Code Book for Health_Nutrition Data

Variable	Values	Comments
Sex	1 Male 2 Female	
Age	In years	
Race	1 Mexican American 2 Other Hispanic 3 Non-Hispanic White 4 Non-Hispanic Black 6 Non-Hispanic Asian 7 Other Race-Including Multi-Racial	
Birth_Country	1 Born in the United States 2. Born outside the United States	
Education	1 Less than 9th grade 2 No high school diploma 3 High school 4 Some college 5 At least bachelors degree	
Marital_Status	1 Married 2 Widowed 3 Divorced 4 Separated 5 Never married 6 Living with partner	
Birth_Country	1 Born in the United States 2 Born outside the United States	
Weight	In kilograms	
Height	In centimeters	
BMI	Body Mass Index in kilograms per square meter	
UpperLegLength	In centimeters	
UpperArmLength	In centimeters	
ArmCircumference	In centimeters	
WaistCircumference	In centimeters	
HipCircumference	In centimeters	
Day	1 Sunday 2 Monday 3 Tuesday 4 Wednesday 5 Thursday 6 Friday 7 Saturday	Intake day of the week
Salt	1 Yes 2 No	Did you use salt with any of your meals?
Diet	1 Yes 2 No	Are you currently on any kind of diet, either to lose weight or for some other health-related reason?

Cholesterol	Milligrams per deciliter	Total cholesterol
Energy	Kcal	Total calories for day
Protein	Grams	Total protein consumption
Saturated_Fat	Grams	Total saturated fatty acids
Calcium	Milligrams	Calcium consumption
Caffeine	Milligrams	Caffeine consumption
Alcohol	Grams	Alcohol consumption
Water	Grams	Water consumption