



synovate

Research reinvented

Global Opinion Panels

R867-99D  
OMB No. 0910-0558  
Expiration Date: 12/31/2007



### Project FIRST Diet History Questionnaire

#### GENERAL INSTRUCTIONS

- Answer each question as best you can. Estimate if you are not sure. A guess is better than leaving a blank.
- This questionnaire asks you about the foods you have eaten in the past month
- Do not fold, staple, or tear the pages.
- Put an X in the box next to your answer.
- If you make any changes, cross out the incorrect answer and put an X in the box next to the correct answer. Also draw a circle around the correct answer.
- If you mark NEVER, NO, or DON'T KNOW for a question, please follow any arrows or instructions that direct you to the next question.

**BEFORE TURNING THE PAGE, PLEASE COMPLETE THE FOLLOWING QUESTIONS.**

Today's date:

MONTH	DAY	YEAR
<input type="checkbox"/> Jan		<input type="checkbox"/> 2005
<input type="checkbox"/> Feb	<input type="checkbox"/> 0   <input type="checkbox"/> 0	<input type="checkbox"/> 2006
<input type="checkbox"/> Mar	<input type="checkbox"/> 1   <input type="checkbox"/> 1	<input type="checkbox"/> 2007
<input type="checkbox"/> Apr	<input type="checkbox"/> 2   <input type="checkbox"/> 2	<input type="checkbox"/> 2008
<input type="checkbox"/> May	<input type="checkbox"/> 3   <input type="checkbox"/> 3	
<input type="checkbox"/> Jun		
<input type="checkbox"/> Jul		
<input type="checkbox"/> Aug		
<input type="checkbox"/> Sep		
<input type="checkbox"/> Oct		
<input type="checkbox"/> Nov		
<input type="checkbox"/> Dec		

In what month were you born?

<input type="checkbox"/> Jan
<input type="checkbox"/> Feb
<input type="checkbox"/> Mar
<input type="checkbox"/> Apr
<input type="checkbox"/> May
<input type="checkbox"/> Jun
<input type="checkbox"/> Jul
<input type="checkbox"/> Aug
<input type="checkbox"/> Sep
<input type="checkbox"/> Oct
<input type="checkbox"/> Nov
<input type="checkbox"/> Dec

In what year were you born?

19 | |

<input type="checkbox"/> 0	<input type="checkbox"/> 0
<input type="checkbox"/> 1	<input type="checkbox"/> 1
<input type="checkbox"/> 2	<input type="checkbox"/> 2
<input type="checkbox"/> 3	<input type="checkbox"/> 3
<input type="checkbox"/> 4	<input type="checkbox"/> 4
<input type="checkbox"/> 5	<input type="checkbox"/> 5
<input type="checkbox"/> 6	<input type="checkbox"/> 6
<input type="checkbox"/> 7	<input type="checkbox"/> 7
<input type="checkbox"/> 8	<input type="checkbox"/> 8
<input type="checkbox"/> 9	<input type="checkbox"/> 9

Are you male or female?

Male  
 Female

1. Over the past month, how often did you drink **tomato juice or vegetable juice**?

NEVER (**GO TO QUESTION 2**)

- |                                              |                                                  |
|----------------------------------------------|--------------------------------------------------|
| <input type="checkbox"/> 1 time per month    | <input type="checkbox"/> 1 time per day          |
| <input type="checkbox"/> 2–3 times per month | <input type="checkbox"/> 2–3 times per day       |
| <input type="checkbox"/> 1–2 times per week  | <input type="checkbox"/> 4–5 times per day       |
| <input type="checkbox"/> 3–4 times per week  | <input type="checkbox"/> 6 or more times per day |
| <input type="checkbox"/> 5–6 times per week  |                                                  |

1a. Each time you drank **tomato juice or vegetable juice**, how much did you usually drink?

- Less than  $\frac{3}{4}$  cup (6 ounces)  
  $\frac{3}{4}$  to  $1\frac{1}{4}$  cups (6 to 10 ounces)  
 More than  $1\frac{1}{4}$  cups (10 ounces)

2. Over the past month, how often did you drink **orange juice or grapefruit juice**?

NEVER (**GO TO QUESTION 3**)

- |                                              |                                                  |
|----------------------------------------------|--------------------------------------------------|
| <input type="checkbox"/> 1 time per month    | <input type="checkbox"/> 1 time per day          |
| <input type="checkbox"/> 2–3 times per month | <input type="checkbox"/> 2–3 times per day       |
| <input type="checkbox"/> 1–2 times per week  | <input type="checkbox"/> 4–5 times per day       |
| <input type="checkbox"/> 3–4 times per week  | <input type="checkbox"/> 6 or more times per day |
| <input type="checkbox"/> 5–6 times per week  |                                                  |

2a. Each time you drank **orange juice or grapefruit juice**, how much did you usually drink?

- Less than  $\frac{3}{4}$  cup (6 ounces)  
  $\frac{3}{4}$  to  $1\frac{1}{4}$  cups (6 to 10 ounces)  
 More than  $1\frac{1}{4}$  cups (10 ounces)

2b. How often were your orange juice or grapefruit juice **calcium-fortified**?

- Almost never or never  
 About  $\frac{1}{4}$  of the time  
 About  $\frac{1}{2}$  of the time  
 About  $\frac{3}{4}$  of the time  
 Almost always or always

2c. How often were your orange juice or grapefruit juice **fortified with vitamin D** ?

- Almost never or never  
 About  $\frac{1}{4}$  of the time  
 About  $\frac{1}{2}$  of the time  
 About  $\frac{3}{4}$  of the time  
 Almost always or always

Question 3 appears in the next column

3. Over the past month, how often did you drink **other 100% fruit juice or 100% fruit juice mixtures** (such as apple, grape, pineapple, or others)?

NEVER (**GO TO QUESTION 4**)

- |                                              |                                                  |
|----------------------------------------------|--------------------------------------------------|
| <input type="checkbox"/> 1 time per month    | <input type="checkbox"/> 1 time per day          |
| <input type="checkbox"/> 2–3 times per month | <input type="checkbox"/> 2–3 times per day       |
| <input type="checkbox"/> 1–2 times per week  | <input type="checkbox"/> 4–5 times per day       |
| <input type="checkbox"/> 3–4 times per week  | <input type="checkbox"/> 6 or more times per day |
| <input type="checkbox"/> 5–6 times per week  |                                                  |

3a. Each time you drank **other fruit juice or fruit juice mixtures**, how much did you usually drink?

- Less than  $\frac{3}{4}$  cup (6 ounces)  
  $\frac{3}{4}$  to  $1\frac{1}{2}$  cups (6 to 12 ounces)  
 More than  $1\frac{1}{2}$  cups (12 ounces)

3b. How often were your other fruit juice or fruit juice mixtures **calcium-fortified**?

- Almost never or never  
 About  $\frac{1}{4}$  of the time  
 About  $\frac{1}{2}$  of the time  
 About  $\frac{3}{4}$  of the time  
 Almost always or always

3c. How often were your other fruit juice or fruit juice mixtures **fortified with vitamin D** ?

- Almost never or never  
 About  $\frac{1}{4}$  of the time  
 About  $\frac{1}{2}$  of the time  
 About  $\frac{3}{4}$  of the time  
 Almost always or always

4. Over the past month, how often did you drink **other fruit drinks** (such as cranberry cocktail, Hi-C, lemonade, or Kool-Aid, diet or regular)?

NEVER (**GO TO QUESTION 5**)

- |                                              |                                                  |
|----------------------------------------------|--------------------------------------------------|
| <input type="checkbox"/> 1 time per month    | <input type="checkbox"/> 1 time per day          |
| <input type="checkbox"/> 2–3 times per month | <input type="checkbox"/> 2–3 times per day       |
| <input type="checkbox"/> 1–2 times per week  | <input type="checkbox"/> 4–5 times per day       |
| <input type="checkbox"/> 3–4 times per week  | <input type="checkbox"/> 6 or more times per day |
| <input type="checkbox"/> 5–6 times per week  |                                                  |

4a. Each time you drank **fruit drinks**, how much did you usually drink?

- Less than 1 cup (8 ounces)  
 1 to 2 cups (8 to 16 ounces)  
 More than 2 cups (16 ounces)

Question 5 appears on the next page

Over the past month...

4b. How often were your fruit drinks **diet** or **sugar-free drinks**?

- Almost never or never
- About ¼ of the time
- About ½ of the time
- About ¾ of the time
- Almost always or always

4c. How often were your fruit drinks **calcium-fortified**?

- Almost never or never
- About ¼ of the time
- About ½ of the time
- About ¾ of the time
- Almost always or always

4d. How often were your fruit drinks **fortified with vitamin D** ?

- Almost never or never
- About ¼ of the time
- About ½ of the time
- About ¾ of the time
- Almost always or always

5. How often did you drink **milk as a beverage** (NOT in coffee, NOT in cereal)? (Please include chocolate milk and hot chocolate.)

NEVER (**GO TO QUESTION 6**)

- |                                              |                                                  |
|----------------------------------------------|--------------------------------------------------|
| <input type="checkbox"/> 1 time per month    | <input type="checkbox"/> 1 time per day          |
| <input type="checkbox"/> 2–3 times per month | <input type="checkbox"/> 2–3 times per day       |
| <input type="checkbox"/> 1–2 times per week  | <input type="checkbox"/> 4–5 times per day       |
| <input type="checkbox"/> 3–4 times per week  | <input type="checkbox"/> 6 or more times per day |
| <input type="checkbox"/> 5–6 times per week  |                                                  |

5a. Each time you drank **milk as a beverage**, how much did you usually drink?

- Less than 1 cup (8 ounces)
- 1 to 1½ cups (8 to 12 ounces)
- More than 1½ cups (12 ounces)

5b. What kind of **milk** did you usually drink?

- Whole milk
- 2% fat milk
- 1 % fat milk
- Skim, nonfat, or ½% fat milk
- Soy milk
- Rice milk
- Raw, unpasteurized milk
- Other

6. How often did you drink **meal replacement, energy, or high-protein beverages** such as Instant Breakfast, Ensure, Slimfast, Sustacal or others?

NEVER (**GO TO QUESTION 7**)

- |                                              |                                                  |
|----------------------------------------------|--------------------------------------------------|
| <input type="checkbox"/> 1 time per month    | <input type="checkbox"/> 1 time per day          |
| <input type="checkbox"/> 2–3 times per month | <input type="checkbox"/> 2–3 times per day       |
| <input type="checkbox"/> 1–2 times per week  | <input type="checkbox"/> 4–5 times per day       |
| <input type="checkbox"/> 3–4 times per week  | <input type="checkbox"/> 6 or more times per day |
| <input type="checkbox"/> 5–6 times per week  |                                                  |

6a. Each time you drank **meal replacement beverages**, how much did you usually drink?

- Less than 1 cup (8 ounces)
- 1 to 1½ cups (8 to 12 ounces)
- More than 1½ cups (12 ounces)

7. How often did you drink **soft drinks, soda, or pop** ?

NEVER (**GO TO QUESTION 8**)

- |                                              |                                                  |
|----------------------------------------------|--------------------------------------------------|
| <input type="checkbox"/> 1 time per month    | <input type="checkbox"/> 1 time per day          |
| <input type="checkbox"/> 2–3 times per month | <input type="checkbox"/> 2–3 times per day       |
| <input type="checkbox"/> 1–2 times per week  | <input type="checkbox"/> 4–5 times per day       |
| <input type="checkbox"/> 3–4 times per week  | <input type="checkbox"/> 6 or more times per day |
| <input type="checkbox"/> 5–6 times per week  |                                                  |

7a. Each time you drank **soft drinks, soda, or pop**, how much did you usually drink?

- Less than 12 ounces or less than 1 can or bottle
- 12 to 16 ounces or 1 can or bottle
- More than 16 ounces or more than 1 can or bottle

7b. How often were these soft drinks, soda, or pop **diet** or **sugar-free**?

- Almost never or never
- About ¼ of the time
- About ½ of the time
- About ¾ of the time
- Almost always or always

7c. How often were these soft drinks, soda, or pop **caffeine-free**?

- Almost never or never
- About ¼ of the time
- About ½ of the time
- About ¾ of the time
- Almost always or always

Over the past month...

8. How often did you drink **beer**?

- NEVER (GO TO QUESTION 9)
- |                                              |                                                  |
|----------------------------------------------|--------------------------------------------------|
| <input type="checkbox"/> 1 time per month    | <input type="checkbox"/> 1 time per day          |
| <input type="checkbox"/> 2-3 times per month | <input type="checkbox"/> 2-3 times per day       |
| <input type="checkbox"/> 1-2 times per week  | <input type="checkbox"/> 4-5 times per day       |
| <input type="checkbox"/> 3-4 times per week  | <input type="checkbox"/> 6 or more times per day |
| <input type="checkbox"/> 5-6 times per week  |                                                  |

8a. Each time you drank **beer**, how much did you usually drink?

- Less than a 12-ounce can or bottle  
 1 to 3 12-ounce cans or bottles  
 More than 3 12-ounce cans or bottles

9. How often did you drink **wine** or **wine coolers**?

- NEVER (GO TO QUESTION 10)
- |                                              |                                                  |
|----------------------------------------------|--------------------------------------------------|
| <input type="checkbox"/> 1 time per month    | <input type="checkbox"/> 1 time per day          |
| <input type="checkbox"/> 2-3 times per month | <input type="checkbox"/> 2-3 times per day       |
| <input type="checkbox"/> 1-2 times per week  | <input type="checkbox"/> 4-5 times per day       |
| <input type="checkbox"/> 3-4 times per week  | <input type="checkbox"/> 6 or more times per day |
| <input type="checkbox"/> 5-6 times per week  |                                                  |

9a. Each time you drank **wine** or **wine coolers**, how much did you usually drink?

- Less than 5 ounces or less than 1 glass  
 5 to 12 ounces or 1 to 2 glasses  
 More than 12 ounces or more than 2 glasses

10. How often did you drink **liquor** or **mixed drinks**?

- NEVER (GO TO QUESTION 11)
- |                                              |                                                  |
|----------------------------------------------|--------------------------------------------------|
| <input type="checkbox"/> 1 time per month    | <input type="checkbox"/> 1 time per day          |
| <input type="checkbox"/> 2-3 times per month | <input type="checkbox"/> 2-3 times per day       |
| <input type="checkbox"/> 1-2 times per week  | <input type="checkbox"/> 4-5 times per day       |
| <input type="checkbox"/> 3-4 times per week  | <input type="checkbox"/> 6 or more times per day |
| <input type="checkbox"/> 5-6 times per week  |                                                  |

10a. Each time you drank **liquor** or **mixed drinks**, how much did you usually drink?

- Less than 1 shot of liquor  
 1 to 3 shots of liquor  
 More than 3 shots of liquor



11. How often did you eat **oatmeal, grits, or other cooked cereal**?

- NEVER (GO TO QUESTION 12)
- |                                              |                                                  |
|----------------------------------------------|--------------------------------------------------|
| <input type="checkbox"/> 1 time per month    | <input type="checkbox"/> 3-4 times per week      |
| <input type="checkbox"/> 2-3 times per month | <input type="checkbox"/> 5-6 times per week      |
| <input type="checkbox"/> 1 time per week     | <input type="checkbox"/> 1 time per day          |
| <input type="checkbox"/> 2 times per week    | <input type="checkbox"/> 2 or more times per day |

11a. Each time you ate **oatmeal, grits, or other cooked cereal**, how much did you usually eat?

- Less than  $\frac{3}{4}$  cup  
  $\frac{3}{4}$  to  $1\frac{1}{4}$  cups  
 More than  $1\frac{1}{4}$  cups

12. How often did you eat **cold cereal**?

- NEVER (GO TO QUESTION 13)
- |                                              |                                                  |
|----------------------------------------------|--------------------------------------------------|
| <input type="checkbox"/> 1 time per month    | <input type="checkbox"/> 3-4 times per week      |
| <input type="checkbox"/> 2-3 times per month | <input type="checkbox"/> 5-6 times per week      |
| <input type="checkbox"/> 1 time per week     | <input type="checkbox"/> 1 time per day          |
| <input type="checkbox"/> 2 times per week    | <input type="checkbox"/> 2 or more times per day |

12a. Each time you ate **cold cereal**, how much did you usually eat?

- Less than 1 cup  
 1 to  $2\frac{1}{2}$  cups  
 More than  $2\frac{1}{2}$  cups

12b. How often was the cold cereal you ate **Total, Product 19, or Right Start**?

- Almost never or never  
 About  $\frac{1}{4}$  of the time  
 About  $\frac{1}{2}$  of the time  
 About  $\frac{3}{4}$  of the time  
 Almost always or always

12c. How often was the cold cereal you ate **All Bran, Fiber One, 100% Bran, or Bran Buds**?

- Almost never or never  
 About  $\frac{1}{4}$  of the time  
 About  $\frac{1}{2}$  of the time  
 About  $\frac{3}{4}$  of the time  
 Almost always or always

**Over the past month...**

12d. How often was the cold cereal you ate **some other bran or fiber cereal** (such as Cheerios, Shredded Wheat, Raisin Bran, Bran Flakes, Grape-Nuts, Granola, Wheaties, or Healthy Choice)?

- Almost never or never
- About 1/4 of the time
- About 1/2 of the time
- About 3/4 of the time
- Almost always or always

12e. How often was the cold cereal you ate any **other type of cold cereal** (such as Corn Flakes, Rice Krispies, Frosted Flakes, Special K, Froot Loops, Cap'n Crunch, or others)?

- Almost never or never
- About 1/4 of the time
- About 1/2 of the time
- About 3/4 of the time
- Almost always or always

12f. Was **milk** added to your cold cereal?

- NO (GO TO QUESTION 13)
- YES

12g. What kind of **milk** was usually added?

- Whole milk
- 2% fat milk
- 1% fat milk
- Skim, nonfat, or 1/2% fat milk
- Soy milk
- Rice milk
- Raw, unpasteurized milk
- Other

12h. Each time **milk was added to your cold cereal**, how much was usually added?

- Less than 1/2 cup
- 1/2 to 1 cup
- More than 1 cup

13. How often did you eat **applesauce**?

- NEVER (GO TO QUESTION 14)
- 1 time per month
- 2-3 times per month
- 1 time per week
- 2 times per week
- 3-4 times per week
- 5-6 times per week
- 1 time per day
- 2 or more times per day

Question 14 appears in the next column

13a. Each time you ate **applesauce**, how much did you usually eat?

- Less than 1/2 cup
- 1/2 to 1 cup
- More than 1 cup

14. How often did you eat **apples**?

- NEVER (GO TO QUESTION 15)
- 1 time per month
- 2-3 times per month
- 1 time per week
- 2 times per week
- 3-4 times per week
- 5-6 times per week
- 1 time per day
- 2 or more times per day

14a. Each time you ate **apples**, how many did you usually eat?

- Less than 1 apple
- 1 apple
- More than 1 apple

15. How often did you eat **pears** (fresh, canned, or frozen)?

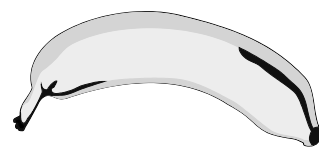
- NEVER (GO TO QUESTION 16)
- 1 time per month
- 2-3 times per month
- 1 time per week
- 2 times per week
- 3-4 times per week
- 5-6 times per week
- 1 time per day
- 2 or more times per day

15a. Each time you ate **pears**, how many did you usually eat?

- Less than 1 pear
- 1 pear
- More than 1 pear

16. How often did you eat **bananas**?

- NEVER (GO TO QUESTION 17)
- 1 time per month
- 2-3 times per month
- 1 time per week
- 2 times per week
- 3-4 times per week
- 5-6 times per week
- 1 time per day
- 2 or more times per day



Question 17 appears on the next page

Over the past month...

16a. Each time you ate **bananas**, how many did you usually eat?

- Less than 1 banana
- 1 banana
- More than 1 banana

17. How often did you eat **dried fruit**, such as prunes or raisins (not including dried apricots)?

- NEVER (**GO TO QUESTION 18**)
- 1 time per month
- 2–3 times per month
- 1 time per week
- 2 times per week
- 3–4 times per week
- 5–6 times per week
- 1 time per day
- 2 or more times per day

17a. Each time you ate **dried fruit**, how much did you usually eat (not including dried apricots)?

- Less than 2 tablespoons
- 2 to 5 tablespoons
- More than 5 tablespoons

18. How often did you eat **peaches, nectarines, or plums** (fresh, canned, or frozen)?

- NEVER (**GO TO QUESTION 19**)
- 1 time per month
- 2–3 times per month
- 1 time per week
- 2 times per week
- 3–4 times per week
- 5–6 times per week
- 1 time per day
- 2 or more times per day

18a. Each time you ate **peaches, nectarines, or plums**, how much did you usually eat?

- Less than 1 fruit or less than ½ cup
- 1 to 2 fruits or ½ to ¾ cup
- More than 2 fruits or more than ¾ cup

19. How often did you eat **grapes**?

- NEVER (**GO TO QUESTION 20**)
- 1 time per month
- 2–3 times per month
- 1 time per week
- 2 times per week
- 3–4 times per week
- 5–6 times per week
- 1 time per day
- 2 or more times per day

19a. Each time you ate **grapes**, how much did you usually eat?

- Less than ½ cup or less than 10 grapes
- ½ to 1 cup or 10 to 30 grapes
- More than 1 cup or more than 30 grapes

20. How often did you eat **fresh or frozen cantaloupe**?

- NEVER (**GO TO QUESTION 21**)
- 1 time per month
- 2–3 times per month
- 1 time per week
- 2 times per week
- 3–4 times per week
- 5–6 times per week
- 1 time per day
- 2 or more times per day

20a. Each time you ate **cantaloupe**, how much did you usually eat?

- Less than ¼ melon or less than ½ cup
- ¼ melon or ½ to 1 cup
- More than ¼ melon or more than 1 cup

21. How often did you eat **fresh or frozen melon, other than cantaloupe** (such as watermelon or honeydew)?

- NEVER (**GO TO QUESTION 22**)
- 1 time per month
- 2–3 times per month
- 1 time per week
- 2 times per week
- 3–4 times per week
- 5–6 times per week
- 1 time per day
- 2 or more times per day

21a. Each time you ate **melon other than cantaloupe**, how much did you usually eat?

- Less than ½ cup or 1 small wedge
- ½ to 2 cups or 1 medium wedge
- More than 2 cups or 1 large wedge

22. How often did you eat **fresh or frozen strawberries**?

- NEVER (**GO TO QUESTION 23**)
- 1 time per month
- 2–3 times per month
- 1 time per week
- 2 times per week
- 3–4 times per week
- 5–6 times per week
- 1 time per day
- 2 or more times per day

22a. Each time you ate **strawberries**, how much did you usually eat?

- Less than ¼ cup or less than 3 berries
- ¼ to ¾ cup or 3 to 8 berries
- More than ¾ cup or more than 8 berries

Over the past month...

23. How often did you eat **oranges, tangerines, or tangelos** (fresh or canned)?

- NEVER (GO TO QUESTION 24)
- |                                              |                                                  |
|----------------------------------------------|--------------------------------------------------|
| <input type="checkbox"/> 1 time per month    | <input type="checkbox"/> 3–4 times per week      |
| <input type="checkbox"/> 2–3 times per month | <input type="checkbox"/> 5–6 times per week      |
| <input type="checkbox"/> 1 time per week     | <input type="checkbox"/> 1 time per day          |
| <input type="checkbox"/> 2 times per week    | <input type="checkbox"/> 2 or more times per day |

23a. Each time you ate **oranges, tangerines, or tangelos**, how many did you usually eat?

- Less than 1 fruit  
 1 fruit  
 More than 1 fruit

24. How often did you eat **grapefruit** (fresh or canned)?

- NEVER (GO TO QUESTION 25)
- |                                              |                                                  |
|----------------------------------------------|--------------------------------------------------|
| <input type="checkbox"/> 1 time per month    | <input type="checkbox"/> 3–4 times per week      |
| <input type="checkbox"/> 2–3 times per month | <input type="checkbox"/> 5–6 times per week      |
| <input type="checkbox"/> 1 time per week     | <input type="checkbox"/> 1 time per day          |
| <input type="checkbox"/> 2 times per week    | <input type="checkbox"/> 2 or more times per day |

24a. Each time you ate **grapefruit**, how much did you usually eat?

- Less than ½ grapefruit  
 ½ grapefruit  
 More than ½ grapefruit

25. How often did you eat **other kinds of fruit**?

- NEVER (GO TO QUESTION 26)
- |                                              |                                                  |
|----------------------------------------------|--------------------------------------------------|
| <input type="checkbox"/> 1 time per month    | <input type="checkbox"/> 3–4 times per week      |
| <input type="checkbox"/> 2–3 times per month | <input type="checkbox"/> 5–6 times per week      |
| <input type="checkbox"/> 1 time per week     | <input type="checkbox"/> 1 time per day          |
| <input type="checkbox"/> 2 times per week    | <input type="checkbox"/> 2 or more times per day |

25a. Each time you ate **other kinds of fruit**, how much did you usually eat?

- Less than ¼ cup  
 ¼ to ¾ cup  
 More than ¾ cup

26. How often did you eat **COOKED greens** (such as spinach, turnip, collard, mustard, chard, or kale)?

- NEVER (GO TO QUESTION 27)
- |                                              |                                                  |
|----------------------------------------------|--------------------------------------------------|
| <input type="checkbox"/> 1 time per month    | <input type="checkbox"/> 3–4 times per week      |
| <input type="checkbox"/> 2–3 times per month | <input type="checkbox"/> 5–6 times per week      |
| <input type="checkbox"/> 1 time per week     | <input type="checkbox"/> 1 time per day          |
| <input type="checkbox"/> 2 times per week    | <input type="checkbox"/> 2 or more times per day |

26a. Each time you ate **COOKED greens**, how much did you usually eat?

- Less than ½ cup  
 ½ to 1 cup  
 More than 1 cup

27. How often did you eat **RAW greens** (such as spinach, turnip, collard, mustard, chard, or kale)?  
(We will ask about lettuce later.)

- NEVER (GO TO QUESTION 28)
- |                                              |                                                  |
|----------------------------------------------|--------------------------------------------------|
| <input type="checkbox"/> 1 time per month    | <input type="checkbox"/> 3–4 times per week      |
| <input type="checkbox"/> 2–3 times per month | <input type="checkbox"/> 5–6 times per week      |
| <input type="checkbox"/> 1 time per week     | <input type="checkbox"/> 1 time per day          |
| <input type="checkbox"/> 2 times per week    | <input type="checkbox"/> 2 or more times per day |

27a. Each time you ate **RAW greens**, how much did you usually eat?

- Less than ½ cup  
 ½ to 1 cup  
 More than 1 cup

28. How often did you eat **coleslaw**?

- NEVER (GO TO QUESTION 29)
- |                                              |                                                  |
|----------------------------------------------|--------------------------------------------------|
| <input type="checkbox"/> 1 time per month    | <input type="checkbox"/> 3–4 times per week      |
| <input type="checkbox"/> 2–3 times per month | <input type="checkbox"/> 5–6 times per week      |
| <input type="checkbox"/> 1 time per week     | <input type="checkbox"/> 1 time per day          |
| <input type="checkbox"/> 2 times per week    | <input type="checkbox"/> 2 or more times per day |

28a. Each time you ate **coleslaw**, how much did you usually eat?

- Less than ¼ cup  
 ¼ to ¾ cup  
 More than ¾ cup

Over the past month...

29. How often did you eat **sauerkraut** or **cabbage** (other than coleslaw)?

- NEVER (GO TO QUESTION 30)
- |                                              |                                                  |
|----------------------------------------------|--------------------------------------------------|
| <input type="checkbox"/> 1 time per month    | <input type="checkbox"/> 3–4 times per week      |
| <input type="checkbox"/> 2–3 times per month | <input type="checkbox"/> 5–6 times per week      |
| <input type="checkbox"/> 1 time per week     | <input type="checkbox"/> 1 time per day          |
| <input type="checkbox"/> 2 times per week    | <input type="checkbox"/> 2 or more times per day |

29a. Each time you ate **sauerkraut** or **cabbage**, how much did you usually eat?

- Less than ¼ cup  
 ¼ to 1 cup  
 More than 1 cup

30. How often did you eat **carrots** (fresh, canned, or frozen)?

- NEVER (GO TO QUESTION 31)
- |                                              |                                                  |
|----------------------------------------------|--------------------------------------------------|
| <input type="checkbox"/> 1 time per month    | <input type="checkbox"/> 3–4 times per week      |
| <input type="checkbox"/> 2–3 times per month | <input type="checkbox"/> 5–6 times per week      |
| <input type="checkbox"/> 1 time per week     | <input type="checkbox"/> 1 time per day          |
| <input type="checkbox"/> 2 times per week    | <input type="checkbox"/> 2 or more times per day |

30a. Each time you ate **carrots**, how much did you usually eat?

- Less than ¼ cup or less than 2 baby carrots  
 ¼ to ½ cup or 2 to 5 baby carrots  
 More than ½ cup or more than 5 baby carrots

31. How often did you eat **string beans** or **green beans** (fresh, canned, or frozen)?

- NEVER (GO TO QUESTION 32)
- |                                              |                                                  |
|----------------------------------------------|--------------------------------------------------|
| <input type="checkbox"/> 1 time per month    | <input type="checkbox"/> 3–4 times per week      |
| <input type="checkbox"/> 2–3 times per month | <input type="checkbox"/> 5–6 times per week      |
| <input type="checkbox"/> 1 time per week     | <input type="checkbox"/> 1 time per day          |
| <input type="checkbox"/> 2 times per week    | <input type="checkbox"/> 2 or more times per day |

31a. Each time you ate **string beans** or **green beans**, how much did you usually eat?

- Less than ½ cup  
 ½ to 1 cup  
 More than 1 cup

32. How often did you eat **peas** (fresh, canned, or frozen)?

- NEVER (GO TO QUESTION 33)
- |                                              |                                                  |
|----------------------------------------------|--------------------------------------------------|
| <input type="checkbox"/> 1 time per month    | <input type="checkbox"/> 3–4 times per week      |
| <input type="checkbox"/> 2–3 times per month | <input type="checkbox"/> 5–6 times per week      |
| <input type="checkbox"/> 1 time per week     | <input type="checkbox"/> 1 time per day          |
| <input type="checkbox"/> 2 times per week    | <input type="checkbox"/> 2 or more times per day |

32a. Each time you ate **peas**, how much did you usually eat?

- Less than ¼ cup  
 ¼ to ¾ cup  
 More than ¾ cup

33. How often did you eat **corn** (fresh, canned, or frozen)?

- NEVER (GO TO QUESTION 34)
- |                                              |                                                  |
|----------------------------------------------|--------------------------------------------------|
| <input type="checkbox"/> 1 time per month    | <input type="checkbox"/> 3–4 times per week      |
| <input type="checkbox"/> 2–3 times per month | <input type="checkbox"/> 5–6 times per week      |
| <input type="checkbox"/> 1 time per week     | <input type="checkbox"/> 1 time per day          |
| <input type="checkbox"/> 2 times per week    | <input type="checkbox"/> 2 or more times per day |

33a. Each time you ate **corn**, how much did you usually eat?

- Less than 1 ear or less than ½ cup  
 1 ear or ½ to 1 cup  
 More than 1 ear or more than 1 cup

34. Over the past month, how often did you eat **broccoli** (fresh or frozen)?

- NEVER (GO TO QUESTION 35)
- |                                              |                                                  |
|----------------------------------------------|--------------------------------------------------|
| <input type="checkbox"/> 1 time per month    | <input type="checkbox"/> 3–4 times per week      |
| <input type="checkbox"/> 2–3 times per month | <input type="checkbox"/> 5–6 times per week      |
| <input type="checkbox"/> 1 time per week     | <input type="checkbox"/> 1 time per day          |
| <input type="checkbox"/> 2 times per week    | <input type="checkbox"/> 2 or more times per day |

34a. Each time you ate **broccoli**, how much did you usually eat?

- Less than ¼ cup  
 ¼ to 1 cup  
 More than 1 cup





Over the past month...

35. How often did you eat **cauliflower** or **Brussels sprouts** (fresh or frozen)?

- NEVER (**GO TO QUESTION 36**)
- |                                              |                                                  |
|----------------------------------------------|--------------------------------------------------|
| <input type="checkbox"/> 1 time per month    | <input type="checkbox"/> 3–4 times per week      |
| <input type="checkbox"/> 2–3 times per month | <input type="checkbox"/> 5–6 times per week      |
| <input type="checkbox"/> 1 time per week     | <input type="checkbox"/> 1 time per day          |
| <input type="checkbox"/> 2 times per week    | <input type="checkbox"/> 2 or more times per day |

35a. Each time you ate **cauliflower** or **Brussels sprouts**, how much did you usually eat?

- Less than ¼ cup  
 ¼ to ½ cup  
 More than ½ cup

36. How often did you eat mixed **vegetables**?

- NEVER (**GO TO QUESTION 37**)
- |                                              |                                                  |
|----------------------------------------------|--------------------------------------------------|
| <input type="checkbox"/> 1 time per month    | <input type="checkbox"/> 3–4 times per week      |
| <input type="checkbox"/> 2–3 times per month | <input type="checkbox"/> 5–6 times per week      |
| <input type="checkbox"/> 1 time per week     | <input type="checkbox"/> 1 time per day          |
| <input type="checkbox"/> 2 times per week    | <input type="checkbox"/> 2 or more times per day |

36a. Each time you ate **mixed vegetables**, how much did you usually eat?

- Less than ½ cup  
 ½ to 1 cup  
 More than 1 cup

37. How often did you eat **onions**?

- NEVER (**GO TO QUESTION 38**)
- |                                              |                                                  |
|----------------------------------------------|--------------------------------------------------|
| <input type="checkbox"/> 1 time per month    | <input type="checkbox"/> 3–4 times per week      |
| <input type="checkbox"/> 2–3 times per month | <input type="checkbox"/> 5–6 times per week      |
| <input type="checkbox"/> 1 time per week     | <input type="checkbox"/> 1 time per day          |
| <input type="checkbox"/> 2 times per week    | <input type="checkbox"/> 2 or more times per day |

37a. Each time you ate **onions**, how much did you usually eat?

- Less than 1 slice or less than 1 tablespoon  
 1 slice or 1 to 4 tablespoons  
 More than 1 slice or more than 4 tablespoons

38. Now think about all the **cooked vegetables** you ate in the past month and how they were prepared. How often were your vegetables **COOKED WITH** some sort of **fat**, including oil spray? (*Please do not include potatoes.*)

- NEVER (**GO TO QUESTION 39**)
- |                                              |                                                  |
|----------------------------------------------|--------------------------------------------------|
| <input type="checkbox"/> 1 time per month    | <input type="checkbox"/> 3–4 times per week      |
| <input type="checkbox"/> 2–3 times per month | <input type="checkbox"/> 5–6 times per week      |
| <input type="checkbox"/> 1 time per week     | <input type="checkbox"/> 1 time per day          |
| <input type="checkbox"/> 2 times per week    | <input type="checkbox"/> 2 or more times per day |

38a. Which fats were usually added to your vegetables **DURING COOKING**? (*Please do not include potatoes. Mark all that apply.*)

- |                                                        |                                                           |
|--------------------------------------------------------|-----------------------------------------------------------|
| <input type="checkbox"/> Margarine (including low-fat) | <input type="checkbox"/> Corn oil                         |
| <input type="checkbox"/> Butter (including low-fat)    | <input type="checkbox"/> Canola or rapeseed oil           |
| <input type="checkbox"/> Lard, fatback, or bacon fat   | <input type="checkbox"/> Oil spray, such as Pam or others |
| <input type="checkbox"/> Olive oil                     | <input type="checkbox"/> Other kinds of oils              |
|                                                        | <input type="checkbox"/> None of the above                |

39. Now, thinking again about all the **cooked vegetables** you ate in the past month, how often was some sort of fat, sauce, or dressing added **AFTER COOKING OR AT THE TABLE**? (*Please do not include potatoes.*)

- NEVER (**GO TO QUESTION 40**)
- |                                              |                                                  |
|----------------------------------------------|--------------------------------------------------|
| <input type="checkbox"/> 1 time per month    | <input type="checkbox"/> 5–6 times per week      |
| <input type="checkbox"/> 2–3 times per month | <input type="checkbox"/> 1 time per day          |
| <input type="checkbox"/> 1–2 times per week  | <input type="checkbox"/> 2 times per day         |
| <input type="checkbox"/> 3–4 times per week  | <input type="checkbox"/> 3 or more times per day |

39a. Which fats, sauces, or dressings were usually added **AFTER COOKING OR AT THE TABLE**? (*Please do not include potatoes. Mark all that apply.*)

- |                                                        |                                         |
|--------------------------------------------------------|-----------------------------------------|
| <input type="checkbox"/> Margarine (including low-fat) | <input type="checkbox"/> Salad dressing |
| <input type="checkbox"/> Butter (including low-fat)    | <input type="checkbox"/> Cheese sauce   |
| <input type="checkbox"/> Lard, fatback, or bacon fat   | <input type="checkbox"/> White sauce    |
|                                                        | <input type="checkbox"/> Other          |



Over the past month...

39b. If margarine, butter, lard, fatback, or bacon fat was added to your cooked vegetables **AFTER COOKING OR AT THE TABLE**, how much did you usually add?

- Did not usually add these
- Less than 1 teaspoon
- 1 to 3 teaspoons
- More than 3 teaspoons

39c. If salad dressing, cheese sauce, or white sauce was added to your cooked vegetables **AFTER COOKING OR AT THE TABLE**, how much did you usually add?

- Did not usually add these
- Less than 1 tablespoon
- 1 to 3 tablespoons
- More than 3 tablespoons

40. Over the past month, how often did you eat **sweet peppers** (green, red, or yellow)?

- NEVER (**GO TO QUESTION 41**)
- 1 time per month
- 2–3 times per month
- 1 time per week
- 2 times per week
- 3–4 times per week
- 5–6 times per week
- 1 time per day
- 2 or more times per day

40a. Each time you ate **sweet peppers**, how much did you usually eat?

- Less than 1/8 pepper
- 1/8 to 1/4 pepper
- More than 1/4 pepper

41. How often did you eat **fresh tomatoes** (including those in salads)?

- NEVER (**GO TO QUESTION 42**)
- 1 time per month
- 2–3 times per month
- 1 time per week
- 2 times per week
- 3–4 times per week
- 5–6 times per week
- 1 time per day
- 2 or more times per day

41a. Each time you ate **fresh tomatoes**, how much did you usually eat?

- Less than 1/4 tomato
- 1/4 to 1/2 tomato
- More than 1/2 tomato

42. How often did you eat **lettuce salads** (with or without other vegetables)?

- NEVER (**GO TO QUESTION 43**)
- 1 time per month
- 2–3 times per month
- 1 time per week
- 2 times per week
- 3–4 times per week
- 5–6 times per week
- 1 time per day
- 2 or more times per day

42a. Each time you ate **lettuce salads**, how much did you usually eat?

- Less than 1/4 cup
- 1/4 to 1 1/4 cups
- More than 1 1/4 cups

43. How often did you eat **salad dressing** (including low-fat) on salads?

- NEVER (**GO TO QUESTION 44**)
- 1 time per month
- 2–3 times per month
- 1 time per week
- 2 times per week
- 3–4 times per week
- 5–6 times per week
- 1 time per day
- 2 or more times per day

43a. Each time you ate **salad dressing** on salads, how much did you usually eat?

- Less than 2 tablespoons
- 2 to 4 tablespoons
- More than 4 tablespoons

44. How often did you eat **sweet potatoes** or **yams**?

- NEVER (**GO TO QUESTION 45**)
- 1 time per month
- 2–3 times per month
- 1 time per week
- 2 times per week
- 3–4 times per week
- 5–6 times per week
- 1 time per day
- 2 or more times per day

44a. Each time you ate **sweet potatoes** or **yams**, how much did you usually eat?

- 1 small potato or less than 1/4 cup
- 1 medium potato or 1/4 to 3/4 cup
- 1 large potato or more than 3/4 cup

Over the past month...

45. How often did you eat **French fries, home fries, hash browned potatoes, or tater tots**?

- NEVER (**GO TO QUESTION 46**)
- |                                              |                                                  |
|----------------------------------------------|--------------------------------------------------|
| <input type="checkbox"/> 1 time per month    | <input type="checkbox"/> 3–4 times per week      |
| <input type="checkbox"/> 2–3 times per month | <input type="checkbox"/> 5–6 times per week      |
| <input type="checkbox"/> 1 time per week     | <input type="checkbox"/> 1 time per day          |
| <input type="checkbox"/> 2 times per week    | <input type="checkbox"/> 2 or more times per day |

45a. Each time you ate **French fries, home fries, hash browned potatoes, or tater tots** how much did you usually eat?

- Less than 10 fries or less than ½ cup  
 10 to 25 fries or ½ to 1 cup  
 More than 25 fries or more than 1 cup

45b. How often were the French fries, home fries, hash browned potatoes, or tater tots you ate **prepared at restaurants including fast-food restaurants**?

- Almost never or never  
 About ¼ of the time  
 About ½ of the time  
 About ¾ of the time  
 Almost always or always

46. How often did you eat **potato salad**?

- NEVER (**GO TO QUESTION 47**)
- |                                              |                                                  |
|----------------------------------------------|--------------------------------------------------|
| <input type="checkbox"/> 1 time per month    | <input type="checkbox"/> 3–4 times per week      |
| <input type="checkbox"/> 2–3 times per month | <input type="checkbox"/> 5–6 times per week      |
| <input type="checkbox"/> 1 time per week     | <input type="checkbox"/> 1 time per day          |
| <input type="checkbox"/> 2 times per week    | <input type="checkbox"/> 2 or more times per day |

46a. Each time you ate **potato salad**, how much did you usually eat?

- Less than ½ cup  
 ½ to 1 cup  
 More than 1 cup

47. How often did you eat **baked, boiled, or mashed potatoes**?

- NEVER (**GO TO QUESTION 48**)
- |                                              |                                                  |
|----------------------------------------------|--------------------------------------------------|
| <input type="checkbox"/> 1 time per month    | <input type="checkbox"/> 3–4 times per week      |
| <input type="checkbox"/> 2–3 times per month | <input type="checkbox"/> 5–6 times per week      |
| <input type="checkbox"/> 1 time per week     | <input type="checkbox"/> 1 time per day          |
| <input type="checkbox"/> 2 times per week    | <input type="checkbox"/> 2 or more times per day |

47a. Each time you ate **baked, boiled, or mashed potatoes**, how much did you usually eat?

- 1 small potato or less than ½ cup  
 1 medium potato or ½ to 1 cup  
 1 large potato or more than 1 cup

47b. How often were these potatoes **baked**?

- Almost never or never  
 About ¼ of the time  
 About ½ of the time  
 About ¾ of the time  
 Almost always or always

47c. How often was **sour cream** (including low-fat) added to your potatoes, **EITHER IN COOKING OR AT THE TABLE**?

- Almost never or never (**GO TO QUESTION 47e**)  
 About ¼ of the time  
 About ½ of the time  
 About ¾ of the time  
 Almost always or always

47d. Each time **sour cream** was added to your potatoes, how much was usually added?

- Less than 1 tablespoon  
 1 to 3 tablespoons  
 More than 3 tablespoons

47e. How often was **margarine** (including low-fat) added to your potatoes, **EITHER IN COOKING OR AT THE TABLE**?

- Almost never or never  
 About ¼ of the time  
 About ½ of the time  
 About ¾ of the time  
 Almost always or always

47f. How often was **butter** (including low-fat) added to your potatoes, **EITHER IN COOKING OR AT THE TABLE**?

- Almost never or never  
 About ¼ of the time  
 About ½ of the time  
 About ¾ of the time  
 Almost always or always

47g. Each time **margarine** or **butter** was added to your potatoes, how much was usually added?

- Never added  
 Less than 1 teaspoon  
 1 to 3 teaspoons  
 More than 3 teaspoons

Over the past month...

47h. How often was cheese or cheese sauce added to your potatoes, EITHER IN COOKING OR AT THE TABLE?

- Almost never or never (**GO TO QUESTION 48**)
- About ¼ of the time
- About ½ of the time
- About ¾ of the time
- Almost always or always

47i. Each time **cheese** or **cheese sauce** was added to your potatoes, how much was usually added?

- Less than 1 tablespoon
- 1 to 3 tablespoons
- More than 3 tablespoons

48. How often did you eat **salsa**?

- NEVER (**GO TO QUESTION 49**)
- 1 time per month
- 2–3 times per month
- 1 time per week
- 2 times per week
- 3–4 times per week
- 5–6 times per week
- 1 time per day
- 2 or more times per day

48a. Each time you ate **salsa**, how much did you usually eat?

- Less than 1 tablespoon
- 1 to 5 tablespoons
- More than 5 tablespoons

49. How often did you eat **catsup**?

- NEVER (**GO TO QUESTION 50**)
- 1 time per month
- 2–3 times per month
- 1 time per week
- 2 times per week
- 3–4 times per week
- 5–6 times per week
- 1 time per day
- 2 or more times per day

49a. Each time you ate **catsup**, how much did you usually eat?

- Less than 1 teaspoon
- 1 to 6 teaspoons
- More than 6 teaspoons

50. How often did you eat **stuffing, dressing, or dumplings**?

- NEVER (**GO TO QUESTION 51**)
- 1 time per month
- 2–3 times per month
- 1 time per week
- 2 times per week
- 3–4 times per week
- 5–6 times per week
- 1 time per day
- 2 or more times per day

50a. Each time you ate **stuffing, dressing, or dumplings**, how much did you usually eat?

- Less than ½ cup
- ½ to 1 cup
- More than 1 cup

51. How often did you eat **chili**?

- NEVER (**GO TO QUESTION 52**)
- 1 time per month
- 2–3 times per month
- 1 time per week
- 2 times per week
- 3–4 times per week
- 5–6 times per week
- 1 time per day
- 2 or more times per day

51a. Each time you ate **chili**, how much did you usually eat?

- Less than ½ cup
- ½ to 1¾ cups
- More than 1¾ cups

52. How often did you eat **Mexican foods** (such as tacos, tostados, burritos, tamales, fajitas, enchiladas, quesadillas, and chimichangas)?

- NEVER (**GO TO QUESTION 53**)
- 1 time per month
- 2–3 times per month
- 1 time per week
- 2 times per week
- 3–4 times per week
- 5–6 times per week
- 1 time per day
- 2 or more times per day

52a. Each time you ate **Mexican foods**, how much did you usually eat?

- Less than 1 taco, burrito, etc.
- 1 to 2 tacos, burritos, etc.
- More than 2 tacos, burritos, etc.

Over the past month...

53. How often did you eat **cooked dried beans** (such as baked beans, pintos, kidney, blackeyed peas, lima, lentils, soybeans, or refried beans)?  
(Please don't include bean soups or chili.)

NEVER (GO TO QUESTION 54)

- |                                              |                                                  |
|----------------------------------------------|--------------------------------------------------|
| <input type="checkbox"/> 1 time per month    | <input type="checkbox"/> 3–4 times per week      |
| <input type="checkbox"/> 2–3 times per month | <input type="checkbox"/> 5–6 times per week      |
| <input type="checkbox"/> 1 time per week     | <input type="checkbox"/> 1 time per day          |
| <input type="checkbox"/> 2 times per week    | <input type="checkbox"/> 2 or more times per day |

53a. Each time you ate **beans**, how much did you usually eat?

- Less than ½ cup  
 ½ to 1 cup  
 More than 1 cup

53b. How often were the beans you ate **refried beans, beans prepared with any type of fat, or with meat added**?

- Almost never or never  
 About ¼ of the time  
 About ½ of the time  
 About ¾ of the time  
 Almost always or always

54. How often did you eat **other kinds of vegetables**?

NEVER (GO TO QUESTION 55)

- |                                              |                                                  |
|----------------------------------------------|--------------------------------------------------|
| <input type="checkbox"/> 1 time per month    | <input type="checkbox"/> 3–4 times per week      |
| <input type="checkbox"/> 2–3 times per month | <input type="checkbox"/> 5–6 times per week      |
| <input type="checkbox"/> 1 time per week     | <input type="checkbox"/> 1 time per day          |
| <input type="checkbox"/> 2 times per week    | <input type="checkbox"/> 2 or more times per day |

54a. Each time you ate **other kinds of vegetables**, how much did you usually eat?

- Less than ¼ cup  
 ¼ to ½ cup  
 More than ½ cup

55. How often did you eat **rice or other cooked grains** (such as bulgur, cracked wheat, or millet)?

NEVER (GO TO QUESTION 56)

- |                                              |                                                  |
|----------------------------------------------|--------------------------------------------------|
| <input type="checkbox"/> 1 time per month    | <input type="checkbox"/> 3–4 times per week      |
| <input type="checkbox"/> 2–3 times per month | <input type="checkbox"/> 5–6 times per week      |
| <input type="checkbox"/> 1 time per week     | <input type="checkbox"/> 1 time per day          |
| <input type="checkbox"/> 2 times per week    | <input type="checkbox"/> 2 or more times per day |

Question 56 appears in the next column

55a. Each time you ate **rice or other cooked grains**, how much did you usually eat?

- Less than ½ cup  
 ½ to 1½ cups  
 More than 1½ cups

55b. How often was **butter, margarine, or oil** added to your rice **IN COOKING OR AT THE TABLE**?

- Almost never or never  
 About ¼ of the time  
 About ½ of the time  
 About ¾ of the time  
 Almost always or always

56. How often did you eat **pancakes, waffles, or French toast**?

NEVER (GO TO QUESTION 57)

- |                                              |                                                  |
|----------------------------------------------|--------------------------------------------------|
| <input type="checkbox"/> 1 time per month    | <input type="checkbox"/> 3–4 times per week      |
| <input type="checkbox"/> 2–3 times per month | <input type="checkbox"/> 5–6 times per week      |
| <input type="checkbox"/> 1 time per week     | <input type="checkbox"/> 1 time per day          |
| <input type="checkbox"/> 2 times per week    | <input type="checkbox"/> 2 or more times per day |

56a. Each time you ate **pancakes, waffles, or French toast**, how much did you usually eat?

- Less than 1 medium piece  
 1 to 3 medium pieces  
 More than 3 medium pieces

56b. How often was **margarine** (including low-fat) added to your pancakes, waffles, or French toast **AFTER COOKING OR AT THE TABLE**?

- Almost never or never  
 About ¼ of the time  
 About ½ of the time  
 About ¾ of the time  
 Almost always or always

56c. How often was **butter** (including low-fat) added to your pancakes, waffles, or French toast **AFTER COOKING OR AT THE TABLE**?

- Almost never or never  
 About ¼ of the time  
 About ½ of the time  
 About ¾ of the time  
 Almost always or always

Question 57 appears on the next page

Over the past month...

56d. Each time **margarine** or **butter** was added to your pancakes, waffles, or French toast, how much was usually added?

- Never added
- Less than 1 teaspoon
- 1 to 3 teaspoons
- More than 3 teaspoons

56e. How often was **syrup** added to your pancakes, waffles, or French toast?

- Almost never or never (**GO TO QUESTION 57**)
- About ¼ of the time
- About ½ of the time
- About ¾ of the time
- Almost always or always

56f. Each time **syrup** was added to your pancakes, waffles, or French toast, how much was usually added?

- Less than 1 tablespoon
- 1 to 4 tablespoons
- More than 4 tablespoons

57. How often did you eat **lasagna, stuffed shells, stuffed manicotti, ravioli, or tortellini**? (*Please do not include spaghetti or other pasta.*)

- NEVER (**GO TO QUESTION 58**)
- 1 time per month
- 2–3 times per month
- 1 time per week
- 2 times per week
- 3–4 times per week
- 5–6 times per week
- 1 time per day
- 2 or more times per day

57a. Each time you ate **lasagna, stuffed shells, stuffed manicotti, ravioli, or tortellini**, how much did you usually eat?

- Less than 1 cup
- 1 to 2 cups
- More than 2 cups

58. How often did you eat **macaroni and cheese**?

- NEVER (**GO TO QUESTION 59**)
- 1 time per month
- 2–3 times per month
- 1 time per week
- 2 times per week
- 3–4 times per week
- 5–6 times per week
- 1 time per day
- 2 or more times per day

Question 59 appears in the next column

58a. Each time you ate **macaroni and cheese**, how much did you usually eat?

- Less than 1 cup
- 1 to 1/2 cups
- More than 1/2 cups

59. How often did you eat **pasta salad** or **macaroni salad**?

- NEVER (**GO TO QUESTION 60**)
- 1 time per month
- 2–3 times per month
- 1 time per week
- 2 times per week
- 3–4 times per week
- 5–6 times per week
- 1 time per day
- 2 or more times per day

59a. Each time you ate **pasta salad** or **macaroni salad**, how much did you usually eat?

- Less than ½ cup
- ½ to 1 cup
- More than 1 cup

60. Other than the pastas listed in Questions 57, 58, and 59, how often did you eat **pasta, spaghetti, or other noodles**?

- NEVER (**GO TO QUESTION 61**)
- 1 time per month
- 2–3 times per month
- 1 time per week
- 2 times per week
- 3–4 times per week
- 5–6 times per week
- 1 time per day
- 2 or more times per day

60a. Each time you ate **pasta, spaghetti, or other noodles**, how much did you usually eat?

- Less than 1 cup
- 1 to 3 cups
- More than 3 cups

60b. How often did you eat your pasta, spaghetti, or other noodles with **tomato sauce** or **spaghetti sauce made WITH meat**?

- Almost never or never
- About ¼ of the time
- About ½ of the time
- About ¾ of the time
- Almost always or always

Question 61 appears on the next page

Over the past month...

60c. How often did you eat your pasta, spaghetti, or other noodles with **tomato sauce** or **spaghetti sauce made WITHOUT meat**?

- Almost never or never
- About ¼ of the time
- About ½ of the time
- About ¾ of the time
- Almost always or always

60d. How often did you eat your pasta, spaghetti, or other noodles with **margarine, butter, oil,** or **cream sauce**?

- Almost never or never
- About ¼ of the time
- About ½ of the time
- About ¾ of the time
- Almost always or always

61. How often did you eat **bagels** or **English muffins**?

NEVER (**GO TO INTRODUCTION TO QUESTION 62**)

- |                                              |                                                  |
|----------------------------------------------|--------------------------------------------------|
| <input type="checkbox"/> 1 time per month    | <input type="checkbox"/> 3–4 times per week      |
| <input type="checkbox"/> 2–3 times per month | <input type="checkbox"/> 5–6 times per week      |
| <input type="checkbox"/> 1 time per week     | <input type="checkbox"/> 1 time per day          |
| <input type="checkbox"/> 2 times per week    | <input type="checkbox"/> 2 or more times per day |

61a. Each time you ate **bagels** or **English muffins**, how many did you usually eat?

- Less than 1 bagel or English muffin
- 1 bagel or English muffin
- More than 1 bagel or English muffin

61b. How often were your bagels or English muffins **toasted**?

- Almost never or never
- About ¼ of the time
- About ½ of the time
- About ¾ of the time
- Almost always or always

61c. How often was **margarine** (including low-fat) added to your bagels or English muffins?

- Almost never or never
- About ¼ of the time
- About ½ of the time
- About ¾ of the time
- Almost always or always

61d. How often was **butter** (including low-fat) added to your bagels or English muffins?

- Almost never or never
- About ¼ of the time
- About ½ of the time
- About ¾ of the time
- Almost always or always

61e. Each time **margarine** or **butter** was added to your bagels or English muffins, how much was usually added?

- Never added
- Less than 1 teaspoon
- 1 to 2 teaspoons
- More than 2 teaspoons

61f. How often was **cream cheese** (including low-fat) spread on your bagels or English muffins?

- Almost never or never (**GO TO INTRODUCTION TO QUESTION 62**)
- About ¼ of the time
- About ½ of the time
- About ¾ of the time
- Almost always or always

61g. Each time cream cheese was added to your bagels or English muffins, how much was usually added?

- Less than 1 tablespoon
- 1 to 2 tablespoons
- More than 2 tablespoons

**The next questions ask about your intake of breads other than bagels or English muffins. First, we will ask about bread you ate as part of sandwiches only. Then we will ask about all other bread you ate.**

62. How often did you eat **breads** or **rolls AS PART OF SANDWICHES** (including burger and hot dog rolls)?

NEVER (**GO TO QUESTION 63**)

- |                                              |                                                  |
|----------------------------------------------|--------------------------------------------------|
| <input type="checkbox"/> 1 time per month    | <input type="checkbox"/> 3–4 times per week      |
| <input type="checkbox"/> 2–3 times per month | <input type="checkbox"/> 5–6 times per week      |
| <input type="checkbox"/> 1 time per week     | <input type="checkbox"/> 1 time per day          |
| <input type="checkbox"/> 2 times per week    | <input type="checkbox"/> 2 or more times per day |

Over the past month...

62a. Each time you ate **bread**s or **rolls AS PART OF SANDWICHES**, how many did you usually eat?

- 1 slice or ½ roll
- 2 slices or 1 roll
- More than 2 slices or more than 1 roll

62b. How often were the breads or rolls that you used for your sandwiches **white bread** (including burger and hot dog rolls)?

- Almost never or never
- About ¼ of the time
- About ½ of the time
- About ¾ of the time
- Almost always or always

62c. How often were your sandwich breads or rolls **toasted**?

- Almost never or never
- About ¼ of the time
- About ½ of the time
- About ¾ of the time
- Almost always or always

62d. How often was **mayonnaise** or **mayonnaise-type dressing** (including low-fat) added to your sandwich bread or rolls?

- Almost never or never (**GO TO QUESTION 62f**)
- About ¼ of the time
- About ½ of the time
- About ¾ of the time
- Almost always or always

62e. Each time **mayonnaise** or **mayonnaise-type dressing** was added to your sandwich breads or rolls, how much was usually added?

- Less than 1 teaspoon
- 1 to 3 teaspoons
- More than 3 teaspoons

62f. How often was **margarine** (including low-fat) added to your sandwich bread or rolls?

- Almost never or never
- About ¼ of the time
- About ½ of the time
- About ¾ of the time
- Almost always or always

62g. How often was **butter** (including low-fat) added to your sandwich bread or rolls?

- Almost never or never
- About ¼ of the time
- About ½ of the time
- About ¾ of the time
- Almost always or always

62h. Each time **margarine** or **butter** was added to your sandwich breads or rolls, how much was usually added?

- Never added
- Less than 1 teaspoon
- 1 to 2 teaspoons
- More than 2 teaspoons

63. How often did you eat **bread**s or **dinner rolls, NOT AS PART OF SANDWICHES**?

NEVER (**GO TO QUESTION 64**)

- |                                              |                                                  |
|----------------------------------------------|--------------------------------------------------|
| <input type="checkbox"/> 1 time per month    | <input type="checkbox"/> 3–4 times per week      |
| <input type="checkbox"/> 2–3 times per month | <input type="checkbox"/> 5–6 times per week      |
| <input type="checkbox"/> 1 time per week     | <input type="checkbox"/> 1 time per day          |
| <input type="checkbox"/> 2 times per week    | <input type="checkbox"/> 2 or more times per day |

63a. Each time you ate **bread**s or **dinner rolls, NOT AS PART OF SANDWICHES**, how much did you usually eat?

- 1 slice or 1 dinner roll
- 2 slices or 2 dinner rolls
- More than 2 slices or 2 dinner rolls

63b. How often were the breads or rolls you ate **white bread**?

- Almost never or never
- About ¼ of the time
- About ½ of the time
- About ¾ of the time
- Almost always or always

63c. How often were your breads or rolls **toasted**?

- Almost never or never
- About ¼ of the time
- About ½ of the time
- About ¾ of the time
- Almost always or always



Question 63 appears in the next column

Question 64 appears on the next page



Over the past month...

63d. How often was **margarine** (including low-fat) added to your breads or rolls?

- Almost never or never
- About ¼ of the time
- About ½ of the time
- About ¾ of the time
- Almost always or always

63e. How often was **butter** (including low-fat) added to your breads or rolls?

- Almost never or never
- About ¼ of the time
- About ½ of the time
- About ¾ of the time
- Almost always or always

63f. Each time **margarine** or **butter** was added to your breads or rolls, how much was usually added?

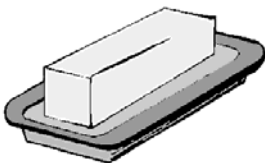
- Never added
- Less than 1 teaspoon
- 1 to 2 teaspoons
- More than 2 teaspoons

63g. How often was **cream cheese** (including low-fat) added to your breads or rolls?

- Almost never or never (**GO TO QUESTION 64**)
- About ¼ of the time
- About ½ of the time
- About ¾ of the time
- Almost always or always

63h. Each time **cream cheese** was added to your breads or rolls, how much was usually added?

- Less than 1 tablespoon
- 1 to 2 tablespoons
- More than 2 tablespoons



Question 64 appears in the next column

64. How often did you eat **jam, jelly, or honey** on bagels, muffins, bread, rolls, or crackers?

- NEVER (**GO TO QUESTION 65**)
- 1 time per month
- 2–3 times per month
- 1 time per week
- 2 times per week
- 3–4 times per week
- 5–6 times per week
- 1 time per day
- 2 or more times per day

64a. Each time you ate **jam, jelly, or honey**, how much did you usually eat?

- Less than 1 teaspoon
- 1 to 3 teaspoons
- More than 3 teaspoons

65. How often did you eat **peanut butter** or **other nut butter**?

- NEVER (**GO TO QUESTION 66**)
- 1 time per month
- 2–3 times per month
- 1 time per week
- 2 times per week
- 3–4 times per week
- 5–6 times per week
- 1 time per day
- 2 or more times per day

65a. Each time you ate **peanut butter** or **other nut butter**, how much did you usually eat?

- Less than 1 tablespoon
- 1 to 2 tablespoons
- More than 2 tablespoons

66. How often did you eat **roast beef** or **steak IN SANDWICHES**?

- NEVER (**GO TO QUESTION 67**)
- 1 time per month
- 2–3 times per month
- 1 time per week
- 2 times per week
- 3–4 times per week
- 5–6 times per week
- 1 time per day
- 2 or more times per day

66a. Each time you ate **roast beef** or **steak IN SANDWICHES**, how much did you usually eat?

- Less than 1 slice or less than 2 ounces
- 1 to 2 slices or 2 to 4 ounces
- More than 2 slices or more than 4 ounces

Question 67 appears on the next page

Over the past month...

67. How often did you eat **turkey or chicken COLD CUTS** (such as loaf, luncheon meat, turkey ham, turkey salami, or turkey pastrami)? *(We will ask about other turkey or chicken later.)*

- NEVER (**GO TO QUESTION 68**)
- |                                              |                                                  |
|----------------------------------------------|--------------------------------------------------|
| <input type="checkbox"/> 1 time per month    | <input type="checkbox"/> 3–4 times per week      |
| <input type="checkbox"/> 2–3 times per month | <input type="checkbox"/> 5–6 times per week      |
| <input type="checkbox"/> 1 time per week     | <input type="checkbox"/> 1 time per day          |
| <input type="checkbox"/> 2 times per week    | <input type="checkbox"/> 2 or more times per day |

67a. Each time you ate **turkey or chicken COLD CUTS**, how much did you usually eat?

- Less than 1 slice  
 1 to 3 slices  
 More than 3 slices

67b. How often were the turkey or chicken COLD CUTS you ate **eaten straight from the package or wrapper, that is without cooking or heating?**

- Almost never or never  
 About ¼ of the time  
 About ½ of the time  
 About ¾ of the time  
 Almost always or always

68. How often did you eat **luncheon or deli-style ham?** *(We will ask about other ham later.)*

- NEVER (**GO TO QUESTION 69**)
- |                                              |                                                  |
|----------------------------------------------|--------------------------------------------------|
| <input type="checkbox"/> 1 time per month    | <input type="checkbox"/> 3–4 times per week      |
| <input type="checkbox"/> 2–3 times per month | <input type="checkbox"/> 5–6 times per week      |
| <input type="checkbox"/> 1 time per week     | <input type="checkbox"/> 1 time per day          |
| <input type="checkbox"/> 2 times per week    | <input type="checkbox"/> 2 or more times per day |

68a. Each time you ate **luncheon or deli-style ham**, how much did you usually eat?

- Less than 1 slice  
 1 to 3 slices  
 More than 3 slices

68b. How often was the luncheon or deli-style ham you ate **light, low-fat, or fat-free?**

- Almost never or never  
 About ¼ of the time  
 About ½ of the time  
 About ¾ of the time  
 Almost always or always

Question 69 appears in the next column

68c. How often was the luncheon or deli-style ham you ate **eaten straight from the package or wrapper, that is without cooking or heating?**

- Almost never or never  
 About ¼ of the time  
 About ½ of the time  
 About ¾ of the time  
 Almost always or always

69. How often did you eat **other cold cuts or luncheon meats** (such as bologna, salami, corned beef, pastrami, or others, including low-fat)? *(Please do not include ham, turkey, or chicken cold cuts.)*

- NEVER (**GO TO QUESTION 70**)
- |                                              |                                                  |
|----------------------------------------------|--------------------------------------------------|
| <input type="checkbox"/> 1 time per month    | <input type="checkbox"/> 3–4 times per week      |
| <input type="checkbox"/> 2–3 times per month | <input type="checkbox"/> 5–6 times per week      |
| <input type="checkbox"/> 1 time per week     | <input type="checkbox"/> 1 time per day          |
| <input type="checkbox"/> 2 times per week    | <input type="checkbox"/> 2 or more times per day |

69a. Each time you ate **other cold cuts or luncheon meats**, how much did you usually eat?

- Less than 1 slice  
 1 to 3 slices  
 More than 3 slices

69b. How often were the other cold cuts or luncheon meats you ate **light, low-fat, or fat-free cold cuts or luncheon meats?** *(Please do not include ham, turkey, or chicken cold cuts.)*

- Almost never or never  
 About ¼ of the time  
 About ½ of the time  
 About ¾ of the time  
 Almost always or always

69c. How often were the other cold cuts or luncheon meats you ate **eaten straight from the package or wrapper, that is without cooking or heating?** *(Please do not include ham, turkey, or chicken cold cuts.)*

- Almost never or never  
 About ¼ of the time  
 About ½ of the time  
 About ¾ of the time  
 Almost always or always

Question 70 appears on the next page

Over the past month...

70. How often did you eat **canned tuna or tuna in foil pouches** (including in salads, sandwiches, or casseroles)?

NEVER (**GO TO QUESTION 71**)

- |                                              |                                                  |
|----------------------------------------------|--------------------------------------------------|
| <input type="checkbox"/> 1 time per month    | <input type="checkbox"/> 3–4 times per week      |
| <input type="checkbox"/> 2–3 times per month | <input type="checkbox"/> 5–6 times per week      |
| <input type="checkbox"/> 1 time per week     | <input type="checkbox"/> 1 time per day          |
| <input type="checkbox"/> 2 times per week    | <input type="checkbox"/> 2 or more times per day |

70a. Each time you ate **canned tuna or tuna in foil pouches**, how much did you usually eat?

- Less than ¼ cup or less than 2 ounces  
 ¼ to ½ cup or 2 to 3 ounces  
 More than ½ cup or more than 3 ounces

70b. How often was the canned tuna or tuna in foil pouches you ate **water-packed tuna**?

- Almost never or never  
 About ¼ of the time  
 About ½ of the time  
 About ¾ of the time  
 Almost always or always

70c. How often was the canned tuna or tuna in foil pouches you ate **white “meat” tuna including albacore**?

- Almost never or never  
 About ¼ of the time  
 About ½ of the time  
 About ¾ of the time  
 Almost always or always

70d. How often was the canned tuna or tuna in foil pouches you ate **prepared with mayonnaise or other dressing** (including low-fat)?

- Almost never or never  
 About ¼ of the time  
 About ½ of the time  
 About ¾ of the time  
 Almost always or always

71. How often did you eat **GROUND chicken or turkey**? (*We will ask about other chicken and turkey later.*)

NEVER (**GO TO QUESTION 72**)

- |                                              |                                                  |
|----------------------------------------------|--------------------------------------------------|
| <input type="checkbox"/> 1 time per month    | <input type="checkbox"/> 3–4 times per week      |
| <input type="checkbox"/> 2–3 times per month | <input type="checkbox"/> 5–6 times per week      |
| <input type="checkbox"/> 1 time per week     | <input type="checkbox"/> 1 time per day          |
| <input type="checkbox"/> 2 times per week    | <input type="checkbox"/> 2 or more times per day |

71a. Each time you ate **GROUND chicken or turkey**, how much did you usually eat?

- Less than 2 ounces or less than ½ cup  
 2 to 4 ounces or ½ to 1 cup  
 More than 4 ounces or more than 1 cup

72. How often did you eat **beef hamburgers or cheeseburgers**?

NEVER (**GO TO QUESTION 73**)

- |                                              |                                                  |
|----------------------------------------------|--------------------------------------------------|
| <input type="checkbox"/> 1 time per month    | <input type="checkbox"/> 3–4 times per week      |
| <input type="checkbox"/> 2–3 times per month | <input type="checkbox"/> 5–6 times per week      |
| <input type="checkbox"/> 1 time per week     | <input type="checkbox"/> 1 time per day          |
| <input type="checkbox"/> 2 times per week    | <input type="checkbox"/> 2 or more times per day |

72a. Each time you ate **beef hamburgers or cheeseburgers**, how much did you usually eat?

- Less than 1 patty or less than 2 ounces  
 1 patty or 2 to 4 ounces  
 More than 1 patty or more than 4 ounces

72b. How often were the beef hamburgers or cheeseburgers you ate made with **lean ground beef**?

- Almost never or never  
 About ¼ of the time  
 About ½ of the time  
 About ¾ of the time  
 Almost always or always

73. How often did you eat **ground beef in mixtures** (such as meatballs, casseroles, chili, or meatloaf)?

NEVER (**GO TO QUESTION 74**)

- |                                              |                                                  |
|----------------------------------------------|--------------------------------------------------|
| <input type="checkbox"/> 1 time per month    | <input type="checkbox"/> 3–4 times per week      |
| <input type="checkbox"/> 2–3 times per month | <input type="checkbox"/> 5–6 times per week      |
| <input type="checkbox"/> 1 time per week     | <input type="checkbox"/> 1 time per day          |
| <input type="checkbox"/> 2 times per week    | <input type="checkbox"/> 2 or more times per day |

73a. Each time you ate **ground beef in mixtures**, how much did you usually eat?

- Less than 3 ounces or less than ½ cup  
 3 to 8 ounces or ½ to 1 cup  
 More than 8 ounces or more than 1 cup

Over the past month...

74. How often did you eat **hot dogs** or **frankfurters**?  
(Please do not include sausages or vegetarian hot dogs.)

- NEVER (GO TO QUESTION 75)
- |                                              |                                                  |
|----------------------------------------------|--------------------------------------------------|
| <input type="checkbox"/> 1 time per month    | <input type="checkbox"/> 3–4 times per week      |
| <input type="checkbox"/> 2–3 times per month | <input type="checkbox"/> 5–6 times per week      |
| <input type="checkbox"/> 1 time per week     | <input type="checkbox"/> 1 time per day          |
| <input type="checkbox"/> 2 times per week    | <input type="checkbox"/> 2 or more times per day |

74a. Each time you ate **hot dogs** or **frankfurters**, how many did you usually eat?

- Less than 1 hot dog  
 1 to 2 hot dogs  
 More than 2 hot dogs

74b. How often were the hot dogs or frankfurters you ate **light** or **low-fat hot dogs**?

- Almost never or never  
 About ¼ of the time  
 About ½ of the time  
 About ¾ of the time  
 Almost always or always

74c. How often were the hot dogs or frankfurters you ate **eaten straight from the package, that is without cooking or heating**?

- Almost never or never  
 About ¼ of the time  
 About ½ of the time  
 About ¾ of the time  
 Almost always or always

75. How often did you eat beef mixtures such as **beef stew, beef pot pie, beef and noodles, or beef and vegetables**?

- NEVER (GO TO QUESTION 76)
- |                                              |                                                  |
|----------------------------------------------|--------------------------------------------------|
| <input type="checkbox"/> 1 time per month    | <input type="checkbox"/> 3–4 times per week      |
| <input type="checkbox"/> 2–3 times per month | <input type="checkbox"/> 5–6 times per week      |
| <input type="checkbox"/> 1 time per week     | <input type="checkbox"/> 1 time per day          |
| <input type="checkbox"/> 2 times per week    | <input type="checkbox"/> 2 or more times per day |

75a. Each time you ate **beef stew, beef pot pie, beef and noodles, or beef and vegetables**, how much did you usually eat?

- Less than 1 cup  
 1 to 2 cups  
 More than 2 cups

76. How often did you eat **roast beef** or **pot roast**?  
(Please do not include roast beef or pot roast in sandwiches.)

- NEVER (GO TO QUESTION 77)
- |                                              |                                                  |
|----------------------------------------------|--------------------------------------------------|
| <input type="checkbox"/> 1 time per month    | <input type="checkbox"/> 3–4 times per week      |
| <input type="checkbox"/> 2–3 times per month | <input type="checkbox"/> 5–6 times per week      |
| <input type="checkbox"/> 1 time per week     | <input type="checkbox"/> 1 time per day          |
| <input type="checkbox"/> 2 times per week    | <input type="checkbox"/> 2 or more times per day |

76a. Each time you ate **roast beef** or **pot roast** (including in mixtures), how much did you usually eat?

- Less than 2 ounces  
 2 to 5 ounces  
 More than 5 ounces

77. How often did you eat **steak** (beef)? (Do not include steak in sandwiches)

- NEVER (GO TO QUESTION 78)
- |                                              |                                                  |
|----------------------------------------------|--------------------------------------------------|
| <input type="checkbox"/> 1 time per month    | <input type="checkbox"/> 3–4 times per week      |
| <input type="checkbox"/> 2–3 times per month | <input type="checkbox"/> 5–6 times per week      |
| <input type="checkbox"/> 1 time per week     | <input type="checkbox"/> 1 time per day          |
| <input type="checkbox"/> 2 times per week    | <input type="checkbox"/> 2 or more times per day |

77a. Each time you ate **steak** (beef), how much did you usually eat?

- Less than 3 ounces  
 3 to 7 ounces  
 More than 7 ounces

77b. How often was the steak you ate **lean steak**?

- Almost never or never  
 About ¼ of the time  
 About ½ of the time  
 About ¾ of the time  
 Almost always or always



Over the past month...

78. How often did you eat **pork** or **beef spareribs**?

- NEVER (GO TO QUESTION 79)
- |                                              |                                                  |
|----------------------------------------------|--------------------------------------------------|
| <input type="checkbox"/> 1 time per month    | <input type="checkbox"/> 3–4 times per week      |
| <input type="checkbox"/> 2–3 times per month | <input type="checkbox"/> 5–6 times per week      |
| <input type="checkbox"/> 1 time per week     | <input type="checkbox"/> 1 time per day          |
| <input type="checkbox"/> 2 times per week    | <input type="checkbox"/> 2 or more times per day |

78a. Each time you ate **pork** or **beef spareribs**, how much did you usually eat?

- Less than 4 ribs  
 4 to 12 ribs  
 More than 12 ribs

79. How often did you eat **roast turkey, turkey cutlets, or turkey nuggets** (including in sandwiches)?

- NEVER (GO TO QUESTION 80)
- |                                              |                                                  |
|----------------------------------------------|--------------------------------------------------|
| <input type="checkbox"/> 1 time per month    | <input type="checkbox"/> 3–4 times per week      |
| <input type="checkbox"/> 2–3 times per month | <input type="checkbox"/> 5–6 times per week      |
| <input type="checkbox"/> 1 time per week     | <input type="checkbox"/> 1 time per day          |
| <input type="checkbox"/> 2 times per week    | <input type="checkbox"/> 2 or more times per day |

79a. Each time you ate **roast turkey, turkey cutlets, or turkey nuggets**, how much did you usually eat? *(Please note: 4 to 8 turkey nuggets = 3 ounces.)*

- Less than 2 ounces  
 2 to 4 ounces  
 More than 4 ounces

80. How often did you eat **chicken** as part of **salads, sandwiches, casseroles, stews, or other mixtures**?

- NEVER (GO TO QUESTION 81)
- |                                              |                                                  |
|----------------------------------------------|--------------------------------------------------|
| <input type="checkbox"/> 1 time per month    | <input type="checkbox"/> 3–4 times per week      |
| <input type="checkbox"/> 2–3 times per month | <input type="checkbox"/> 5–6 times per week      |
| <input type="checkbox"/> 1 time per week     | <input type="checkbox"/> 1 time per day          |
| <input type="checkbox"/> 2 times per week    | <input type="checkbox"/> 2 or more times per day |

80a. Each time you ate **chicken** as part of **salads, sandwiches, casseroles, stews, or other mixtures**, how much did you usually eat?

- Less than ½ cup  
 ½ to 1½ cups  
 More than 1½ cups

Question 81 appears in the next column

81. How often did you eat **baked, broiled, roasted, stewed, or fried chicken** (including nuggets)? *(Please do not include chicken in mixtures.)*

- NEVER (GO TO QUESTION 82)
- |                                              |                                                  |
|----------------------------------------------|--------------------------------------------------|
| <input type="checkbox"/> 1 time per month    | <input type="checkbox"/> 3–4 times per week      |
| <input type="checkbox"/> 2–3 times per month | <input type="checkbox"/> 5–6 times per week      |
| <input type="checkbox"/> 1 time per week     | <input type="checkbox"/> 1 time per day          |
| <input type="checkbox"/> 2 times per week    | <input type="checkbox"/> 2 or more times per day |

81a. Each time you ate **baked, broiled, roasted, stewed, or fried chicken** (including nuggets), how much did you usually eat?

- Less than 2 drumsticks or wings, less than 1 breast or thigh, or less than 4 nuggets  
 2 drumsticks or wings, 1 breast or thigh, or 4 to 8 nuggets  
 More than 2 drumsticks or wings, more than 1 breast or thigh, or more than 8 nuggets

81b. How often was the chicken you ate **fried chicken** (including deep fried) or **chicken nuggets**?

- Almost never or never  
 About ¼ of the time  
 About ½ of the time  
 About ¾ of the time  
 Almost always or always

81c. How often was the chicken you ate **WHITE meat**?

- Almost never or never  
 About ¼ of the time  
 About ½ of the time  
 About ¾ of the time  
 Almost always or always

81d. How often did you eat chicken **WITH skin**?

- Almost never or never  
 About ¼ of the time  
 About ½ of the time  
 About ¾ of the time  
 Almost always or always

82. How often did you eat **baked ham** or **ham steak**?

- NEVER (GO TO QUESTION 83)
- |                                              |                                                  |
|----------------------------------------------|--------------------------------------------------|
| <input type="checkbox"/> 1 time per month    | <input type="checkbox"/> 3–4 times per week      |
| <input type="checkbox"/> 2–3 times per month | <input type="checkbox"/> 5–6 times per week      |
| <input type="checkbox"/> 1 time per week     | <input type="checkbox"/> 1 time per day          |
| <input type="checkbox"/> 2 times per week    | <input type="checkbox"/> 2 or more times per day |

Question 83 appears on the next page

Over the past month...

82a. Each time you ate **baked ham** or **ham steak**, how much did you usually eat?

- Less than 1 ounce
- 1 to 3 ounces
- More than 3 ounces

83. How often did you eat **pork** (including chops, roasts, and in mixed dishes)? *(Please do not include ham, ham steak, or sausage.)*

- NEVER (**GO TO QUESTION 84**)
- 1 time per month
- 2–3 times per month
- 1 time per week
- 2 times per week
- 3–4 times per week
- 5–6 times per week
- 1 time per day
- 2 or more times per day

83a. Each time you ate **pork**, how much did you usually eat?

- Less than 2 ounces or less than 1 chop
- 2 to 5 ounces or 1 chop
- More than 5 ounces or more than 1 chop

84. How often did you eat **gravy** on meat, chicken, potatoes, rice, etc.?

- NEVER (**GO TO QUESTION 85**)
- 1 time per month
- 2–3 times per month
- 1 time per week
- 2 times per week
- 3–4 times per week
- 5–6 times per week
- 1 time per day
- 2 or more times per day

84a. Each time you ate **gravy** on meat, chicken, potatoes, rice, etc., how much did you usually eat?

- Less than 1/8 cup
- 1/8 to 1/2 cup
- More than 1/2 cup

85. How often did you eat **liver** (all kinds) or **liverwurst**?

- NEVER (**GO TO QUESTION 86**)
- 1 time per month
- 2–3 times per month
- 1 time per week
- 2 times per week
- 3–4 times per week
- 5–6 times per week
- 1 time per day
- 2 or more times per day

85a. Each time you ate **liver** or **liverwurst**, how much did you usually eat?

- Less than 1 ounce
- 1 to 4 ounces
- More than 4 ounces

86. How often did you eat **bacon** (including low-fat)?

- NEVER (**GO TO QUESTION 87**)
- 1 time per month
- 2–3 times per month
- 1 time per week
- 2 times per week
- 3–4 times per week
- 5–6 times per week
- 1 time per day
- 2 or more times per day

86a. Each time you ate **bacon**, how much did you usually eat?

- Fewer than 2 slices
- 2 to 3 slices
- More than 3 slices

86b. How often was the bacon you ate **light, low-fat, or lean bacon**?

- Almost never or never
- About 1/4 of the time
- About 1/2 of the time
- About 3/4 of the time
- Almost always or always

87. How often did you eat **sausage** (including low-fat)?

- NEVER (**GO TO QUESTION 88**)
- 1 time per month
- 2–3 times per month
- 1 time per week
- 2 times per week
- 3–4 times per week
- 5–6 times per week
- 1 time per day
- 2 or more times per day

87a. Each time you ate **sausage**, how much did you usually eat?

- Less than 1 patty or 2 links
- 1 to 3 patties or 2 to 5 links
- More than 3 patties or 5 links

87b. How often was the sausage you ate **light, low-fat, or lean sausage**?

- Almost never or never
- About 1/4 of the time
- About 1/2 of the time
- About 3/4 of the time
- Almost always or always

Over the past month...

88. How often did you eat **shellfish such as shrimp oysters, clams, crab, crayfish, lobsters?**

- NEVER (GO TO QUESTION 89)
- |                                              |                                                  |
|----------------------------------------------|--------------------------------------------------|
| <input type="checkbox"/> 1 time per month    | <input type="checkbox"/> 3–4 times per week      |
| <input type="checkbox"/> 2–3 times per month | <input type="checkbox"/> 5–6 times per week      |
| <input type="checkbox"/> 1 time per week     | <input type="checkbox"/> 1 time per day          |
| <input type="checkbox"/> 2 times per week    | <input type="checkbox"/> 2 or more times per day |

88a. Each time you ate **shellfish**, how much did you usually eat?

- Less than 2 ounces  
 2 to 5 ounces  
 More than 5 ounces

88b. How often was the shellfish you ate **shrimp**?

- Almost never or never  
 About ¼ of the time  
 About ½ of the time  
 About ¾ of the time  
 Almost always or always

88c. How often was the shellfish you ate **fried**?

- Almost never or never  
 About ¼ of the time  
 About ½ of the time  
 About ¾ of the time  
 Almost always or always

89. How often did you eat **fish sticks or other fried fish**? (NOT including shrimp or other shellfish)

- NEVER (GO TO QUESTION 90)
- |                                              |                                                  |
|----------------------------------------------|--------------------------------------------------|
| <input type="checkbox"/> 1 time per month    | <input type="checkbox"/> 3–4 times per week      |
| <input type="checkbox"/> 2–3 times per month | <input type="checkbox"/> 5–6 times per week      |
| <input type="checkbox"/> 1 time per week     | <input type="checkbox"/> 1 time per day          |
| <input type="checkbox"/> 2 times per week    | <input type="checkbox"/> 2 or more times per day |

89a. Each time you ate **fish sticks or other fried fish**, how much did you usually eat?

- Less than 2 ounces or less than 2 fish sticks  
 2 to 7 ounces or 2 to 3 fish sticks  
 More than 7 ounces or more than 3 fish sticks

90. How often did you eat **fish that was NOT FRIED**? (not including shrimp or other shellfish and not including canned tuna or tuna in foil pouches)

- NEVER (GO TO QUESTION 91)
- |                                              |                                                  |
|----------------------------------------------|--------------------------------------------------|
| <input type="checkbox"/> 1 time per month    | <input type="checkbox"/> 3–4 times per week      |
| <input type="checkbox"/> 2–3 times per month | <input type="checkbox"/> 5–6 times per week      |
| <input type="checkbox"/> 1 time per week     | <input type="checkbox"/> 1 time per day          |
| <input type="checkbox"/> 2 times per week    | <input type="checkbox"/> 2 or more times per day |

90a. Each time you ate **fish that was NOT FRIED**, how much did you usually eat?

- Less than 2 ounces or less than 1 fillet  
 2 to 5 ounces or 1 fillet  
 More than 5 ounces or more than 1 fillet

90b. When you ate fish that was NOT fried, how often was that fish **salmon**?

- Almost never or never  
 About ¼ of the time  
 About ½ of the time  
 About ¾ of the time  
 Almost always or always

90c. When you ate fish that was NOT fried, how often was that fish **tuna steaks or other fresh tuna**? (not including canned tuna or tuna in foil pouches)

- Almost never or never  
 About ¼ of the time  
 About ½ of the time  
 About ¾ of the time  
 Almost always or always

90d. When you ate fish that was NOT fried, how often was that fish **swordfish, shark, tilefish, or king mackerel**?

- Almost never or never  
 About ¼ of the time  
 About ½ of the time  
 About ¾ of the time  
 Almost always or always



Now think about all the meat, poultry, and fish you ate in the past month and how they were prepared.

91. How often was **oil, butter, margarine, or other fat** used to **FRY, SAUTE, BASTE, OR MARINATE** any meat, poultry, or fish you ate? (Please do not include deep frying.)

- NEVER (GO TO QUESTION 92)
- |                                              |                                                  |
|----------------------------------------------|--------------------------------------------------|
| <input type="checkbox"/> 1 time per month    | <input type="checkbox"/> 3–4 times per week      |
| <input type="checkbox"/> 2–3 times per month | <input type="checkbox"/> 5–6 times per week      |
| <input type="checkbox"/> 1 time per week     | <input type="checkbox"/> 1 time per day          |
| <input type="checkbox"/> 2 times per week    | <input type="checkbox"/> 2 or more times per day |

91a. Which of the following **fats** were regularly used to prepare your meat, poultry, or fish? (Mark all that apply.)

- |                                                        |                                                           |
|--------------------------------------------------------|-----------------------------------------------------------|
| <input type="checkbox"/> Margarine (including low-fat) | <input type="checkbox"/> Corn oil                         |
| <input type="checkbox"/> Butter (including low-fat)    | <input type="checkbox"/> Canola or rapeseed oil           |
| <input type="checkbox"/> Lard, fatback, or bacon fat   | <input type="checkbox"/> Oil spray, such as Pam or others |
| <input type="checkbox"/> Olive oil                     | <input type="checkbox"/> Other kinds of oils              |
|                                                        | <input type="checkbox"/> None of the above                |

92. How often did you eat **tofu, soy burgers, or soy meat-substitutes**?

- NEVER (GO TO QUESTION 93)
- |                                              |                                                  |
|----------------------------------------------|--------------------------------------------------|
| <input type="checkbox"/> 1 time per month    | <input type="checkbox"/> 3–4 times per week      |
| <input type="checkbox"/> 2–3 times per month | <input type="checkbox"/> 5–6 times per week      |
| <input type="checkbox"/> 1 time per week     | <input type="checkbox"/> 1 time per day          |
| <input type="checkbox"/> 2 times per week    | <input type="checkbox"/> 2 or more times per day |

92a. Each time you ate **tofu, soy burgers, or soy meat-substitutes**, how much did you usually eat?

- Less than ¼ cup or less than 2 ounces  
 ¼ to ½ cup or 2 to 4 ounces  
 More than ½ cup or more than 4 ounces

93. How often did you eat **soups**?

- NEVER (GO TO QUESTION 94)
- |                                              |                                                  |
|----------------------------------------------|--------------------------------------------------|
| <input type="checkbox"/> 1 time per month    | <input type="checkbox"/> 3–4 times per week      |
| <input type="checkbox"/> 2–3 times per month | <input type="checkbox"/> 5–6 times per week      |
| <input type="checkbox"/> 1 time per week     | <input type="checkbox"/> 1 time per day          |
| <input type="checkbox"/> 2 times per week    | <input type="checkbox"/> 2 or more times per day |

93a. Each time you ate **soup**, how much did you usually eat?

- Less than 1 cup  
 1 to 2 cups  
 More than 2 cups

93b. How often were the soups you ate **bean soups**?

- Almost never or never  
 About ¼ of the time  
 About ½ of the time  
 About ¾ of the time  
 Almost always or always

93c. How often were the soups you ate **cream soups** (including chowders)?

- Almost never or never  
 About ¼ of the time  
 About ½ of the time  
 About ¾ of the time  
 Almost always or always

93d. How often were the soups you ate **tomato or vegetable soups**?

- Almost never or never  
 About ¼ of the time  
 About ½ of the time  
 About ¾ of the time  
 Almost always or always

93e. How often were the soups you ate **broth soups** (including chicken) **with or without noodles or rice**?

- Almost never or never  
 About ¼ of the time  
 About ½ of the time  
 About ¾ of the time  
 Almost always or always

94. How often did you eat **pizza**?

- NEVER (GO TO QUESTION 95)
- |                                              |                                                  |
|----------------------------------------------|--------------------------------------------------|
| <input type="checkbox"/> 1 time per month    | <input type="checkbox"/> 3–4 times per week      |
| <input type="checkbox"/> 2–3 times per month | <input type="checkbox"/> 5–6 times per week      |
| <input type="checkbox"/> 1 time per week     | <input type="checkbox"/> 1 time per day          |
| <input type="checkbox"/> 2 times per week    | <input type="checkbox"/> 2 or more times per day |

94a. Each time you ate **pizza**, how much did you usually eat?

- Less than 1 slice or less than 1 mini pizza  
 1 to 3 slices or 1 mini pizza  
 More than 3 slices or more than 1 mini pizza



Over the past month...

94b. How often did you eat pizza with **pepperoni, sausage, or other meat**?

- Almost never or never
- About ¼ of the time
- About ½ of the time
- About ¾ of the time
- Almost always or always

95. How often did you eat **crackers**?

NEVER (GO TO QUESTION 96)

- |                                              |                                                  |
|----------------------------------------------|--------------------------------------------------|
| <input type="checkbox"/> 1 time per month    | <input type="checkbox"/> 3–4 times per week      |
| <input type="checkbox"/> 2–3 times per month | <input type="checkbox"/> 5–6 times per week      |
| <input type="checkbox"/> 1 time per week     | <input type="checkbox"/> 1 time per day          |
| <input type="checkbox"/> 2 times per week    | <input type="checkbox"/> 2 or more times per day |

95a. Each time you ate **crackers**, how many did you usually eat?

- Fewer than 4 crackers
- 4 to 10 crackers
- More than 10 crackers

96. How often did you eat **corn bread or corn muffins**?

NEVER (GO TO QUESTION 97)

- |                                              |                                                  |
|----------------------------------------------|--------------------------------------------------|
| <input type="checkbox"/> 1 time per month    | <input type="checkbox"/> 3–4 times per week      |
| <input type="checkbox"/> 2–3 times per month | <input type="checkbox"/> 5–6 times per week      |
| <input type="checkbox"/> 1 time per week     | <input type="checkbox"/> 1 time per day          |
| <input type="checkbox"/> 2 times per week    | <input type="checkbox"/> 2 or more times per day |

96a. Each time you ate **corn bread or corn muffins**, how much did you usually eat?

- Less than 1 piece or muffin
- 1 to 2 pieces or muffins
- More than 2 pieces or muffins

97. How often did you eat **biscuits**?

NEVER (GO TO QUESTION 98)

- |                                              |                                                  |
|----------------------------------------------|--------------------------------------------------|
| <input type="checkbox"/> 1 time per month    | <input type="checkbox"/> 3–4 times per week      |
| <input type="checkbox"/> 2–3 times per month | <input type="checkbox"/> 5–6 times per week      |
| <input type="checkbox"/> 1 time per week     | <input type="checkbox"/> 1 time per day          |
| <input type="checkbox"/> 2 times per week    | <input type="checkbox"/> 2 or more times per day |

97a. Each time you ate **biscuits**, how many did you usually eat?

- Fewer than 1 biscuit
- 1 to 2 biscuits
- More than 2 biscuits

98. How often did you eat **potato chips, tortilla chips, or corn chips** (including low-fat, fat-free, or low-salt)?

NEVER (GO TO QUESTION 99)

- |                                              |                                                  |
|----------------------------------------------|--------------------------------------------------|
| <input type="checkbox"/> 1 time per month    | <input type="checkbox"/> 3–4 times per week      |
| <input type="checkbox"/> 2–3 times per month | <input type="checkbox"/> 5–6 times per week      |
| <input type="checkbox"/> 1 time per week     | <input type="checkbox"/> 1 time per day          |
| <input type="checkbox"/> 2 times per week    | <input type="checkbox"/> 2 or more times per day |

98a. Each time you ate **potato chips, tortilla chips, or corn chips**, how much did you usually eat?

- Fewer than 10 chips or less than 1 cup
- 10 to 25 chips or 1 to 2 cups
- More than 25 chips or more than 2 cups

98b. How often were the chips you ate **low-fat or fat-free chips**?

- Almost never or never
- About ¼ of the time
- About ½ of the time
- About ¾ of the time
- Almost always or always

98c. How often were the chips you ate **potato chips**?

- Almost never or never
- About ¼ of the time
- About ½ of the time
- About ¾ of the time
- Almost always or always

99. How often did you eat **popcorn** (including low-fat)?

NEVER (GO TO QUESTION 100)

- |                                              |                                                  |
|----------------------------------------------|--------------------------------------------------|
| <input type="checkbox"/> 1 time per month    | <input type="checkbox"/> 3–4 times per week      |
| <input type="checkbox"/> 2–3 times per month | <input type="checkbox"/> 5–6 times per week      |
| <input type="checkbox"/> 1 time per week     | <input type="checkbox"/> 1 time per day          |
| <input type="checkbox"/> 2 times per week    | <input type="checkbox"/> 2 or more times per day |

99a. Each time you ate **popcorn**, how much did you usually eat?

- Less than 2 cups, popped
- 2 to 5 cups, popped
- More than 5 cups, popped

Over the past month...

100. How often did you eat **pretzels**?

- NEVER (**GO TO QUESTION 101**)
- 1 time per month
- 2–3 times per month
- 1 time per week
- 2 times per week
- 3–4 times per week
- 5–6 times per week
- 1 time per day
- 2 or more times per day

100a. Each time you ate **pretzels**, how many did you usually eat?

- Fewer than 5 average twists
- 5 to 20 average twists
- More than 20 average twists

101. How often did you eat **peanuts, walnuts, seeds, or other nuts**?

- NEVER (**GO TO QUESTION 102**)
- 1 time per month
- 2–3 times per month
- 1 time per week
- 2 times per week
- 3–4 times per week
- 5–6 times per week
- 1 time per day
- 2 or more times per day

101a. Each time you ate **peanuts, walnuts, seeds, or other nuts**, how much did you usually eat?

- Less than ¼ cup
- ¼ to ½ cup
- More than ½ cup

101b. How often were the nuts or seeds you ate **almonds that were toasted or roasted**?

- Almost never or never
- About ¼ of the time
- About ½ of the time
- About ¾ of the time
- Almost always or always

102. How often did you eat **energy, high-protein, or breakfast bars** such as **Power Bars, Balance, Clif, or others**?

- NEVER (**GO TO QUESTION 103**)
- 1 time per month
- 2–3 times per month
- 1 time per week
- 2 times per week
- 3–4 times per week
- 5–6 times per week
- 1 time per day
- 2 or more times per day

102a. Each time you ate energy, high protein, or breakfast bars, how much did you usually eat?

- Less than 1 bar
- 1 bar
- More than 1 bar

103. How often did you eat **yogurt** (NOT including frozen yogurt)?

- NEVER (**GO TO QUESTION 104**)
- 1 time per month
- 2–3 times per month
- 1 time per week
- 2 times per week
- 3–4 times per week
- 5–6 times per week
- 1 time per day
- 2 or more times per day

103a. Each time you ate yogurt, how much did you usually eat?

- Less than ½ cup or less than 1 container
- ½ to 1 cup or 1 container
- More than 1 cup or more than 1 container

104. How often did you eat **cottage cheese** (including low-fat)?

- NEVER (**GO TO QUESTION 105**)
- 1 time per month
- 2–3 times per month
- 1 time per week
- 2 times per week
- 3–4 times per week
- 5–6 times per week
- 1 time per day
- 2 or more times per day

104a. Each time you ate **cottage cheese**, how much did you usually eat?

- Less than ¼ cup
- ¼ to 1 cup
- More than 1 cup

105. How often did you eat **cheese** (including low-fat; including on cheeseburgers or in sandwiches or subs)?

- NEVER (**GO TO QUESTION 106**)
- 1 time per month
- 2–3 times per month
- 1 time per week
- 2 times per week
- 3–4 times per week
- 5–6 times per week
- 1 time per day
- 2 or more times per day

Over the past month...

105a. Each time you ate **cheese**, how much did you usually eat?

- Less than ½ ounce or less than 1 slice
- ½ to 1½ ounces or 1 slice
- More than 1½ ounces or more than 1 slice

105b. How often was the cheese you ate **light** or **low-fat cheese**?

- Almost never or never
- About ¼ of the time
- About ½ of the time
- About ¾ of the time
- Almost always or always

105c. How often was the cheese you ate **fat-free cheese**?

- Almost never or never
- About ¼ of the time
- About ½ of the time
- About ¾ of the time
- Almost always or always

106. How often did you eat **frozen yogurt, sorbet, or ices** (including low-fat or fat-free)?

NEVER (GO TO QUESTION 107)

- |                                              |                                                  |
|----------------------------------------------|--------------------------------------------------|
| <input type="checkbox"/> 1 time per month    | <input type="checkbox"/> 3–4 times per week      |
| <input type="checkbox"/> 2–3 times per month | <input type="checkbox"/> 5–6 times per week      |
| <input type="checkbox"/> 1 time per week     | <input type="checkbox"/> 1 time per day          |
| <input type="checkbox"/> 2 times per week    | <input type="checkbox"/> 2 or more times per day |

106a. Each time you ate **frozen yogurt, sorbet, or ices**, how much did you usually eat?

- Less than ½ cup or less than 1 scoop
- ½ to 1 cup or 1 to 2 scoops
- More than 1 cup or more than 2 scoops

107. How often did you eat **ice cream, ice cream bars, or sherbet** (including low-fat or fat-free)?

NEVER (GO TO QUESTION 108)

- |                                              |                                                  |
|----------------------------------------------|--------------------------------------------------|
| <input type="checkbox"/> 1 time per month    | <input type="checkbox"/> 3–4 times per week      |
| <input type="checkbox"/> 2–3 times per month | <input type="checkbox"/> 5–6 times per week      |
| <input type="checkbox"/> 1 time per week     | <input type="checkbox"/> 1 time per day          |
| <input type="checkbox"/> 2 times per week    | <input type="checkbox"/> 2 or more times per day |

107a. Each time you ate **ice cream, ice cream bars, or sherbet**, how much did you usually eat?

- Less than ½ cup or less than 1 scoop
- ½ to 1½ cups or 1 to 2 scoops
- More than 1½ cups or more than 2 scoops

107b. How often was the ice cream you ate **light, low-fat, or fat-free ice cream** or **sherbet**?

- Almost never or never
- About ¼ of the time
- About ½ of the time
- About ¾ of the time
- Almost always or always

108. How often did you eat **cake** (including low-fat or fat-free)?

NEVER (GO TO QUESTION 109)

- |                                              |                                                  |
|----------------------------------------------|--------------------------------------------------|
| <input type="checkbox"/> 1 time per month    | <input type="checkbox"/> 3–4 times per week      |
| <input type="checkbox"/> 2–3 times per month | <input type="checkbox"/> 5–6 times per week      |
| <input type="checkbox"/> 1 time per week     | <input type="checkbox"/> 1 time per day          |
| <input type="checkbox"/> 2 times per week    | <input type="checkbox"/> 2 or more times per day |

108a. Each time you ate **cake**, how much did you usually eat?

- Less than 1 medium piece
- 1 medium piece
- More than 1 medium piece

108b. How often was the cake you ate **light, low-fat, or fat-free cake**?

- Almost never or never
- About ¼ of the time
- About ½ of the time
- About ¾ of the time
- Almost always or always

109. How often did you eat **cookies or brownies** (including low-fat or fat-free)?

NEVER (GO TO QUESTION 110)

- |                                              |                                                  |
|----------------------------------------------|--------------------------------------------------|
| <input type="checkbox"/> 1 time per month    | <input type="checkbox"/> 3–4 times per week      |
| <input type="checkbox"/> 2–3 times per month | <input type="checkbox"/> 5–6 times per week      |
| <input type="checkbox"/> 1 time per week     | <input type="checkbox"/> 1 time per day          |
| <input type="checkbox"/> 2 times per week    | <input type="checkbox"/> 2 or more times per day |

109a. Each time you ate cookies or brownies, how much did you usually eat?

- Less than 2 cookies or 1 small brownie
- 2 to 4 cookies or 1 medium brownie
- More than 4 cookies or 1 large brownie

Over the past month...

109b. How often were the cookies or brownies you ate **light, low-fat, or fat-free cookies or brownies**?

- Almost never or never
- About ¼ of the time
- About ½ of the time
- About ¾ of the time
- Almost always or always

110. How often did you eat **doughnuts, sweet rolls, Danish, or pop-tarts**?

- NEVER (GO TO QUESTION 111)
- 1 time per month
- 2–3 times per month
- 1 time per week
- 2 times per week
- 3–4 times per week
- 5–6 times per week
- 1 time per day
- 2 or more times per day

110a. Each time you ate **doughnuts, sweet rolls, Danish, or pop-tarts**, how much did you usually eat?

- Less than 1 piece
- 1 to 2 pieces
- More than 2 pieces

111. How often did you eat **sweet muffins or dessert breads** (including low-fat or fat-free)?

- NEVER (GO TO QUESTION 112)
- 1 time per month
- 2–3 times per month
- 1 time per week
- 2 times per week
- 3–4 times per week
- 5–6 times per week
- 1 time per day
- 2 or more times per day

111a. Each time you ate **sweet muffins or dessert breads**, how much did you usually eat?

- Less than 1 medium piece
- 1 medium piece
- More than 1 medium piece

111b. How often were the sweet muffins or dessert breads you ate **light, low-fat, or fat-free sweet muffins or dessert breads**?

- Almost never or never
- About ¼ of the time
- About ½ of the time
- About ¾ of the time
- Almost always or always

112. How often did you eat **fruit crisp, cobbler, or strudel**?

- NEVER (GO TO QUESTION 113)
- 1 time per month
- 2–3 times per month
- 1 time per week
- 2 times per week
- 3–4 times per week
- 5–6 times per week
- 1 time per day
- 2 or more times per day

112a. Each time you ate **fruit crisp, cobbler, or strudel**, how much did you usually eat?

- Less than ½ cup
- ½ to 1 cup
- More than 1 cup

113. How often did you eat **pie**?

- NEVER (GO TO QUESTION 114)
- 1 time per month
- 2–3 times per month
- 1 time per week
- 2 times per week
- 3–4 times per week
- 5–6 times per week
- 1 time per day
- 2 or more times per day

113a. Each time you ate **pie**, how much did you usually eat?

- Less than ⅛ of a pie
- About ⅛ of a pie
- More than ⅛ of a pie

**The next four questions ask about the kinds of pie you ate. Please read all four questions before answering.**

113b. How often were the pies you ate **fruit pie** (such as apple, blueberry, others)?

- Almost never or never
- About ¼ of the time
- About ½ of the time
- About ¾ of the time
- Almost always or always

113c. How often were the pies you ate **cream, pudding, custard, or meringue pie**?

- Almost never or never
- About ¼ of the time
- About ½ of the time
- About ¾ of the time
- Almost always or always

Over the past month...

113d. How often were the pies you ate **pumpkin** or **sweet potato pie**?

- Almost never or never
- About ¼ of the time
- About ½ of the time
- About ¾ of the time
- Almost always or always

113e. How often were the pies you ate **pecan pie**?

- Almost never or never
- About ¼ of the time
- About ½ of the time
- About ¾ of the time
- Almost always or always

114. How often did you eat **chocolate candy**?

- NEVER (GO TO QUESTION 115)
- 1 time per month
- 2–3 times per month
- 1 time per week
- 2 times per week
- 3–4 times per week
- 5–6 times per week
- 1 time per day
- 2 or more times per day

114a. Each time you ate **chocolate candy**, how much did you usually eat?

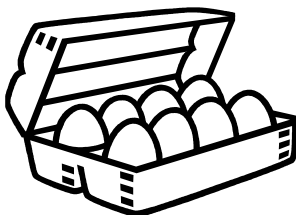
- Less than 1 average bar or less than 1 ounce
- 1 average bar or 1 to 2 ounces
- More than 1 average bar or more than 2 ounces

115. How often did you eat **other candy**?

- NEVER (GO TO QUESTION 116)
- 1 time per month
- 2–3 times per month
- 1 time per week
- 2 times per week
- 3–4 times per week
- 5–6 times per week
- 1 time per day
- 2 or more times per day

115a. Each time you ate **other candy**, how much did you usually eat?

- Fewer than 2 pieces
- 2 to 9 pieces
- More than 9 pieces



116. How often did you eat **eggs, egg whites, or egg substitutes** (NOT counting eggs in baked goods and desserts)? (*Please include eggs in salads, quiche, and soufflés.*)

- NEVER (GO TO QUESTION 117)
- 1 time per month
- 2–3 times per month
- 1 time per week
- 2 times per week
- 3–4 times per week
- 5–6 times per week
- 1 time per day
- 2 or more times per day

116a. Each time you ate **eggs**, how many did you usually eat?

- 1 egg
- 2 eggs
- 3 or more eggs

116b. How often were the eggs you ate **egg substitutes**?

- Almost never or never
- About ¼ of the time
- About ½ of the time
- About ¾ of the time
- Almost always or always

116c. How often were the eggs you ate **egg whites only**?

- Almost never or never
- About ¼ of the time
- About ½ of the time
- About ¾ of the time
- Almost always or always

116d. How often were the eggs you ate **regular whole eggs**?

- Almost never or never
- About ¼ of the time
- About ½ of the time
- About ¾ of the time
- Almost always or always

116e. How often were the eggs you ate **cooked in oil, butter, or margarine**?

- Almost never or never
- About ¼ of the time
- About ½ of the time
- About ¾ of the time
- Almost always or always

Over the past month...

116f. How often were the eggs you ate part of **egg salad**?

- Almost never or never
- About ¼ of the time
- About ½ of the time
- About ¾ of the time
- Almost always or always

117. How many cups of **coffee**, caffeinated or decaffeinated, did you drink?

- NEVER (**GO TO QUESTION 118**)
- 1–3 cups per month
- 1 cup per week
- 2–4 cups per week
- 5–6 cups per week
- 1 cup per day
- 2–3 cups per day
- 4–5 cups per day
- 6 or more cups per day

117a. How often was the coffee you drank **decaffeinated**?

- Almost never or never
- About ¼ of the time
- About ½ of the time
- About ¾ of the time
- Almost always or always

118. How many glasses of **ICED tea**, caffeinated or decaffeinated, did you drink?

- NEVER (**GO TO QUESTION 119**)
- 1–3 cups per month
- 1 cup per week
- 2–4 cups per week
- 5–6 cups per week
- 1 cup per day
- 2–3 cups per day
- 4–5 cups per day
- 6 or more cups per day

118a. How often was the iced tea you drank **decaffeinated** or **herbal tea**?

- Almost never or never
- About ¼ of the time
- About ½ of the time
- About ¾ of the time
- Almost always or always



119. How many cups of **HOT tea**, caffeinated or decaffeinated, did you drink?

- NEVER (**GO TO QUESTION 120**)
- 1–3 cups per month
- 1 cup per week
- 2–4 cups per week
- 5–6 cups per week
- 1 cup per day
- 2–3 cups per day
- 4–5 cups per day
- 6 or more cups per day

119a. How often was the hot tea you drank **decaffeinated** or **herbal tea**?

- Almost never or never
- About ¼ of the time
- About ½ of the time
- About ¾ of the time
- Almost always or always

120. How often did you add **sugar** or **honey** to your coffee or tea?

- NEVER (**GO TO QUESTION 121**)
- 1–3 times per month
- 1 time per week
- 2–4 times per week
- 5–6 times per week
- 1 time per day
- 2–3 times per day
- 4–5 times per day
- 6 or more times per day

120a. Each time **sugar** or **honey** was added to your coffee or tea, how much was usually added?

- Less than 1 teaspoon
- 1 to 3 teaspoons
- More than 3 teaspoons

121. How often did you add **artificial sweetener** to your coffee or tea?

- NEVER (**GO TO QUESTION 122**)
- 1–3 times per month
- 1 time per week
- 2–4 times per week
- 5–6 times per week
- 1 time per day
- 2–3 times per day
- 4–5 times per day
- 6 or more times per day

121a. What kind of **artificial sweetener** did you usually use?

- Equal or aspartame
- Sweet N Low or saccharin
- Splenda or sucralose

Over the past month...

122. How often was **non-dairy creamer** added to your coffee or tea?

- NEVER (GO TO QUESTION 123)
- |                                              |                                                  |
|----------------------------------------------|--------------------------------------------------|
| <input type="checkbox"/> 1–3 times per month | <input type="checkbox"/> 1 time per day          |
| <input type="checkbox"/> 1 time per week     | <input type="checkbox"/> 2–3 times per day       |
| <input type="checkbox"/> 2–4 times per week  | <input type="checkbox"/> 4–5 times per day       |
| <input type="checkbox"/> 5–6 times per week  | <input type="checkbox"/> 6 or more times per day |

122a. Each time **non-dairy creamer** was added to your coffee or tea, how much was usually used?

- Less than 1 teaspoon  
 1 to 3 teaspoons  
 More than 3 teaspoons

122b. What kind of **non-dairy creamer** did you usually use?

- Regular powdered  
 Low-fat or fat-free powdered  
 Regular liquid  
 Low-fat or fat-free liquid

123. How often was **cream** or **half and half** added to your coffee or tea?

- NEVER (GO TO QUESTION 124)
- |                                              |                                                  |
|----------------------------------------------|--------------------------------------------------|
| <input type="checkbox"/> 1–3 times per month | <input type="checkbox"/> 1 time per day          |
| <input type="checkbox"/> 1 time per week     | <input type="checkbox"/> 2–3 times per day       |
| <input type="checkbox"/> 2–4 times per week  | <input type="checkbox"/> 4–5 times per day       |
| <input type="checkbox"/> 5–6 times per week  | <input type="checkbox"/> 6 or more times per day |

123a. Each time **cream** or **half and half** was added to your coffee or tea, how much was usually added?

- Less than 1 tablespoon  
 1 to 2 tablespoons  
 More than 2 tablespoons

124. How often was **milk** added to your coffee or tea?

- NEVER (GO TO QUESTION 125)
- |                                              |                                                  |
|----------------------------------------------|--------------------------------------------------|
| <input type="checkbox"/> 1–3 times per month | <input type="checkbox"/> 1 time per day          |
| <input type="checkbox"/> 1 time per week     | <input type="checkbox"/> 2–3 times per day       |
| <input type="checkbox"/> 2–4 times per week  | <input type="checkbox"/> 4–5 times per day       |
| <input type="checkbox"/> 5–6 times per week  | <input type="checkbox"/> 6 or more times per day |

124a. Each time **milk** was added to your coffee or tea, how much was usually added?

- Less than 1 tablespoon  
 1 to 3 tablespoons  
 More than 3 tablespoons

124b. What kind of **milk** was usually added to your coffee or tea?

- Whole milk  
 2% milk  
 1% milk  
 Skim, nonfat, or ½% milk  
 Evaporated or condensed (canned) milk  
 Soy milk  
 Rice milk  
 Raw, unpasteurized milk  
 Other

125. How often was **sugar** or **honey** added to foods you ate? (Please do not include sugar in coffee, tea, other beverages, or baked goods.)

- NEVER (GO TO INTRODUCTION TO QUESTION 126)
- |                                              |                                                  |
|----------------------------------------------|--------------------------------------------------|
| <input type="checkbox"/> 1 time per month    | <input type="checkbox"/> 3–4 times per week      |
| <input type="checkbox"/> 2–3 times per month | <input type="checkbox"/> 5–6 times per week      |
| <input type="checkbox"/> 1 time per week     | <input type="checkbox"/> 1 time per day          |
| <input type="checkbox"/> 2 times per week    | <input type="checkbox"/> 2 or more times per day |

125a. Each time **sugar** or **honey** was added to foods you ate, how much was usually added?

- Less than 1 teaspoon  
 1 to 3 teaspoons  
 More than 3 teaspoons



The following questions are about the kinds of margarine, mayonnaise, sour cream, cream cheese, and salad dressing that you eat. If possible, please check the labels of these foods to help you answer.

126. Over the past month, did you eat **margarine**?

NO (GO TO QUESTION 127)

YES

126a. How often was the margarine you ate **regular-fat margarine** (stick or tub)?

- Almost never or never
- About ¼ of the time
- About ½ of the time
- About ¾ of the time
- Almost always or always

126b. How often was the margarine you ate **light or low-fat margarine** (stick or tub)?

- Almost never or never
- About ¼ of the time
- About ½ of the time
- About ¾ of the time
- Almost always or always

126c. How often was the margarine you ate **fat-free margarine**?

- Almost never or never
- About ¼ of the time
- About ½ of the time
- About ¾ of the time
- Almost always or always

127. Over the past month, did you eat **butter**?

NO (GO TO QUESTION 128)

YES

127a. How often was the butter you ate **light or low-fat butter**?

- Almost never or never
- About ¼ of the time
- About ½ of the time
- About ¾ of the time
- Almost always or always

128. Over the past month, did you eat **mayonnaise** or **mayonnaise-type dressing**?

NO (GO TO QUESTION 129)

YES

128a. How often was the mayonnaise you ate **regular-fat mayonnaise**?

- Almost never or never
- About ¼ of the time
- About ½ of the time
- About ¾ of the time
- Almost always or always

128b. How often was the mayonnaise you ate **light or low-fat mayonnaise**?

- Almost never or never
- About ¼ of the time
- About ½ of the time
- About ¾ of the time
- Almost always or always

128c. How often was the mayonnaise you ate **fat-free mayonnaise**?

- Almost never or never
- About ¼ of the time
- About ½ of the time
- About ¾ of the time
- Almost always or always

129. Over the past month, did you eat **sour cream**?

NO (GO TO QUESTION 130)

YES

129a. How often was the sour cream you ate **regular-fat sour cream**?

- Almost never or never
- About ¼ of the time
- About ½ of the time
- About ¾ of the time
- Almost always or always

129b. How often was the sour cream you ate **light, low-fat, or fat-free sour cream**?

- Almost never or never
- About ¼ of the time
- About ½ of the time
- About ¾ of the time
- Almost always or always



Over the past month...

130. Over the past month, did you eat **cream cheese**?

NO (GO TO QUESTION 131)

YES

130a. How often was the cream cheese you ate **regular-fat cream cheese**?

- Almost never or never
- About ¼ of the time
- About ½ of the time
- About ¾ of the time
- Almost always or always

130b. How often was the cream cheese you ate **light, low-fat, or fat-free cream cheese**?

- Almost never or never
- About ¼ of the time
- About ½ of the time
- About ¾ of the time
- Almost always or always

131. Over the past month, did you eat **salad dressing**?

NO (GO TO INTRODUCTION TO QUESTION 132)

YES

131a. How often was the salad dressing you ate **regular-fat salad dressing** (including oil and vinegar dressing)?

- Almost never or never
- About ¼ of the time
- About ½ of the time
- About ¾ of the time
- Almost always or always

131b. How often was the salad dressing you ate **light or low-fat salad dressing**?

- Almost never or never
- About ¼ of the time
- About ½ of the time
- About ¾ of the time
- Almost always or always

131c. How often was the salad dressing you ate **fat-free salad dressing**?

- Almost never or never
- About ¼ of the time
- About ½ of the time
- About ¾ of the time
- Almost always or always

Question 132 appears in the next column

The following two questions ask you to summarize your usual intake of vegetables and fruits. Please do not include salads, potatoes, or juices.

132. Over the past month, how many servings of **vegetables** (not including salad or potatoes) did you eat per week or per day?

- |                                               |                                            |
|-----------------------------------------------|--------------------------------------------|
| <input type="checkbox"/> Less than 1 per week | <input type="checkbox"/> 2 per day         |
| <input type="checkbox"/> 1–2 per week         | <input type="checkbox"/> 3 per day         |
| <input type="checkbox"/> 3–4 per week         | <input type="checkbox"/> 4 per day         |
| <input type="checkbox"/> 5–6 per week         | <input type="checkbox"/> 5 or more per day |
| <input type="checkbox"/> 1 per day            |                                            |

133. Over the past month, how many servings of **fruit** (not including juices) did you eat per week or per day?

- |                                               |                                            |
|-----------------------------------------------|--------------------------------------------|
| <input type="checkbox"/> Less than 1 per week | <input type="checkbox"/> 2 per day         |
| <input type="checkbox"/> 1–2 per week         | <input type="checkbox"/> 3 per day         |
| <input type="checkbox"/> 3–4 per week         | <input type="checkbox"/> 4 per day         |
| <input type="checkbox"/> 5–6 per week         | <input type="checkbox"/> 5 or more per day |
| <input type="checkbox"/> 1 per day            |                                            |

The following question asks you to summarize your usual intake of seafood, including fish and shellfish. Please include canned tuna or tuna in foil pouches.

134. Over the past month, how many servings of **seafood, including fish and shellfish** (including canned tuna or tuna in foil pouches) did you eat per week or per day?

- NONE (GO TO QUESTION 135)
- |                                               |                                            |
|-----------------------------------------------|--------------------------------------------|
| <input type="checkbox"/> Less than 1 per week | <input type="checkbox"/> 5–6 per week      |
| <input type="checkbox"/> 1–2 per week         | <input type="checkbox"/> 1 per day         |
| <input type="checkbox"/> 3–4 per week         | <input type="checkbox"/> 2 or more per day |

134a. Was any of the seafood you ate, including fish and shellfish, **refrigerated smoked seafood, such as nova-style, lox, kippered, smoked or jerky**?

- NO  
 YES

134b. Was any of the seafood you ate, including fish and shellfish, **caught in local waters by family or friends**?

- NO  
 YES

Question 135 appears on the next page

Over the past month...

135. Over the past month, which of the following foods did you eat **AT LEAST THREE TIMES?**  
(Mark all that apply.)

- |                                                                               |                                                                 |
|-------------------------------------------------------------------------------|-----------------------------------------------------------------|
| <input type="checkbox"/> Avocado, guacamole                                   | <input type="checkbox"/> Olives                                 |
| <input type="checkbox"/> Cheesecake                                           | <input type="checkbox"/> Oysters                                |
| <input type="checkbox"/> Chocolate, fudge, or butterscotch toppings or syrups | <input type="checkbox"/> Pickles or pickled vegetables or fruit |
| <input type="checkbox"/> Chow mein noodles                                    | <input type="checkbox"/> Plantains                              |
| <input type="checkbox"/> Croissants                                           | <input type="checkbox"/> Pork neckbones, hock, head, feet       |
| <input type="checkbox"/> Dried apricots                                       | <input type="checkbox"/> Pudding or custard                     |
| <input type="checkbox"/> Egg rolls                                            | <input type="checkbox"/> Veal, venison, lamb                    |
| <input type="checkbox"/> Granola bars                                         | <input type="checkbox"/> Whipped cream, regular                 |
| <input type="checkbox"/> Hot peppers                                          | <input type="checkbox"/> Whipped cream, substitute              |
| <input type="checkbox"/> Jello, gelatin                                       |                                                                 |
| <input type="checkbox"/> Milkshakes or ice-cream sodas                        | <input type="checkbox"/> NONE                                   |

136. For **ALL** of the past month, have you followed any type of **vegetarian diet?**

- NO (GO TO INTRODUCTION TO QUESTION 137)
- YES

136a. Which of the following foods did you **TOTALLY EXCLUDE** from your diet?  
(Mark all that apply.)

- Meat (beef, pork, lamb, etc.)
- Poultry (chicken, turkey, duck)
- Fish and seafood
- Eggs
- Dairy products (milk, cheese, etc.)

**The next questions are about your use of fiber supplements or vitamin pills.**

137. Over the past month, did you take any of the following types of fiber or fiber supplements on a regular basis (more than once per week)?  
(Mark all that apply.)

- NO, didn't take any fiber supplements on a regular basis
- YES, psyllium products (such as Metamucil, Fiberall, Serutan, Perdiem, Correctol)
- YES, methylcellulose/cellulose products (such as Citrucel, Unifiber)
- YES, Fibercon
- YES, Bran (such as wheat bran, oat bran, or bran wafers)

138. Over the past month, did you take any multivitamins, such as prenatal vitamins, One-a-Day-, Theragran-, or Centrum-type multivitamins (as pills, liquids, or packets)?

- NO (GO TO INTRODUCTION TO QUESTION 141)
- YES

139. How often did you take **prenatal vitamins?**

- NEVER
- 1-3 days per month
- 1-3 days per week
- 4-6 days per week
- Every day

140. How often did you take **other multivitamins, including, One-a-day-, Theragran-, or Centrum-type** multivitamins?

- NEVER (GO TO QUESTION 140b)
- 1-3 days per month
- 1-3 days per week
- 4-6 days per week
- Every day

140a. Does your other multivitamin usually contain minerals (such as iron, zinc, etc.)?

- NO
- YES
- Don't know

140b. For how many years have you taken multivitamins?

- Less than 1 year
- 1-4 years
- 5-9 years
- 10 or more years

**These last questions are about the vitamins, minerals, or herbal supplements you took over the past month that are NOT part of a Prenatal, One-a-day-, Theragran-, or Centrum-type of multivitamin.**

**Please include vitamins taken as part of an antioxidant supplement.**

141. How often did you take **Beta-carotene** (NOT as part of a multivitamin in Question 139 or 140)?

- NEVER (GO TO QUESTION 142)
- 1-3 days per month
- 1-3 days per week
- 4-6 days per week
- Every day

Over the past month...

141a. When you took **Beta-carotene**, about how much did you take in one day?

- Less than 10,000 IU
- 10,000–14,999 IU
- 15,000–19,999 IU
- 20,000–24,999 IU
- 25,000 IU or more
- Don't know

141b. For how many years have you taken **Beta-carotene**?

- Less than 1 year
- 1–4 years
- 5–9 years
- 10 or more years

142. How often did you take Vitamin A (NOT as part of a multivitamin in Question 139 or 140)?

- NEVER (**GO TO QUESTION 143**)
- 1–3 days per month
- 1–3 days per week
- 4–6 days per week
- Every day

142a. When you took **Vitamin A**, about how much did you take in one day?

- Less than 8,000 IU
- 8,000–9,999 IU
- 10,000–14,999 IU
- 15,000–24,999 IU
- 25,000 IU or more
- Don't know

142b. For how many years have you taken **Vitamin A**?

- Less than 1 year
- 1–4 years
- 5–9 years
- 10 or more years

143. How often did you take **Vitamin C** (NOT as part of a multivitamin in Question 139 or 140)?

- NEVER (**GO TO QUESTION 144**)
- 1–3 days per month
- 1–3 days per week
- 4–6 days per week
- Every day

143a. When you took **Vitamin C**, about how much did you take in one day?

- Less than 500 mg
- 500–999 mg
- 1,000–1,499 mg
- 1,500–1,999 mg
- 2,000 mg or more
- Don't know

Question 144 appears in the next column

143b. For how many years have you taken **Vitamin C**?

- Less than 1 year
- 1–4 years
- 5–9 years
- 10 or more years

144. How often did you take **Vitamin E** (NOT as part of a multivitamin in Question 139 or 140)?

- NEVER (**GO TO QUESTION 145**)
- 1–3 days per month
- 1–3 days per week
- 4–6 days per week
- Every day

144a. When you took **Vitamin E**, about how much did you take in one day?

- Less than 400 IU
- 400–799 IU
- 800–999 IU
- 1,000 IU or more
- Don't know

144b. For how many years have you taken **Vitamin E**?

- Less than 1 year
- 1–4 years
- 5–9 years
- 10 or more years

145. How often did you take **Calcium** or **Calcium-containing antacids** (NOT as part of a multivitamin in Question 139 or 140)?

- NEVER (**GO TO QUESTION 146**)
- 1–3 days per month
- 1–3 days per week
- 4–6 days per week
- Every day

145a. When you took **Calcium** or **Calcium-containing antacids**, about how much elemental calcium did you take in one day? *(If possible, please check the label for elemental calcium.)*

- Less than 500 mg
- 500–599 mg
- 600–999 mg
- 1,000 mg or more
- Don't know

Question 146 appears on the next page

**Over the past month...**

145b. For how many years have you taken **Calcium** or **Calcium-containing antacids**?

- Less than 1 year
- 1–4 years
- 5–9 years
- 10 or more years

146. How often did you take **Vitamin D**, including **vitamin D taken as part of a Calcium supplement or Calcium-containing antacid** (**NOT** as part of a multivitamin in Question 139 or 140)?

- NEVER (**GO TO QUESTION 147**)
- 1–3 days per month
- 1–3 days per week
- 4–6 days per week
- Every day

146a. When you took **Vitamin D**, about how much did you take in one day?

- Less than 400 IU
- 400-799 IU
- 800-999 mg
- 1,000 IU or more
- Don't know

146b. For how many years have you taken **Vitamin D**?

- Less than 1 year
- 1–4 years
- 5–9 years
- 10 or more years

**The last three questions ask you about other supplements you took once per week or more.**

147. Please mark any of the following **single supplements** you took once per week or more (**NOT** as part of a multivitamin in Question 139 or 140):

- |                                                                                                     |                                                        |
|-----------------------------------------------------------------------------------------------------|--------------------------------------------------------|
| <input type="checkbox"/> B-6                                                                        | <input type="checkbox"/> Bee pollen                    |
| <input type="checkbox"/> B-complex                                                                  | <input type="checkbox"/> Chondroitin                   |
| <input type="checkbox"/> Brewer's yeast                                                             | <input type="checkbox"/> Creatine                      |
| <input type="checkbox"/> Cod liver oil                                                              | <input type="checkbox"/> Flaxseed oil                  |
| <input type="checkbox"/> Coenzyme Q                                                                 | <input type="checkbox"/> Kelp                          |
| <input type="checkbox"/> Omega-3 fatty acids<br>(Fish oil or DHA including<br>Expecta or Neuramins) | <input type="checkbox"/> Lecithin                      |
| <input type="checkbox"/> Folic acid/folate                                                          | <input type="checkbox"/> Lutein                        |
| <input type="checkbox"/> Glucosamine                                                                | <input type="checkbox"/> Lycpene                       |
| <input type="checkbox"/> Hydroxytryptophan (HTP)                                                    | <input type="checkbox"/> Melatonin                     |
| <input type="checkbox"/> Iron                                                                       | <input type="checkbox"/> MSM,<br>methylsulfonylmethane |
| <input type="checkbox"/> Niacin                                                                     | <input type="checkbox"/> Royal jelly                   |
| <input type="checkbox"/> Selenium                                                                   | <input type="checkbox"/> Soy or Isoflavones            |
| <input type="checkbox"/> Zinc                                                                       | <input type="checkbox"/> NONE                          |

148. Please mark any of the following herbal or botanical supplements you took once per week or more. (Include only supplements and teas, not use of the herb in food.)

- |                                                      |                                            |
|------------------------------------------------------|--------------------------------------------|
| <input type="checkbox"/> Aloe Vera                   | <input type="checkbox"/> Goldenseal        |
| <input type="checkbox"/> Bilberry                    | <input type="checkbox"/> Grapeseed extract |
| <input type="checkbox"/> Cayenne                     | <input type="checkbox"/> Guarana           |
| <input type="checkbox"/> Cranberry                   | <input type="checkbox"/> Kava, kava        |
| <input type="checkbox"/> Dong Kuai (Tangkwei)        | <input type="checkbox"/> Licorice          |
| <input type="checkbox"/> Echinacea                   | <input type="checkbox"/> Milk thistle      |
| <input type="checkbox"/> Evening primrose oil        | <input type="checkbox"/> Siberian ginseng  |
| <input type="checkbox"/> Feverfew                    | <input type="checkbox"/> St. John's wort   |
| <input type="checkbox"/> Garlic                      | <input type="checkbox"/> Valerian          |
| <input type="checkbox"/> Ginger                      | <input type="checkbox"/> Wild yam          |
| <input type="checkbox"/> Ginkgo biloba               | <input type="checkbox"/> Yohimbe           |
| <input type="checkbox"/> Ginseng (American or Asian) | <input type="checkbox"/> NONE              |

149. Please mark any of the following **herbal or botanical supplements** you took once per week or more. (Include only supplements and teas, not use of the herb in food.)

- |                                          |                                             |
|------------------------------------------|---------------------------------------------|
| <input type="checkbox"/> Alfalfa         | <input type="checkbox"/> Goat's rue         |
| <input type="checkbox"/> Althea root     | <input type="checkbox"/> Lemongrass leaf    |
| <input type="checkbox"/> Anise seed      | <input type="checkbox"/> Lemon verbena leaf |
| <input type="checkbox"/> Blessed thistle | <input type="checkbox"/> Nettles            |
| <input type="checkbox"/> Bitter orange   | <input type="checkbox"/> Pennyroyal         |
| <input type="checkbox"/> Black cohosh    | <input type="checkbox"/> Peppermint oil     |
| <input type="checkbox"/> Blue cohosh     | <input type="checkbox"/> Red raspberry leaf |
| <input type="checkbox"/> Chamomile       | <input type="checkbox"/> Sage pills         |
| <input type="checkbox"/> Coriander       | <input type="checkbox"/> Spearmint leaf     |
| <input type="checkbox"/> Fennel          | <input type="checkbox"/> Star anise         |
| <input type="checkbox"/> Fenugreek       | <input type="checkbox"/> Other              |
|                                          | <input type="checkbox"/> NONE               |

**Thank you very much for completing this questionnaire! Because we want to be able to use all the information you have provided, we would greatly appreciate it if you would please take a moment to review each page making sure that you:**

- **Did not skip any pages and**
- **Crossed out the incorrect answer and circled the correct answer if you made any changes.**