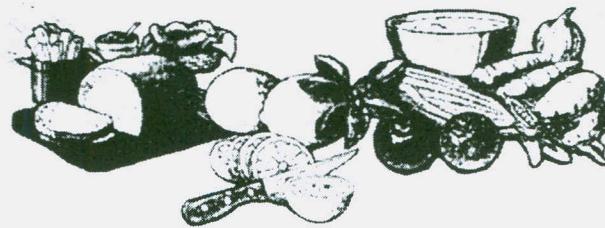


FOOD FREQUENCY QUESTIONNAIRE

Jackson Heart Study

Delta Nutrition Intervention Research Initiative
FOOD FREQUENCY QUESTIONNAIRE



Name and Address:
Please do not write outside the boxed area.

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Today's Date		
Mo	Day	Year
1 0 0	0 0 0	0 0 0
2 0 0	0 0 0	0 0 0
3 0 0	0 0 0	0 0 0
4 0 0	0 0 0	0 0 0
5 0 0	0 0 0	0 0 0
6 0 0	0 0 0	0 0 0
7 0 0	0 0 0	0 0 0
8 0 0	0 0 0	0 0 0
9 0 0	0 0 0	0 0 0

Sex	
<input type="radio"/>	Male
<input type="radio"/>	Female

Age (years)	
<input type="radio"/>	Less than 14
<input type="radio"/>	14 - 18
<input type="radio"/>	19 - 33
<input type="radio"/>	34 - 44
<input type="radio"/>	45 - 54
<input type="radio"/>	55 - 64
<input type="radio"/>	65 - 74
<input type="radio"/>	75 - 84

Identification Number									
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3	3	3	3	3	3	3	3	3	3
4	4	4	4	4	4	4	4	4	4
5	5	5	5	5	5	5	5	5	5
6	6	6	6	6	6	6	6	6	6
7	7	7	7	7	7	7	7	7	7
8	8	8	8	8	8	8	8	8	8
9	9	9	9	9	9	9	9	9	9

Encounter I.D.	
0	0
1	1
2	2
3	3
4	4
5	5
6	6
7	7
8	8
9	9

Interviewer I.D.	
0	0
1	1
2	2
3	3
4	4
5	5
6	6
7	7
8	8
9	9



Produced in cooperation with the Jean Mayer USDA
Human Nutrition Research Center on Aging at Tufts University

RICE, BEANS AND STARCHY VEGETABLES

	Never	Less than once per month	1X per month	2-3X per month	1X per week	2X per week	3-4X per week	5-6X per week	1X per day	2+X per day
Rice, white, plain or Rice-a-Roni	<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"/>
Rice with meat (incl. pork, beef or seafood, e.g., Jambalaya, Dirty Rice)	<input checked="" 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"/>
Rice with beans	<input checked="" 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"/>
Baked beans	<input checked="" 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"/>
Chili with beans (with or without meat)	<input checked="" 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"/>
Other dried beans (other than baked, cooked in rice or chili)	<input checked="" 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"/>
Sweet potato, yams	<input checked="" 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"/>
Potato salad	<input checked="" 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"/>
Mashed potatoes, other potatoes or root crops (incl. turnips, rutabaga)	<input checked="" 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"/>
French fries or fried potatoes (incl. potato logs)	<input checked="" 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"/>
Fried onion rings	<input checked="" 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"/>

When you eat rice, beans or starchy vegetables, your portion is usually closest to ...

 1/2 cup 1 cup 1 1/2 cups 2 or more cups

When you eat french fries, fried potatoes, potato logs or onion rings, your portion is usually closest to ...

 sm. (1/2 cup) med. (1 cup) lg. (1 1/2 cups) supersize (2 cups)**BEEF AND PORK**

	Never	Less than once per month	1X per month	2-3X per month	1X per week	2X per week	3-4X per week	5-6X per week	1X per day	2+X per day
Hamburgers, cheeseburgers, tacos w/meat, or other dishes w/ground meat (incl. meat balls, meat loaf)	<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"/>
Fried beef (incl. chicken fried steak, beef in gravy)	<input checked="" 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"/>
Beef stew, pot pies, meat pies	<input checked="" 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"/>
Beef roast (incl. sandwiches)	<input checked="" 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"/>
Pork (incl. chops, roasts, spareribs)	<input checked="" 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"/>

When you eat meat without bone, your portion is usually closest to ...

 3 oz. (1/2 cup or 1 sm. pie) 6 oz. (1 cup or 1 med. pie) 9 oz. (1 1/2 cups or 1 lg. pie) 12 oz. (2 cups) or more

If you eat ground meat, it is usually ...

 regular ground beef lean ground beef extra lean ground beef ground pork ground turkey/chicken

How often do you trim the fat from meat?

 never/seldom sometimes often/always

POULTRY AND GAME

When you eat poultry or game, your portion is usually closest to ...

2 oz. meat (1 drumstick, thigh or half a breast) 4 oz. meat (1 whole leg) 6 oz. meat (half chicken) 8 oz. or more

When you eat chicken or turkey, it is usually . . .

light meat dark meat both

How often do you eat the skin on chicken?

never sometimes often/always

OTHER MEATS

When you eat any of the above items, your portion is usually . . .

1-2 pieces or ounces 3 pieces or ounces 4-5 pieces or ounces more than 5 pieces/ounces

LUNCH MEAT, SAUSAGE, BACON AND EGGS

When you eat lunch meat, sausage or bacon, your portion is usually closest to ...

1 slice or piece 2 slices or pieces 3 slices or pieces more than 3 slices or pieces

When you eat eggs, your portion is usually ...

DO NOT WRITE IN THIS AREA.

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FISH		Never	Less than once per month	1X per month	2-3X per month	1X per week	2X per week	3-4X per week	5-6X per week	1X per day	2+X per day
Fried fish or fish sandwich (incl. catfish)	<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"/>	<input type="radio"/>
Sardines, mackerel or canned salmon	<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"/>	<input type="radio"/>
Broiled or baked fish (incl. catfish)	<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"/>	<input type="radio"/>
Tuna salad, tuna casserole	<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"/>	<input type="radio"/>
Shellfish (incl. crawfish, shrimp, crab, fried or other)	<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"/>	<input type="radio"/>
When you eat fish, your portion is usually closest to ...											
<input type="radio"/> 3 oz. or 1/2 cup			<input type="radio"/> 6 oz., 1 cup or 1 sandwich			<input type="radio"/> 9 oz. or 1 1/2 cups			<input type="radio"/> 12 oz. or more		
If you eat tuna salad or other canned fish, it is usually ...											
<input type="radio"/> oil pack			<input type="radio"/> water pack			<input type="radio"/> both					
MIXED MEAT, PIZZA AND PASTA DISHES											
		Never	Less than once per month	1X per month	2-3X per month	1X per week	2X per week	3-4X per week	5-6X per week	1X per day	2+X per day
Mixed dishes w/chicken (incl. Chicken & Dumplings, Chicken & Rice)	<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"/>	<input type="radio"/>
Mixed dishes w/cheese (incl. Macaroni & Cheese, Lasagna, Broccoli & Rice casserole)	<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"/>	<input type="radio"/>
Pizza	<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"/>	<input type="radio"/>
Spaghetti, other pasta w/tomato or meat sauce	<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"/>	<input type="radio"/>
When you eat mixed meat dishes and/or pasta, your portion is usually closest to ...											
<input type="radio"/> 1/2 cup			<input type="radio"/> 1 cup			<input type="radio"/> 1 1/2 cups			<input type="radio"/> 2 or more cups		
When you eat pizza, your portion is usually ...											
<input type="radio"/> 1 slice			<input type="radio"/> 2 slices			<input type="radio"/> 3 slices			<input type="radio"/> 4 or more slices		
When you eat pizza, it is usually ...											
<input type="radio"/> plain cheese			<input type="radio"/> with meat			<input type="radio"/> with vegetables					

• • • • •

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SOUPS

	Never	Less than once per month	1X per month	2-3X per month	1X per week	2X per week	3-4X per week	5-6X per week	1X per day	2+X per day
Homemade soups with seafood/meat/chicken (incl. Gumbo)	<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"/>
Noodle soup, chicken noodle, ramen noodle	<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"/>
Vegetable and tomato soup (incl. canned veg. beef, minestrone)	<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"/>
Cream soups	<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"/>

When you eat soup, your portion is usually closest to ...

 1/2 cup 1 cup 1 1/2 cups 2 or more cups**CONDIMENTS**

	Never	Less than once per month	1X per month	2-3X per month	1X per week	2X per week	3-4X per week	5-6X per week	1X per day	2+X per day
Salad dressing and mayonnaise (added to salads or sandwiches)	<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"/>
Gravy (on meat or biscuits)	<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"/>

When you use salad dressing and/or mayonnaise, it is usually ...

 regular low-calorie fat free

When you use salad dressing and/or mayonnaise, your portion is usually closest to ...

 1 tablespoon 2 tablespoons 3 tablespoons 4 or more tablespoons

When you use gravy, your portion is usually closest to ...

 1/4 cup 1/2 cup 3/4 cup 1 cup or more**DAIRY PRODUCTS**

	Never	Less than once per month	1X per month	2-3X per month	1X per week	2X per week	3-4X per week	5-6X per week	1X per day	2+X per day
Cheese	<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"/>
Cottage cheese	<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"/>
Cheese spreads and dips	<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"/>
Yogurt (not frozen)	<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"/>

When you eat dairy products, your portion is usually closest to ...

 1/4 cup or 1 oz 1/2 cup, 2 slices or 2 oz 3/4 cup or 3 oz 1 cup or more; or 4 oz. or more

Please continue on the next page

DESSERTS, SWEETS AND SNACKS

When you eat ice cream, frozen yogurt or pudding, your portion is usually closest to ...

1-2 cups 1 cup 1-1/2 cups 2 or more cups

When you eat doughnuts, cake, sweet rolls, muffins or cookies, your portion is usually closest to ...

1/2 piece or 1-2 cookies 1 reg. piece or 3-5 cookies 1 lg. piece or 6-10 cookies 2 or more regular pieces
or more than 10 cookies

When you eat candy, your portion is usually closest to ...

1/2 bar or package 1 bar or package 2 bars or packages more than 2 bars or packages

When you eat chips or popcorn, your portion is usually closest to ...

1.5 oz. (snack bag) 3.5 oz. (grab bag) 5.5 oz. (large) 13-14 oz. or more (family size)

When you eat nuts, your portion is usually closest to ...

1/8 cup nuts or 1 tablespoon peanut butter 1/4 cup nuts or 2 tablespoons peanut butter 1/2 cup nuts or 4 tablespoons peanut butter more than 1/2 cup nuts or more than 4 tablespoons peanut butter

FRUIT JUICES (please note that the frequency headings are different)

When you drink fruit juices, your portion is usually closest to ...

4 fl. oz. 8 fl. oz. 12 fl. oz. more than 12 fl. oz.

[View all posts by **John Doe**](#) [View all posts in **Category A**](#) [View all posts in **Category B**](#)

PLEASE MAKE NO MARKS IN THIS AREA

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OTHER BEVERAGES (please note that the frequency headings are different)

	Never	Less than once per month	1-3X per month	1X per week	2-4X per week	5-6X per week	1X per day	2-3X per day	4-5X per day	6+X per day
Milk	<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"/>
Carbonated soft drinks (both regular and diet)	<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"/>
Fruit drinks - not 100% (Incl. Hi-C, lemonade, Sunny Delight, Snapple)	<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"/>
Powdered drink mixes (Incl. Kool-Aid, Tang)	<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"/>
Water	<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"/>

When you drink milk, it is usually ...

 skim 1% 2% whole

When you drink milk, your portion is usually closest to ...

 4 fl. oz. 8 fl. oz. 12 fl. oz. more than 12 fl. oz.

When you drink soft drinks or other cold beverages, do you add ice?

 No Yes

When you drink soft drinks, it is usually ...

<input type="radio"/> cola	<input type="radio"/> cola caffeine free	<input type="radio"/> other non-cola soda (e.g. Mtn. Dew, rootbeer)	other non-cola soda caffeine free (e.g., 7-Up, orange, ginger ale)
<input type="radio"/> diet cola	<input type="radio"/> diet cola caffeine free	<input type="radio"/> diet other non-cola soda	<input type="radio"/> diet other non-cola soda caffeine free

When you drink water, soft drinks or other cold beverages, your portion is usually ...

 12 fl. oz. or 1 can 20 fl. oz. or 1 bottle 33 fl. oz. or 1 liter more than 33 fl. oz.**ALCOHOLIC BEVERAGES** (please note that the frequency headings are different)

	Never	Less than once per month	1-3X per month	1X per week	2-4X per week	5-6X per week	1X per day	2-3X per day	4-5X per day	6+X per day
Beer	<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"/>
Wine	<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"/>
Liquor	<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"/>

When you drink alcoholic beverages, your portion is usually ... (if 1 drink = 12 fl. oz. beer, 4 fl. oz. wine or 1 fl. oz liquor)

 1 drink 2 drinks 3 drinks 4 drinks

Please continue on the next page



COFFEE AND TEA (please note that the frequency headings are different)

	Never	Less than once per month	1-3X per month	1X per week	2-4X per week	5-6X per week	1X per day	2-3X per day	4-5X per day	6+X per day
Tea (hot or iced)	<input type="checkbox"/>									
Coffee (regular)	<input type="checkbox"/>									
Coffee (decaffeinated)	<input type="checkbox"/>									

When you drink coffee and tea, your portion is usually closest to ... sm. (8 fl. oz.) med. (16 fl. oz.) lg. (24 fl. oz.) extra lg. (32 fl. oz.)**When you drink coffee and tea, it is usually taken ...** without sugar with a little sugar sweet with sugar very sweet with sugar with artificial sweetener**When you drink coffee, it is usually taken ...** black with some lightener very light**If you add milk or cream, it is usually ...** milk cream non-dairy creamer

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PLEASE MAKE NO MARKS IN THIS AREA

ADJUSTMENTS

1a. How often do you add salt to your food?

never sometimes often/always

1b. When you use salt is it usually ...

salt (regular) lite salt salt substitute

2a. How often do you add fat or oil to beans, greens, vegetables, rice and/or grits during cooking?

never sometimes often/always

2b. What kinds of fat/oil do you usually add? Specify only one or two.

<input type="checkbox"/> Stick margarine	<input type="checkbox"/> Butter	<input type="checkbox"/> Olive oil	<input type="checkbox"/> Corn oil
<input type="checkbox"/> Soft tub margarine	<input type="checkbox"/> Lard, salt pork, bacon fat	<input type="checkbox"/> Canola oil	<input type="checkbox"/> Other vegetable oil

→ 3a. How often do you add fat or oil to beans, greens, vegetables, potatoes, rice and/or grits after cooking?

never sometimes often/always

3b. What kinds of fat/oil do you usually add? Specify only one or two.

<input type="checkbox"/> Stick margarine	<input type="checkbox"/> Sour cream	<input type="checkbox"/> Olive oil	<input type="checkbox"/> Butter
<input type="checkbox"/> Soft tub margarine	<input type="checkbox"/> Low-fat sour cream	<input type="checkbox"/> Other vegetable oil	

SUPPLEMENT USE

→ 4. Do you take any vitamin or mineral supplements?

No Yes

→ If no, stop here.

Multiple Vitamins (Fill in all that apply)

	Frequency		For how long?			
	Irregularly	daily	less than 1 year	1-4 years	5-9 years	10+ years
Regular ONE A DAY type	<input type="checkbox"/>					
Stree tabs or B-complex type	<input type="checkbox"/>					
Antioxidant combination type	<input type="checkbox"/>					

Single Vitamins and Minerals taken regularly: (Fill in all that apply)

<input type="checkbox"/> Vitamin A	<input type="checkbox"/> Vitamin E	<input type="checkbox"/> Vitamin B-12	<input type="checkbox"/> Potassium
<input type="checkbox"/> Vitamin C	<input type="checkbox"/> Folic Acid	<input type="checkbox"/> Calcium	<input type="checkbox"/> Iron
<input type="checkbox"/> Vitamin D	<input type="checkbox"/> Vitamin B-6	<input type="checkbox"/> Magnesium	<input type="checkbox"/> Selenium

For single vitamins and minerals, for how long?

less than 1 year 1 - 4 years 5 - 9 years 10+ years

Thank you for completing this dietary interview!

