cheese, American, processed	1 slice or 1 oz.	1 2 3 4 5+ 00 • 00	0 = 0	1 2 3 4 5+ 00000	0 0 0	1 2 3 4 5+ 0000	0 * 0	1 2 3 4 5+	0,00	10		
OTHER DAIRY: Parmesan Cheese	1 T.	1 2 3 4 5+ ○ ● ○ ○ ○	00	1 2 3 4 5+		1 2 3 4 5+	0 0 0	1 2 3 4 5+	0 2 0	600		
	1		1	\$	† · · · ·	1	†	 	 	i		
Did you consume TEN	OR MORE	SERVINGS	of any	of the above?	IF Y	ES, specify ite	m and	total servings	:	food		
a. Cream, 1/2 +1/	Z #s	ervings:	1	b			#	servings				

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

FOOD & SERVING	G SIZE			NU	JMI	BEF	R OI	SE	\mathbf{RV}	ING	S			OFFICE USE ONLY	
Dairy	:	Day	y 1	Office Use Only	Da	y 2	Office Use Only	Da	y 3	Office Use Only	Day		Office Use Only		1 /
Butter, regular, salted	l pat	128	5 +	0.0	000	7 4 5+	100	1 2 3	1	0 × 0	Pav 1 2 3 000	4 5+	0.0.0	P00.	d cod
Cheese, American, processed	l slice or l oz.	1 2 3		-0=0 0=0	1 2 3	4 5+	00	1 2 3		8 7	1 2 3	4 5+	0 = 0 = 0		10
Cheese, cheddar	l slice or l oz.	1 2 3	1	0 = 0	1 2 3		00	_	4 5+	od öd	1 2 3	4 5+	0 = 0		12
Cheese, cream	l slice or l oz.	1 2 3	1 -	0 = 0	000	300	0.0	1 2 3		0.50	1 2 3	4 5+	0.00		23
Cheese, Swiss	l slice or l oz.	1 2 3	į.	0 = 0	1 2 3	5 4 54		1 2 3	1	8 R	1 2 3 000	5+	8 8		23
Cheese, Mexican white, soft	1 slice or 1 oz.	1 2 3	1 1	0 = 0	1 2 3	3 4 54		1 2 3	1	0.0	1 2 3	5+	0 0 0		50
Cottage cheese, 4% milk fat	½ cup	1 2 3	F -	0 = 0	1 2 3	3 4 5 4		1 2 3	4 5+	0.0	1 2 3	4 5+	0 4 0		11
Cream, half & half, fluid	1 Tbs.	1 2 3	1	0 = 0 =	1 2 3	3 4 5- 0 0 0	100	1 2 3	1	0 = 0	1 2 3	- 1	15 1		16
Cream substitute, frozen	l tsp.	1 2 3		0 = 0	1 2 3	3 4 5 -	100	1 2 3	4 5+	0 0 0	1 2 3		0 0 0		16
Ice <u>cream,</u> vanilla	½ cup	1 2 3		0.0	1 2	3 3 5 -		1 2 5	4 5+	0 * 0	1 2 3	\$ 5+ \$ 0 0	0 . 0		28
Ice <u>milk,</u> vanilla	½ cup	1 2 3		0 0	l	3 4 5- OOC	-	1 2 3	4 5+	0	1 2 3	1	0.0		17
Milk, low-fat (2%), fluid	8 oz. glass	1 2 3		0 × 0		3 4 5 000	100	1 2 3	4 5+	0 0	1 2 3	1	0.0		2
Milk, skim, fluid	8 oz. glass	1 2 3	4 5+	0 2 0		3 4 5		1 2 3	4 5+	00	1 2 3	1	00		1
Milk, whole, fluid	8 oz. glass	1 2 3	4 5+	0 .0		3 4 5		lood	4 5+	0.00	1 2 3		0.00		1
Milk, chocolate, fluid	8 oz. glass	1 2	5+	000		3 0 5		1 2 3	54 54	8 R	1 2 3	A 5+	0.5		3
Did you consume <u>TEN</u>		E SERV		_	X-58			YES, spe		m and	total s	6			odbio
		HHIDF Si	<u>ক</u>	N K	N	Comp	1	K) Th	ME	, 🗆		Pa 0	31		42669

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PAGE 5

Appendix A (Continued). Diet Diary Questionnaire

For Variables See Page 4 Diet Diary NUMBER OF SERVINGS FOOD & SERVING SIZE OFFICE USE ONLY Office Day 1 Day 2 Day 3 Day 4 Dairy (cont.) Only Only Only 1 2 3 4 5+ 1 2 3 4 5+ 1 2 3 4 5+ 1 2 3 4 5+ Milk, evaporated, ½ cup 00000 00000 00000 00000 canned Milkshake, chocolate, 1 2 3 4 5+ 1 2 3 4 5+ 1 2 3 4 5+ 1 2 3 4 5+ 8 oz. glass 00000 00000 00000 00000 fast-food 1 2 3 4 5+ 1 2 3 4 5+ 1 2 3 4 5+ 1 2 3 4 5+ 1 Tbs. Sour cream 00000 00000 00000 00000 300 1 2 3 4 5+ 1 2 3 4 5+ 1 2 3 4 5+ 00 1 2 3 4 5+ Yogurt, lowfat, ⅓ cup 00000 00000 00000 00000 235 pre-stirred fruit 1 2 3 4 5+ 1 2 3 4 5+ 1 2 3 4 5+ 0 = 0 1 2 3 4 5+ Yogurt, plain, ½ cup 00000 00000 00000 00000 low-fat OTHER DAIRY:

		00000	ÖÖ	00000	ÔÔ	00000	00	00000	00		600
		1 2 3 4 5+	0 × 0 0 × 0	1 2 3 4 5+	0 = 0 =	1 2 3 4 5+		1 2 3 4 5+	- O = O		600
		1 2 3 4 5+ 00000	0 = 0	1 2 3 4 5+	0.0	1 2 3 4 5+ 00000		1 2 3 4 5+	0 = 0 = 0 = 0 =		600
Breads, Cere	als,										
Grains, & Pa	ista										
Bagel, <i>plain</i>	ı e .	1 2 3 4 5+	000	1 2 3 4 5+	0.00	1 2 3 4 5+	0 20	1 2 3 4 5+ 00000	0 = 0		249
Biscuit, from refrigerated dough, baked	1	1 2 3 4 5+	0 2 0	1 2 3 4 5+	0 × 0 0 × 0	1 2 3 4 5+	0.0	1 2 3 4 5+	00		61
Bolillo bread	<u>-</u>	1 2 3 4 5+	0,0	1 2 3 4 5+	0 0	1 2 3 4 5+	0 = 0	1 2 3 4 5+	0 0 0		502
Bread, cracked wheat	1 slice	1 2 3 4 5+			0,0	1 2 3 4 5+	0 = 0	1 2 3 4 5+ 00000	0.0		248
Bread, rye	1 slice	1 2 3 4 5+		1 2 3 4 5+	00	1 2 3 4 5+	00	1 2 3 4 5+	0		64
Bread, white	l slice	1 2 3 4 5+		100000	0 × 0	100000	0.0	1 2 3 4 5+	0 0 0		58
Did you consume TEN	OR MORE			•	IF Y	ES, specify ite		- 9		Ex Food	A ood A
a	#s	ervings:	2 0	b				servings:		Ex-Food	- -
H H H H H H H H H H H H H H H H H H H		S. S.	IRA			itdate		Page 05		28770	
HHID	4	HIDFS									

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Granola cereal (ex: Nature Valley) Noodles, egg, boiled 1 cup 1 2 3 4 5	OOD & SERVING	SIZE			N	U M	BE:	R (ЭF	SERV	ΊN	G	S		OFFICE USE ONLY		
Corn Second Sec	Breads, Cereal	s,		Day 1		Ι	Day 2			Day 3			Day 4				
Bread, whole wheat	Grains, & Past	а				_		01	nly		On	ly		Only			
Stread, whole wheat 1 shoot 1	(cont.)		Ŀ			_	_'_	-		'_	<u> </u>	+		0 8			
Corn flakes	Bread, whole wheat	1 slice						\cap \mathbb{N}	N.		\ N	ŭ,		и м	62		
Corn flakes cup 0000 0000 0000 0000 0000 0000 0000 0000 0000 0000 0000 0000 0000 0000 0000 0000 0000 0000 0000 0000 0000 0000 0000 0000 0000 0000 0000 0000 0000 0000 0000 0000 0000 0000 0000 0000 0000 0000 0000 0000 0000 0000 0000 0000 0000 0000 0000 0000 0000 0000 0000 0000 0000 0000 0000 0000 0000 0000 0000 0000 0000 0000 0000 0000 0000 0000 0000 0000 0000 0000 0000 0000 0000 0000 0000 0000 0000 0000 0000 0000 0000 0000 0000 0000 0000 0000 0000 0000 0000 0000 0000 0000 0000 0000 0000 0000 0000 0000 0000 0000 0000 0000 0000 0000 0000 0000 0000 0000 0000 0000 0000 0000 0000 0000 0000 0000 0000 0000 0000 0000 0000 0000 0000 0000 0000 0000 0000 0000 0000 0000 0000 0000 0000 0000 0000 0000 0000 0000 0000 0000 0000 0000 0000 0000 0000 0000 0000 0000 0000 0000 0000 0000 0000 0000 0000 0000 0000 0000 0000 0000 0000 0000 0000 0000 0000 0000 0000 0000 0000 0000 0000 0000 0000 0000 0000 0000 0000 0000 0000 0000 0000 0000 0000 0000 0000 0000 0000 0000 0000 0000 0000 0000 0000 0000 0000 0000 0000 0000 0000 0000 0000 0000 0000 0000 0000 0000 0000 0000 0000 0000 0000 0000 0000 0000 0000 0000 0000 0000 0000 0000 0000 0000 0000 0000 0000 0000 0000 0000 0000 0000 0000 0000 0000 0000 0000 0000 0000 0000 0000 0000 0000 0000 0000 0000 0000 0000 0000 0000 0000 0000 0000 0000 0000 0000 0000 0000 0000 0000 0000 0000 0000 0000 0000 0000 0000 0000 0000 0000 0000 0000 0000 0000 0000 0000 0000 0000 0000 0000 0000 0000 0000 0000 00000 00000 00000 00000 00000 00000 000	sweetened (ex: Froot	l cup			N M			$\cap \mathbb{N}$	ı, W.		ე Ñ	¥,		00	72		
Corn grits, regular, cooked 1 cup 12 3 4 5 + 0 12 3 4 5 + 0 12 3 4 5 + 0 12 3 4 5 + 0 12 3 4 5 + 0 12 3 4 5 + 0 12 3 4 5 + 0 12 3 4 5 + 0 12 3 4 5 + 0 12 3 4 5 + 0 12 3 4 5 + 0 12 3 4 5 + 0 12 3 4 5 + 0 12 3 4 5 + 0 12 3 4 5 + 0 12 3 4 5 + 0 12 3 4 5 + 0 12 3 4 5 + 0 12 3 4 5 + 0 12 3 4 5 + 0 12 3 4 5 + 0 12 3 4 5 + 0 12 3 4 5 + 0 12 3 4 5 + 0 12 3 4 5 + 0 12 3 4 5 + 0 12 3 4 5 + 0 12 3 4 5 + 0 12 3 4 5 + 0 12 3 4 5 + 0 12 3 4 5 + 0 12 3 4 5 + 0 12 3 4 5 + 0 12 3 4 5 + 0 12 3 4 5 + 0 12 3 4 5 + 0 12 3 4 5 + 0 12 3 4 5 + 0 12 3 4 5 + 0 12 3 4 5 + 0 12 3 4 5 + 0 12 3 4 5 + 0 12 3 4 5 + 0 12 3 4 5 + 0 12 3 4 5 + 0 12 3 4 5 + 0 12 3 4 5 + 0 12 3 4 5 + 0 12 3 4 5 + 0 12 3 4 5 + 0 12 3 4 5 + 0 12 3 4 5 + 0 12 3 4 5 + 0 12 3 4 5 + 0 12 3 4 5 + 0 12 3 4 5 + 0 12 3 4 5 + 0 12 3 4 5 + 0 12 3 4 5 + 0 12 3 4 5 + 0 12 3 4 5 + 0 12 3 4 5 + 0 12 3 4 5 + 0 12 3 4 5 + 0 12 3 4 5 + 0 12 3 4 5 + 0 12 3 4 5 + 0 12 3 4 5 + 0 12 3 4 5 + 0 12 3 4 5 + 0 12 3 4 5 + 0 12 3 4 5 + 0 12 3 4 5 + 0 12 3 4 5 + 0 12 3 4 5 + 0 12 3 4 5 + 0 12 3 4 5 + 0 12 3 4 5 + 0 12 3 4 5 + 0 12 3 4 5 + 0 12 3 4 5 + 0 12 3 4 5 + 0 12 3 4 5 + 0 12 3 4 5 + 0 12 3 4 5 + 0 12 3 4 5 + 0 12 3 4 5 + 0 12 3 4 5 + 0 12 3 4 5 + 0 12 3 4 5 + 0 12 3 4 5 + 0 12 3 4 5 + 0 12 3 4 5 + 0 12 3 4 5 + 0 12 3 4 5 + 0 12 3 4 5 + 0 12 3 4 5 + 0 12 3 4 5 + 0 12 3 4 5 + 0 12 3 4 5 + 0 12 3 4 5 + 0 12 3 4 5 + 0 12 3 4 5 + 0 12 3 4 5 + 0 12 3 4 5 + 0 12 3 4 5 + 0 12 3 4 5 + 0 12 3 4 5 + 0 12 3 4 5 + 0 12 3 4 5 + 0 12 3 4 5 + 0 12 3 4 5 + 0 12 3 4 5 + 0 12 3 4 5 + 0 12 3 4 5 + 0 12 3 4 5 + 0 12 3 4 5 + 0 12 3 4 5 + 0 12 3 4 5 + 0 12 3 4 5 + 0 12 3 4 5 + 0 12 3 4 5 + 0 12 3 4 5 + 0 12 3 4 5 + 0 12 3 4 5 + 0 12 3 4 5 + 0 12 3 4 5 + 0 12 3 4 5 + 0 12 3 4 5 + 0 12 3 4 5 + 0 12 3 4 5 + 0 12 3 4 5 + 0 12 3 4 5 + 0 12 3 4 5 +	Corn flakes	1 cup	1		N W			0	L M			. ¥		H M	71		
1 piece 0 0 0 0 0 0 0 0 0	_	l cup			00	1		a = b	N N .		\sim 1 $^{\rm H}$	M		HW	53		
Cex. Rice Krispies Cup	· · · · · · · · · · · · · · · · · · ·	l piece		0000	00			~ 10	N ¥	0000		W.		H W	60		
Granola cereal (ex: Nature Valley) Noodles, egg, boiled 1 cup 1 2 3 4 5	•	1 cup			עו∵ א		000	0	N M	0000			00000	N I	75		
Car Nature Valley Car Ca	Gordita, prepared	ر ح			0	0			N M	1	0		00000	00	509		
Noodles, egg, boiled 1 cup 1 2 3 4 5 + 0 1 2 3 4 5 + 0 1 2 3 4 5 + 0 1 2 3 4 5 + 0 1 2 3 4 5 + 0 1 2 3 4 5 + 0 1 2 3 4 5 + 0 1 2 3 4 5 + 0 1 2 3 4 5 + 0 1 2 3 4 5 + 0 1 2 3 4 5 + 0 1 2 3 4 5 + 0 1 2 3 4 5 + 0 1 2 3 4 5 + 0 1 2 3 4 5 + 0 1 2 3 4 5 + 0 1 2 3 4 5 + 0 1 2 3 4 5 + 0 1 2 3 4 5 + 0 1 2 3 4 5 + 0 1 2 3 4 5 + 0 1 2 3 4 5 + 0 1 2 3 4 5 + 0 1 2 3 4 5 + 0 1 2 3 4 5 + 0 1 2 3 4 5 + 0 1 2 3 4 5 + 0 1 2 3 4 5 + 0 1 2 3 4 5 + 0 1 2 3 4 5 + 0 1 2 3 4 5 + 0 1 2 3 4 5 + 0 1 2 3 4 5 + 0 1 2 3 4 5 + 0 1 2 3 4 5 + 0 1 2 3 4 5 + 0 1 2 3 4 5 + 0 1 2 3 4 5 + 0 1 2 3 4 5 + 0 1 2 3 4 5 + 0 1 2 3 4 5 + 0 1 2 3 4 5 + 0 1 2 3 4 5 + 0 1 2 3 4 5 + 0 1 2 3 4 5 + 0 1 2 3 4 5 + 0 1 2 3 4 5 + 0 1 2 3 4 5 + 0 1 2 3 4 5 + 0 1 2 3 4 5 + 0 1 2 3 4 5 + 0 1 2 3 4 5 + 0 1 2 3 4 5 + 0 1 2 3 4 5 + 0 1 2 3 4 5 + 0 1 2 3 4 5 + 0 1 2 3 4 5 + 0 1 2 3 4 5 + 0 1 2 3 4 5 + 0 1 2 3 4 5 + 0 1 2 3 4 5 + 0 1 2 3 4 5 + 0 1 2 3 4 5 + 0 1 2 3 4 5 + 0 1 2 3 4 5 + 0 1 2 3 4 5 + 0 1 2 3 4 5 + 0 1 2 3 4 5 + 0 1 2 3 4 5 + 0 1 2 3 4 5 + 0 1 2 3 4 5 + 0 1 2 3 4 5 + 0 1 2 3 4 5 + 0 1 2 3 4 5 + 0 1 2 3 4 5 + 0 1 2 3 4 5 + 0 1 2 3 4 5 + 0 1 2 3 4 5 + 0 1 2 3 4 5 + 0 1 2 3 4 5 + 0 1 2 3 4 5 + 0 1 2 3 4 5 + 0 1 2 3 4 5 + 0 1 2 3 4 5 + 0 1 2 3 4 5 + 0 1 2 3 4 5 + 0 1 2 3 4 5 + 0 1 2 3 4 5 + 0 1 2 3 4 5 + 0 1 2 3 4 5 + 0 1 2 3 4 5 + 0 1 2 3 4 5 + 0 1 2 3 4 5 + 0 1 2 3 4 5 + 0 1 2 3 4 5 + 0 1 2 3 4 5 + 0 1 2 3 4 5 + 0 1 2 3 4 5 + 0 1 2 3 4 5 + 0 1 2 3 4 5 + 0 1 2 3 4 5 + 0 1 2 3 4 5 + 0 1 2 3 4 5 + 0 1 2 3 4 5 + 0 1 2 3 4 5 + 0 1 2 3 4 5 + 0 1 2 3 4 5 + 0 1 2 3 4 5 + 0 1 2 3 4 5 + 0 1 2 3 4 5 + 0 1 2 3 4 5 + 0 1 2 3 4 5 + 0 1 2 3 4 5 + 0 1 2 3 4 5 + 0 1 2 3 4 5 + 0 1 2 3 4 5 + 0 1 2 3 4 5 + 0 1 2 3 4 5 + 0 1 2 3 4 5 + 0 1 2 3 4 5 + 0 1 2 3 4 5 + 0 1 2 3 4 5 + 0 1 2 3 4 5 + 0 1 2 3 4 5 + 0 1 2 3 4 5 + 0 1 2 3 4 5 + 0		l cup	3	00000	O		000	00		0000			00000	00	76		
1 cup	Noodles, egg, boiled	1 cup	֓֞֜֜֜֜֓֓֓֓֓֓֟֟֝֟֓֓֟֟֟֓֓֓֓֓֟֟		∖ ĭ i	50	000	00	NW	0000			00000	00	69		
Muffin, English, plain, toasted 1 2 3 4 5 5 1 2 3 4 5 5 5 1 2 3 4 5 5 5 1 2 3 4 5 5 5 1 2 3 5 5 5 5 5 5 5 5 5		1 cup	11) N	ŭ lo		~ 1	¥ ()	0000		и и ОС	00000		507		
Did you consume TEN OR MORE SERVINGS of any of the above? IF YES, specify item and total servings:		1							H M	0000	00	00	00000		65		
Oat ring cereal (ex: Cheerios) 1 cup 1 2 3 4 5 + 0 0 1 2 3 4 5 + 0 0 1 2 3 4 5 + 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0		1		00000		Ö	000	00		0000	00	N W	00000	0	25		
Pancake from mix 1 1 2 3 4 5+ 0 1 2 3 4 5+ 0 1 2 3 4 5+ 0 1 2 3 4 5+ 0 1 2 3 4 5+ 0 1 2 3 4 5+ 0 1 2 3 4 5+ 0 1 2 3 4 5+ 0 1 2 3 4 5+ 0 1 2 3 4 5+ 0 1 2 3 4 5+ 0 1 2 3 4 5+ 0 1 2 3 4 5+ 0 1 2 3 4 5+ 0 1 2 3 4 5+ 0 1 2 3 4 5+ 0 1 2 3 4 5+ 0 1 2 3 4 5+ 0 1 2 3 4 5+ 0 1 2 3 4 5+ 0 1 2 3 4 5+ 0 1 2 3 4 5+ 0 1 2 3 4 5+ 0 1 2 3 4 5+ 0 1 2 3 4 5+ 0 1 2 3 4 5+ 0 1 2 3 4 5+ 0 1 2 3 4 5+ 0 1 2 3 4 5+ 0 1 2 3 4 5+ 0 1 2 3 4 5+ 0 1 2 3 4 5+ 0 1 2 3 4 5+ 0 1 2 3 4 5+ 0 1 2 3 4 5+ 0 1 2 3 4 5+ 0 1 2 3 4 5+ 0 1 2 3 4 5+ 0 1 2 3 4 5+ 0 1 2 3 4 5+ 0 1 2 3 4 5+ 0 1 2 3 4 5+ 0 1 2 3 4 5+ 0 1 2 3 4 5+ 0 1 2 3 4 5+ 0 1 2 3 4 5+ 0 1 2 3 4 5+ 0 1 2 3 4 5+ 0 1 2 3 4 5+ 0 1 2 3 4 5+ 0 1 2 3 4 5+ 0 1 2 3 4 5+ 0 1 2 3 4 5+ 0 1 2 3 4 5+ 0 1 2 3 4 5+ 0 1 2 3 4 5+ 0 1 2 3 4 5+ 0 1 2 3 4 5+ 0 1 2 3 4 5+ 0 1 2 3 4 5+ 0 1 2 3 4 5+ 0 1 2 3 4 5+ 0 1 2 3 4 5+ 0 1 2 3 4 5+ 0 1 2 3 4 5+ 0 1 2 3 4 5+ 0 1 2 3 4 5+ 0 1 2 3 4 5+ 0 1 2 3 4 5+ 0 1 2 3 4 5+ 0 1 2 3 4 5+ 0 1 2 3 4 5+ 0 1 2 3 4 5+ 0 1 2 3 4 5+ 0 1 2 3 4 5+ 0 1 2 3 4 5+ 0 1 2 3 4 5+ 0 1 2 3 4 5+ 0 1 2 3 4 5+ 0 1 2 3 4 5+ 0 1 2 3 4 5+ 0 1 2 3 4 5+ 0 1 2 3 4 5+ 0 1 2 3 4 5+ 0 1 2 3 4 5+ 0 1 2 3 4 5+ 0 1 2 3 4 5+ 0 1 2 3 4 5+ 0 1 2 3 4 5+ 0 1 2 3 4 5+ 0 1 2 3 4 5+ 0 1 2 3 4 5+ 0 1 2 3 4 5+ 0 1 2 3 4 5+ 0 1 2 3 4 5+ 0 1 2 3 4 5+ 0 1 2 3 4 5+ 0 1 2 3 4 5+ 0 1 2 3 4 5+ 0 1 2 3 4 5+ 0 1 2 3 4 5+ 0 1 2 3 4 5+ 0 1 2 3 4 5+ 0 1 2 3 4 5+ 0 1 2 3 4 5+ 0 1 2 3 4 5+ 0 1 2 3 4 5+ 0 1 2 3 4 5+ 0 1 2 3 4 5+ 0 1 2 3 4 5+ 0 1 2 3 4 5+ 0 1 2 3 4 5+ 0 1 2 3 4 5+ 0 1 2 3 4 5+ 0 1 2 3 4 5+ 0 1 2 3 4 5+ 0 1 2 3 4 5+ 0 1 2 3 4 5+ 0 1 2 3 4 5+ 0 1 2 3 4 5+ 0 1 2 3 4 5+ 0 1 2 3 4 5+ 0 1 2 3 4 5+ 0 1 2 3 4 5+ 0 1 2 3 4 5+ 0 1 2 3 4 5+ 0 1 2 3 4 5+ 0 1 2 3 4 5+ 0 1 2 3 4 5+ 0 1 2 3 4 5+ 0 1 2 3 4 5+ 0 1 2 3 4 5+ 0 1 2 3 4 5+ 0 1 2 3 4 5+ 0 1 2 3 4 5+ 0 1 2 3 4 5+ 0 1 2 3 4 5+ 0 1 2 3 4 5+ 0 1 2 3 4 5+ 0 1 2 3 4 5+ 0 1 2 3 4 5+ 0 1 2 3 4 5+ 0 1 2 3 4 5+ 0 1 2 3 4 5+ 0 1 2 3 4 5+ 0 1 2 3 4 5+ 0 1 2 3 4 5+ 0 1 2 3 4 5+ 0 1 2 3 4 5+ 0 1 2 3 4 5+ 0 1 2 3 4 5+ 0 1 2	_	l cup		00000	* O O		000	00	0	0000	00		00000		77		
Did you consume TEN OR MORE SERVINGS of any of the above? IF YES, specify item and total servings: EX -5UVO	· -	1 cup	\bigvee	0000	⊃ <u>ö</u>	0	000	00	00	0000	00	000	00000				
Ex-serva The fact	-			0000		0	000	00	Ö	50000	00	00	00000				
a. # servings: 5. # servings: 5.		EX-51	X	SERVING	S of a	ny o	of the ab	oove?	' IF	YES, specij	fy iter	.50	d total servin # servings:	gs:	Ex-Food.		

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Fo	r Var	196/45	5	ee Paj	90	4				Diet Diary	
FOOD & SERVING	I			UMBER			NG	S		OFFICE USE	ONLY
Breads, Cered Grains, & Pas (cont.)		Day 1	Office Use Only	Day 2	Office Use Only	Day 3	Office Use Only	Day 4	Office Use Only		
Pasta or macaroni, boiled	l cup	1 2 3 4 5+ 00000	0.0	1 2 3 4 5+ 00000	0 4 0	1 2 3 4 5+	000	1 2 3 4 5+	0 4 0		70
Raisin bran cereal	l cup	1 2 3 4 5+ 00000	0.0	1 2 3 4 5+ 00000	00	1 2 3 4 5+	0.0	1 2 3 4 5+	000		74
Rice, Spanish, cooked	½ cup	1 2 3 4 5+ 00000	0.00	1 2 3 4 5+ 00000	00	1 2 3 4 5+ 00000	0 < 0	1 2 3 4 5+	0.00		520
Rice, white, cooked	l cup	1 2 3 4 5+ 0000	0.0	1 2 3 4 5+	0.0	1 2 3 4 5+	0 = 0	1 2 3 4 5+ 0000	0.00		50
Roll, white	101	1 2 3 4 5+	0.0	1 2 3 4 5+	0.0	1 2 3 4 5+	0 = 0	1 2 3 4 5+	0.0		59
Shredded wheat cereal	l cup O	1 2 3 4 5+	0,0	1 2 3 4 5+	000	1 2 3 4 5+	0 = 0 •	1 2 3 4 5+ 00000	0 2 0		73
Tortilla, <i>corn</i>	1/2	1 2 3 4 5+	0.0	00000	0.0	1 2 3 4 5+ 00000	0.0	1 2 3 4 5+	0 0 0		526
Tortilla, <i>flour</i>	1	1 2 3 4 5+) ii	00000		1 2 3 4 5+	0=0	1 2 3 4 5+ 00000	00		63
Wheat cereal or farina, cooked	l cup	1 2 3 4 5+	0 .0	00000	0.0	1 2 3 4 5+	0.0	1 2 3 4 5+	0 0 0		52
OTHER Breads, Cereals, Grains, & Pasta: (More space p.26		1 2 3 4 5+	0 0 0 0 0 0	1 2 3 4 5+	0.0	1 2 3 4 5+	0.0	1 2 3 4 5+	0.0		610
		1 2 3 4 5+ 00000	0 0	100000	0 % 0	1 2 3 4 5+	0.0	1 2 3 4 5+ 00000	0.0		610
		1 2 3 4 5+	0.0		0.0	1 2 3 4 5+	0.0	1 2 3 4 5+	00		610
		1 2 3 4 5+	00	00000	00	00000	00	00000	0=0		610
		1 2 3 4 5+	00	1 2 3 4 5+		1 2 3 4 5+	00	00000	0.0		610
		1 2 3 4 5+	00	00000	00	00000	00	00000	00	i	610
Did you consume <u>TEN</u>	Ex	SERVINGS Sev V ervings:	of an	y of the above?) IF	YES, specify ite	EX	total servings	5:	EX FOO	
HHID	HH'	IDFS E	IRI]/ [vr	1/ ITDATE		Page		28918	

FOOD & SERVING	G SIZE		OFFICE USE ONLY							
Fruits		Day 1	Office Use Only	Day 2	Office Use Only	Day 3	Office Use Only	Day 4	Office Use Only	
Apple, <i>red</i> , raw	1	1 2 3 4 5+ 0000		1 2 3 4 5+	0 < 0	1 2 3 4 5+ 00000	000	1 2 3 4 5+	0 = 0	78
Applesauce, canned	½ cup	1 2 3 4 5+	0.0	1 2 3 4 5+	0 0 0	1 2 3 4 5+	0 . 0	1 2 3 4 5+	0.0	81:
Applesauce, bottled	½ cup	1 2 3 4 5+ 0000	0 N O	1 2 3 4 5+	0 4 0	1 2 3 4 5+ 00000	0.00	1 2 3 4 5+	0 1	84
Apricot, raw	1	1 2 3 4 5+ 0000	0 = 0	1 2 3 4 5+	000	1 2 3 4 5+	0.00	1 2 3 4 5+	10-1	25.
Banana, raw	1	1 2 3 4 5+	0 × 0	1 2 3 4 5+	0000	1 2 3 4 5+	0 × 0	1 2 3 4 5+	0 1	80
Cantaloupe, raw	1/8 () melon I	1 2 3 4 5+	0×0	1 2 3 4 5+	000	1 2 3 4 5+	10.0	1 2 3 4 5+	0.0	89
Cherries, sweet, raw	½ cup	1 2 3 4 5+ 0000	0 × 0 0	1 2 3 4 5+	00	1 2 3 4 5+	0.0	1 2 3 4 5+	0 7	94
Fruit cocktail, canned in heavy syrup	½ cup	1 2 3 4 5+ 0000	0.00	1 2 3 4 5+	00	1 2 3 4 5+	0 2 0	100000	00	87
Grapefruit, raw	1/2	1 2 3 4 5+	0 = 0	1 2 3 4 5+	0 0 0	1 2 3 4 5+ 0000	0.00	lannan	100	92
Grapes, purple/green, seedless, raw	½ cup	1 2 3 4 5+ 00000	0 0 0	1 2 3 4 5+	0.0	1 2 3 4 5+	0 × 0	1 2 3 4 54	100	88
Lime, raw	1/2	1 2 3 4 5+		1 2 3 4 5+) × () × ()	1 2 3 4 5+	0 . 0	1 2 3 4 54	100	511
Mango	1/2	1 2 3 4 5+	000	100000		100000	0 . 0	10000	1~~~	51
Orange, raw	1	1 2 3 4 5+	0 0 0	1 2 3 4 54		1 2 3 4 5+	0 0 0 0	1 2 3 4 5		79
Peach, canned in light/medium syrup	½ cup	1 2 3 4 5+	0,0	1 2 3 4 54		loooo	0 2 0		~ ~	25
Peach, raw	1	1 2 3 4 5+	0 0 0	1 2 3 4 54			0 0 0	1 2 3 4 5-	100	1 83
Did you consume TEN				of the above	? <i>IF</i> :				s: Ex	-fooda,
a		crvings:		b		Exser	_	servings:	J	x-Foodb

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OOD & SERVING SIZE NUMBER OF SERVINGS											
Envita (aa	24 · \	Day 1	Office Use	Day 2	Office Use	Day 3	Office Use	Day 4	Office Use		
Fruits (co	nı.)		Only		Only		Only		Only		
Pear, canned in <u>light</u> syrup	½ cup	1 2 3 4 5+ 0000	00	1 2 3 4 5+	0.0	1 2 3 4 5+	00	1 2 3 4 5+	0 .0		
Pear, raw	1	1 2 3 4 5+ 00000	0.0	1 2 3 4 5+ 00000	0*0	1 2 3 4 5+	0.0		00		
Pineapple, canned in juice	½ cup	1 2 3 4 5+ 0000	0 = 0	1 2 3 4 5+	0 = 0	1 2 3 4 5+	0 × 0	1 2 3 4 5+			
Plum, raw	1	1 2 3 4 5+	0.0	1 2 3 4 5+	0 × 0	1 2 3 4 5+	0 = 0	1 2 3 4 5+	0 = 0		
rune, dried	½ cup	1 2 3 4 5+	0.0	1 2 3 4 5+	0 = 0	1 2 3 4 5+	0.0	1 2 3 4 5+) 0×0 0×0		
Raisins, dried	l oz. or small pack	1 2 3 4 5+ 00000) x ()	1 2 3 4 5+	0.0	1 2 3 4 5+	0 .0	1 2 3 4 5+	000		
trawberry, raw	½ cup	1 2 3 4 5+	0 = 0	1 2 3 4 5+	0 = 0	1 2 3 4 5+	0.0	1 2 3 4 5+	0 2 0		
Vatermelon, raw	1 slice	1 2 3 4 5+	0 0	1 2 3 4 5+	0 = 0	1 2 3 4 5+	0 = 0	1 2 3 4 5+	0 2 0		
THER FRUITS: dditional space on p. 26)	70	1 2 3 4 5+	0.0	1 2 3 4 5+		1 2 3 4 5+	0 2 0	1 2 3 4 5+	- 0 - 0		
	3	1 2 3 4 5+	00 00	1 2 3 4 5+	00	1 2 3 4 5+	0.0	1 2 3 4 5+	0.0		
	15	1 2 3 4 5+	00	1 2 3 4 5+		1 2 3 4 5+	00	1 2 3 4 5+	0 * 0		
		1 2 3 4 5+	00	00000) 0 k 0 k	1 2 3 4 5+		1 2 3 4 5+	0 2 0		
		1 2 3 4 5+	00	1 2 3 4 5+	00	1 2 3 4 5+	0.0	1 2 3 4 5+	0×0		
		1 2 3 4 5+	00	00000		1 2 3 4 5+	0.0	1 2 3 4 5+	0,0		
		1 2 3 4 5+	00	00000	00	00000	00	1 2 3 4 5+	0.0		
Did you consume <u>TEN</u>	(SERVINGS X - Severyings:			IF Y		5 X -	total servings:	· >	Ex-FOOD	

OOD & SERVING	G SIZE		N	U MBER	01	F SERVI	NO	SS		OFFICE USE ON	
Vegetables	· &		Office Use	Day 2	Office Use	Day 3	Office Use	Day 4	Office Use		
Beans			Only		Only		Only		Only		
Asparagus, fresh/frozen, boiled	½ cup	loooool	0=0	1 2 3 4 5+	0.0	1 2 3 4 5+	0 0		0 * 0 •	1	
Avocado, raw	1/4	laanaal	0 × 0 • 0 × 0 •	1 2 3 4 5+ 0000	0.0	1 2 3 4 5+	0 = 0	1 2 3 4 5+	0.0	g	
Beans, baked, canned	⅓ cup	00000	0 = 0	1 2 3 4 5+	0,0	1 2 3 4 5+	0.00		0 = 0 = (8	
Beans, kidney, dry, hoiled	½ cup	loooool	0 # 0	1 2 3 4 5+	0,00	1 2 3 4 5+	0.00		0 4 0	2	
Beans, lima, immature, frozen, boiled	½ cup	1 2 3 4 5+	00	1 2 3 4 5+	00	1 2 3 4 5+	00	1 2 3 4 5+		4	
Beans, pinto, dry, boiled	½ cup	1 2 3 4 5+		1 2 3 4 5+	0 0 0	1 2 3 4 5+	0.0	1 2 3 4 5+	0 0 0	3	
Beans, Pork and, canned	½ cup	1 2 3 4 5+	0 0 0	1 2 3 4 5+	00	1 2 3 4 5+	0 < 0	1 2 3 4 5+	0 = 0 =	3	
Beans, refried	½ cup	1 2 3 4 5+	0×0	1 2 3 4 5+	0 0 0	1 2 3 4 5+	0 × 0	1 2 3 4 5+	0 20	5	
Beans, snap green, fresh/frozen, boiled	½ cup	1 2 3 4 5+ 0000	-0=0 -0=0	1 2 3 4 5+	00	1 2 3 4 5+	0.0	1 2 3 4 5+	0 = 0		
Beans, snap green, canned	½ cup	1 2 3 4 5+	-0×0 -0×0	1 2 3 4 5+ 0000	00	1 2 3 4 5+	00	1 2 3 4 5+	0 < 0	8	
Beets, fresh/frozen, boiled	½ cup	1 2 3 4 5+	0 = 0	1 2 3 4 5+	0 × 0	1 2 3 4 5+	0.00	1 2 3 4 5+	0 = 0	2	
Beets, canned	½ cup	1 2 3 4 5+		1 2 3 4 5+		1 2 3 4 5+	0 = 0	1 2 3 4 5+	0 = 0		
Broccoli, fresh/frozen, boiled	½ cup	1 2 3 4 5+	0		0.0	1 2 3 4 5+			0 = 0		
Brussels sprouts, fresh/frozen, boiled	½ cup	1 2 3 4 5+	0 = 0	1 2 3 4 5+	0 × 0	1 2 3 4 5+		1 2 3 4 5+	0 .0		
Cabbage, fresh, boiled	½ cup	1 2 3 4 5+	0 × 0	loooo	0 = 0	1 2 3 4 5+	0 k O	1 2 3 4 5+	0.00		
Did you consume <u>TEN</u> (OR MORE	EX-Ser) IF			total servings.		Ex-Food	
a	# se	ervings:		b			#	servings:		Jan July	

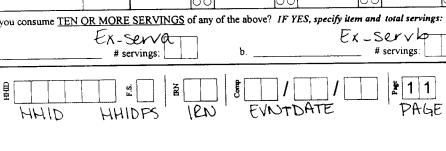
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Appendix A (Continued). Diet Diary Questionnaire

For Variables See Page 4

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FOOD & SERVING	SIZE		NU	MIDER	UI	SERVI				OFFICE USE ONLY
Vegetables	&	Day	Office Use	Day 2	Office Use	Day 3	Office Use	Day 4	Office Use	
Beans (con			Only		Only		Only		Only	
Carrot, fresh, boiled	½ cup			1 2 3 4 5+	0,00	1 2 3 4 5+	0=0	1 2 3 4 5+	0.0	259
Cauliflower, fresh/frozen, boiled	½ cup	1 2 3 4 5+	00	1 2 3 4 5+ 0000	00	1 2 3 4 5+	00	1 2 3 4 5+		116
Celery, raw	½ stalk	1 2 3 4 5+	0 = 0	1 2 3 4 5+	000	1 2 3 4 5+	00	1 2 3 4 5+	0 = 0	114
Coleslaw w/dressing, homemade	½ cup	1 2 3 4 5+	-0=0 -0=0	1 2 3 4 5+	0 × 0	1 2 3 4 5+	0 % 0	00000	0 = 0	I III
Collards, fresh/frozen, boiled	½ cup	1 2 3 4 5+	• • • •	1 2 3 4 5+	00	looooo	0.0	loogoo	0 20	108
Corn, fresh/frozen, boiled	½ cup	1 2 3 4 5+		1 2 3 4 54	100	loogo	1	lanana		54
Corn, canned	½ cup	1 2 3 4 5+	00	1 2 3 4 5		100000	- O C	loogo		806
Corn, cream style, canned	½ cup	1 2 3 4 5+	00	loooc	1	loooo	1	100000	000	5£
Corn, yellow, kernel, dry	½ cup	1 2 3 4 5+		lanaac	1 - 1	llaanac	+ 00			506
Cucumber, raw	½ cup	1 2 3 4 5+		looooc	1 - '	Hooooc	1 "	ilaaaaa		12
Eggplant, fresh, boiled	⅓ cup	1 2 3 4 5+	100	Magaaa	1 -	Tooooc	+ 00	•looooo	-00	26
French fries, frozen, heated	½ cup	1 2 3 4 54		Magaaa	1	41aaaaa	0	00000	1	
French fries, fast-food	½ cup	1 2 3 4 5-	, 00	00000	+ 0	50000		00000	+ OC	25
Lettuce, iceburg,	½ cup	1 2 3 4 5	+ 0 (1 2 3 4 5		$\bigcirc 1 2 3 4 5$		$\bigcirc 1 \ 2 \ 3 \ 4 \ 5 $	+ 00	
Mushrooms, canned		00000) N		0) <mark>"</mark>	00000		u ! u
Did you consume <u>TEN</u>			of ar	ny of the abov	e? <i>IF</i>				gs:	14x+took
a		servings:		b			(X -	# servings:		X- FOOK



For	Varab	iles Se	e P	age 4						PAGE 12 Diet Diary
FOOD & SERVING	G SIZE		N	UMBER	OI	F SERVI	NG	S		OFFICE USE ONLY
Vegetables	i	Day 1	Office Use Only	Day 2	Office Use Only	Day 3	Office Use Only	Day 4	Office Use Only	
Beans (cor	nt.)	/	1, 10	/		/		/		ļ
Mushrooms, raw	½ cup	1 2 3 4 5+ 0000	0 0 0	1 2 3 4 5+ 00000	0 0 0 0 0	1 2 3 4 5+	0 0 0	1 2 3 4 5+ 0000	0 * 0	26
Nopalito (cactus pad)	½ cup	1 2 3 4 5+ 00000	0.0 0.0	1 2 3 4 5+	0,0	1 2 3 4 5+ 00000		1 2 3 4 5+	000	51
Okra, fresh/frozen, boiled	⅓ cup	1 2 3 4 5+ 00000	000	1 2 3 4 5+	0.0	1 2 3 4 5+	0.0	1 2 3 4 5+	0.00	26
Onion, mature,	¼ medium	1 2 3 4 5+	0.0	1 2 3 4 5+	0 × 0	1 2 3 4 5+	0.00	1 2 3 4 5+	0.0.0	12
Peas, green, canned	½ cup	1 2 3 4 5+ 00000	0 = 0	1 2 3 4 5+	0 = 0	1 2 3 4 5+	0.00	1 2 3 4 5+	00	80
Peas, green, fresh/frozen, boiled	½ cup	1 2 3 4 5+	0.0	1 2 3 4 5+) u	1 2 3 4 5+	00	1 2 3 4 5+	0.0	41
Peas, mature, dry, boiled	½ cup	1 2 3 4 5+ 00000	0 = 0	1 2 3 4 5+	0.0	1 2 3 4 5+	00	1 2 3 4 5+	0 = 0	2
Pepper, hot chili, raw (Serrano)	1/4 medium	1 2 3 4 5+	0 0 0	1 2 3 4 5+	0 = 0	loogoo) W	1 2 3 4 5+	0 0 0	1 5
Pepper, sweet bell, green, raw	1/4 medium	1 2 3 4 5+	0,00	loogo		loonoo	00	1 2 3 4 5+		
Potato, white, baked in skin	1	1 2 3 4 5+	000	100000	00	loooo	N N	100000	0.0	
Potato, white (home fries)	½ cup	1 2 3 4 5+) × ()	100000	~ ~	loooo	0 4 0	loogoo	0 = 0	
Potatoes, mashed, from instant	½ cup	1 2 3 4 5+	0 = 0	Japana	1	100000	0 × 0	loooo	1	
Potatoes, peeled, boiled	½ cup	1 2 3 4 54	0 0	Hoooo		100000		100000	00	
Potatoes, scalloped, homemade	½ cup	1 2 3 4 5	1 -	Haaaaa	1 - 7	1 2 3 4 54		100000	- U	
Radish, raw	1	1 2 3 4 5-		Hooooc				Jaaaaa	1	
Did you consume <u>TEN</u>			of an	y of the above	? <i>IF</i>		-	1		Tex-Food
a		ervings:		b				SLVV # servings:		Ex FOOD
■ PHID		is	\$ [EN E]/[]	/		2	29151

OOD & SERVING	1	Varia	NU	JMBER	OI	SÉRVI	ING	SS		OFFICE USE ONL	Υ.
Vegetables	&	Day 1	Office Use	Day 2	Office Use	Day 3	Office Use	Day	ffice se		
Beans (con			Only		Only		Only		nly		
Sauerkraut, canned	½ cup	1 2 3 4 5+	0=0	1 2 3 4 5+ 00000	0 = 0	1 2 3 4 5+	0.0	1000001*		11	12
Spinach, canned	½ cup	1 2 3 4 5+	0=0	1 2 3 4 5+	0.0	1 2 3 4 5+	0.0	00000		86	302
Spinach, fresh/frozen, boiled	½ cup	1 2 3 4 5+	0.0	1 2 3 4 5+	00	1 2 3 4 5+	0 0 0				10
Squash, summer, raw/frozen, boiled	½ cup	1 2 3 4 5+	0.0	1 2 3 4 5+	0.0	1 2 3 4 5+	0 . 0	loogooli	0.0	1	12-
Squash, winter (Hubbard or acorn), raw/frozen, cooked	½ cup	1 2 3 4 5+	0.0	1 2 3 4 54	1~ ~	1 2 3 4 5+	0 = 0				12
Sweet potato, baked in skin	19-	1 2 3 4 5+	0.0	looooo		loooo		00000			14
Tomato, raw	½ cut	1 2 3 4 5+	0,0	loooo	1	loooo		1 2 3 4 5+			11
Tomato sauce, canned	½ cup	1 2 3 4 54	0 × 0	loogo) 00	loooo	1	loonani			8
Tomato sauce, plain, bottled	½ cup	1 2 3 4 5	1~~	10000	-	Haaaac	1	00000			t
Tomatoes, canned	½ cup	1 2 3 4 5	00	00000		looood	()	1 2 3 4 5+	00		8
Tomato, stewed, canned	½ cup	1 2 3 4 5		1 2 3 4 5	, ,	Jacoba	- \	Joognal	00		2
Turnip, fresh/frozen, boiled	½ cup	1 2 3 4 5		00000	1	500000		500000	0 = 0		2
Vegetables, mixed, canned	½ cup	1 2 3 4 5	10 \	1 2 3 4 5	i+ 0 (0 1 2 3 4 5	i+ 0 (0 1 2 3 4 5+	0.0		8
Vegetables, mixed, frozen, boiled	½ cup	1 2 3 4 5		1 2 3 4 5		00000			0 = 0		
OTHER VEGETABLES (Additional space on p. 26)		_00000) N		0 0	00000			00		
Did you consume TEN	Ex-5	E SERVING SEVV O servings:	S of a	ny of the abov		YES, specify i			:		 F

	For	Var	iak	bles	Se	e Pag.	ا ہے	1	PAGE 14 Diet Diary
FOOD & SERVING	G SIZE		N	UMBER	O]	F SEŔVI	(NC	GS	OFFICE USE ONLY
Eggs, Fish Meat	, &	Day 1	Office Use Only	Day 2	Office Use Only	Day 3	Office Use Only	Day 4 Office Use Only	
Egg, scrambled	1	1 2 3 4 5+	0 = 0	1 2 3 4 5+	0.00	1 2 3 4 5+	0 = 0	1 2 3 4 5+ OC	35
Egg, fried	1	1 2 3 4 5+	-0±0 0±0	1 2 3 4 5+	000	1 2 3 4 5+ 0000	0 = 0	1 2 3 4 5+ 00	1
Egg, boiled	1	1 2 3 4 5+	• 0 ¥ 0 • 0 × 0	1 2 3 4 5+	000	1 2 3 4 5+	0 = 0	1 2 3 4 5+ 00	1 37
Beef, chuck roast, baked	4 - 6 oz.	1 2 3 4 5+	-0=0 •0×0	1 2 3 4 5+ 0000	0,00	1 2 3 4 5+	0 = 0	1 2 3 4 5+ 0 C	†
Beef, ground, regular hamburger	1	1 2 3 4 5+	0 < 0	1 2 3 4 5+	0.0	1 2 3 4 5+	0 = 0	10 1	13
Beef, loin/sirloin steak, pan cooked	4 - 6 oz.	1 2 3 4 5+	* O * O	1 2 3 4 5+	0,0	1 2 3 4 5+	0 = 0	1 2 3 4 5+ 00	16
Bologna	l slice	1 2 3 4 5+ 00000		1 2 3 4 5+ 0000	0 0 0	1 2 3 4 5+	0 = 0	10 1	29
Chicken breast, roasted	½ or 4 - 6 oz.	1 2 3 4 5+	0 = 0	1 2 3 4 5+	000	1 2 3 4 5+	0 = 0	1 2 3 4 5+ 00	240
Chicken, fried, homemade	4 - 6 oz.	1 2 3 4 5+ 00000	0 0 0	1 2 3 4 5+	0 0 0	1 2 3 4 5+ 00000	0.0.0	1 2 3 4 5+	24
Chicken, fried, fast-food	4 - 6 oz.	1 2 3 4 5+ 0000	0 .0	1 2 3 4 5+ 0000	0.0	1 2 3 4 5+) 0 × 0	1 2 3 4 5+ 00	242
Chicken nuggets, fast-food	4 - 6 oz.	1 2 3 4 5+ 0000	0 0 0	1 2 3 4 5+	0 = 0	1 2 3 4 5+	0 × 0	1 2 3 4 5+ 00	241
Chorizo (Spanish sausage)	⅓ cup	1 2 3 4 5+ 0000	0.0	1 2 3 4 5+	0 . 0	1 2 3 4 5+) = O = O	10 1	505
Fish sticks, commercial, frozen, heated	4 - 6 oz.	1 2 3 4 5+ 0000	0 .0	1 2 3 4 5+ 00000	0.0	1 2 3 4 5+	0 = 0 = 0	1 2 3 4 5+ 00 N H	34
Haddock, pan cooked	4 - 6 oz.	1 2 3 4 5+ 0000	0 0 0	1 2 3 4 5+	0.00	1 2 3 4 5+) - -	1 2 3 4 5+	243
Ham, baked	4 - 6 oz.	1 2 3 4 5+ 0000	0 × 0	1 2 3 4 5+	0 2 0	1 2 3 4 5+) 0 × 0	1 2 3 4 5+	17
Did you consume TEN (DR MORE Ex - ろし			of the above?		_	n and		Ex-Foota
a		rvings:		b				servings:	Ex-Foods
HHID			3 C	County C		// TDATE		2 1 4 DAGE	29232

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FOOD & SERVING	G SIZE	For	NI	UMBER	OI	SERVI	NO	S		OFFICE USE ONLY
Eggs, Fish		Day 1	Office Use	Day 2	Office Use	Day 3	Office Use	Day 4	Office	STITULE USE ONE
Meat (con			Only		Only		Only		Use Only	
Ham luncheon meat, sliced	1 slice	1 2 3 4 5+	0,0	1 2 3 4 5+	00	1 2 3 4 5+	0=0	1 2 3 4 5+	0 10	23
Ham spread, canned	1 - 2 oz.	1 2 3 4 5+	0 .0	1 2 3 4 5+ 00000	0.0	1 2 3 4 5+	0 0 0	1 2 3 4 5+	0 0 0	82
Hot dog, beef, boiled	1	1 2 3 4 5+	00	1 2 3 4 5+ 00000	00	1 2 3 4 5+	0 = 0	1 2 3 4 5+	0 2 0	1
Lamb chop, pan cooked	1	1 2 3 4 5+	0.00	1 2 3 4 5+ 00000	0 % 0	1 2 3 4 5+	0 0 0	1 2 3 4 5+ 00000	0 0 0	22
Liver (beef/calf), pan fried	3 - 4 oz.	1 2 3 4 5+	0.0	1 2 3 4 5+	0 = 0	1 2 3 4 5+	0 * 0	1 2 3 4 5+	0 1	1 1 1 . 2
Machaca (dried beef)	3 - 4 oz.	1 2 3 4 5+	00	1 2 3 4 5+	0 0 0	1 2 3 4 5+	0.00	1 2 3 4 5+	000	
Pork, bacon, pan cooked	1 slice	1 2 3 4 5+	00	1 2 3 4 5+	0 .0	1 2 3 4 5+	0 = 0	1 2 3 4 5+	00	
Pork chop, pan cooked	1	1 2 3 4 5+	00	1 2 3 4 5+	0.00	1 2 3 4 5+	0 = 0	1 2 3 4 5+	0 0 0	
Pork roast, baked	4 - 6 oz.	1 2 3 4 5+	100		0.0	1 2 3 4 5+	0 = 0	1 2 3 4 5+	000	1 i i 2
Pork sausage, pan cooked	1	1 2 3 4 5+			0.0	1 2 3 4 5+	0 2 0	1 2 3 4 5+	0 = 0	
Salami, sliced	l slice	1 2 3 4 5+	0 = 0		0 . 0	1 2 3 4 5+	0	1 2 3 4 5+	000	
Sardines, canned	3 - 4 oz.	1 2 3 4 5+	17.7	100000	0 . 0	1 2 3 4 5+	0 4 0	1 2 3 4 5+	0 = 0	
Shrimp, boiled	3 - 4 oz.	1 2 3 4 5+		00000	0 * 0	loooo	0 10 0		0 % 0	
Tuna, canned in oil	3 - 4 oz.	1 2 3 4 54	00	00000	1	1 2 3 4 5+	0.0	1 2 3 4 5+	1	
Turkey breast, oven roasted	4 - 6 oz.	1 2 3 4 5+		1 2 3 4 5+	0 = 0		0 × 0	1 2 3 4 5+	0 2 0	
Did you consume <u>TEN</u> a.	Ex-S	E SERVINGS EVV ervings:	of any	y of the above?) IF	YES, specify üe Ex _50	\ \ \		s:	Ex-Food
HHID		E NE		Comp]/[1		ž 1 5		29274

FOOD & SERVING		•		UMBER	Oi	SERVI	NO	25		OFFICE USE ONLY
Eggs, Fish		Day 1	Office	Day 2	Office	Day 3	Office	Day 4	Office	OTTICE USE ONE
Meat (con	-		Use Only	/	Use Only		Use Only		Use Only	
Veal cutlet, pan cooked	4 - 6 oz.	1 2 3 4 5+ 00000	0 . 0	1 2 3 4 5+	0 2 0	1 2 3 4 5+	0 0 0	1 2 3 4 5+	0 = 0 =	23
Vienna sausage, canned	4 - 6 oz.	1 2 3 4 5+ 0000	0 0 0	1 2 3 4 5+	0.00	1 2 3 4 5+ 00000	0.0	1 2 3 4 5+) = 0 = 0 0 = 0 = (82
OTHER EGGS, FISH, & MEAT: (Addtl. space p. 26)	م ار	1 2 3 4 5+	0 .0	1 2 3 4 5+	0 0 0	1 2 3 4 5+ 00000	0 0 0	1 2 3 4 5+)-0±0 0±0-(64
	- O	1 2 3 4 5+ 00000	0 = 0	1 2 3 4 5+	0.00	1 2 3 4 5+ 0000	0 = 0	1 2 3 4 5+	0 = 0 = 0	64
	700	1 2 3 4 5+	00	1 2 3 4 5+	000	1 2 3 4 5+ 0000	0.0	1 2 3 4 5+	0 = 0	64
		1 2 3 4 5+	0.0	1 2 3 4 5+	0,0	1 2 3 4 5+	0.0	1 2 3 4 5+ 0000	0 = 0 =	64
Main Dishes Prepared Me		ta N Exilographi	***************************************	•	.		·			
Barbacoa (prepared beef dish)	4 - 6 oz.	1 2 3 4 5+	00	1 2 3 4 5+	0.0	1 2 3 4 5+	0	1 2 3 4 5+	0 × 0	50
Beef stroganoff, homemade	l cup	1 2 3 4 5+	0 = 0	1 2 3 4 5+	0 0 0	1 2 3 4 5+	0 2 0	1 2 3 4 5+ 0000	0 2 0	26
Boullion, beef,	1 cup	1 2 3 4 5+ 00000	0 × 0	1 2 3 4 5+	0 0 0	1 2 3 4 5+	0.0	1 2 3 4 5+	0 × 0	80
Caldo (Mexican beef stew)	1 cup	1 2 3 4 5+	0 2 0	1 2 3 4 5+ 00000	0 0 0	1 2 3 4 5+ 00000	0.00	1 2 3 4 5+	0 = 0	50
Casserole, tuna noodle, homemade	2 cup	1 2 3 4 5+ 0000	0 0 0	1 2 3 4 5+ 00000	0.0	1 2 3 4 5+	0 × 0	1 2 3 4 5+	0 0 0	27
Chile con carne, beef & beans, canned	l cup	1 2 3 4 5+ 00000	0 %		0.0	1 2 3 4 5+	 	1 2 3 4 5+		8.
Chile con carne w/ beans, homemade	1 cup	1 2 3 4 5+	0 0 0	1 2 3 4 5+	0 0 0	1 2 3 4 5+	0 = 0	1 2 3 4 5+		27
Chow mein, beef, from carry-out	l cup	1 2 3 4 5+	0 0 0 0	1 2 3 4 5+	10.0	1 2 3 4 5+	0 = 0	1 2 3 4 5+) () () () ()	28
	Ex-se	×Va	of any			ES, specify ites	m and	vb		EX Food
a	# se	ervings:		b	-		#	servings:		Fox
HHID HHID		HIDFS	Z	RN EV		1		1	6	29320

For	- Var	iables	-	See Pa	90	4				PAGE 17 Diet Diary
FOOD & SERVIN	G SIZE		N	UMBER	O	F SERV	N(SS		OFFICE USE ON
Main Dishes/Pr	epared	Day 1	Office Use Only	Day 2	Office Use Only	Day 3	Office Use	Day 4	Office Use	
Meals (cont.)		/	5,		Omy		Only		Only	
Clam chowder, New England, canned, made w/ milk	l cup	1 2 3 4 5+ 00000	0.0	1 2 3 4 5+ 00000	0 . 0	1 2 3 4 5+	0 = 0	1 2 3 4 5+	0 % 0	
Egg, cheese & ham on English muffin, fast-food	1	1 2 3 4 5+	0.0	1 2 3 4 5+	00	1 2 3 4 5+)-0=0)-0=0	1 2 3 4 5+ 00000		
Fajita, beef	1	1 2 3 4 5+	0 * 0	1 2 3 4 5+ 0000	0 * 0	1 2 3 4 5+	0 = 0 •	1 2 3 4 5+	0.0	
Fish sandwich on bun, fast-food	1	1 2 3 4 5+	•0•0 0•0	1 2 3 4 5+	0 0 0	1 2 3 4 5+	0 = 0	1 2 3 4 5+	0 = 0	
Frozen dinner: salisbury steak, heated	1 [1 2 3 4 5+	0 0 0	1 2 3 4 5+	0 0 0	1 2 3 4 5+	0×0 0=0•	1 2 3 4 5+ 0000	0 = 0	2
Frozen dinner: turkey, heated	1 C	1 2 3 4 5+	00 00	1 2 3 4 5+	0 = 0	1 2 3 4 5+	0 = 0	1 2 3 4 5+ 0000	0 2 0	
Green pepper, stuffed, homemade	100	1 2 3 4 5+	00	1 2 3 4 5+	-0=0 0=0	1 2 3 4 5+	0 .0	1 2 3 4 5+ 0000	0 2 0	
Hot dog on bun, fast-food		1 2 3 4 5+ 00000	0 . 0	1 2 3 4 5+	0 = 0 = 0 = 0 =	1 2 3 4 5+	0=0	1 2 3 4 5+ 0000	0 2 0	
Lasagna with meat, homemade	l piece	1 2 3 4 5+	0 = 0	1 2 3 4 5+	0 × 0 0 × 0	1 2 3 4 5+ 0000	0 = 0	1 2 3 4 5+ 0000	0 0 0	
Macaroni & cheese, from box mix	l cup	1 2 3 4 5+ 0000	0 = 0	1 2 3 4 5+	0 = 0 =	1 2 3 4 5+ 0000	0 0 0	1 2 3 4 5+ 0000	0,0	
Meatloaf, homemade	l slice	1 2 3 4 5+ 00000	0 = 0 -	1 2 3 4 5+	0×0• 0×0•	1 2 3 4 5+ 0000	00	1 2 3 4 5+ 00000	0.0	
Pizza, cheese, regular crust, from carry-out	l slice	1 2 3 4 5+ 00000	0.0		0 = 0 = 0 = 0 =	1 2 3 4 5+ 00000	0	1 2 3 4 5+ 0000	0 0 0	2
Pizza, cheese & pepperoni, regular crust, from carry-out	l slice	1 2 3 4 5+ 00000	0 × 0 •	1 2 3 4 5+ 00000	0.0	1 2 3 4 5+ 0000	0 0 0	1 2 3 4 5+	0 . 0	
Pollo en Mole, roasted	4 - 6 oz.	1 2 3 4 5+ 0000	0=0	1 2 3 4 5+	0 = 0 =	1 2 3 4 5+		1 2 3 4 5+ 0000	0	
										Ex-food
Did you consume <u>TEN (</u>		SERVINGS O	of any	of the above?	IF Y	ES, specify iten Ex_3				P.V. Jacob
a		rvings:		b		CX-		servings:		FX + TOOL
B HHID	I-JH1 Si	DES U	ZN	B EVNT	\[\[/_		217 PA4E		10364

FOOD & SERVING	SIZE		N	JMBER	OI	F SERVI	NG	S		OFFICE USE ONLY
Main Dishes/ Pre Meals (cont.)	pared	Day	Office Use Only	Day 2	Office Use Only	Day 3	Office Use Only	Day 4	Office Use Only	
Taco or tostada, from carry-out	1	00000	0 . 0	1 2 3 4 5+ 00000	0.0	1 2 3 4 5+	0 0 0	1 2 3 4 5+ 0000	- 0 = 0	279
Tamale, with or without meat	1	00000	0 = 0 = 0 = 0 =	1 2 3 4 5+ 0000	0 = 0	1 2 3 4 5+	0 . 0	1 2 3 4 5+	0.0	523
Potpie, chicken, frozen, heated	1	1 2 3 4 5+	0 × 0	1 2 3 4 5+	0 .0	1 2 3 4 5+	0.00	1 2 3 4 5+	0.0	15
Quarter-pound hamburger on bun, fast-food	1	1 2 3 4 5+ 0000	0 0 0	1 2 3 4 5+	0 = 0	1 2 3 4 5+) ×	1 2 3 4 5+	0 = 0	14
Quarter-pound cheeseburger on bun, fast-food	1	1 2 3 4 5+ 00000		1 2 3 4 5+	00	1 2 3 4 5+	0 4 0	1 2 3 4 5+	0 0 0	27
Sloppy Joes w/ Beef, canned	l cup	1 2 3 4 5+ 0000	0.0	1 2 3 4 5+	0,0	1 2 3 4 5+ 0000	000	1 2 3 4 5+	0,0	82
Spaghetti, homemade	l cup	1 2 3 4 5+ 0000	• O ≥ O	1 2 3 4 5+	0.0	1 2 3 4 5+	00	1 2 3 4 5+	0 * 0	14
Spaghetti w/ tomato sauce, canned	1 cup	1 2 3 4 5+ 00000	0 = 0	1 2 3 4 5+	0.0	1 2 3 4 5+	0 = 0	1 2 3 4 5+	0 2 0	14
Sopa Seca de Fideo (noodle soup)	l cup	1 2 3 4 5+	0 × 0	1 2 3 4 5+		loopoo	0.0	1 2 3 4 5+	0 = 0	52
Soup, bean w/bacon or pork, canned	l cup	1 2 3 4 5+	00	1 2 3 4 5+		100000	0 = 0	100000	0 < 0	28
Soup, chicken noodle,	l cup	1 2 3 4 5+	0 0 0	lanana	00	100000	0 0 0	looooo	0 2 0	
Soup, mushroom, canned, made w/ whole milk	l cup	1 2 3 4 5+	0.0	loooo		loogo	0.0	loooo	0 2 0	1 1 1 28
Soup, tomato, canned	1 cup	1 2 3 4 5+	00	00000				loooo	00	
Soup, vegetable beef, canned	l cup	1 2 3 4 5+	0.0	1 2 3 4 54	-	100000	00	00000	1	
Stew, beef, homemade	l cup	1 2 3 4 5+	0 %	Johnson	1~~	loooo		1 2 3 4 5-	1	
Did you consume TEN (y of the above	? <i>IF</i>			١	·s:	Ex-Food
a	_	X – SVV ervings:	a	b		EX	_	evvb # servings:		Ex Food !

	F.	or Va.	ria	bles	S.	ce Pa	g l	- 4		PAGE 19 Diet Diary
FOOD & SERVING	SIZE		N	UMBER	Ol	SERV	ING	SS		OFFICE USE ON
Main Dishes/ Pre Meals (cont.)	pared	Day 1	Office Use Only	Day 2	Office Use Only	Day 3	Office Use Only	Day 4	Office Use Only	
OTHER MAIN DISHES/ PREPARED MEALS: (Additional space on p. 26)		1 2 3 4 5+ 00000	00	1 2 3 4 5+	0 × 0	1 2 3 4 5+ 0000	○ . ○ . ○ .	1 2 3 4 5+	00	
	 19a	1 2 3 4 5+	0.0	1 2 3 4 5+		1 2 3 4 5+	0	1 2 3 4 5+		
		1 2 3 4 5+	0 x 0	1 2 3 4 5+	0 = 0	1 2 3 4 5+	00	1 2 3 4 5+		
	<u></u> 8	1 2 3 4 5+	0=0	1 2 3 4 5+	0 0 0	1 2 3 4 5+		1 2 3 4 5+	00	
		1 2 3 4 5+		1 2 3 4 5+	00	1 2 3 4 5+	0.0	1 2 3 4 5+		
Condiments, Dre. Oils, & Sauces	ssings,								•	
Catsup	l Tbs.	1 2 3 4 5+ 00000	O × O	1 2 3 4 5+	0.0	1 2 3 4 5+	0	1 2 3 4 54	0 2 0	
Gravy, brown, homemade	¼ cup	1 2 3 4 5+	0.0	1 2 3 4 5+ 00000	0.0	1 2 3 4 5+) U	1 2 3 4 5+	0 0 0	
Guacamole	1 Tbs. 0	1 2 3 4 5+	00	1 2 3 4 5+		1 2 3 4 5+	0 = 0	1 2 3 4 54	0	
Honey, bottled	1 Tbs.	1 2 3 4 5+	•0 •0 •0 •0	1 2 3 4 5+ 0000	0.0	1 2 3 4 5+) ¥ () ()	1 2 3 4 54	0 %	
Jelly, any flavor	1 Tbs.O	1 2 3 4 5+	0 %	1 2 3 4 5+	0 = 0	1 2 3 4 5+	0 = 0	1 2 3 4 54	1~~	
Lard	1 Tbs.	1 2 3 4 5+ 00000	0		0 = 0	1 2 3 4 5+	0 = 0	1 2 3 4 54	0 2 0	
Margarine, salted, stick, regular	l pat	1 2 3 4 5+	0 % 0	100000	0.0	1 2 3 4 5+	0 0 0	1 2 3 4 54	0 × 0	
Mayonnaise, bottled	1 Tbs.	1 2 3 4 5+ 0000	00	00000	0,0	1 2 3 4 5+) x ()	1 2 3 4 54		
Mustard, yellow	l Tbs.	1 2 3 4 5+	0 2 0	1 2 3 4 5+	0 2 0	1 2 3 4 5+	0 0 0	1 2 3 4 5-	• ်င	
Did you consume TEN (of any	of the above?	IF Y			•	s:	Ex-Food
a		ervings:		b		Ex-		servings:		Ex-Food
₽ HHID	HHID	· 2	IRN	Comp]/[/[_ DATE		1 9 PAGE		29457

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FOOD & SERVIN	G SIZE		NI	JMBER	0]	F SERVI	NG	S		OFFICE USE ONLY
Condiments, Dre Oils, & Sauces (c	•	Day 1	Office Use Only	Day 2	Office Use Only	Day 3	Office Use Only	Day 4	Office Use Only	
Oil, olive / safflower	l Tbs.	1 2 3 4 5+	0 * 0	1 2 3 4 5+ 0000	0 = 0	1 2 3 4 5+	00	1 2 3 4 5+ 0000	0 = 0	304
Olive, black	1	1 2 3 4 5+	0 0 0	1 2 3 4 5+ 00000	0 0	1 2 3 4 5+ 0000	0 0 0	1 2 3 4 5+		299
Peanut butter, smooth	l Tbs.	1 2 3 4 5+ 00000	0 = 0	1 2 3 4 5+	0 = 0	1 2 3 4 5+	0 ≈ 0 0 0 0	1 2 3 4 5+	0 = 0	47
Pickle, dill cucumber, bottled	l spear or 5 slices	1 2 3 4 5+	000	1 2 3 4 5+	0 2 0	1 2 3 4 5+	0.0	1 2 3 4 5+	0 2 0	16.
Pickle, sweet cucumber	l pickle or 5 slises			1 2 3 4 5+	0,0	1 2 3 4 5+	0.0	1 2 3 4 5+	0 = 0	29
Salad dressing, French, regular	1 Tbs.	1 2 3 4 5+	00	1 2 3 4 5+	0,0	1 2 3 4 5+	0.0	1 2 3 4 5+	0 2 0	300
Salad dressing, Italian, low-calorie	1 Tbs:	1 2 3 4 5+	0.0	1 2 3 4 5+		1 2 3 4 5+		1 2 3 4 5+	0,0	30.
Salsa, picante	¼ cup	1 2 3 4 5+	00	1 2 3 4 5+	00	looona	0 0	1 2 3 4 5+	00	52
Sauce, white, homemade	1/4 cup	1 2 3 4 5+	00	1 2 3 4 5+	o c	loones	00	1 2 3 4 5+	0 % 0	16
Sugar, white, granulated	l tsp.	00000	0.00	1 2 3 4 5+	0 × 0	loogo	N W	loogo	00	1 16
Syrup, pancake, bottled	1 Tbs.	1 2 3 4 5+	0 0 0	100000	0 × 0				0 = 0	1 1 1 17
OTHER CONDIMENTS (Additional space on p. 26)	S:	1 2 3 4 5+	0 0 0	100000	1~ ~	100000	1~ ~	loonon	00	1 66
		1 2 3 4 5+		100000			00	00000		66
		1 2 3 4 54		1 2 3 4 5	100	1 2 3 4 54	100	1 2 3 4 54	0 . 0	66
		1 2 3 4 5	1 ~ ~		100	1 2 3 4 5				66
Did you consume <u>TEN</u>	EX	E SERVINGS - SWV Oservings:		y of the above b	? <i>IF</i>	YES, specify ite	er	,	s:	Ex Foot

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FOOD & SERVING	G SIZE		N	UMBER	OF	SERV	NG	S		OFFICE USE ON
C 1		Day 1	Office Use	Day 2	Office Use	Day 3	Office Use	Day 4	Office Use	
Snacks			Only		Only		Only		Only	
Corn chips or	l oz. or	1 2 3 4 5+	00	1 2 3 4 5+	~ () <u>*</u>	1 2 3 4 5+	0 0	1 2 3 4 5+		
tortilla chips	small bag	00000	00	00000	00	00000	00	00000	ÇÇ	
Crackers, butter type, (ex: Ritz, Hi-Ho)	² <u> </u>	1 2 3 4 5+	00	1 2 3 4 5+		1 2 3 4 5+		1 2 3 4 5+	00	
Crackers, graham	2 \ \ \ \ \ \ \ \ \ \ \ \ \ \ \ \ \ \ \	1 2 3 4 5+	0 = 0	1 2 3 4 5+	0.0	1 2 3 4 5+ 00000	0.0	1 2 3 4 5+ 00000	0 = (
Cracker, saltine	2 \	1 2 3 4 5+	0 = 0	1 2 3 4 5+	0.0	1 2 3 4 5+	0 = 0	1 2 3 4 5+	100	
Nuts, mixed, dry roasted, no peanuts	l oz. or small bag	1 2 3 4 5+	00	1 2 3 4 5+	00	1 2 3 4 5+	000	1 2 3 4 5+	15 5	
Peanuts, dry roasted	l oz. or small bag	1 2 3 4 5+	-00	1 2 3 4 5+	0 1	1 2 3 4 5+	0 0	1 2 3 4 54	00	
Popcorn, popped in oil	1 cup	1 2 3 4 54	00	100000	100	1 2 3 4 5+	00	1 2 3 4 54	100	
Potato chips, commercial	l oz. or small bag	1 2 3 4 5	100	100000	1~ ~	1 2 3 4 54	00	1 2 3 4 5-	00	
Pretzels, hard, salted, any shape	l oz. or small bag	1 2 3 4 5	1~~	loooo		1 2 3 4 54		1 2 3 4 5	100	
OTHER SNACKS: (Additional space on p. 26)		1 2 3 4 5	100	loogo	100		1	100000	1	
		1 2 3 4 5	1 -			100000		loopor	100	
Desserts/S	weets		·							
Brownies, commercial	7 1	1 2 3 4 5	+ 00	1 2 3 4 5	+ 00	looooc	+ 00	Hooooc	+ 0 0	
Cake, chocolate, w/chocolate icing	1 slice	1 2 3 4 5	+ 0	1 2 3 4 5	+00	1 2 3 4 5		1 2 3 4 5	17.7	
Cake, yellow, w/whit icing, made from mix	e l slice	1 2 3 4 5							10 0	
Did you consume <u>TEN</u>		ESERVING		ny of the above	? <i>IF</i>	YES, specify it		1	gs:	EX-FOO
a	# :	servings:		b				# servings:		THX THOO

	or l	lariab	Le-	s Se	e	Page	4			PAGE 22 Diet Diary
FOOD & SERVIN	G SIZE		N	UMBER	(0)	F SERVI	N(GS	-	OFFICE USE ONLY
Desserts/		Day 1	Office Use	Day 2	Office Use	Day 3	Office Use	I Day T I	Office Use	
Sweets (co	nt.)		Only		Only		Only		Only	
Cake, snack, chocolate, w/chocolate icing (ex: Ding Dongs)	1	1 2 3 4 5+ 0000	0.0.0	1 2 3 4 5+	0.0	1 2 3 4 5+	0×0 0×0	loooon l'		289
Candy, milk chocolate	l oz. or l bar	1 2 3 4 5+ 00000) - 0 = 0	1 2 3 4 5+	0,0	1 2 3 4 5+	0.0.0	1 2 3 4 5+	0 = 0 = 0	187
Candy, caramel	l oz.	1 2 3 4 5+ 00000	0 = 0	1 2 3 4 5+	0.0	1 2 3 4 5+) 	1 2 3 4 5+	0.00	188
Cookies, chocolate chip, commercial	1	1 2 3 4 5+	0=0	1 2 3 4 5+	0 = 0	1 2 3 4 5+ 00000) = 0 = 0	1 2 3 4 5+	0 = 0 = (183
Cookies, sandwich type w/ cream filling	- 2	1 2 3 4 5+	* () * () • ()	1 2 3 4 5+	0.0	1 2 3 4 5+	0 = 0	1 2 3 4 5+		184
Cookies, sugar, commercial	D - 2	1 2 3 4 5+	0 = 0 =	1 2 3 4 5+ 0000	0 = 0	1 2 3 4 5+ 00000	0.0	1 2 3 4 5+		292
Doughnut, cake type w/ icing, from doughnut store	-73	1 2 3 4 5+	0 = 0 • 0 = 0 •	1 2 3 4 5+ 0000	0 = 0 =	1 2 3 4 5+	0.0	1 2 3 4 5+		290
Gelatin dessert, prepared, any flavor	½ cup	1 2 3 4 5+	0 = 0 = 0 = 0 =	1 2 3 4 5+ 0000	0 = 0	1 2 3 4 5+ 0000	0 * 0	1 2 3 4 5+		190
Pan Dulce (Mexican sweet roll)	1	1 2 3 4 5+	0 = 0 • 0 = 0 •	1 2 3 4 5+ 0000	0 = 0 • 0 = 0 •	1 2 3 4 5+ 0000	0 0 0	1 2 3 4 5+		516
Pie, pumkin, fresh/frozen, heated	l slice	1 2 3 4 5+	0×0- 0×0-	1 2 3 4 5+ 0000	0 = 0 =	00000	0 × 0	1 2 3 4 5+	0.0	186
Pie, apple, fresh/frozen, heated	1 slice	1 2 3 4 5+	0 = 0 = 0 = 0 =	1 2 3 4 5+	0×0° 0×0°	1 2 3 4 5+ 0000	0 * 0	looona l		185
Popsicle, any flavor	l	1 2 3 4 5+	0-0	1 2 3 4 5+	0=0-	1 2 3 4 5+ 0000	0 = 0		0.0	288
Pudding, chocolate, from instant mix	½ cup		0 = 0 = 0 = 0 =	1 2 3 4 5+ 0000	0 = 0		0×0• 0×0•	1 2 3 4 5+	0.0	175
Sherbet, fruit flavored	½ cup	1 2 3 4 5+	0 < 0	1 2 3 4 5+	0.0	1 2 3 4 5+	0 = 0	1 2 3 4 5+	0.0	287
Suckers, any flavor	1	1 2 3 4 5+ 00000	0 = 0 • 0 = 0 •	1 2 3 4 5+ 0000	0 = 0 =		0 = 0	1 2 3 4 5+	0.0	293
Did you consume TEN (of the above?	IF Y	ES, specify iten	and	total servings:		EX-FOODA
a	# se	Sev V a		b			- ざ #	servings:		EX-FOOD B
	ID HI	HIDES	<u> </u>	N E	\ <u>\\\</u>	TDATE		PAG 2 2 2		29587

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FOOD & SERVING	G SIZE		NUMBER OF SERVINGS									
Desserts/		Day 1	Office Use	Day 2	Office Use	Day 3	Office Use	Day 4	Office Use			
Sweets (co	nt.)		Only	/	Only		Only	/	Only			
Sweet roll or danish pastry	1	1 2 3 4 5+	0 . 0	1 2 3 4 5+	0.00	1 2 3 4 5+	0.0	1 2 3 4 5+	0 .0			
Syrup, chocolate topping	1 Tbs.	1 2 3 4 5+	00	1 2 3 4 5+	0.0	1 2 3 4 5+	0 = 0	1 2 3 4 5+	0.0			
Syrup, chocolate, canned	1 Tbs.	1 2 3 4 5+	100	1 2 3 4 5+	0.0	1 2 3 4 5+	0 2 0	1 2 3 4 5+	100			
Tamarindo (Mexican candy)	1	1 2 3 4 5+	100	1 2 3 4 5+	0 % 0	1 2 3 4 5+	0 = 0	1 2 3 4 5+	00			
OTHER DESSERTS: (Additional space on p. 26)	730	1 2 3 4 54		loogo	0 = 0	1 2 3 4 5+	100	1 2 3 4 5+	17 7 1			
	<u> </u>	1 2 3 4 5	1~~	100000		1 2 3 4 54	1~ ~	1 2 3 4 54	00			
	21	1 2 3 4 5) (00000	17. 7	1 2 3 4 5	N W	1 2 3 4 5	00			
		1 2 3 4 5	100	1 2 3 4 5		1 2 3 4 5	1~ ~	1 2 3 4 5	00 0			
		1 2 3 4 5	1~ `	Johann	100	loogo	1	1 2 3 4 5	100			
Beverages (excluding da	iry) ₍	N										
Apple juice, canned	8 oz. (1 2 3 4 5		loooc		loogo	100		100			
Apple juice, bottled	8 oz.	1 2 3 4 5		500000		00000		00000) N O			
Carbonated soda, cola, <u>low calorie</u>	12 oz. d 1 can	1 2 3 4 5	_ I~ `	1 2 3 4 5	1~ `	loogo	1~ `	loooo	12 0			
Carbonated soda, cola, sweetened	12 oz. o 1 can	1 2 3 4 5	-	4 100000	1 -	Unanac	1	Jagaaa	1.5 .5			
Carbonated soda, fruit flavor	12 oz. o 1 can	1 2 3 4 5		* L00000		Llooood		Поооо	1			
Did you consume <u>TEN</u>	Y		S of a	ny of the above	e? IF				gs:	XX-100		
a		Sevv a		b		RX-		# servings:		Ex Food		

	For	Varia	61	145 5.	e e	Page	. 4	4		PAGE 24 Diet Diary
FOOD & SERVING	G SIZE		OFFICE USE ONLY							
Beverages (excluding dairy) (cont.)		Day 1	Office Use Only	Day 2	Office Use Only	Day 3	Office Use Only	Day	Office Use Only	
Coffee, decaffeinated, from instant	l cup	1 2 3 4 5+	0 = 0	1 2 3 4 5+ 00000	0.00	1 2 3 4 5+	~0×0 •0×0	laaaaal	0 4 0	196
Coffee, from ground	1 cup	1 2 3 4 5+	0 = 0	1 2 3 4 5+	0.0	1 2 3 4 5+ 0000	0.0	1 2 3 4 5+		305
Fruit drink, from powder (ex: Kool-Aid)	8 oz. glass	1 2 3 4 5+	• O ¥ O	1 2 3 4 5+	0 0 0	1 2 3 4 5+ 00000	0 0 0	1 2 3 4 5+		193
Fruit drink, canned (ex: Hi-C)	6 oz. glass	1 2 3 4 5+	0 0	1 2 3 4 5+	0 2 0	1 2 3 4 5+	0.00	1 2 3 4 5+	0,40	307
Grape juice, canned	6 oz. glass	1 2 3 4 5+ 0000		1 2 3 4 5+	00	1 2 3 4 5+	0 = 0	1 2 3 4 5+	• 0 ≠ 0	807
Grape juice, from frozen concentrate	6 oz. glass	1 2 3 4 5+	0.0	1 2 3 4 5+	00	1 2 3 4 5+	0.0	1 2 3 4 5+	0 = 0	257
Grapefruit juice, from frozen concentrate	6 oz. glasa	1 2 3 4 5+	0 = 0	1 2 3 4 5+	0 = 0	loopoo	0 0 0		-0×0	1 100
Lemonade, from frozen concentrate	6 oz. glass	1 2 3 4 5+	0 × 0	laaaaa	00	100000	0 = 0	longon		105
Orange juice, from frozen concentrate	6 oz. glass	1 2 3 4 5+	0 × 0	laaaaa	00	00000	0 × 0		0 = 0	89
Pineapple juice, canned	6 oz. glass	1 2 3 4 5+	0 % 0	loooo	1	100000	0 × 0	Janaan	0 * 0	812
Pineapple juice, from frozen concentrate	6 oz. glas	1 2 3 4 5+	0 0 0	100000	1	100000	0,00		0 = 0	256
Prune juice, bottled	6 oz. glas	1 2 3 4 5+		Jaaaaa	1	loooo	00		0 × 0	103
Tea, from tea bag	1 cup	1 2 3 4 5+	0 0 0	1 2 3 4 5		loooo	0	500000	0 = 0	197
Tea, <i>leaf</i> (Manzanilla, herbal, etc.)	l cup	1 2 3 4 5+		اممممد		Uaaaaa		1 2 3 4 5+	0.0	
Tomato juice, bottled	6 oz. glas	s 1 2 3 4 5+		400000	1 - '	100000	1.7		0 × 0	261
Did you consume <u>TEN</u>				y of the above	? IF					Ex tooda
a		-SUVO servings:		b		 		# servings:		Ex-FOOD
HILD HHIDPS IRN EVNTDATE PAGE 29807										

		For	V.	NIGE	1-е	- ک ی	(C	lage	. 4	PAGE 25 Diet Diary
FOOD & SERVING	G SIZE		OFFICE USE ONLY							
Beverages (excl dairy) (cont.)	uding く	Day 1	Office Use Only	Day 2	Office Use Only	Day 3	Office Use Only	Day 4	Office Use Only	
Tomato juice, canned	N 6 oz. glass	1 2 3 4 5+ 00000	0.0	1 2 3 4 5+	0 × 0 •	1 2 3 4 5+	0 × 0	1 2 3 4 5+	0 < 0 •	808
Water, tap	8 oz. g	1 2 3 4 5+	0.0	1 2 3 4 5+	0.0	1 2 3 4 5+ 00000	0.0	1 2 3 4 5+	0,0	201
Water, other source (not tap)	8 oz. glass	1 2 3 4 5+ 00000	0.0	1 2 3 4 5+	0.0	1 2 3 4 5+	0 < 0 •	1 2 3 4 5+ 00000	00,00	691
Alcoholic Beve	rages		7							
Beer	l glass bottle or can	1 2 3 4 5+	00	1 2 3 4 5+	0 = 0	1 2 3 4 5+	0 0	00000	0 = 0	198
Martini	2 oz. glass	1 2 3 4 5+	00	1 2 3 4 5+	00	1 2 3 4 5+		1 2 3 4 5+	0.00	308
Whiskey	l drink or l shot	1 2 3 4 5+	00	1 2 3 4 5+		1 2 3 4 5+		1 2 3 4 5+	0 2 0	200
Wine, table, dry	4 oz. glass	1 2 3 4 5+	0 0 0	1 2 3 4 5+	0 . 0	1 2 3 4 5+	0 < 0	00000	0.0	199
OTHER BEVERAGES: (Additional space on p. 26)		1 2 3 4 5+	0 × 0	100000	000	1 2 3 4 5+	0 2 0	+(-)(-)(-)(-)(-)	0 × 0	690
		1 2 3 4 5+	100		0 0 0 0	100000	0 = 0	longon	0 4 0	690
	3	1 2 3 4 5+	100	100000	0 × 0	1 2 3 4 5+	000	loogon	0 * 0	690
	QD T	1 2 3 4 5+	1~~	100000	0 = 0	loogoo	0.0	100000	0 2 0	690
	2	1 2 3 4 54		100000	. O C	100000	000	Iooooo	0 2 0 0	-9-4
		1 2 3 4 54	1	Hoooo	- 00	loooo	0 0 0 0	loonen	0.00	Fq:
		1 2 3 4 5-	,			i	0 0 0		- 00	
Did you consume TEN	OR MOR	_	of an	y of the above	? <i>IF</i>		m an	d total serving		Ex Food 6
a	# s	ervings:		b		E		Sevvb # servings:		Ex-Faodb
■ B HHID	HH	S. S.	IRI	J given	7/	DATE	_ 	PAGE 2 5		15402

Fo	r Vari	ables.	See la	9e 4	PAGE 26 Diet Diary
FOOD & SERVING SIZE	N	OFFICE USE ONLY			
Additional Other Items	Day 1 Office Use Only	Day 2 Office Use Only	Day 3 Of Us		
ITEM: SERVING SIZE:	1 2 3 4 5+ 0 C	000001	100000 F	1 2 3 4 5+ 00 N 00000 N N N N N N N N N N N N N N N N	
	1 2 3 4 5+ 0 0	1 2 3 4 5+ 00	1 2 3 4 5+ ON	0 1 2 3 4 5+ 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0	
	1 2 3 4 5+	00000	00000	1 2 3 4 5+ 00 00000 N W	
	1 2 3 4 5+ 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0	00000	00000	1 2 3 4 5+ 00 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0	
	1 2 3 4 5+		00000	0 1 2 3 4 5+ 0 0 N W 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0	
3			1 2 3 4 5+	0 1 2 3 4 5+	
9	1 2 3 4 5+	1 2 3 4 5+	1 2 3 4 5+ O	1 2 3 4 5+ 00	
	1 2 3 4 5+ 0 C	1 2 3 4 5+	1 2 3 4 5+ O	1 2 3 4 5+ 00 N 00000 N N	
	1 2 3 4 5+ 0 0	1 2 3 4 5+ 00	1 2 3 4 5+	1 2 3 4 5+	
	1 2 3 4 5+ 0 C	00000	000001*	1 2 3 4 5+ 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0	
<u> </u>	1 2 3 4 5+ 0 C	00000 1 2 3 4 5+ 00	00000	0 1 2 3 4 5+ 00 0 0 0 0 0 0 0 0	
	1 2 3 4 5+	00000	00000	1 2 3 4 5+ 0 0 N N N N N N N N N N N N N N N N N	
	1 2 3 4 5+	1 2 3 4 5+ 0 0	1 2 3 4 5+ C	N W O O O O O O O O O O O O O O O O O O	
Did you consume TEN OR MORE			ES, specify item of	and total servings:	KX-Fooda
	evva ervings: HHIDES T	b RN . FVN	Ex_54	# servings:	Ex Foodb
量	8. S.		TDATE	PAGE 2 6	8420

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Appendix A (Continued). Diet Diary Questionnaire

PAGE 27 Diet Diary 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. Stage 3 OFFICE USE ONLY FOOD & SERVING SIZE **NUMBER OF SERVINGS** Day 1 Day 2 Day 3 Day 4 10 or Mora

10 or More				- 				
Servings		_				/_		
ITEM:	SERVING SIZE:	Cay	Sev' servings	Day	servings	Day Servings	Servings servings	Foodrode
			servings		servings	servings	servings	
			servings		servings	servings	servings	
			servings		servings	servings	servings	
			servings		servings	servings	servings	
			servings		servings	servings	servings	
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			servings		servings	serving	servings	
		-	servings		servings	serving	s servings	
		- [servings		servings	serving	s serving:	
			servings		serving	s serving	serving	s
			servings		serving	s serving	serving	s
		_	servings		serving	s servin	gs serving	s
	_		servings		serving	servin	gs serving	1
	_		serving	s	serving	servin	gs serving	
CHH.		š.		Comp		untdate	27 Page	10658
HHIO		4,	HIDES 1	LKM		VIVIAATE	·uge	