Brief Food E **RESPONDENT ID** NUMBER TODAY'S DATE DAY YEAR O Jan Feb UESTIONNAIRE 000000000O Mar 0O Apr ① ① 2001 〇 22222222 May 2 2 2002 🔾 3 3 2003 🔾 333333333 O Jun 44444444 4 2004 O Jul 55555555 **5** 2005 \bigcirc Aug **6** 2006 \bigcirc 66666666 Sep 777777777 Oct **7** 2007 **C** 8888888 3 2008 O Nov 99999999 2009 O Dec This form is about the foods you usually eat. **SEX AGE** WEIGHT HEIGHT It will take about 15 - 25 minutes to complete. pounds ቲ. in. Male Female · Please answer each question as best you can. Estimate if you aren't sure. 00 \mathbb{C} · Use only a No. 2 pencil. If female, are you ① ① **①**1 pregnant or 22 222 **@**2 Fill in the circles completely, and erase breast feeding? 3 3 3 (3) (3) 3 3 completely if you make any changes. ((4) (1) (1) 4 04 O No (5) (5) **5 05** Yes **3 5** Please print your name in this box. Not female 66 66 6 6 70 77 07) @ @ 88 **08**) (E) (D) 99 09 110 This form is about your usual eating habits in the past year or so. This includes all meals or snacks, at home or HOW OFTEN, on average, did you eat the food during the past year? *Please DO NOT SKIP any foods. Mark Never" if you didn't eat it.

in a restaurant or carry-out. There are two kinds of question or each lood.

HOW MUCH did you usually eat of the food?

*Sometimes we ask how <u>many</u> you ເສເ, such as 1 egg, 2 eggs, etc., ON THE DAYS YOU EAT IT.

*Sometimes we ask "how much" as A, B, CorD. LOOK AT THE ENCLOSED PICTURES. For each food, pick the picture (bowls or places) that looks the most like the serving size you usually eat. (If you don't have pictures: A=1/4 cup, B=1/2 cup, C=1 cup, D= 2 cups.)

EXAMPLE: This person drank apple juice twice a week, and had one glass each time. Once a week he ate a "C"-sized serving of rice (about 1 cup).

TYPE OF FUSD	NEVER	A FEW	ONCE per	TEN I 2-3 Times per Month	ONCE per	TWICE per WEEK	3-4	5-6	EVERY DAY	HOW M SEE PICTUR	POR	TION	SIZE	
Apple juice	0	0	0	0	0	•	0	0	0	How many glasses each time	1		3	<u></u>
Rice	0	0	0	0		0	0	0	0	How much each time	<u>О</u>	ОВ	C	O D

PLEASE DO NOT WRITE IN THIS AREA

Bacon or breakfast sausage, including sausage biscuit Cooked cereals like oatmeal, cream of wheat or grits Cold cereals like Corn Flakes, Cheerios, Special K, fiber cereals Product 19, Just Right, Total Cheese, sliced cheese or cheese spread, including on sandwiches. Yogurt (not frozen yogurt) How many slices Pananas Apples or pears Oranges, tangerines, not including juice Any other fruit, like grapes, melon, strawberries, peaches Pass definition of the following fruits: Bacc Intervals and the word of the following fruits: Bacc Intervals and the word of the following fruits: Bacc Intervals and the word of the following fruits: Bacc Intervals and the word of the following fruits: Bacc Intervals and the word of the following fruits: Bacc Intervals and the word of the following fruits: Bacc Intervals and the word of the following fruits: Bacc Intervals and the word of the following fruits: Bacc Intervals and the word of the following fruits: Bacc Intervals and the word of the following fruits: Bacc Intervals and the word of the following fruits: Bacc Intervals and the word of the fiber cereals of the following fruits: Bacc Intervals and the word of the fiber cereals of the cold cereal, like Corn Flakes, Cheerios, Special K Cheese, sliced cheese or cheese or cheese of the cold cereal, like Corn Flakes, Cheerios, Special K Cheese, sliced cheese or cheese or cheese of the cold cereal, like Corn Flakes, Cheerios, Special K Bacc Intervals and the word of the fiber cereals of the cold cereal, like Corn Flakes, Cheerios, Special K Bacc Intervals and the word of the fiber cereals of the cold cereal, like Corn Flakes, Cheerios, Special K Cheese, sliced cheese or cheese of the cereals of the cold cereal, like Corn Flakes, Cheerios, Special K Cheese, sliced cheese or cheese of the cold cereal, like Corn Flakes, Cheerios, Special K Cheese, sliced cheese or cheese of the cold cereal, like Corn Flakes, Cheerios, Special K Cheese, sliced cheese or cheese of the cold cereal, like Corn Flakes, Cheer	TYPE OF FOOD NEVER TIMES PER NORTH MEET NOW. THE PER NORTH MEET NOW. PER NORTH MEET N	TYPE OF FOOD NEVER TIMES PPER NONCE PPER NONCE PPER PPER NONCH PPER PP	TYPE OF FOOD		1	W OF	TEN	N TH	E PA				HOW N	VIIICH	ΕΛC	H TIM	/E
How often do you eat each of the following foods all year round? Eggs, including egg biscuits or Egg McMuffins (Not egg substitutes) Bacon or breakfast sausage, including sausage biscuit Cooked cereals like oatmeal, cream of wheat or grits Cold cereals like Corn Flakes, Cheerios, Special K, fiber cereals Which cereal do you eat most often? MARK ONLY ONE: Product 19, Just Right, Total Cheese, sliced cheese or cheese spread, including on sandwiches. Yogurt (not frozen yogurt) How many pieces 1 2 3 Bran Buds, Raisin Bran, Fruit-n-Fiber, other fiber cereals Other cold cereal, like Corn Flakes, Cheerios, Special K Cheese, sliced cheese or cheese spread, including on sandwiches. Yogurt (not frozen yogurt) How often do you eat each of the following fruits? Bananas Apples or pears Oranges, tangerines, not including juice Applesauce, fruit cocktail, or any canned fruit, like grapes, melon, strawberries, peaches	How often do you eat each of the following foods all year round? Eggs, including egg biscuits or Egg McMuffins (Not egg substitutes) Bacon or breakfast sausage, including sausage biscuit Cooked cereals like oatmeal, cream of wheat or grits Cold cereals like Corn Flakes, Cheerios, Special K, fiber cereals Which cereal do you eat most often? MARK ONLY ONE: Product 19, Just Right, Total Cheese, sliced cheese or cheese spread, including on sandwiches. Yogurt (not frozen yogurt) How many pieces 1 2 3 Bran Buds, Raisin Bran, Fruit-n-Fiber, other fiber cereals Other cold cereal, like Corn Flakes, Cheerios, Special K Cheese, sliced cheese or cheese spread, including on sandwiches. Yogurt (not frozen yogurt) How often do you eat each of the following fruits? Bananas Apples or pears Oranges, tangerines, not including juice Applesauce, fruit cocktail, or any canned fruit, like grapes, melon, strawberries, peaches	How often do you eat each of the following foods all year round? Eggs, including egg biscuits or Egg McMuffins (Not egg substitutes) Bacon or breakfast sausage, including sausage biscuit Cooked cereals like oatmeal, cream of wheat or grits Cold cereals like Corn Flakes, Cheerios, Special K, fiber cereals Which cereal do you eat most often? MARK ONLY ONE: Product 19, Just Right, Total Cheese, sliced cheese or cheese spread, including on sandwiches. Yogurt (not frozen yogurt) How many pieces 1 2 3 Bran Buds, Raisin Bran, Fruit-n-Fiber, other fiber cereals Other cold cereal, like Corn Flakes, Cheerios, Special K Cheese, sliced cheese or cheese spread, including on sandwiches. Yogurt (not frozen yogurt) How often do you eat each of the following fruits? Bananas Apples or pears Oranges, tangerines, not including juice Applesauce, fruit cocktail, or any canned fruit, like grapes, melon, strawberries, peaches		NEVER	TIMES per	per	TIMES per	per	per	TIMES per	TIMES per		SEE	POR	TION	SIZE	
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strawberries, peaches	strawberries, peaches	strawberries, peaches		0	0	0	0	0	0	X	0	0	how much		В		
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TYPE OF FOOD	NEVER	A FEW TIMES per	ONCE per	2-3 TIMES per	ONCE per	TWICE per	3-4 TIMES per	5-6 TIMES per	EVERY DAY	~	POR	TION	SIZE	
				MONTH			WEEK	WEEK	DAI	PICTUI	HES I	-OR F	4-B-C	.D
How often do you eat each of the follo frozen, canned or in stir fry, at home o	wing r in a	vege resta	table: auran	s, inc t?	ludin	g fres	sh,							
French fries, fried potatoes or hash browns	0	0	0	0	0	0	0	0	0	How much	O A	В	C	O D
White potatoes not fried, incl. boiled, baked, mashed & potato salad	0	0	0	0	0	0	0	0	0	How much	<u>О</u>	ОВ	C	O D
Sweet potatoes, yams, or sweet potato pie	0	0	0	0	0	0	0	0	0	How much	O A	В	<u>С</u>	O D
Rice, or dishes made with rice	0	0	0	0	0	0	0	0	0	How much	O A	ОВ	O C	O
Baked beans, chili with beans, pintos, any other dried beans	0	0	0	0	0	0	0	0	0	How much	<u>О</u>	<u></u> В	00	O D
Refried beans	0	0	0	0	0	0	0	0	0	How much	O A	C	C	O D
Green beans or green peas	0	0	0	0	0	0	0	0	0	How much	CA	В	<u>С</u>	O D
Broccoli	0	0	0	0	0	0	0	0	0	How much	O _A	2	O C	O D
Carrots, or stews or mixed vegetables containing carrots	0	0	0	0	0	0	0	0	0	Hew much	Ø,	O B	Oc	O D
Spinach, or greens like collards	0	0	0	0	0	0	0	0	0	How much	B	ОВ	C	O D
Cole slaw, cabbage	0	0	0	0	0	0	0	0	Ø	How much	O A	ОВ	C	O D
Green salad	0	0	0	0	0	0	8	0	0	how much	O A	ОВ	C	O
Raw tomatoes, including in salad	0	0	0	0	0	9	Ø	0		How much	1/4	1/2	<u> </u>	<u></u>
Catsup, salsa or chile peppers	0	0	0	0	9	O	0	D	0	How many TBSP.	<u></u>	<u> </u>	3	<u>_</u>
Salad dressing or mayonnaise (Not lowfat)	0	0	0	01	O	0	O	0	0	How many TBSP.	<u></u>		3	<u>_</u>
Any other vegetable, like corn, squash, okra, cooked green peppers, cooked onions	0	0			0	0	0	0	0	How much	A	В	Oc	O D
Vegetable soup, vegetable beef, chicken vegetable, or tomato soup	0	0	0	6	0	0	0	0	0	Which bowl		ОВ	Oc	O D
chicken vegetable, or tomato soup	300	E	e d											

PLEASE DO NOT WRITE IN THIS AREA **HOW OFTEN IN THE PAST YEAR HOW MUCH EACH TIME** A FEW 2-3 NEVER TIMES TYPE OF FOOD ONCE TIMES ONCE TWICE TIMES TIMES EVERY SEE PORTION SIZE per per per per per per per DAY PICTURES FOR A-B-C-D WEEK YEAR MONTH MONTH WEEK WEEK WEEK **MEATS** Do you ever eat chicken, meat or fish? O Yes O No IF NO, SKIP TO NEXT PAGE Hamburgers, cheeseburgers, meat loaf, How much at home or in a restaurant meat 1/4 lb. 1/2 lb. 1/8 lb. 3/4 lb. Tacos, burritos, enchiladas, tamales How much Beef steaks, roasts, pot roast, or in \bigcirc \bigcirc \bigcirc \bigcirc \bigcirc \bigcirc \bigcirc How much frozen dinners or sandwiches Pork, including chops, roasts, How much or dinner ham When you eat O i don't eat meat beef or pork, do you Avoid eating the fat Sometimes eat the fat Often eat the fat Mixed dishes with meat or chicken, How mucii like stew, corned beef hash, chicken & dumplings, or in frozen meals # medium Fried chicken, at home or in a restaurant \bigcirc \bigcirc \bigcirc \bigcirc \bigcirc \bigcirc \bigcirc \bigcirc **4** pieces Chicken or turkey not fried, such as How much baked, grilled, or on sandwiches When you eat chicken, do you O Avoid eating the skin Sometimes eat the skin Often eat the skin O N/A Fried fish or fish sandwich, at home or How much C in a restaurant В D Any other fish or shellfish not fried, \bigcirc How much C 0 including tuna Hot dogs, or sausage like Polish, Italian How many or Chorizo Boloney, sliced ham, turkey lunch How many 0 meat, other lunch meat slices When you eat lunch meats, are they O Usually low fat Sometimes Rarely low-fat O N/A COPYREIEN.

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		HO	W OF	TEN	N TH	E PA	ST YE	EAR		11011		-		. –
TYPE OF FOOD	NEVER	A FEW TIMES per YEAR	ONCE per MONTH	2-3 TIMES per Month	ONCE per WEEK	TWICE per WEEK	per	5-6 TIMES per WEEK	EVERY DAY	HOW N SEE PICTUI	POR ¹	TION	SIZE	
Pasta, breads, spreads, snacks														
Spaghetti, lasagna, or other pasta <u>with</u> tomato sauce	0	0	0	0	0	0	0	0	0	How much	O A	ОВ	0 C	
Cheese dishes <u>without</u> tomato sauce, like macaroni and cheese	0	0	0	0	0	0	0	0	0	How much	O A	ОВ	C	
Pizza, including carry-out	0	0	0	0	0	0	0	0	0	How many slices	<u> </u>		3	4
Biscuits, muffins	0	0	0	0	0	0	0	0	0	How many each time	<u>O</u>	<u></u>	0	4
Rolls, hamburger buns, English muffins, bagels	0	0	0	0	0	0	0	0	0	How many each time	1/2	0	2	3
White bread or toast, including French, Italian, or in sandwiches	0	0	0	0	0	0	0	0	0	How many slices	6	0		4
Dark bread like rye or whole wheat, including in sandwiches	0	0	0	0	0	0	0	0	0	How many slices		2	<u></u>	<u>_</u>
Tortillas	0	0	0	0	0	0	0	0	0	How many Pach time			<u></u>	4
Margarine on bread, potatoes or vegetables	0	0	0	0	0	0	0	C	9	How many pats (Ts _k .)	<u>O</u>		<u></u>	4
Butter on bread, potatoes or vegetables	0	0	0	0	0	0	0	0	0	How many יats (Tsp.)	<u></u>		<u></u>	4
Peanuts or peanut butter	0	0	0	0	0	0)	6	0	0	How many TBSP.	<u> </u>		<u></u>	4
Snacks like potato chips, corn chips, popcorn (Not pretzels)	0	0	0	0	0	\$	0		0	How much	O A	O B	O c	_ D
Doughnuts, cake, pastry, pie	0	0	0	21	0)	0	0	0	0	How many pieces	<u> </u>	<u></u>	<u></u>	4
Cookies (Not lowfat)	0	0	0	0	0	0	0	0	0	How many	<u> </u>	<u></u>	- 6-7	8+
Ice cream, frozen yogurt, ice cream bars	0	2)		0	0	0	0	0	0	How much	<u>О</u>	В	C	
When you eat ice cream or frozen yogurt, is it	Usual	ly low	-fat	0	Some	times		⊃ Ra	rely lo	w-fat	⊃ N/A	A		
Chocolate candy, candy bars	9	0 <		10	0	0	0	0	0	How many bars	1 small	1 medium	1 large	(2 larç
COPYT	303	Te)												

-		HO	W OF	TEN I	N TH	E PA	ST YE	EAR		11014/11		- - - - - - - - - -		
TYPE OF BEVERAGE	NEVER	A FEW Times	ONCE	2-3 Times	ONCE	TWICE	3-4 TIMES	5-6 TIMES	EVERY	HOW N See		EAC TION		<u> </u>
-	NEVEN	per YEAR	per MONTH	per Month	per WEEK	per WEEK	per WEEK	per WEEK	DAY	PICTU				D.
How often do you drink the following b	ever	ages'	?											
Real orange or grapefruit juice, Welch's grape juice, Minutemaid juices, Juicy Juice	0	0	0	0	0	0	0	0	0	How many glasses each time	<u></u>		<u></u>	<u>_</u>
Hawaiian Punch, Sunny Delight, Hi-C, Tang, or Ocean Spray juices	0	0	0	0	0	0	0	0	0	How many glasses each time	<u> </u>	<u> </u>	<u></u>	<u></u>
Kool Aid, Capri Sun or Knudsen juices	0	0	0	0	0	0	0	0	0	How many glasses each time	<u>O</u>	<u> </u>	<u></u>	<u>_</u>
Instant breakfast milkshakes like Carnation, diet shakes like Slimfast, or liquid supplements like Ensure	0	0	0	0	0	0	0	0	0	How many glasses or cans	<u>O</u>	2	0	4
Glasses of milk (any kind)	0	0	0	0	0	0	0	0	0	How many glasses	0	3	O 3	<u>_</u>
what kind do you <u>usually</u> drink?	Whole Reduc Low-fa	ced fa	t 2%	milk		⊃ Noı ⊃ Ric ⊃ Soy	e mill	(C	I don't dr	inik m	ilk or	soy m	nilk
Cream, Half-and-Half or non-dairy creamer in coffee or tea	0	0	0	0	0	0	0	0	0	Total TBSP. on those days	1		3-4	<u></u> 5+
Regular soft drinks, or bottled drinks like Snapple (Not diet drinks)	0	0	0	0	0	0	0	07	9	How many bottles or cans	0	2	3-4	<u> </u>
Beer	0	0	0	0	0	0	0	6	5	How many bottles or cans	<u> </u>	2	3-4	<u> </u>
Wine or wine coolers	0	0	0	0	C	0)	0		0	How many glasses	<u>O</u>	<u></u>	3-4	<u></u>
Liquor or mixed drinks	0	0	0	0	19	0	0	0	0	How many drinks	<u>O</u>	<u> </u>	<u> </u>	<u> </u>
Wine or wine coolers Liquor or mixed drinks	80	A CONTRACTOR OF THE PARTY OF TH	3											

(IF YES) WHAT DID YOU TAKE FAIRLY REGULAR												
VITAMIN TYPE		HO\	V OF	TEN			FO	R HO	W MA	NY Y	EARS	S?
	DIDN'T TAKE	A FEW DAYS per MONTH	1-3 DAYS per WEEK	4-6 DAYS per WEEK	EVERY DAY		LESS THAN 1 YR.	1 YEAR	2 YEARS	3-4 YEARS	5-9 YEARS	10+ YEAF
Iultiple Vitamins. Did you take												
Regular Once-A-Day, Centrum, or Thera type	0	0	0	0	0		0	0	0	0	0	
Stress-tabs or B-Complex type	0	0	0	0	0		0	0	0	0	0	C
Antioxidant combination type	0	0	0	0	0		0	0	0	0	0	
ingle Vitamins (not part of multiple vitamins)												
Vitamin A (not beta-carotene)	0	0	0	0	0		0	0	0	0	0	
Beta-carotene	0	0	0	0	0		0	0	0	0	0	
Vitamin C	0	0	0	0	0		0	0	0	0	0	
Vitamin E	0	0	0	0	0		0	0	0	0	Q	hc
Folic acid, folate	0	0	0	0	0		0	0	0		0	C
Calcium or Tums, alone or combined with vit. D or										Ó		
magnesium		0	0	0	0			0	0,			
Zinc	0	0	0	0	0		0	0		0	0	
Iron	0	0	0	0	0		0		43	0	0	C
		0	0	0								
Selenium												
Selenium Vitamin D, alone or combined with calcium If you took vitamin C or vitamin E: How many milligrams of vitamin C did you usually 100 250 500 750 100		on th	o ne day	/s yo	u took	ii.			don't I		0	
Vitamin D, alone or combined with calcium If you took vitamin C or vitamin E: How many milligrams of vitamin C did you usually	take	, on th ⊃ 150	ne day	ys you 200 took i	u took	30			don't l	know	0	
Vitamin D, alone or combined with calcium If you took vitamin C or vitamin E: How many milligrams of vitamin C did you usually 100 250 500 750 100 How many IUs of vitamin E did you usually take, or	take. to take. on the on the one weeking? end oil	on the 150 sedays 800	ne day	ys you 200 took it 100 once NLY 0 d, fatl	u took	300 200 COR T	00+ 00+ Twi	0	don't l	know	3+ per	C
Vitamin D, alone or combined with calcium If you took vitamin C or vitamin E: How many milligrams of vitamin C did you usually 100 250 500 750 100 How many IUs of vitamin E did you usually take, 100 200 300 400 600 How often do you use fat or oil in cooking? Less than once per week A few times per What kinds of fat or oil do you usually use in coo Don't know, or Pam Butter/margarine to Corn oil, vegetable	/ take, 00 con the 0 con the con the con the con the contract of the contract	on the 150 days 800 kk	ne day	ys you 200 took it 100 once NLY 0 d, fatl	u took 06 c tt; 00 c a uay ONE back,	300 200 200 200 200 200 200 200 200 200	00+ 00+ Twi	0	don't l	know		C

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