



Instructions

This brief questionnaire will ask about your **usual diet over the last 4 weeks**. Please try to answer as accurately as possible – there are no right or wrong answers. A guess is better than leaving a blank.

Please **consider what you have typically eaten over the last 4 weeks** when answering the following questions.

You may need to answer “yes” multiple times for the same food, such as smoothies, which may include fruits, nuts, or other ingredients, or lasagna, which may include pasta, meat, vegetables, tomato sauce, cheese, added salt, and added fats/oils. It’s okay to answer yes to more than one question for the same food because the questions capture different aspects of the foods.

Over the last four weeks, how often did you eat or drink the following items?

EXAMPLES



Fruit

apples, bananas, pears, Asian pears, oranges, tangerines, or other citrus fruit, peaches, plums, cherries or other stonefruit, melons, grapes strawberries, blueberries, blackberries, chokeberries, or other berries, jack fruit, guava, kiwi, watermelon, breadfruit, papaya, prickly pear, passionfruit, custard apple, pineapple, plantains, pomegranate, mangos, durian, lychee, starfruit, or any other tropical fruit, dried fruit, **or any other fruit** (do not include avocado)



Leafy green vegetables

cooked and raw leafy greens such as lettuce or romaine, spinach, kale, collards, chard, Chinese broccoli, beet greens, arugula, parsley, purslane, sorrel, cilantro, ramps, sochan, tat soi, bok choy, cabbage, napa cabbage, mustard greens, moringa, amaranth leaves, fenugreek leaves, drumstick leaves, watercress, micro-greens, any kind of sprouts, seaweed, **or any other leafy green vegetables or dishes** made with them



Other vegetables or vegetable dishes

asparagus, cucumbers, tomatoes, root vegetables such as potatoes, sweet potatoes or yams, taro, carrots, jicama, or daikon, broccoli, bamboo shoots, cauliflower, celery, onions, garlic, ginger, beets, green plantain, green beans, green peas, cactus, snowpeas, sugar snap peas, bean sprouts, bell peppers, eggplant, lotus roots, okra, water chestnuts, mushrooms, zucchini, squash or gourd, winter melon, pumpkin, yuca, **or any other vegetables or dishes** made from them



Whole grains or whole grain products

any kind of brown, black, purple, or red rice, quinoa, millet, barley, bulgur, buckwheat, wheat berries, millet, corn, maize, or polenta, grits, tamales, sorghum, amaranth, oat groats, farro, steel-cut oats, or thick-rolled oats, teff, 100% whole grain bread, tortillas, roti, or whole grain pasta/noodles, waffles, pancakes, muffins, baked goods, instant or quick-cooking oats, or whole grain ready-to-eat cereal, **or any other 100% whole grain products**.

Never	Less than 1x/ week	1-3x/ week	4-6x/ week	1-2x/ day	More than 3x/ day

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Over the last four weeks, how often did you eat or drink the following items?

EXAMPLES



**Refined grains
or refined grain
products**

any kind of white flour bread, tortillas, flatbreads, naan, roti, pita, bagels, buns, Native American bean bread, or other baked goods made with white flour or white rice, white rice dishes, mochi, white flour or semolina flour pasta/noodles, ramen, glass noodles, wonton skin, couscous, ready-to-eat white flour cereal, waffles, pancakes, muffins, **or any other items made from white flour** such as brownies, cookies, croissants, pastries, biscuits, donuts, muffins, crackers, cereal bars, pretzels, etc.



**Beans/legumes,
or products made
from them**

baked beans, black beans, kidney beans, navy beans, pinto beans, chickpeas, pigeon peas, black-eyed peas/cowpeas, lima beans, white/navy beans, red, green, brown or black lentils, split peas, edamame/soybeans, mung beans, black gram, red beans, red bean paste, refried beans, or any other beans, tofu/bean curd, tempeh, bean dip, hummus, dal, **or other bean products or dishes** made with them (do not include green beans or green peas)



**Nuts, nut butters,
seeds, avocado,
or coconut**

nuts such as almonds, cashews, pistachios, peanuts, pecans, walnuts, peanut butter or any nut butters, seeds such as chia, flax, sesame pumpkins sunflower or any other seeds, tahini or any seed butters, avocado, or coconut, **or dishes** made from these foods



**Meat or poultry or
meat-based dishes**

beef of any kind including steak, beef ribs, veal, etc., lamb, pork, pork belly or pork ribs, chitlins/chitterlings, or any other pork, bison, venison, moose, or any other wild game, hamburgers, hot dogs, frankfurters, kebabs, bulgogi, satay, kalbi, sausage, ham, lunchmeats, corned beef, beef jerky, liver, kidney, or other organ meat, canned meat, bacon, goat, duck, chicken, turkey, turkey necks, **or any other dishes made with meat or poultry**



**Fish or shellfish
or seafood-based
dishes**

bass, catfish, cod, flounder, tuna, mackerel, perch, salmon, tilapia, trout, halibut, swordfish, sardines, snapper, whitefish, eel, mussels, oysters, lobster, crab, crawfish, shrimp, clams, scallop, octopus, other fish or shellfish, or sushi, sashimi, fish balls, fish soup, **or any other dishes made with fish or shellfish**, etc.



**Eggs or egg-
based dishes**

eggs or egg whites cooked any way such as fried, boiled, poached, or deviled eggs etc., or egg-based dishes such as breakfast egg sandwiches, quiche, frittata, souffle, omelet, **or any dishes using eggs**, etc.



Dairy milk

milk including skim milk, low-fat milk, full-fat milk, milk tea, chocolate milk, **or any other milk**, etc.



Other dairy foods

yogurt, butter, ghee, buttermilk or buttermilk drinks/dressings, evaporated or condensed milk, cream, any kind of cheese (including hard, soft, etc), cottage cheese, cream cheese, sour cream, ice cream, frozen yogurt, puddings, shakes or other milk-based desserts, **or any dishes made with milk, butter, cheese or other dairy products**, etc.

Never	Less than 1x/ week	1-3x/ week	4-6x/ week	1-2x/ day	More than 3x/ day

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Over the last four weeks, how often did you eat or drink the following items?

EXAMPLES								
	Non-dairy milk	plant-based milk/beverages such as almond, soy, nut, oat, rice, hemp, pea, coconut, or any other plant-based milks , etc.						
	Plant-based meat/mock meat, dairy alternatives	store-bought plant-based/mock “burgers,” deli “meats,” “chicken”, nuggets, “hot dogs,” seitan, etc., or plant-based cheeses, yogurt, sour cream, cream cheese, ice cream, whipped cream, or any other fake “meat” or “dairy” products						
	Packaged/prepared foods or frozen meals	any store-bought dishes or meals, refrigerated or frozen, not from restaurants, delis, or fast food						
	Restaurant/takeout foods	any kind of ready-to-eat meals or dishes from a deli, takeout/quick-service restaurant, pizzeria, taqueria, grill bar, etc., or sit-down restaurant						
	Fast foods	foods from well-known chain restaurants that emphasize “burgers and fries”, fried chicken, tacos, burritos, nuggets, hoagies, sandwiches, Asian street food, Indian street food, fish n’ chips, and other similar type meals , etc.						
	Packaged bars, shakes, or powders	protein bars, breakfast bars, granola or nut-based bars, liquid meals/meal replacement shakes, smoothie powders, or protein powders						
	Salty snacks or foods w/ added salt	chips, crackers, pretzels, popcorn, or other salty snacks; pickles, box or canned soups, sauces, salad dressings, jerky, salted nuts, seaweed snacks, wasabi peas, namkeen, other prepared salty foods, or adding salt to food						
	Sweetened foods or foods w/ added sugar	sweetened breakfast cereals, brownies, cookies, croissants, pastries, cakes, donuts, muffins, sweetened yogurts, candy, other desserts, crackers, other foods with added sugar, or adding sweeteners such as sugar, honey, molasses, agave, or other sweeteners to food						

Never	Less than 1x/ week	1-3x/ week	4-6x/ week	1-2x/ day	More than 3x/ day

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Over the last four weeks, how often did you eat or drink the following items?

EXAMPLES



Fried foods or foods w/ added butter, fats, or oil

fried foods such as French fries, onion rings, fried fish, fried chicken, fried cheese or other meat, fried potatoes, fry bread, fried dough, donuts or hushpuppies, tempura, samosa, scallion pancakes, other fried foods, potato chips or other chips, salty snacks, salad dressings, pastries, cookies, and **other similar foods etc., or adding butter, oil, mayonnaise, lard, margarine, or any other fat/oil to food**



Water or plain herbal beverages

plain water, carbonated unsweetened water, any kind of unsweetened herbal or noncaffeinated tea, or other unsweetened waters



100% juice (fruit or vegetable)

juice made from fruits or vegetables with nothing added to it



Beverages with added sugars/ sweeteners

soda/pop/cola, sports/energy drinks, sweetened hot or ice tea or coffee, bubble tea, lemonade, fruit drinks, fruit punch, agua fresca, hot chocolate, other powdered drinks or drink mixes, sweetened plant-based milks, sweetened coconut water, sweetened liquid yogurt/kefir, milkshakes, atole, horchata, kombucha, cocktails, or **any other sweetened beverage**, etc.



Coffee or other caffeinated beverages

any kind of coffee, green, black, chai, or other caffeinated tea, energy drinks, soda with caffeine, or **any other caffeinated beverage**, etc.



Alcoholic beverages

beer, wine, hard cider, mixed drinks/cocktails, sake, or liquor/spirits, or **any other alcoholic drink**



B12 supplement or B12-fortified foods

B12 in the form of fortified foods and beverages, multivitamin containing B12, pure B12 supplements, or injections

Never	Less than 1x/ week	1-3x/ week	4-6x/ week	1-2x/ day	More than 3x/ day