

Section I: The Foods You Eat

The following questions are about the foods you usually eat. Please answer each question as best you can, and estimate if you are not sure.

Think about your eating habits over the past year or so. Remember breakfast, lunch, dinner, snacks and eating out. There are two kinds of questions for each food. "How Many Days Per Week" on average do you usually eat the food, and "How Much" do you usually eat of the food. Please mark a circle for the number of days a week you usually eat each food, and then how much of it you eat on those days. If you don't eat a certain food or beverage, please leave the "How Much" section on the right blank.

For SAS variables on the left column for question 1-40, the format is FMT_DAYS_PER_WEEK

		How Many Days Per Week?						How Much On Those Days? If None, Leave Blank		
		None or less than 1	1 Day	2 Days	3-4 Days	5-6 Days	Every Day			
		▼	▼	▼	▼	▼	▼	▼	▼	▼
1.	Glasses of milk (any kind)..... QI-FOOD-1-1A	<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"/>
								1 eight ounce glass	2 eight ounce glasses	3+ eight ounce glasses
								QI-FOOD-1-1B	FMT-QI-1B	
2.	Real 100% fruit juice, like..... orange juice, apple juice, or fruit smoothies. Don't count fruit flavored soft drinks or drinks like Sunny Delight. QI-FOOD-1-2A	<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"/>
								Small 6 ounce glass	1 cup	2+ cups
								QI-FOOD-1-2B	FMT-QI-2B	
3.	Vegetable juice, like tomato juice,..... V8, or carrot juice. QI-FOOD-1-3A	<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"/>
								Small 6 ounce glass	1 cup	2+ cups
								QI-FOOD-1-3B	FMT-QI-2B	
4.	Snapple, Kool-Aid, instant lemonade,..... instant iced tea, cordial - regular or sugar free QI-FOOD-1-4A	<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"/>
								1 glass	2 glasses	3+ glasses
								QI-FOOD-1-4B	FMT-QI-4B	

SHOW

		How Many Days Per Week?						How Much On Those Days? <i>If None, Leave Blank</i>			
		None or less than 1	1 Day	2 Days	3-4 Days	5-6 Days	Every Day				
		▼	▼	▼	▼	▼	▼	▼	▼	▼	
5.	Drink with some juice, like Hawaiian Punch, Sunny Delight, Knudsen, Hi-C, or cranberry juice QI-FOOD-5-5A	<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"/>	
		1 glass	2 glasses	3+ glasses							
		QI-FOOD-5-5B	FMT-QI-4B								
6.	Any kind of soft drink, soda or pop, Like Coke, cola, Gingerale, Crush, Fanta, - regular or sugar free QI-FOOD-5-6A	<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"/>	
		1 glass/can	2 glasses/cans	3+ glasses/cans							
		QI-FOOD-5-6B	FMT-QI-6B								
7.	Beer QI-FOOD-5-7A	<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"/>	
		1 glass/can	2 glasses/cans	3+ glasses/cans							
		QI-FOOD-5-7B	FMT-QI-6B								
8.	Eggs, or breakfast sandwiches with Eggs, like Egg McMuffins (McDonalds) QI-FOOD-5-8A	<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"/>	
		1 egg	2 eggs	3+ eggs							
		QI-FOOD-5-8B	FMT-QI-8B								
9.	Cold cereal, any kind QI-FOOD-5-9A	<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"/>	
		1 small bowl	1 medium bowl	1 large bowl							
		QI-FOOD-5-9B	FMT-QI-9B								
10.	Hot cereal, cooked cereal like oatmeal or porridge, grits, or cream of wheat QI-FOOD-5-10A	<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"/>	
		1 small bowl	1 medium bowl	1 large bowl							
		QI-FOOD-5-10B	FMT-QI-9B								

	How Many Days Per Week?						How Much On Those Days? <i>If None, Leave Blank</i>		
	None or less than 1 ▼	1 Day ▼	2 Days ▼	3-4 Days ▼	5-6 Days ▼	Every Day ▼	▼	▼	▼
11. Real sugar or honey in coffee or tea or on cereal QI-FOOD-11-11A	<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"/>
							1 teaspoon	2 teaspoons	3+ teaspoons
							QI-FOOD-11-11B	FMT-QI-11B	
12. Cheese, sliced cheese or cheese spread, including on sandwiches QI-FOOD-11-12A	<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"/>
							1 slice	2 slices	3+ slices
							QI-FOOD-11-12B	FMT-QI-12B	
13. Lunch meats like bologna, salami, sliced ham, turkey lunch meat, or any other cold meat cuts QI-FOOD-11-13A	<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"/>
							1 slice	2 slices	3+ slices
							QI-FOOD-11-13B	FMT-QI-12B	
14. Hamburgers, cheeseburgers, meat balls or meat loaf QI-FOOD-11-14A	<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"/>
							1 small/ 3 ounce	1 large	2 large
							QI-FOOD-11-14B	FMT-QI-14B	
15. Hot dogs, or sausage like Polish, Italian or chorizo QI-FOOD-11-15A	<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"/>
							1 hotdog	2 hotdogs	3+ hotdogs
							QI-FOOD-11-15B	FMT-QI-15B	
16. Other beef or pork, such as steak, roast beef, ribs, or in sandwiches, tacos, burritos QI-FOOD-11-16A	<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"/>
							3 ounce small	4 to 6 ounce medium	7+ ounces large
							QI-FOOD-11-16B	FMT-QI-16B	

SHOW

	How Many Days Per Week?						How Much On Those Days? <i>If None, Leave Blank</i>		
	None or less than 1 ▼	1 Day ▼	2 Days ▼	3-4 Days ▼	5-6 Days ▼	Every Day ▼	▼	▼	▼
17. Fried chicken, including chicken nuggets, wings, chicken patty QI-FOOD-17-17A	<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"/>
							1 medium piece	2 medium pieces or 6 nuggets	3 medium pieces
18. Fish, any kind QI-FOOD-17-18A	<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"/>
							2 ounces	4 ounces	6 ounces
19. Pizza QI-FOOD-17-19A	<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"/>
							1 slice	2 slices	3+ slices
20. Spaghetti, lasagna, other pasta, or noodles QI-FOOD-17-20A	<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"/>
							1 cup	2 cups	3+ cups
21. Rice, or dishes made with rice QI-FOOD-17-21A	<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"/>
							1 cup rice	2 cups rice	3+ cups rice
22. Green salad and vegetables you put in green salad QI-FOOD-17-22A	<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"/>
							1 cup	2 cups	3+ cups

	How Many Days Per Week?						How Much On Those Days? If None, Leave Blank		
	None or less than 1 ▼	1 Day ▼	2 Days ▼	3-4 Days ▼	5-6 Days ▼	Every Day ▼	▼	▼	▼
23. Any kind of fruit, fresh or canned (not counting juice) QI-FOOD-23-23A	<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"/>
							1 fruit or ½ cup	2 fruits or 1 cup	3 fruits or 2 cups
							QI-FOOD-23-23B	FMT-QI-23B	
24. French fries, home fries, hash browns QI-FOOD-23-24A	<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"/>
							small (McDonalds)	medium	large
							QI-FOOD-23-24B	FMT-QI-24B	
25. Potatoes not fried, like baked, mashed QI-FOOD-23-25A	<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"/>
							½ cup or ½ potato	1 cup or 1 potato	2+ cups or 2+ potatoes
							QI-FOOD-23-25B	FMT-QI-25B	
26. Vegetable soup, or stew with vegetables QI-FOOD-23-26A	<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"/>
							1 cup	1 ½ cups	2+ cups
							QI-FOOD-23-26B	FMT-QI-26B	
27. ALL other vegetables you eat, as a side dish or in any kind of dish, not counting salad or potatoes QI-FOOD-23-27A	<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"/>
							½ cup altogether	1 cup	2+ cups
							QI-FOOD-23-27B	FMT-QI-27B	
28. Bread, rolls, bagels QI-FOOD-23-28A	<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"/>
							1 slice	2 slices	3+ slices
							QI-FOOD-23-28B	FMT-QI-28B	

SHOW

		How Many Days Per Week?						How Much On Those Days? <i>If None, Leave Blank</i>		
		None or less than 1	1 Day	2 Days	3-4 Days	5-6 Days	Every Day			
		▼	▼	▼	▼	▼	▼	▼	▼	▼
29.	Biscuits, muffins, croissants	<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"/>
	QI-FOOD-29-29A									
		1	2	3+				QI-FOOD-29-29B	FMT-QI-29B	
30.	Snack chips like potato chips, tortilla, corn chips, Fritos, Doritos, popcorn (not pretzels)	<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"/>
	QI-FOOD-29-30A									
		1 small handful	1 ounce bag or 1 cup	Big bag or 2 cups				QI-FOOD-29-30B	FMT-QI-30B	
31.	Crackers, like Ritz, soda-crackers, Cheez-Its, or any other snack cracker	<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"/>
	QI-FOOD-29-31A									
		3 to 4 small crackers	5 to 10 crackers	a lot				QI-FOOD-29-31B	FMT-QI-31B	
32.	Ice cream, ice cream bars	<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"/>
	QI-FOOD-29-32A									
		½ cup	1 cups	2+ cups				QI-FOOD-29-32B	FMT-QI-32B	
33.	Doughnuts	<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"/>
	QI-FOOD-29-33A									
		1	2	3+				QI-FOOD-29-33B	FMT-QI-29B	
34.	Cake, cookies, or snack cakes like cupcakes, Twinkies, or any other pastry	<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"/>
	QI-FOOD-29-34A									
		1 small piece	1 medium piece	2+ pieces				QI-FOOD-29-34B	FMT-QI-34B	

		How Many Days Per Week?						How Much On Those Days? <i>If None, Leave Blank</i>		
		None or less than 1	1 Day	2 Days	3-4 Days	5-6 Days	Every Day			
		▼	▼	▼	▼	▼	▼	▼	▼	▼
35.	Pie including fast food pies or snack pies QI-FOOD-35-35A	<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"/>
		1 small piece	1 medium piece	2+ pieces				QI-FOOD-35-35B	FMT-QI-34B	
36.	Chocolate candy like chocolate bars, M&Ms, Mars Bars, Reeses QI-FOOD-35-36A	<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"/>
		1 mini	1 medium	1 large				QI-FOOD-35-36B	FMT-QI-36B	
37.	Any other candy (not chocolate) like hard candy, Lifesavers, Skittles Starburst QI-FOOD-35-37A	<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"/>
		1 to 2 pieces	½ package	1 package				QI-FOOD-35-37B	FMT-QI-37B	
38.	Margarine (not butter) on bread or on vegetables QI-FOOD-35-38A	<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"/>
		1 teaspoon	2 teaspoons	3 teaspoons				QI-FOOD-35-38B	FMT-QI-38B	
39.	Butter (not margarine) on bread or on vegetables QI-FOOD-35-39A	<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"/>
		1 teaspoon	2 teaspoons	3 teaspoons				QI-FOOD-35-39B	FMT-QI-38B	
40.	Fat or oil in cooking QI-FOOD-35-40A	<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"/>

SHOW

For each of the questions below, please mark the circle for the answer that best describes your usual eating habits.

41. What kind of milk do you usually drink? QI-FOOD_41 FMT-QI41_
- ☐ Whole milk ☐ Skim milk ☐ I don't drink milk or soy milk
- ☐ Reduced-fat 2% milk ☐ Soy milk
- ☐ Low-fat 1% milk ☐ Rice milk

42. If you drink soft drinks or pop, is it usually: QI-FOOD_42 FMT-QI42_
- ☐ Diet or sugar-free soft drinks
- ☐ Regular
- ☐ I don't drink soft drinks

43. If you drink Snapple, KoolAid, instant iced tea, or instant lemonade, is it usually: QI-FOOD_43 FMT-QI43_
- ☐ Sugar-free
- ☐ Regular
- ☐ I don't drink these

44. If you eat hot dogs, are they usually: QI-FOOD_44 FMT-QI44_
- ☐ Low fat or turkey hot dogs
- ☐ Regular hot dogs
- ☐ I don't eat hot dogs

45. If you eat lunch meats, are they usually: QI-FOOD_45 FMT-QI45_
- ☐ Low fat or turkey
- ☐ Regular
- ☐ I don't eat lunch meats

46. If you eat snacks like chips, are they usually: QI-FOOD_46 FMT-QI46_
- ☐ Trans-fat free
- ☐ Regular
- ☐ I don't know
- ☐ I don't eat them

For each of the questions below, please mark the circle for the answer that best describes your usual eating habits.

47. If you eat crackers, are they usually:

QI-FOOD-47

FMT-QI47-

- ☐ Trans-fat free
- ☐ Triscuits, Graham crackers or Ry-Vita
- ☐ Saltines or other snack crackers
- ☐ I don't eat them

48. If you eat ice cream, is it usually:

QI-FOOD-48

FMT-QI48-

- ☐ Low carb, low sugar
- ☐ Low fat or ice milk
- ☐ Regular
- ☐ Premium
- ☐ I don't eat it

49. If you eat cake, snack cakes, cookies and other pastries, are they usually:

QI-FOOD-49

FMT-QI49-

- ☐ Low carb, low sugar
- ☐ Low fat
- ☐ Regular
- ☐ I don't eat it

50. If you eat chocolate candy, is it usually:

QI-FOOD-50

FMT-QI49-

- ☐ Low carb, low sugar
- ☐ Low fat
- ☐ Regular
- ☐ I don't eat it

51. If you eat other candy (not chocolate), is it usually:

QI-FOOD-51

FMT-QI51-

- ☐ Sugar-free
- ☐ Regular
- ☐ I don't eat it

For each of the questions below, please mark the circle for the answer that best describes your usual eating habits

52. When you use margarine, is it usually?

QI-FOOD-52

FMT-QI52

- | | |
|--|---|
| <input type="radio"/> Stick margarine | <input type="radio"/> Butter-margarine blend |
| <input type="radio"/> Soft tub margarine | <input type="radio"/> Non-hydrogenated and trans-fat free |
| <input type="radio"/> Low-fat margarine | <input type="radio"/> I don't eat it |

53. What kind of fat or oil do you usually use in cooking? Please mark only one or two.

QI-FOOD-53-A

FMT-YES_NO

- | | |
|---|---|
| <input type="radio"/> Spray oil (like Pam), or no oil | <input type="radio"/> Corn oil, vegetable oil |
| <input type="radio"/> Butter | <input type="radio"/> Olive oil, canola oil |
| <input type="radio"/> Butter-margarine blend | <input type="radio"/> Lard, fatback, or bacon fat |
| <input type="radio"/> Stick margarine | <input type="radio"/> Crisco |
| <input type="radio"/> Soft tub margarine | <input type="radio"/> Trans-fat free brand |
| <input type="radio"/> Low-fat margarine | <input type="radio"/> I don't know, or don't cook |

"	-A	"
"	-B	"
"	-C	"
"	-D	"
"	-E	"
"	-F	"
"	-G	"
"	-H	"
"	-I	"
"	-J	"
"	-K	"
"	-L	"

54. What kind of cold cereal do you usually eat? Choose 1 or 2 that you eat most often. If you usually eat just one kind, mark one.

QI-FOOD-54-A

FMT-YES_NO

- | | | |
|---|----|---|
| <input type="radio"/> Low-carb cereals like Atkins, Low-Carb Special K | -B | " |
| <input type="radio"/> Cheerios (plain), Shredded Wheat, Wheat Chex, Wheaties | -C | " |
| <input type="radio"/> Sweetened cereals like Frosted Flakes, Honey Nut Cheerios, Fruit Loops, Cap'n Crunch Granola, instant sweetened oatmeal | -D | " |
| <input type="radio"/> Other cold cereals, like Corn Flakes, Rice Krispies, Bran Flakes | -E | " |
| <input type="radio"/> I don't eat cereal | | |

55. What kind of bread do you usually eat?

QI-FOOD-55

FMT-QI55

- | |
|---|
| <input type="radio"/> Italian, French or local bakery |
| <input type="radio"/> Regular, sliced white bread |
| <input type="radio"/> Dark bread like rye, or cracked wheat |
| <input type="radio"/> 100% whole wheat |
| <input type="radio"/> I don't know, or I don't eat bread |

Again, thinking about your habits over the past year, about how often do you drink each of the following drinks?

56a. How many days per week do you drink regular coffee? Please check only one QI-FOOD-56A
FMT-DAYS-PER-WEEK

☐ None or less than 1 ☐ 1 day ☐ 2 days ☐ 3-4 days ☐ 5-6 days ☐ Every day

56b. On days when you drink regular coffee, how much do you usually drink? QI-FOOD-56B
FMT-cups

☐ 1 cup ☐ 2 cups ☐ 3 or more cups

57a. How many days per week do you drink de-caFFEinated coffee? Please check only one QI-FOOD-57A
FMT-DAYS-PER-WEEK

☐ None or less than 1 ☐ 1 day ☐ 2 days ☐ 3-4 days ☐ 5-6 days ☐ Every day

57b. On days when you drink de-caFFEinated coffee, how much do you usually drink? QI-FOOD-57B
FMT-cups

☐ 1 cup ☐ 2 cups ☐ 3 or more cups

58a. How many days per week do you drink regular tea, hot or cold? Please check only one QI-FOOD-58A
FMT-DAYS-PER-WEEK

☐ None or less than 1 ☐ 1 day ☐ 2 days ☐ 3-4 days ☐ 5-6 days ☐ Every day

58b. On days when you drink regular tea, how much do you usually drink? QI-FOOD-58B
FMT-cups

☐ 1 cup ☐ 2 cups ☐ 3 or more cups

59a. How many days per week do you drink de-caFFEinated tea, hot or cold? Please check only one QI-FOOD-59A
FMT-DAYS-PER-WEEK

☐ None or less than 1 ☐ 1 day ☐ 2 days ☐ 3-4 days ☐ 5-6 days ☐ Every day

59b. On days when you drink de-caFFEinated tea, how much do you usually drink? QI-FOOD-59B
FMT-cups

☐ 1 cup ☐ 2 cups ☐ 3 or more cups

60. We are interested in the kind of places where you get your food for your meals. Think about the last 7 days and fill in the number of meals on the following table that match where the food was bought or eaten.

If your eating schedule does not follow the “breakfast, lunch, and dinner” pattern (that is, if you eat more frequent smaller meals instead), put down under “breakfast” the meals that you eat early in the day, under “lunch” the meals that you eat around midday (noon), and under “dinner,” the meals that you eat at the end of the day (late afternoon or evening).

For definitions and examples of the different types of restaurants (fast food, fast-casual, all you can eat, sit-down), please see the next page.

If you have questions, please leave this blank and ask the SHOW interviewer when you attend your appointment at the exam center.

all QI_FOOD_60... SAS variables are in format: FMT_NUMCAT		Each column should add up to 7, showing where you got the food you ate for these meals during the last 7 days.		
	EXAMPLE	Breakfast	Lunch	Dinner
Made at or brought from home	2	QI_FOOD_60_A1	QI_FOOD_60_A1	QI_FOOD_60_C1
Bought deli, bakery, vending machine, take-home, delivered, or convenience store pre-prepared food	2	QI_FOOD_60_A2	QI_FOOD_60_B2	QI_FOOD_60_C2
Bought from or ate at a fast food restaurant	1	QI_FOOD_60_A3	QI_FOOD_60_B3	QI_FOOD_60_C3
Bought from or ate at a fast-casual restaurant or cafeteria		QI_FOOD_60_A4	QI_FOOD_60_B4	QI_FOOD_60_C4
Ate at an all you can eat buffet/restaurant	1	QI_FOOD_60_A5	QI_FOOD_60_B5	QI_FOOD_60_C5
Ate at a sit-down restaurant		QI_FOOD_60_A6	QI_FOOD_60_B6	QI_FOOD_60_C6
Skipped (did not eat) a meal	1	QI_FOOD_60_A7	QI_FOOD_60_B7	QI_FOOD_60_C7

DEFINITIONS AND EXAMPLES OF TYPES OF RESTAURANTS:

- **Fast food restaurants** have limited service, where you order and pay before eating. Food is also served quickly after ordering, and is often cooked in advance and reheated. Examples: McDonald's, Burger King, Kentucky Fried Chicken, Taco Bell, Wendy's, Culver's, Subway, etc.

- **Fast-casual restaurants** are like fast food restaurants in that they do not offer table service, but promise a somewhat higher quality of food and atmosphere. You may order and pay at a counter. Often food is brought to your table. Examples: Noodles and Co., Qdoba, Atlanta Bread, Panera Bread, Boston Market, Fuddruckers, etc.

- **All you can eat buffets/restaurants** are places where, for one price, you serve yourself as much food as you want, or can ask for as many servings as you want. There may be table service. Examples: Old Country Buffet, Ponderosa, all you can eat buffets at Chinese restaurants, all you can eat Friday fish fries, all you can eat Sunday brunches, etc.

- **Sit-down restaurants** provide tables where you sit down to eat the meal, served by wait staff that take your order and bring your food to the table. The restaurants might be formal or informal, but they usually have better quality food and higher prices than fast food. Family-style restaurants with wait staff are included in this category.

SHOW

61. What is today's date?

QI-FOOD-61-A QI-FOOD-61-B QI-FOOD-61-C

MM		DD		YYYY			

FMT_NUMCAT
for all 3

62. What is your height? *If you are unsure, give your best estimate.*

Feet

--	--

Inches

--	--

QI-FOOD-62-A

QI-FOOD-62-B

FMT_NUMERIC
for all 2

63. What is your estimate of your current weight in pounds?

Pounds

--	--	--

QI-FOOD-63

FMT_NUMERIC

64a. Are you male or female?

QI-FOOD-64A

☐ Male → Go to section B on page 16

☐ Female



FMT_QI64A

64b. Are you pregnant now?

QI-FOOD-64B

FMT_YES_NO

☐ Yes

☐ No

64c. Are you currently breastfeeding?

QI-FOOD-64C

FMT_YES_NO

☐ Yes

☐ No