

Section C: Diet

These questions are about food you ate or drank during the past month, that is, the past 30 days. When answering, please include meals and snacks at home, at work or school, in restaurants, and anyplace else.

For each question, please fill in *ONE* circle to indicate your answer.

During the past month, how often did you...

1. Eat hot or cold cereals?

- ☐ Never **FFQ010** **FMT_FFQ.**
☐ 1 time per month
☐ 2-3 times per month
☐ 1 time per week
☐ 2-3 times per week
☐ 3-4 times per week
☐ 5-6 times per week
☐ 1 time per day
☐ 2 or more times per day

2. During the past month, what kind of cereal did you usually eat? *Print cereal.*

FFQ020 **\$FMT_CHAR.**

3. If there was another kind of cereal that you usually ate during the past month, what kind was it? *Print cereal. If none, leave blank.*

FFQ030 **\$FMT_CHAR.**

4. During the past month, how often did you have any milk (either to drink or on cereal)? *Include regular milks, chocolate or other flavored milks, lactose-free milk, or buttermilk. Please do not include soy milk or small amounts of milk in coffee or tea.*

- ☐ Never **FFQ040** **FMT_FFQ.**
☐ 1 time per month
☐ 2-3 times per month
☐ 1 time per week
☐ 2-3 times per week
☐ 3-4 times per week
☐ 5-6 times per week
☐ 1 time per day
☐ 2 or more times per day

5. During the past month, what kind of milk did you usually drink? *Mark one.*

FFQ050 **FMT_FFQ050_.**

- ☐ Whole or regular
☐ 2% fat or reduced-fat
☐ 1%, 0.5%, or low-fat
☐ Fat-free, skim, or non-fat
☐ Soy
☐ Other: *Print milk.* **FFQ051** **\$FMT_CHAR.**

Self-Administered Questionnaire (SAQ)

For each question, please fill in one circle to indicate your answer.

During the past month, how often did you...

6. Drink regular soda or pop that contains sugar? *Do not include diet soda.*

☐ Never **FFQ060** **FMT_FFQ.**
☐ 1 time per month
☐ 2-3 times per month
☐ 1 time per week
☐ 2-3 times per week
☐ 3-4 times per week
☐ 5-6 times per week
☐ 1 time per day
☐ 2 or more times per day

7. Drink 100% pure fruit juices such as orange, mango, apple, grape, and pineapple juices? *Do not include fruit-flavored drinks with added sugar or fruit juice you made at home and added sugar to.*

☐ Never **FFQ070** **FMT_FFQ.**
☐ 1 time per month
☐ 2-3 times per month
☐ 1 time per week
☐ 2-3 times per week
☐ 3-4 times per week
☐ 5-6 times per week
☐ 1 time per day
☐ 2 or more times per day

8. Drink coffee or tea that had sugar or honey added to it? *Include coffee and tea you sweetened yourself and presweetened tea and coffee drinks such as Arizona Iced Tea and Frappuccino. Do not include artificially sweetened coffee or diet tea.*

☐ Never **FFQ080** **FMT_FFQ.**
☐ 1 time per month
☐ 2-3 times per month
☐ 1 time per week
☐ 2-3 times per week
☐ 3-4 times per week
☐ 5-6 times per week
☐ 1 time per day
☐ 2 or more times per day

9. Drink sweetened fruit drinks, sports, or energy drinks, such as Kool-Aid, lemonade, Hi-C, cranberry drink, Gatorade, Red Bull, or vitamin water? *Include fruit juices you made at home and added sugar to. Do not include diet drinks or artificially sweetened drinks.*

☐ Never **FFQ090** **FMT_FFQ.**
☐ 1 time per month
☐ 2-3 times per month
☐ 1 time per week
☐ 2-3 times per week
☐ 3-4 times per week
☐ 5-6 times per week
☐ 1 time per day
☐ 2 or more times per day

For each question, please fill in one circle to indicate your answer.

During the past month, how often did you...

10. Eat fruit? *Include fresh, frozen, or canned fruit. Do not include juices.*

☐ Never **FFQ100** **FMT_FFQ.**
☐ 1 time per month
☐ 2-3 times per month
☐ 1 time per week
☐ 2-3 times per week
☐ 3-4 times per week
☐ 5-6 times per week
☐ 1 time per day
☐ 2 or more times per day

11. Eat a green leafy or lettuce salad, with or without other vegetables?

☐ Never **FFQ110** **FMT_FFQ.**
☐ 1 time per month
☐ 2-3 times per month
☐ 1 time per week
☐ 2-3 times per week
☐ 3-4 times per week
☐ 5-6 times per week
☐ 1 time per day
☐ 2 or more times per day

12. Eat any kind of fried potatoes, including French fries, home fries, or hash brown potatoes?

☐ Never **FFQ120** **FMT_FFQ.**
☐ 1 time per month
☐ 2-3 times per month
☐ 1 time per week
☐ 2-3 times per week
☐ 3-4 times per week
☐ 5-6 times per week
☐ 1 time per day
☐ 2 or more times per day

13. Eat any other kind of potatoes, such as baked, boiled, mashed potatoes, sweet potatoes, or potato salad?

☐ Never **FFQ130** **FMT_FFQ.**
☐ 1 time per month
☐ 2-3 times per month
☐ 1 time per week
☐ 2-3 times per week
☐ 3-4 times per week
☐ 5-6 times per week
☐ 1 time per day
☐ 2 or more times per day

14. Eat refried beans, baked beans, beans in soup, pork and beans, or any other type of cooked dried beans? *Do not include green beans.*

☐ Never **FFQ140** **FMT_FFQ.**
☐ 1 time per month
☐ 2-3 times per month
☐ 1 time per week
☐ 2-3 times per week
☐ 3-4 times per week
☐ 5-6 times per week
☐ 1 time per day
☐ 2 or more times per day

For each question, please fill in one circle to indicate your answer.

During the past month, how often did you...

15. Eat brown rice or other cooked whole grains, such as bulgur, cracked wheat, or millet? *Do not include white rice.*

☐ Never **FFQ150** **FMT_FFQ.**
☐ 1 time per month
☐ 2-3 times per month
☐ 1 time per week
☐ 2-3 times per week
☐ 3-4 times per week
☐ 5-6 times per week
☐ 1 time per day
☐ 2 or more times per day

16. Not including what you just told me about (green salads, potatoes, cooked dried beans), how often did you eat other vegetables?

☐ Never **FFQ160** **FMT_FFQ.**
☐ 1 time per month
☐ 2-3 times per month
☐ 1 time per week
☐ 2-3 times per week
☐ 3-4 times per week
☐ 5-6 times per week
☐ 1 time per day
☐ 2 or more times per day

17. Have Mexican-type salsa made with tomato?

FFQ170 **FMT_FFQ.**

☐ Never
☐ 1 time per month
☐ 2-3 times per month
☐ 1 time per week
☐ 2-3 times per week
☐ 3-4 times per week
☐ 5-6 times per week
☐ 1 time per day
☐ 2 or more times per day

18. Eat pizza? *Include frozen pizza, fast food pizza, and homemade pizza.*

☐ Never **FFQ180** **FMT_FFQ.**

☐ 1 time per month
☐ 2-3 times per month
☐ 1 time per week
☐ 2-3 times per week
☐ 3-4 times per week
☐ 5-6 times per week
☐ 1 time per day
☐ 2 or more times per day

19. Have tomato sauces such as with spaghetti or noodles or mixed into food such as lasagna?

☐ Never **FFQ190** **FMT_FFQ.**

☐ 1 time per month
☐ 2-3 times per month
☐ 1 time per week
☐ 2-3 times per week
☐ 3-4 times per week
☐ 5-6 times per week
☐ 1 time per day
☐ 2 or more times per day

For each question, please fill in one circle to indicate your answer.

During the past month, how often did you...

20. Eat any kind of cheese? *Include cheese as a snack cheese on burgers, sandwiches, and cheese in foods such as lasagna, quesadillas, or casseroles. Do not include cheese on pizza.*

☐ Never **FFQ200** **FMT_FFQ.**
☐ 1 time per month
☐ 2-3 times per month
☐ 1 time per week
☐ 2-3 times per week
☐ 3-4 times per week
☐ 5-6 times per week
☐ 1 time per day
☐ 2 or more times per day

21. Eat red meat, such as beef, pork, ham, or sausage? *Do not include chicken, turkey, or seafood. Include red meat you had in sandwiches, lasagna, stew, and other mixtures. Red meats may also include veal, lamb, and any lunch meats made with these meats.*

☐ Never **FFQ210** **FMT_FFQ.**
☐ 1 time per month
☐ 2-3 times per month
☐ 1 time per week
☐ 2-3 times per week
☐ 3-4 times per week
☐ 5-6 times per week
☐ 1 time per day
☐ 2 or more times per day

22. Eat any processed meat, such as bacon, lunch meats, or hot dogs? *Include processed meats you had in sandwiches, soups, pizza, casseroles, or other mixtures. Processed meats are those preserved by smoking, curing, or salting, or by the addition of preservatives. Examples are: ham, bacon, pastrami, salami, sausages, bratwursts, frankfurters, hot dogs, and spam.*

☐ Never **FFQ220** **FMT_FFQ.**
☐ 1 time per month
☐ 2-3 times per month
☐ 1 time per week
☐ 2-3 times per week
☐ 3-4 times per week
☐ 5-6 times per week
☐ 1 time per day
☐ 2 or more times per day

23. Eat whole grain bread including toast, rolls, and in sandwiches? *Whole grain breads include whole wheat, rye, oatmeal, and pumpernickel. Do not include white bread.*

☐ Never **FFQ230** **FMT_FFQ.**
☐ 1 time per month
☐ 2-3 times per month
☐ 1 time per week
☐ 2-3 times per week
☐ 3-4 times per week
☐ 5-6 times per week
☐ 1 time per day
☐ 2 or more times per day

For each question, please fill in one circle to indicate your answer.

During the past month, how often did you...

24. Eat chocolate or any other types of candy? Do not include sugar-free candy.

- ☐ Never **FFQ240** **FMT_FFQ.**
- ☐ 1 time per month
- ☐ 2-3 times per month
- ☐ 1 time per week
- ☐ 2-3 times per week
- ☐ 3-4 times per week
- ☐ 5-6 times per week
- ☐ 1 time per day
- ☐ 2 or more times per day

25. Eat donuts, sweet rolls, Danish pastries, muffins, pan dulce, or Pop-Tarts? Do not include sugar-free items.

- ☐ Never **FFQ250** **FMT_FFQ.**
- ☐ 1 time per month
- ☐ 2-3 times per month
- ☐ 1 time per week
- ☐ 2-3 times per week
- ☐ 3-4 times per week
- ☐ 5-6 times per week
- ☐ 1 time per day
- ☐ 2 or more times per day

26. Eat cookies, cake, pie, or brownies? Do not include sugar-free kinds.

- ☐ Never **FFQ260** **FMT_FFQ.**
- ☐ 1 time per month
- ☐ 2-3 times per month
- ☐ 1 time per week
- ☐ 2-3 times per week
- ☐ 3-4 times per week
- ☐ 5-6 times per week
- ☐ 1 time per day
- ☐ 2 or more times per day

27. Eat ice cream or other frozen desserts? Do not include sugar-free kinds.

- ☐ Never **FFQ270** **FMT_FFQ.**
- ☐ 1 time per month
- ☐ 2-3 times per month
- ☐ 1 time per week
- ☐ 2-3 times per week
- ☐ 3-4 times per week
- ☐ 5-6 times per week
- ☐ 1 time per day
- ☐ 2 or more times per day

28. Eat popcorn?

- ☐ Never **FFQ280** **FMT_FFQ.**
- ☐ 1 time per month
- ☐ 2-3 times per month
- ☐ 1 time per week
- ☐ 2-3 times per week
- ☐ 3-4 times per week
- ☐ 5-6 times per week
- ☐ 1 time per day
- ☐ 2 or more times per day