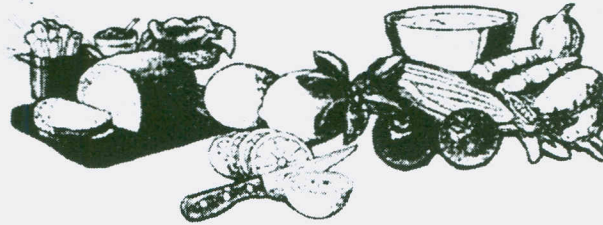
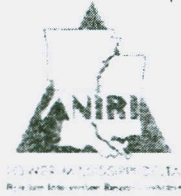


FOOD FREQUENCY QUESTIONNAIRE Jackson Heart Study

Delta Nutrition Intervention Research Initiative
FOOD FREQUENCY QUESTIONNAIRE



Name and Address:
Please do not write outside
the boxed area.

Today's Date		
Mo	Day	Year
0	0	0
1	1	1
2	2	2
3	3	3
4	4	4
5	5	5
6	6	6
7	7	7
8	8	8
9	9	9

Sex
<input type="radio"/> Male
<input type="radio"/> Female

Age (years)
<input type="radio"/> Less than 14
<input type="radio"/> 14 - 18
<input type="radio"/> 19 - 33
<input type="radio"/> 34 - 44
<input type="radio"/> 45 - 54
<input type="radio"/> 55 - 64
<input type="radio"/> 65 - 74
<input type="radio"/> 75 - 84

Identification Number									
0	0	0	0	0	0	0	0	0	0
1	1	1	1	1	1	1	1	1	1
2	2	2	2	2	2	2	2	2	2
3	3	3	3	3	3	3	3	3	3
4	4	4	4	4	4	4	4	4	4
5	5	5	5	5	5	5	5	5	5
6	6	6	6	6	6	6	6	6	6
7	7	7	7	7	7	7	7	7	7
8	8	8	8	8	8	8	8	8	8
9	9	9	9	9	9	9	9	9	9

Encounter I.D.	
0	0
1	1
2	2
3	3
4	4
5	5
6	6
7	7
8	8
9	9

Interviewer I.D.	
0	0
1	1
2	2
3	3
4	4
5	5
6	6
7	7
8	8
9	9



Produced in cooperation with the Jean Mayer USDA
Human Nutrition Research Center on Aging at Tufts University

BREADS

	Never	Less than once per month	1X per month	2-3X per month	1X per week	2X per week	3-4X per week	5-6X per week	1X per day	2+X per day
Corn bread, corn muffin, corn tortilla, hush puppies	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
White breads (bagels, sandwiches, flour tortillas, biscuits, crackers)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Dark breads, whole wheat, rye, pumpernickel (incl. sandwiches)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Pancakes, waffles, french toast, cereal bars, pop tarts	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

When you eat any of the above, your portion is usually about ...
 1 slice or piece 2 slices or pieces 3 slices or pieces 4 or more slices or pieces

VEGETABLES

	Never	Less than once per month	1X per month	2-3X per month	1X per week	2X per week	3-4X per week	5-6X per week	1X per day	2+X per day
String beans, green beans	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Peas, fresh or canned (field, black-eyed, purple hull, sweet green or english)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Tomatoes	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Broccoli	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Corn	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Cabbage (other than coleslaw) sauerkraut, cauliflower, or brussel sprouts	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Cole slaw	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Mustard greens, turnip greens, collards, spinach, poke salt	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Carrots or mixed vegetables	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Salad greens	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Okra	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Other vegetables (peppers, cucumbers, squash and onions)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

When you eat salad greens, it is usually ...
 iceberg lettuce romaine lettuce green leaf lettuce mixed greens

When you eat greens, peas, beans or okra, your portion is usually closest to ...
 1/2 cup 1 cup 1 1/2 cups 2 or more cups

When you eat tomatoes, your portion is usually ...
 1 slice 2 slices 4 slices more than 4 slices

When you eat other vegetables, your portion is usually closest to ...
 1/4 cup 1/2 cup 3/4 cup 1 cup or more



0053

DO NOT WRITE IN THIS AREA

RICE, BEANS AND STARCHY VEGETABLES										
	Never	Less than once per month	1X per month	2-3X per month	1X per week	2X per week	3-4X per week	5-6X per week	1X per day	2+X per day
Rice, white, plain or Rice-a-Roni	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Rice with meat (incl. pork, beef or seafood, e.g., Jambalaya, Dirty Rice)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Rice with beans	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Baked beans	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Chilli with beans (with or without meat)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Other dried beans (other than baked, cooked in rice or chilli)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Sweet potato, yams	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Potato salad	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Mashed potatoes, other potatoes or root crops (incl. turnips, rutabaga)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
French fries or fried potatoes (incl. potato logs)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Fried onion rings	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

When you eat rice, beans or starchy vegetables, your portion is usually closest to ...

1/2 cup 1 cup 1 1/2 cups 2 or more cups

When you eat french fries, fried potatoes, potato logs or onion rings, your portion is usually closest to ...

sm. (1/2 cup) med. (1 cup) lg. (1 1/2 cups) supersize (2 cups)

BEEF AND PORK										
	Never	Less than once per month	1X per month	2-3X per month	1X per week	2X per week	3-4X per week	5-6X per week	1X per day	2+X per day
Hamburgers, cheeseburgers, tacos w/meat, or other dishes w/ground meat (incl. meat balls, meat loaf)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Fried beef (incl. chicken fried steak, beef in gravy)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Beef stew, pot pies, meat pies	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Beef roast (incl. sandwiches)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Pork (incl. chops, roasts, spareribs)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

When you eat meat without bone, your portion is usually closest to ...

3 oz. (1/2 cup or 1 sm. pie) 6 oz. (1 cup or 1 med. pie) 9 oz. (1 1/2 cups or 1 lg. pie) 12 oz. (2 cups) or more


If you eat ground meat, it is usually ...

regular ground beef lean ground beef extra lean ground beef ground pork ground turkey/chicken

How often do you trim the fat from meat?

never/seldom sometimes often/always

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POULTRY AND GAME										
	Never	Less than once per month	1X per month	2-3X per month	1X per week	2X per week	3-4X per week	5-6X per week	1X per day	2+X per day
Game (venison, squirrel)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Fried chicken	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Other chicken or poultry (roasted, stewed or broiled; incl. on sandwiches)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
<p>When you eat poultry or game, your portion is usually closest to ...</p> <p><input type="radio"/> 2 oz. meat (1 drumstick, thigh or half a breast) <input type="radio"/> 4 oz. meat (1 whole leg) <input type="radio"/> 6 oz. meat (half chicken) <input type="radio"/> 8 oz. or more</p> <p>When you eat chicken or turkey, it is usually ...</p> <p><input type="radio"/> light meat <input type="radio"/> dark meat <input type="radio"/> both</p> <p>How often do you eat the skin on chicken?</p> <p><input type="radio"/> never <input type="radio"/> sometimes <input type="radio"/> often/always</p>										
OTHER MEATS										
	Never	Less than once per month	1X per month	2-3X per month	1X per week	2X per week	3-4X per week	5-6X per week	1X per day	2+X per day
Neck bones, ham hock, pig's feet	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Liver, other organ meat (incl. chitterlings, kidney)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
<p>When you eat any of the above items, your portion is usually ...</p> <p><input type="radio"/> 1 - 2 pieces or ounces <input type="radio"/> 3 pieces or ounces <input type="radio"/> 4-5 pieces or ounces <input type="radio"/> more than 5 pieces/ounces</p>										
LUNCH MEAT, SAUSAGE, BACON AND EGGS										
	Never	Less than once per month	1X per month	2-3X per month	1X per week	2X per week	3-4X per week	5-6X per week	1X per day	2+X per day
Hot dogs, sausage (other than breakfast type)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Ham, bologna, salami, potted meat and other luncheon meats	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Bacon, breakfast sausage	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Eggs (incl. fried, scrambled)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
<p>When you eat lunch meat, sausage or bacon, your portion is usually closest to ...</p> <p><input type="radio"/> 1 slice or piece <input type="radio"/> 2 slices or pieces <input type="radio"/> 3 slices or pieces <input type="radio"/> more than 3 slices or pieces</p> <p>When you eat eggs, your portion is usually ...</p> <p><input type="radio"/> 1 egg <input type="radio"/> 2 eggs <input type="radio"/> 3 eggs <input type="radio"/> 4 or more eggs</p>										
										0053
DO NOT WRITE IN THIS AREA										
- 5 -										

FISH

	Never	Less than once per month	1X per month	2-3X per month	1X per week	2X per week	3-4X per week	5-6X per week	1X per day	2+X per day
Fried fish or fish sandwich (incl. catfish)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Sardines, mackerel or canned salmon	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Broiled or baked fish (incl. catfish)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Tuna salad, tuna casserole	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Shellfish (incl. crawfish, shrimp, crab, fried or other)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

When you eat fish, your portion is usually closest to ...

- 3 oz. or 1/2 cup
 6 oz., 1 cup or 1 sandwich
 9 oz. or 1 1/2 cups
 12 oz. or more

If you eat tuna salad or other canned fish, it is usually ...

- oil pack
 water pack
 both

MIXED MEAT, PIZZA AND PASTA DISHES

	Never	Less than once per month	1X per month	2-3X per month	1X per week	2X per week	3-4X per week	5-6X per week	1X per day	2+X per day
Mixed dishes w/chicken (incl. Chicken & Dumplings, Chicken & Rice)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Mixed dishes w/cheese (incl. Macaroni & Cheese, Lasagna, Broccoli & Rice casserole)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Pizza	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Spaghetti, other pasta w/tomato or meat sauce	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

When you eat mixed meat dishes and/or pasta, your portion is usually closest to ...

- 1/2 cup
 1 cup
 1 1/2 cups
 2 or more cups

When you eat pizza, your portion is usually ...

- 1 slice
 2 slices
 3 slices
 4 or more slices

When you eat pizza, it is usually ...

- plain cheese
 with meat
 with vegetables

SOUPS										
	Never	Less than once per month	1X per month	2-3X per month	1X per week	2X per week	3-4X per week	5-6X per week	1X per day	2+X per day
Homemade soups with seafood/meat/chicken (incl. Gumbo)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Noodle soup, chicken noodle, ramen noodle	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Vegetable and tomato soup (incl. canned veg. beef, minestrone)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Cream soups	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
When you eat soup, your portion is usually closest to ...										
<input type="radio"/> 1/2 cup <input type="radio"/> 1 cup <input type="radio"/> 1 1/2 cups <input type="radio"/> 2 or more cups										
CONDIMENTS										
	Never	Less than once per month	1X per month	2-3X per month	1X per week	2X per week	3-4X per week	5-6X per week	1X per day	2+X per day
Salad dressing and mayonnaise (added to salads or sandwiches)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Gravy (on meat or biscuits)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
When you use salad dressing and/or mayonnaise, it is usually ...										
<input type="radio"/> regular <input type="radio"/> low-calorie <input type="radio"/> fat free										
When you use salad dressing and/or mayonnaise, your portion is usually closest to ...										
<input type="radio"/> 1 tablespoon <input type="radio"/> 2 tablespoons <input type="radio"/> 3 tablespoons <input type="radio"/> 4 or more tablespoons										
When you use gravy, your portion is usually closest to ...										
<input type="radio"/> 1/4 cup <input type="radio"/> 1/2 cup <input type="radio"/> 3/4 cup <input type="radio"/> 1 cup or more										
DAIRY PRODUCTS										
	Never	Less than once per month	1X per month	2-3X per month	1X per week	2X per week	3-4X per week	5-6X per week	1X per day	2+X per day
Cheese	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Cottage cheese	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Cheese spreads and dips	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Yogurt (not frozen)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
When you eat dairy products, your portion is usually closest to ...										
<input type="radio"/> 1/4 cup or 1 oz <input type="radio"/> 1/2 cup, 2 slices or 2 oz <input type="radio"/> 3/4 cup or 3 oz <input type="radio"/> 1 cup or more; or 4 oz. or more										
<i>Please continue on the next page</i>										

DESSERTS, SWEETS AND SNACKS

	Never	Less than once per month	1X per month	2-3X per month	1X per week	2X per week	3-4X per week	5-6X per week	1X per day	2+X per day
Ice Cream	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Frozen yogurt, ice milk	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Pudding, custard, cheesecake	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Doughnuts, cakes, cookies, sweet rolls, muffins	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Sweet potato or pumpkin pie	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Other pies, cobbler, fried	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Chocolate candy	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Other candy, jelly, honey, syrup	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Potato chips, corn chips, cracklins, popcorn	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Peanuts, other nuts and peanut butter	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

When you eat ice cream, frozen yogurt or pudding, your portion is usually closest to ...

- 1/2 cup
 1 cup
 1 1/2 cups
 2 or more cups

When you eat doughnuts, cake, sweet rolls, muffins or cookies, your portion is usually closest to ...

- 1/2 piece or 1-2 cookies
 1 reg. piece or 3-5 cookies
 1 lg. piece or 6-10 cookies
 2 or more regular pieces or more than 10 cookies

When you eat candy, your portion is usually closest to ...

- 1/2 bar or package
 1 bar or package
 2 bars or packages
 more than 2 bars or packages

When you eat chips or popcorn, your portion is usually closest to ...

- 1.5 oz. (snack bag)
 3.5 oz. (grab bag)
 5.5 oz. (large)
 13-14 oz. or more (family size)

When you eat nuts, your portion is usually closest to ...

- 1/8 cup nuts or 1 tablespoon peanut butter
 1/4 cup nuts or 2 tablespoons peanut butter
 1/2 cup nuts or 4 tablespoons peanut butter
 more than 1/2 cup nuts or more than 4 tablespoons peanut butter

FRUIT JUICES (please note that the frequency headings are different)

* 100% juice ONLY, report fruit drinks on next page

	Never	Less than once per month	1-3X per month	1X per week	2-4X per week	5-6X per week	1X per day	2-3X per day	4-5X per day	6+X per day
100% Orange juice or grapefruit juice (NOT Sunny Delight)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Other 100% fruit juices or nectars (incl. apple juice)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Tomato juice (other veg. juices, V-8)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

When you drink fruit juices, your portion is usually closest to ...

- 4 fl. oz.
 8 fl. oz.
 12 fl. oz.
 more than 12 fl. oz.



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PLEASE MAKE NO MARKS IN THIS AREA



OTHER BEVERAGES (please note that the frequency headings are different)

	Never	Less than once per month	1-3X per month	1X per week	2-4X per week	5-6X per week	1X per day	2-3X per day	4-5X per day	6+X per day
Milk	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Carbonated soft drinks (both regular and diet)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Fruit drinks - not 100% (Incl. Hi-C, lemonade, Sunny Delight, Snapple)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Powdered drink mixes (Incl. Kool-Aid, Tang)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Water	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

When you drink milk, it is usually ...

- skim 1% 2% whole

When you drink milk, your portion is usually closest to ...

- 4 fl. oz. 8 fl. oz. 12 fl. oz. more than 12 fl. oz.

When you drink soft drinks or other cold beverages, do you add ice?

- No Yes

When you drink soft drinks, it is usually ...

- cola cola caffeine free other non-cola soda (e.g. Mtn. Dew, rootbeer) other non-cola soda caffeine free (e.g., 7-Up, orange, ginger ale)
- diet cola diet cola caffeine free diet other non-cola soda diet other non-cola soda caffeine free

When you drink water, soft drinks or other cold beverages, your portion is usually ...

- 12 fl. oz. or 1 can 20 fl. oz. or 1 bottle 33 fl. oz. or 1 liter more than 33 fl. oz.

ALCOHOLIC BEVERAGES (please note that the frequency headings are different)

	Never	Less than once per month	1-3X per month	1X per week	2-4X per week	5-6X per week	1X per day	2-3X per day	4-5X per day	6+X per day
Beer	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Wine	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Liquor	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

When you drink alcoholic beverages, your portion is usually ... (if 1 drink = 12 fl. oz. beer, 4 fl. oz. wine or 1 fl. oz. liquor)

- 1 drink 2 drinks 3 drinks 4 drinks

Please continue on the next page.

COFFEE AND TEA (please note that the frequency headings are different)

	Never	Less than once per month	1-3X per month	1X per week	2-4X per week	5-6X per week	1X per day	2-3X per day	4-5X per day	6+X per day
Tea (hot or iced)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Coffee (regular)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Coffee (decaffeinated)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

When you drink coffee and tea, your portion is usually closest to ...
 sm. (8 fl. oz.) med. (16 fl. oz.) lg. (24 fl. oz.) extra lg. (32 fl. oz.)

When you drink coffee and tea, it is usually taken ...
 without sugar with a little sugar sweet with sugar very sweet with sugar with artificial sweetener

When you drink coffee, it is usually taken ...
 black with some lightener very light

If you add milk or cream, it is usually ...
 milk cream non-dairy creamer



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PLEASE MAKE NO MARKS IN THIS AREA

- 10 -

ADJUSTMENTS

1a. How often do you add salt to your food?

- never sometimes often/always

1b. When you use salt is it usually ...

- salt (regular) lite salt salt substitute

2a. How often do you add fat or oil to beans, greens, vegetables, rice and/or grits during cooking?

- never sometimes often/always

2b. What kinds of fat/oil do you usually add? Specify only one or two.

- Stick margarine Butter Olive oil Corn oil
 Soft tub margarine Lard, salt pork, bacon fat Canola oil Other vegetable oil

3a. How often do you add fat or oil to beans, greens, vegetables, potatoes, rice and/or grits after cooking?

- never sometimes often/always

3b. What kinds of fat/oil do you usually add? Specify only one or two.

- Stick margarine Sour cream Olive oil Butter
 Soft tub margarine Low-fat sour cream Other vegetable oil

SUPPLEMENT USE

4. Do you take any vitamin or mineral supplements?

- No Yes

→ If no, stop here.

Multiple Vitamins (Fill in all that apply)

	Frequency		For how long?			
	irregularly	daily	less than 1 year	1-4 years	5-9 years	10+ years
Regular ONE A DAY type	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Stree tabs or B-complex type	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Antioxidant combination type	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Single Vitamins and Minerals taken regularly: (Fill in all that apply)

- Vitamin A Vitamin E Vitamin B-12 Potassium
 Vitamin C Folic Acid Calcium Iron
 Vitamin D Vitamin B-6 Magnesium Selenium

For single vitamins and minerals, for how long?

- less than 1 year 1 - 4 years 5 - 9 years 10+ years

Thank you for completing this dietary interview!