Date: December 2, 2016

Data file: SUM2009R\_SW

Common

Name: SUMMARY FILE – Southwest FFQ

Form: SWFFQ

Description: This file has one record per form. **It contains the average daily intake for each of the nutrients listed**

**in the file for the form indicated by the SID-STUDY combination. The units of each nutrient are indicated in the label. The first set of nutrients listed (items 3 – 240) are the nutrients derived from the regular foods eaten only. The second set of nutrients (items 241 – 287), all beginning with an ‘s’ for “supplemental”), are the nutrients derived from supplements only. To obtain total nutrient intake, you must add these two sets of nutrients.**

Variable

Name Description

1. sid Participant ID Number
2. study Study #
3. prot Protein (g)
4. tfat Total lipid (fat) (g)
5. carb Carbohydrate, by difference (g)
6. ash Ash (g)
7. ener Energy (kcal)
8. star Starch (g)
9. sucr Sucrose (g)
10. gluc Glucose (dextrose) (g)
11. fruc Fructose (g)
12. lact Lactose (g)
13. malt Maltose (g)
14. alco Alcohol, ethyl (g)
15. watr Water (g)
16. adj\_prot Adjusted Protein (g)
17. caff Caffeine (mg)
18. theo Theobromine (mg)
19. kjou Energy (kj)
20. suga Sugars, total (g)
21. gala Galactose (g)
22. tfib Fiber, total dietary (g)
23. calc Calcium, Ca (mg)
24. iron Iron, Fe (mg)
25. magn Magnesium, Mg (mg)
26. phos Phosphorus, P (mg)
27. pota Potassium, K (mg)
28. sodi Sodium, Na (mg)
29. zinc Zinc, Zn (mg)
30. copp Copper, Cu (mg)
31. fluo Fluoride, F (mcg)
32. mang Manganese, Mn (mg)
33. sele Selenium, Se (mcg)
34. vita Vitamin A, IU (IU)
35. reti Retinol (mcg)
36. vita\_rae Vitamin A, RAE (mcg\_RAE)
37. bcar Carotene, beta (mcg)
38. acar Carotene, alpha (mcg)
39. vite Vitamin E (alpha-tocopherol) (mg)
40. vitd\_iu Vitamin D (IU)
41. vitd2 Vitamin D2 (mcg)
42. vitd3 Vitamin D3 (mcg)
43. vitd\_mcg Vitamin D (D2 + D3) (mcg)
44. cryp Cryptoxanthin, beta (mcg)
45. lyco Lycopene (mcg)
46. lute Lutein + zeaxanthin (mcg)
47. btoc Tocopherol, beta (mg)
48. gtoc Tocopherol, gamma (mg)
49. dtoc Tocopherol, delta (mg)
50. vitc Vitamin C, total ascorbic acid (mg)
51. thia Thiamin (mg)
52. ribo Riboflavin (mg)
53. niac Niacin (mg)
54. pant Pantothenic acid (mg)
55. vib6 Vitamin B-6 (mg)
56. fola Folate, total (mcg)
57. vb12 Vitamin B-12 (mcg)
58. choln Choline, total, (mg)
59. vitk Vitamin K (phylloquinone) (mcg)
60. foli Folic acid (mcg)
61. fola\_f Folate, food (mcg)
62. fola\_dfe Folate, DFE (mcg\_DFE)
63. betn Betaine, (mg)
64. tryp Tryptophan (g)
65. thre Threonine (g)
66. isol Isoleucine (g)
67. leuc Leucine (g)
68. lysi Lysine (g)
69. meth Methionine (g)
70. cyst Cystine (g)
71. phen Phenylalanine (g)
72. tyro Tyrosine (g)
73. vali Valine (g)
74. argi Arginine (g)
75. hist Histidine (g)
76. alan Alanine (g)
77. aspa Aspartic acid (g)
78. glut Glutamic acid (g)
79. glyc Glycine (g)
80. prol Proline (g)
81. seri Serine (g)
82. hydr Hydroxyproline (g)
83. vite\_added Vitamin E, added, (mg)
84. vb12\_added Vitamin B-12, added, (mcg)
85. chol Cholesterol (mg)
86. trans Fatty acids, total trans (g)
87. sfat Fatty acids, saturated (g)
88. buty 4:0 (Butyric acid) (g)
89. capro 6:0 (Caproic acid ) (g)
90. capry 8:0 (Caprylic acid) (g)
91. capri 10:0 (Capric acid) (g)
92. laur 12:0 (Lauric acid) (g)
93. myri 14:0 (Myristic acid) (g)
94. palmitic 16:0 (Palmitic acid) (g)
95. stea 18:0 (Stearic acid) (g)
96. aracidic 20:0 (Arachidic acid) (g)
97. olei 18:1 undifferentiated (Oleic acid) (g)
98. lino 18:2 undifferentiated (Linoleic acid) (g)
99. linoleni 18:3 undifferentiated (Linolenic acid) (g)
100. aracdoni 20:4 undifferentiated (Arachidonic acid) (g)
101. dha 22:6 n-3 (DHA) (g)
102. behe 22:0 (Behenic acid) (g)
103. myrstlei 14:1 (Myristoleic acid) (g)
104. palmleic 16:1 undifferentiated (Palmitoleic acid) (g)
105. pari 18:4 (Parinaric acid) (g)
106. gado 20:1 (Gadoleic acid) (g)
107. epa 20:5 n-3 (EPA) (g)
108. eruc 22:1 undifferentiated (Erucic acid) (g)
109. dpa 22:5 n-3 (DPA) (g)
110. phyt Phytosterols (mg)
111. stig Stigmasterol (mg)
112. camp Campesterol (mg)
113. bsit Beta-sitosterol (mg)
114. mufa Fatty acids, total monounsaturated (g)
115. pufa Fatty acids, total polyunsaturated (g)
116. f150 15:0 (Pentadecanoic acid) (g)
117. marg 17:0 (Margaric acid) (g)
118. lign 24:0 (Lignoceric acid) (g)
119. f161t 16:1 t (g)
120. f181t 18:1 t (g)
121. f221t 22:1 t (g)
122. f182t 18:2 t not further defined (g)
123. f182i 18:2 i (g)
124. f18d2tt 18:2 t,t (g)
125. f182c 18:2 CLAs (g)
126. nerv 24:1 c (Nervonic acid) (g)
127. f202 20:2 n-6 c,c (g)
128. f161c 16:1 c (g)
129. f181c 18:1 c (g)
130. f182n 18:2 n-6 c,c (g)
131. f221 22:1 c (g)
132. glin 18:3 n-6 c,c,c (Gamma-linolenic acid) (g)
133. f171 17:1 (g)
134. f203 20:3 undifferentiated
135. transmono Fatty acids, total trans-monoenoic (g)
136. transpoly Fatty acids, total trans-polyenoic (g)
137. f130 13:0 (g)
138. f151 15:1 (g)
139. daid Daidzein (mg)
140. geni Genistein (mg)
141. glycitein Glycitein (mg)
142. iso\_tot Total isoflavones (mg)
143. bioch Biochanin A (mg)
144. formo Formononetin (mg)
145. coum Coumestrol (mg)
146. alin 18:3 n-3 c,c,c (Alpha-linolenic acid) (g)
147. f20d3n3 20:3 n-3 (g)
148. f20d3n6 20:3 n-6 (g)
149. f20d4n6 20:4 n-6 (g)
150. f183i 18:3i (g)
151. f21d5 21:5 (g)
152. f22d4 22:4 (g)
153. crucgms Cruciferous grams
154. crucpct % Cruciferous (% of total grams composed of Cruciferous Vegetables)
155. redmeatgms\_pure Red Meat grams (Pure)
156. redmeatgms\_proc Red Meat grams (Processed)
157. redmeatgms\_mix Red Meat grams (Mixed Dish)
158. redmeatpct\_pure % Red Meat - Pure (% of total grams composed of Pure Red Meat)
159. redmeatpct\_proc % Red Meat – Processed (% of total grams composed of Processed Red Meat)
160. redmeatpct\_mix % Red Meat - Mixed Dish (% of total grams composed of Red Meat contained in

Mixed Dishes)

1. whitemeatgms\_pure White Meat grams (Pure)
2. whitemeatgms\_proc White Meat grams (Processed)
3. whitemeatgms\_mix White Meat grams (Mixed Dish)
4. whitemeatpct\_pure % White Meat - Pure (% of total grams composed of Pure White Meat)
5. whitemeatpct\_proc % White Meat – Processed (% of total grams composed of Processed

WhiteMeat)

1. whitemeatpct\_mix % White Meat - Mixed Dish (% of total grams composed of White Meat

contained in Mixed Dishes)

1. wmgms\_poultry\_pure White Meat grams (Pure – Poultry) for SID/STUDY
2. wmgms\_poultry\_proc White Meat grams (Processed – Poultry) for SID/STUDY
3. wmgms\_poultry\_mix White Meat grams (Mixed Dish – Poultry) for SID/STUDY
4. wmpct\_poultry\_pure % White Meat – Pure – Poultry (% of total grams composed of Pure White Meat

from Poultry)

1. wmpct\_poultry\_proc % White Meat – Processed – Poultry (% of total grams composed of Processed

White Meat from Poultry)

1. wmpct\_poultry\_mix % White Meat – Mixed Dish – Poultry (% of total grams composed of Mixed Dish

White Meat from Poultry)

1. wmgms\_fish\_pure White Meat grams (Pure – Fish) for SID/STUDY
2. wmgms\_fish\_proc White Meat grams (Processed – Fish) for SID/STUDY
3. wmgms\_fish\_mix White Meat grams (Mixed Dish – Fish) for SID/STUDY
4. wmpct\_fish\_pure % White Meat – Pure – Fish (% of total grams composed of Pure White Meat

from Fish)

1. wmpct\_fish\_proc % White Meat – Processed – Fish (% of total grams composed of Processed

White Meat from Fish)

1. wmpct\_fish\_mix % White Meat – Mixed Dish – Fish (% of total grams composed of Mixed Dish

White Meat from Fish)

1. wmgms\_seafood\_pure White Meat grams (Pure – Seafood) for SID/STUDY
2. wmgms\_seafood\_proc White Meat grams (Processed – Seafood) for SID/STUDY
3. wmgms\_seafood\_mix White Meat grams (Mixed Dish – Seafood) for SID/STUDY
4. wmpct\_seafood\_pure % White Meat – Pure – Seafood (% of total grams composed of Pure White

Meat from Seafood)

1. wmpct\_seafood\_proc % White Meat – Processed – Seafood (% of total grams composed of Processed

White Meat from Seafood)

1. wmpct\_seafood\_mix % White Meat – Mixed Dish – Seafood (% of total grams composed of Mixed

Dish White Meat from Seafood)

1. gl Glycemic Load (g)
2. gmsd Total Grams/day
3. prot\_pcal % Calories - Protein
4. tfat\_pcal % Calories - Total Fat
5. carb\_pcal % Calories - Carbohydrate
6. alco\_pcal % Calories - Alcohol
7. sfat\_pcal % Calories - Saturated Fat
8. mufa\_pcal % Calories - MUFA
9. pufa\_pcal % Calories - PUFA
10. prot\_pdri %DRI – Protein
11. carb\_pdri %DRI – Carbohydrate
12. watr\_pdri %DRI – Water
13. fibr\_pdri %DRI – Dietary Fiber
14. calc\_pdri %DRI - Calcium
15. iron\_pdri %DRI - Iron
16. magn\_pdri %DRI - Magnesium
17. phos\_pdri %DRI – Phosphorus
18. pota\_pdri %DRI – Potassium
19. sodi\_pdri %DRI - Sodium
20. zinc\_pdri %DRI - Zinc
21. copp\_pdri %DRI - Copper
22. fluo\_pdri %DRI – Fluoride
23. mang\_pdri %DRI - Manganese
24. sele\_pdri %DRI – Selenium
25. vita\_pdri %DRI – Vitamin A, RAE
26. vite\_pdri %DRI - Vitamin E
27. vitd\_pdri %DRI - Vitamin D
28. vitc\_pdri %DRI - Vitamin C
29. thia\_pdri %DRI - Thiamin
30. ribo\_pdri %DRI - Riboflavin
31. niac\_pdri %DRI - Niacin
32. pant\_pdri %DRI - Pantothenic Acid
33. vib6\_pdri %DRI - Vitamin B-6
34. vb12\_pdri %DRI - Vitamin B-12
35. choln\_pdri %DRI – Choline
36. vitk\_pdri %DRI – Vitamin K
37. fola\_pdri %DRI – Folate, DFE
38. linoleic\_pdri %DRI – Linoleic Acid
39. linolenic\_pdri %DRI – Linolenic Acid
40. calc\_pul %Upper Limit – Calcium
41. iron\_pul %Upper Limit – Iron
42. phos\_pul %Upper Limit – Phosphorus
43. sodi\_pul %Upper Limit – Sodium
44. zinc\_pul %Upper Limit – Zinc
45. copp\_pul %Upper Limit – Copper
46. fluo\_pul %Upper Limit – Fluoride
47. mang\_pul %Upper Limit – Manganese
48. sele\_pul %Upper Limit – Selenium
49. vita\_pul %Upper Limit – Vitamin A, RAE
50. vite\_pul %Upper Limit – Vitamin E
51. vitd\_pul %Upper Limit – Vitamin D
52. vitc\_pul %Upper Limit – Vitamin C
53. niac\_pul %Upper Limit – Niacin
54. vib6\_pul %Upper Limit – Vitamin B-6
55. choln\_pul %Upper Limit – Choline
56. fola\_pul %Upper Limit – Folate, DFE
57. svita Supp: Vitamin A (iu)
58. svitc Supp: Vitamin C (mg)
59. svite Supp: Vitamin E (iu)
60. svitb6 Supp: Vitamin B6 (mg)
61. sthia Supp: Thiamin (mg)
62. sribo Supp: Riboflavin (mg)
63. sniac Supp: Niacin (mg)
64. sfolic Supp: Folic Acid (mcg)
65. svitb12 Supp: Vitamin B12 (mcg)
66. svitd Supp: Vitamin D (iu)
67. scalc\_nfs Supp: Calcium (not further specified) from Multi-Vitamin (mg)
68. scalc\_carbonate Supp: Calcium Carbonate from Multi-Vitamin (mg)
69. scalc\_elemental Supp: Calcium (Elemental) from Multi-Vitamin (mg)
70. scalc\_indiv Supp: Calcium from Individual Supplements (mg) (see scalc\_type for type)
71. szinc Supp: Zinc (mg)
72. sselen Supp: Selenium (mcg)
73. siron Supp: Iron (mg)
74. sbcar Supp: Beta-carotene (iu)
75. spanto Supp: Pantothenic acid (mg)
76. smagnes Supp: Magnesium (mg)
77. siodin Supp: Iodine (mcg)
78. scopp Supp: Copper (mg)
79. smang Supp: Manganese (mg)
80. sbiotin Supp: Biotin (mcg)
81. sphos Supp: Phosphorus (mg)
82. spotas Supp: Potassium (mg)
83. schol Supp: Choline (mg)
84. schrom Supp: Chromium (ug)
85. smolyb Supp: Molybdenum (ug)
86. schlor Supp: Chloride (mg)
87. svitk Supp: Vitamin K (mcg)
88. somega3 Supp: Omega3 (mg)
89. sginkgo Supp: Ginkgo Biloba (mg)
90. slyco Supp: Lycopene (mcg)
91. sboron Supp: Boron (mcg)
92. snickel Supp: Nickel (mcg)
93. ssilicon Supp: Silicon (mg)
94. stin Supp: Tin (mcg)
95. svanadium Supp: Vanadium (mcg)
96. slutein Supp: Lutein (mcg)
97. scalories Supp: Calories (kcal)
98. ssodium Supp: Sodium (mg)
99. sinositol Supp: Inositol (mcg)
100. srutin Supp: Rutin (mg)
101. sbioflavonoid\_complex Supp: Bioflavonoid Complex (mg)
102. spaba Supp: Paba (mg)
103. sfiber Supp: Fiber (g)
104. suppuse Supplement use?

y=yes

n=no

1. supid1 Supp: ID Code of Multi-Vitamin w/Minerals
2. smanufacturer1 Supp: Manufacturer of Multi-Vitamin w/Minerals
3. sproduct1 Supp: Product name of Multi-Vitamin w/Minerals
4. sintake\_form1 Supp: Intake form of Multi-Vitamin w/Minerals
5. supid2 Supp: ID Code of Multi-Vitamin without Minerals
6. smanufacturer2 Supp: Manufacturer of Multi-Vitamin without Minerals
7. sproduct2 Supp: Product name of Multi-Vitamin without Minerals
8. sintake\_form2 Supp: Intake form of Multi-Vitamin without Minerals
9. supid3 Supp: ID Code of Therapeutic, Stress or High Potency Formula
10. smanufacturer3 Supp: Manufacturer of Therapeutic, Stress or High Potency Formula
11. sproduct3 Supp: Product name of Therapeutic, Stress or High Potency Formula
12. sintake\_form3 Supp: Intake form of Therapeutic, Stress or High Potency Formula
13. supid4 Supp: ID Code of B Complex
14. smanufacturer4 Supp: Manufacturer of B Complex
15. sproduct4 Supp: Product name of B Complex
16. sintake\_form4 Supp: Intake form of B Complex
17. supid5 Supp: ID Code of Antioxidant
18. smanufacturer5 Supp: Manufacturer of Antioxidant
19. sproduct5 Supp: Product name of Antioxidant
20. sintake\_form5 Supp: Intake form of Antioxidant
21. scalc\_type\_code Supp: Calcium Type Code (individual supplement)
22. scalc\_type Supp: Calcium Type (individual supplement)
23. suoc6 Supp: Vitamin A (Individual Supp.), Other Units Code
24. suspec6 Supp: Vitamin A (Individual Supp.), Other Units Description
25. suoc7 Supp: Vitamin B6 (Individual Supp.), Other Units Code
26. suspec7 Supp: Vitamin B6 (Individual Supp.), Other Units Description
27. suoc8 Supp: Vitamin C (Individual Supp.), Other Units Code
28. suspec8 Supp: Vitamin C (Individual Supp.), Other Units Description
29. suoc9 Supp: Vitamin D (Individual Supp.), Other Units Code
30. suspec9 Supp: Vitamin D (Individual Supp.), Other Units Description
31. suoc10 Supp: Vitamin E (Individual Supp.), Other Units Code
32. suspec10 Supp: Vitamin E (Individual Supp.), Other Units Description
33. suoc11 Supp: Vitamin K (Individual Supp.), Other Units Code
34. suspec11 Supp: Vitamin K (Individual Supp.), Other Units Description
35. suoc12 Supp: Calcium (Individual Supp.), Other Units Code
36. suspec12 Supp: Calcium (Individual Supp.), Other Units Description
37. suoc13 Supp: Iron (Individual Supp.), Other Units Code
38. suspec13 Supp: Iron (Individual Supp.), Other Units Description
39. suoc14 Supp: Magnesium (Individual Supp.), Other Units Code
40. suspec14 Supp: Magnesium (Individual Supp.), Other Units Description
41. suoc15 Supp: Selenium (Individual Supp.), Other Units Code
42. suspec15 Supp: Selenium (Individual Supp.), Other Units Description
43. suoc16 Supp: Zinc (Individual Supp.), Other Units Code
44. suspec16 Supp: Zinc (Individual Supp.), Other Units Description
45. suoc17 Supp: Fiber (Individual Supp.), Other Units Code
46. suspec17 Supp: Fiber (Individual Supp.), Other Units Description
47. suoc18 Supp: Omega3 Fatty Acid (Individual Supp.), Other Units Code
48. suspec18 Supp: Omega3 Fatty Acid (Individual Supp.), Other Units Description
49. suoc19 Supp: Folate (Individual Supp.), Other Units Code
50. suspec19 Supp: Folate (Individual Supp.), Other Units Description
51. supid20 Supp: Other Supplement #1 (Individual Supp.), ID Code
52. sup\_descr20 Supp: Other Supplement #1 (Individual Supp.), Description
53. suoc20 Supp: Other Supplement #1 (Individual Supp.), Other Units Code
54. suspec20 Supp: Other Supplement #1 (Individual Supp.), Other Units Description
55. soth1 Supp: Other Supplement #1
56. supid21 Supp: Other Supplement #2 (Individual Supp.), ID Code
57. sup\_descr21 Supp: Other Supplement #2 (Individual Supp.), Description
58. suoc21 Supp: Other Supplement #2 (Individual Supp.), Other Units Code
59. suspec21 Supp: Other Supplement #2 (Individual Supp.), Other Units Description
60. soth2 Supp: Other Supplement #2
61. tdaydate Today’s date
62. age Age as of “Today’s Date”
63. sex Sex (0=F, 1=M)
64. htft Height (ft. portion)
65. htin Height (in. portion)
66. wt Weight (lb)
67. wt\_1yr Weight 1 yr ago
68. wt\_18 Weight at age 18
69. fh2s Food Habits Q.2 [SPANISH] – How often do you eat the skin on chicken?
    * + 1. 1=Frequently or Always
        2. 2=Sometimes
        3. 3=Rarely or Never
70. fh3s Food Habits Q.3 [SPANISH] – How often do you eat the fat on meat?
    * + 1. 1=Frequently or Always
        2. 2=Sometimes
        3. 3=Rarely or Never
71. fh4s Food Habits Q. 4 [SPANISH] – When you ate hamburger or other ground meat, what type did

you usually eat?

* + - 1. 1=Did not eat hamburger or other ground meat
      2. 2=Regular
      3. 3=Lean (80-90%)
      4. 4=Extra lean (90% or greater lean)
      5. 5=Don’t know

1. fh5s Food Habits Q. 5 [SPANISH] – When you ate canned tuna, what type did you usually eat?
   * + 1. 1=Did not eat canned tuna
       2. 2=Water-packed
       3. 3=Oil-packed
       4. 4=Don’t know
2. fh6s Food Habits Q. 6 [SPANISH] – When you ate fruit, was it usually …
   * + 1. Did not eat fruit
       2. Fresh, Frozen
       3. Canned in natural juices
       4. Canned in light syrup
       5. Canned in heavy syrup
3. fh7s Food Habits Q. 7 [SPANISH] – When you used salad dressing, what type did you usually use?
   * + 1. 1=Did not use salad dressing
       2. 2=Regular
       3. 3=Low Fat or Reduced Calorie
       4. 4=Fat-free
4. fh2e Food Habits Q. 2 [ENGLISH] – How often do you eat the skin on chicken?
   * + 1. 1=Frequently or Always
       2. 2=Sometimes
       3. 3=Rarely or Never

1. fh3e Food Habits Q. 3 [ENGLISH] – How often do you eat the fat on meat?
   * + 1. 1=Frequently or Always
       2. 2=Sometimes
       3. 3=Rarely or Never
2. fh4e Food Habits Q. 4 [ENGLISH] – When you ate hamburger or other ground meat, what type did

you usually eat?

* + - 1. 1=Did not eat hamburger or other ground meat
      2. 2=Regular
      3. 3=Lean (80-90%)
      4. 4=Extra lean (90% or greater lean)
      5. 5=Don’t know

1. fh8b Food Habits Q. 5 [ENGLISH] – When you ate canned tuna, what type did you usually eat?
   * + 1. 1=Did not eat canned tuna
       2. 2=Water-packed
       3. 3=Oil-packed
       4. 4=Don’t know
2. fh9 Food Habits Q. 6 [ENGLISH] – When you ate fruit, was it usually …
   * + 1. Did not eat fruit
       2. Fresh, Frozen
       3. Canned in natural juices
       4. Canned in light syrup
       5. Canned in heavy syrup
3. fh10 Food Habits Q. 7 [ENGLISH] – When you used salad dressing, what type did you usually use?
   * + 1. 1=Did not use salad dressing
       2. 2=Regular
       3. 3=Low Fat or Reduced Calorie
       4. 4=Fat-free
4. fh8s Food Habits Q. 8 [SPANISH] – When you used mayonnaise, what type did you usually use?
   * + 1. 1=Did not use mayonnaise
       2. 2=Regular
       3. 3=Low Fat or Reduced Calorie
       4. 4=Fat-Free
5. fh9s Food Habits Q. 9 [SPANISH] – When you ate popcorn, how was it usually prepared?
   * + 1. 1=Did not eat popcorn
       2. 2=Popped in oil or pre-popped
       3. 3=Regular microwave
       4. 4=Light microwave
       5. Air-popped
6. fh10s Food Habits Q. 10 [SPANISH] – What kind of fat do you usually use?
   * + 1. 1=Don’t add fat
       2. 2=Soft Margarine
       3. 3=Stick Margarine
       4. 4=Butter
       5. 5=Half Butter, Half Margarine
       6. 6=Lard, Fatback or Bacon Fat
       7. 7=Pam© or “no oil”
7. fh11s Food Habits Q. 11 [SPANISH] – What kind of fat or oil do you usually cook with?
   * + 1. 1=Don’t know or don’t cook
       2. 2=Soft Margarine
       3. 3=Stick Margarine
       4. 4=Butter
       5. 5=Oil
       6. 6=Lard, Fatback or Bacon Fat
       7. 7=Pam© or “no oil”
8. fh12\_1s Food Habits Q. 12 [SPANISH] – Are you currently on a special diet?
   * + 1. 1=No
       2. blank=Not applicable
9. fh12\_2s Food Habits Q. 12 [SPANISH] – Are you currently on a special diet?
   * + 1. 1=Yes, Weight loss
       2. blank=Not applicable
10. fh12\_3s Food Habits Q. 12 [SPANISH] – Are you currently on a special diet?
    * + 1. 1=Yes, for Medical Condition
        2. blank=Not applicable
11. fh12\_4s Food Habits Q. 12 [SPANISH] – Are you currently on a special diet?
    * + 1. 1=Yes, Vegetarian
        2. blank=Not applicable
12. fh12\_5s Food Habits Q. 12 [SPANISH] – Are you currently on a special diet?
    * + 1. 1=Yes, Low Salt
        2. blank=Not applicable
13. fh12\_6s Food Habits Q. 12 [SPANISH] – Are you currently on a special diet?
    * + 1. 1=Yes, Low Cholesterol
        2. blank=Not applicable
14. fh12\_7s Food Habits Q. 12 [SPANISH] – Are you currently on a special diet?
    * + 1. 1=Yes, Weight gain
        2. blank=Not applicable
15. fh8e Food Habits Q. 8 [ENGLISH] – When you used mayonnaise, what type did you usually use?
    * + 1. 1=Did not use mayonnaise
        2. 2=Regular
        3. 3=Low Fat or Reduced Calorie
        4. 4=Fat-Free
16. fh9e Food Habits Q. 9 [ENGLISH] – When you ate popcorn, how was it usually prepared?
    * + 1. 1=Did not eat popcorn
        2. 2=Popped in oil or pre-popped
        3. 3=Regular microwave
        4. 4=Light microwave
        5. Air-popped
17. fh10e Food Habits Q. 10 [ENGLISH] – What kind of fat do you usually use?
    * + 1. 1=Don’t add fat
        2. 2=Soft Margarine
        3. 3=Stick Margarine
        4. 4=Butter
        5. 5=Half Butter, Half Margarine
        6. 6=Lard, Fatback or Bacon Fat
        7. 7=Pam© or “no oil”
18. fh11e Food Habits Q. 11 [ENGLISH] – What kind of fat or oil do you usually cook with?
    * + 1. 1=Don’t know or don’t cook
        2. 2=Soft Margarine
        3. 3=Stick Margarine
        4. 4=Butter
        5. 5=Oil
        6. 6=Lard, Fatback or Bacon Fat
        7. 7=Pam© or “no oil”
19. fh12\_1e Food Habits Q. 12 [ENGLISH] – Are you currently on a special diet?
    * + 1. 1=No
        2. blank=Not applicable
20. fh12\_2e Food Habits Q. 12 [ENGLISH] – Are you currently on a special diet?
    * + 1. 1=Yes, Weight loss
        2. blank=Not applicable
21. fh12\_3e Food Habits Q. 12 [ENGLISH] – Are you currently on a special diet?
    * + 1. 1=Yes, for Medical Condition
        2. blank=Not applicable
22. fh12\_4e Food Habits Q. 12 [ENGLISH] – Are you currently on a special diet?
    * + 1. 1=Yes, Vegetarian
        2. blank=Not applicable
23. fh12\_5e Food Habits Q. 12 [ENGLISH] – Are you currently on a special diet?
    * + 1. 1=Yes, Low Salt
        2. blank=Not applicable
24. fh12\_6e Food Habits Q. 12 [ENGLISH] – Are you currently on a special diet?
    * + 1. 1=Yes, Low Cholesterol
        2. blank=Not applicable
25. fh12\_7e Food Habits Q. 12 [ENGLISH] – Are you currently on a special diet?
    * + 1. 1=Yes, Weight gain
        2. blank=Not applicable

391. SOLID\_FATS\_consumed Solid Fats consumed (HEI) (g)

392. ADD\_SUGARS\_consumed Added Sugars consumed (HEI) (tsp)

393. A\_DRINKS\_consumed # of Alcoholic drinks consumed

394. ADDSUGC Calories from Added Sugars consumed (kcal). Calculated as:

ADD\_SUGARS\_consumed \* 16 (kcal/tsp)

395. SOLDFATSC Calories from Solid Fats consumed (kcal). Calculated as:

SOLID\_FATS\_consumed \* 9 (kcal/g)

396. TOTAL\_ALCOHOL\_GRAMS Grams Alcohol from Alcoholic drinks consumed (g)

397. EXTRA\_ALCOHOL\_GRAMS Extra grams Alcohol from Alcoholic drinks consumed (g). Calculated as:

TOTAL\_ALCOHOL\_GRAMS – 28.

398. EXALCCAL Calories from Extra Alcohol Grams. Calculated as:

EXTRA\_ALCOHOL\_GRAMS \* 7 (kcal/g)

391. HEIX1\_TOTALVEG HEI-2010 Component 1 - Total Vegetables

392. HEIX2\_GREEN\_AND\_BEAN HEI-2010 Component 2 – Greens and Beans

393. HEIX3\_TOTALFRUIT HEI-2010 Component 3 – Total Fruit

394. HEIX4\_WHOLEFRUIT HEI-2010 Component 4 – Whole Fruit

395. HEIX5\_WHOLEGRAIN HEI-2010 Component 5 – Whole Grains

396. HEIX6\_TOTALDAIRY HEI-2010 Component 6 – Dairy

397. HEIX7\_TOTPROT HEI-2010 Component 7 – Total Protein Foods

398. HEIX8\_SEAPLANT\_PROT HEI-2010 Component 8 – Seafood and Plant Protein

399. HEIX9\_FATTYACID HEI-2010 Component 9 – Fatty Acid Ratio

400. HEIX10\_SODIUM HEI-2010 Component 10 – Sodium

401. HEIX11\_REFINEDGRAIN HEI-2010 Component 11 – Refined Grains

402. HEIX12\_SOFAAS HEI-2010 Component 12 – Empty Calories from Solid Fat, Alcohol, and Added

Sugars

403. HEIX2010\_TOTAL\_SCORE HEI-2010 Score

404. lithcode Lithocode (unique number stamped on each bubble form)

405. suppdb\_ver Supplement Database Version Number

406. calctypesdb\_ver Calcium Types Database Version Number

407. othrsuppdb\_ver Other Supplements Database Version Number

408. sysver Metabolize System Version used in processing

**HEIX1\_TOTALVEG HEIX2\_GREEN\_AND\_BEAN HEIX3\_TOTALFRUIT HEIX4\_WHOLEFRUIT HEIX5\_WHOLEGRAIN HEIX6\_TOTALDAIRY HEIX7\_TOTPROT HEIX8\_SEAPLANT\_PROT HEIX9\_FATTYACID HEIX10\_SODIUM HEIX11\_REFINEDGRAIN HEIX12\_SOFAAS HEI2010\_TOTAL\_SCORE**

**HEIX1\_TOTALVEG HEIX2\_GREEN\_AND\_BEAN HEIX3\_TOTALFRUIT HEIX4\_WHOLEFRUIT HEIX5\_WHOLEGRAIN HEIX6\_TOTALDAIRY HEIX7\_TOTPROT HEIX8\_SEAPLANT\_PROT HEIX9\_FATTYACID HEIX10\_SODIUM HEIX11\_REFINEDGRAIN HEIX12\_SOFAAS HEI2010\_TOTAL\_SCORE**