

## 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 question 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.

For SAS variables on the left shown for question 1-40, the format is FMT-DAYS-PER-WEEK		How Many Days Per Week?					How Much On Those Days?				
		None or less than 1 Day	1 Day	2 Days	3-4 Days	5-6 Days	Every Day	1 ounce glass	2 ounces glasses	3+ eight ounces glasses	
1. Glasses of milk (any kind) .....		<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_1_1A	QI_FOOD_1_1B	FMT_QII_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.		<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_1_2A	FMT_QII_2B			
3. Vegetable juice, like tomato juice, V8, or carrot juice.		<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_1_3A	FMT_QII_2B			
4. Snapple, Kool-Aid, instant lemonade, instant iced tea, cordial - regular or sugar free		<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_1_4A	FMT_QII_4B	glasses	glasses	

## SHOW

	How Many Days Per Week?					How Much On Those Days?		
	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 <i>QI_Food_5_5A</i>	○ ▶	○ ▶	○ ▶	○ ▶	○ ▶	○ ▶	○ 1 glass <i>QI_Food_5_5B</i>	○ 2 glasses <i>FMT_QII_4B</i>
6. Any kind of soft drink, soda or pop, Like Coke, cola, Gingeralle, Crush, Fanta, - regular or sugar free <i>QI_Food_5_6A</i>	○ ▶	○ ▶	○ ▶	○ ▶	○ ▶	○ ▶	○ 1 glass/can <i>QI_Food_5_6B</i>	○ 2 glasses/cans <i>FMT_QII_6B</i>
7. Beer <i>QI_Food_5_7A</i>	○ ▶	○ ▶	○ ▶	○ ▶	○ ▶	○ ▶	○ 1 glass/can <i>QI_Food_5_7B</i>	○ 2 glasses/cans <i>FMT_QII_6B</i>
8. Eggs, or breakfast sandwiches with Eggs, like Egg McMuffins (McDonalds) <i>QI_Food_5_8A</i>	○ ▶	○ ▶	○ ▶	○ ▶	○ ▶	○ ▶	○ 1 egg <i>QI_Food_5_8B</i>	○ 2 eggs <i>FMT_QII_8B</i>
9. Cold cereal, any kind <i>QI_Food_5_9A</i>	○ ▶	○ ▶	○ ▶	○ ▶	○ ▶	○ ▶	○ 1 small bowl <i>QI_Food_5_9B</i>	○ 1 medium bowl <i>FMT_QII_9B</i>
10. Hot cereal, cooked cereal like oatmeal or porridge, grits, or cream of wheat <i>QI_Food_5_10A</i>	○ ▶	○ ▶	○ ▶	○ ▶	○ ▶	○ ▶	○ 1 small bowl <i>QI_Food_5_10B</i>	○ 1 medium bowl <i>FMT_QII_9B</i>

	How Many Days Per Week?					How Much On Those Days?				
	None or less than 1	1 Day	2 Days	3-4 Days	5-6 Days	Every Day	1	2	3+	teaspoons
11. Real sugar or honey in coffee or tea or on cereal	<input type="radio"/> QI_Food_II_1A	<input type="radio"/>	<input type="radio"/> QI_Food_II_1B	<input type="radio"/>	<input type="radio"/>	teaspoons				
12. Cheese, sliced cheese or cheese spread,.... including on sandwiches	<input type="radio"/> QI_Food_II_2A	<input type="radio"/>	<input type="radio"/> QI_Food_II_2B	<input type="radio"/>	<input type="radio"/>	slices				
13. Lunch meats like bologna, salami,.... sliced ham, turkey lunch meat, or any other cold meat cuts	<input type="radio"/> QI_Food_II_3A	<input type="radio"/>	<input type="radio"/> QI_Food_II_3B	<input type="radio"/>	<input type="radio"/>	slices				
14. Hamburgers, cheeseburgers, meat balls.... or meat loaf	<input type="radio"/> QI_Food_II_4A	<input type="radio"/>	<input type="radio"/> QI_Food_II_4B	<input type="radio"/>	<input type="radio"/>	large				
15. Hot dogs, or sausage like Polish, Italian or chorizo	<input type="radio"/> QI_Food_II_5A	<input type="radio"/>	<input type="radio"/> QI_Food_II_5B	<input type="radio"/>	<input type="radio"/>	hotdogs				
16. Other beef or pork, such as steak, roast beef, ribs, or in sandwiches, tacos, burritos	<input type="radio"/> QI_Food_II_6A	<input type="radio"/>	<input type="radio"/> QI_Food_II_6B	<input type="radio"/>	<input type="radio"/>	ounces				

## SHOW

	How Many Days Per Week?						How Much On Those Days?	
	None or less than 1	1 Day	2 Days	3-4 Days	5-6 Days	Every Day		
▼	▼	▼	▼	▼	▼	▼	▼	▼
17. Fried chicken, including chicken patty nuggets, wings, chicken patty	○	○	○	○	○	○	○	○
QI_Food_17-17A							1 medium piece	2 medium pieces or 6 nuggets
18. Fish, any kind	○	○	○	○	○	○	○	○
QI_Food_17-18A							2 ounces	4 ounces
19. Pizza	○	○	○	○	○	○	○	○
QI_Food_17-19A							1 slice	2 slices
20. Spaghetti, lasagna, other pasta, or noodles	○	○	○	○	○	○	○	○
QI_Food_17-20A							1 cup	2 cups
21. Rice, or dishes made with rice	○	○	○	○	○	○	○	○
QI_Food_17-21A							1 cup rice	2 cups rice
22. Green salad and vegetables you put in green salad	○	○	○	○	○	○	○	○
QI_Food_17-22A							1 cup	2 cups
							3+ cups	3+ cups
							FMT-17-17B	FMT-17-17C
							QI_Food_17-18B	FMT-QI-18B
							QI_Food_17-19B	FMT-QI-19B
							QI_Food_17-20B	FMT-20B
							QI_Food_17-21B	FMT-QI-21B
							QI_Food_17-22B	FMT-17-22B

	How Many Days Per Week?						How Much On Those Days?		
	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							1 fruit or ½ cup	2 fruits or 1 cup	3 fruits or 2 cups
24. French fries, home fries, hash browns	○	○	○	○	○	○	○	○	○
QI_Food_23_24A							small medium (McDonalds)	medium	large
25. Potatoes not fried, like baked, mashed	○	○	○	○	○	○	○	○	○
QI_Food_23_25A							½ cup or ½ potato	1 cup or 1 potato	2+ cups or 2+ potatoes
26. Vegetable soup, or stew with vegetables	○	○	○	○	○	○	○	○	○
QI_Food_23_26A							1 cup	1 ½ cups	2+ cups
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							½ cup altogether	1 cup	2+ cups
28. Bread, rolls, bagels	○	○	○	○	○	○	○	○	○
QI_Food_23_28A							1 slice	2 slices	3+ slices
							QI_Food_23_28B	FMT_QI_28B	FMT_QI_28S

## SHOW

	How Many Days Per Week?						How Much On Those Days?		
	None or less than 1	1 Day	2 Days	3-4 Days	5-6 Days	Every Day			
▼	▼	▼	▼	▼	▼	▼	▼	▼	▼
29. Biscuits, muffins, croissants .....	○	○	○	○	○	○	○	○	○
QI_Food_29_29A							1	2	3+
30. Snack chips like potato chips, tortilla, .... corn chips, Fritos, Doritos, popcorn (not pretzels)	○	○	○	○	○	○	○	○	○
QI_Food_29_30A							1 small handful	1 ounce bag or 1 cup	Big bag or 2 cups
31. Crackers, like Ritz, soda-crackers, Cheez-Its, or any other snack cracker	○	○	○	○	○	○	○	○	○
QI_Food_29_31A							3 to 4 small crackers	5 to 10 crackers	FMT_QII_31B
32. Ice cream, ice cream bars .....	○	○	○	○	○	○	○	○	○
QI_Food_29_32A							½ cup	1 cups	2+ cups
33. Doughnuts .....	○	○	○	○	○	○	○	○	○
QI_Food_29_33A							1	2	3+
34. Cake, cookies, or snack cakes like ....., cupcakes, Twinkies, or any other pastry	○	○	○	○	○	○	○	○	○
QI_Food_29_34A							1 small piece	1 medium piece	2+ pieces
							QI_Food_29_34B	FMT_QII_34B	

	How Many Days Per Week?						How Much On Those Days?		
	None or less than 1 day	1 Day	2 Days	3-4 Days	5-6 Days	Every Day	1 small piece	1 medium piece	2+ pieces
35. Pie including fast food pies or snack pies	<input type="radio"/> QI_Food_35_35A	<input type="radio"/> QI_Food_35_35B	<input type="radio"/> FMT_QII_34B						
36. Chocolate candy like chocolate bars, M&Ms, Mars Bars, Reeses	<input type="radio"/> QI_Food_35_36A	<input type="radio"/> QI_Food_35_36B	<input type="radio"/> FMT_QII_36B						
37. Any other candy (not chocolate) like hard candy, Lifesavers, Skittles Starburst	<input type="radio"/> QI_Food_35_37A	<input type="radio"/> QI_Food_35_37B	<input type="radio"/> FMT_QII_37B						
38. Margarine (not butter) on bread or on vegetables	<input type="radio"/> QI_Food_35_38A	<input type="radio"/> 1 teaspoon	<input type="radio"/> 2 teaspoons	<input type="radio"/> 3 teaspoons					
39. Butter (not margarine) on bread or on vegetables	<input type="radio"/> QI_Food_35_39A	<input type="radio"/> 1 teaspoon	<input type="radio"/> 2 teaspoons	<input type="radio"/> 3 teaspoons					
40. Fat or oil in cooking	<input type="radio"/> QI_Food_35_40A	<input type="radio"/> QI_Food_35_39B	<input type="radio"/> FMT_QII_38B						

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
- Regular
- I don't eat it
- Low fat or ice milk
- Premium

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

SHOW

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.

- |  |   |
|--|---|
| <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 |

QI_FOOD_53_A	FMT_YES_NO
-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.

- |   |    |
|---|----|
| <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  | .. |

QI\_FOOD\_54\_A FMT\_YES\_NO

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*

SHOW

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.

<i>all QI_Food_60_SAS variables are in format: FMT_NUMCAT</i>	<i>Each column should add up to 7, showing where you got the food you ate for these meals during the last 7 days.</i>			
	EXAMPLE	Breakfast	Lunch	Dinner
Made at or brought from home	2	QI_FOOD_60_A1	QI_FOOD_60_B1	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 <b>fast food restaurant</b>	1	QI_FOOD_60_A3	QI_FOOD_60_B3	QI_FOOD_60_C3
Bought from or ate at a <b>fast-casual restaurant</b> or cafeteria		QI_FOOD_60_A4	QI_FOOD_60_B4	QI_FOOD_60_C4
Ate at an <b>all you can eat buffet/restaurant</b>	1	QI_FOOD_60_A5	QI_FOOD_60_B5	QI_FOOD_60_C5
Ate at a <b>sit-down restaurant</b>		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

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

61. What is today's date?

--	--	--	--	--	--

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-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

FMT\_QI64A

Female  
↓

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