Diet Questionnaire

Developed by:
Epidemiology Program
Cancer Research Center of Hawai'i
University of Hawai'i

NAME _____

ADDRESS _____

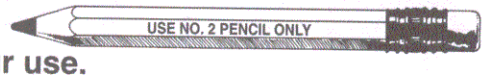
_____

_____

IDENTIFICATION NO.

MARKING INSTRUCTIONS

- Use No. 2 pencil only.
  One is provided for your use.



- Do NOT use ink or ballpoint pens.
- Fill in the circle completely,
  staying within the circle line.

- Erase cleanly any answer you wish to change.
- Do NOT make any stray marks in this booklet.

PLEASE BEGIN THIS SURVEY ON PAGE 1.

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These questions are about your usual eating habits DURING THE LAST YEAR. For each food group, please fill in the circle that best describes HOW OFTEN you ate those items and then fill in the circle that best describes your USUAL SERVING SIZE.

Most categories include examples. They are only suggestions, and you may not eat all of the listed items. Some ethnic foods are also listed. If you don't recognize the name, you probably don't eat that item.

For each item, please include any fresh, frozen, canned, and packaged foods you ate, such as TV dinners, frozen entrees, vegetables, or side dishes.

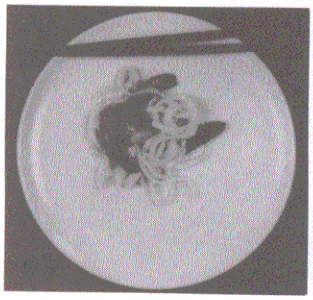
If you did not eat an item, or if you ate an item less than once a month, fill in the circle in the first column. DO NOT LEAVE BLANK. It is not necessary to choose a serving size for these items.

For some categories, pictures of food on a dinner plate are included to help you estimate your usual serving size. Please note that "1 cup" refers to an 8-ounce (240 ml.) measuring cup.

For EACH FOOD GROUP, fill in the circle ◯ that best describes HOW OFTEN you ate those items during the last year. Then fill in the circle ◯ that best describes your USUAL SERVING SIZE.

SOUPS, RAMEN, AND JOOK	AVERAGE USE DURING LAST YEAR								YOUR USUAL SERVING SIZE
	Never or hardly ever	Once a month	2 to 3 times a month	Once a week	2 to 3 times a week	4 to 6 times a week	Once a day	2 or more times a day	
Cream Soup or Chowder	◯	◯	◯	◯	◯	◯	◯	◯	CHOOSE ONE ◯ 1/2 cup or less **OR** ◯ Small bowl (about 1 cup) **OR** ◯ Large bowl (2 cups or more)
Dried Bean or Pea (Legume) Soup (such as Portuguese bean, split pea)	◯	◯	◯	◯	◯	◯	◯	◯	CHOOSE ONE ◯ 1/2 cup or less **OR** ◯ Small bowl (about 1 cup) **OR** ◯ Large bowl (2 cups or more)
Tomato or Vegetable Soup (may include meat, poultry, or fish)	◯	◯	◯	◯	◯	◯	◯	◯	CHOOSE ONE ◯ 1/2 cup or less **OR** ◯ Small bowl (about 1 cup) **OR** ◯ Large bowl (2 cups or more)
Miso Soup	◯	◯	◯	◯	◯	◯	◯	◯	CHOOSE ONE ◯ 1/2 cup or less **OR** ◯ Small bowl (about 1 cup) **OR** ◯ Large bowl (2 cups or more)
Broth with Noodles or Rice (such as beef noodle, chicken rice, won tun mein)	◯	◯	◯	◯	◯	◯	◯	◯	CHOOSE ONE ◯ 1/2 cup or less **OR** ◯ Small bowl (about 1 cup) **OR** ◯ Large bowl (2 cups or more)
Mexican Meat Soup or Stew (such as menudo, albondigas, cocido, pozole)	◯	◯	◯	◯	◯	◯	◯	◯	CHOOSE ONE ◯ 1/2 cup or less **OR** ◯ Small bowl (about 1 cup) **OR** ◯ Large bowl (2 cups or more)
Ramen or Saimin (Oriental noodles with broth)	◯	◯	◯	◯	◯	◯	◯	◯	CHOOSE ONE ◯ 1/2 cup or less **OR** ◯ Small bowl (about 1 cup) **OR** ◯ Large bowl (2 cups or more)
Jook (rice gruel - may include meat, poultry, fish, or vegetables)	◯	◯	◯	◯	◯	◯	◯	◯	CHOOSE ONE ◯ 1/2 cup or less **OR** ◯ Small bowl (about 1 cup) **OR** ◯ Large bowl (2 cups or more)

For EACH FOOD GROUP, fill in the circle ◯ that best describes HOW OFTEN you ate those items during the last year. Then fill in the circle ◯ that best describes your USUAL SERVING SIZE.



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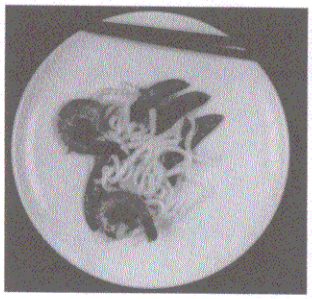

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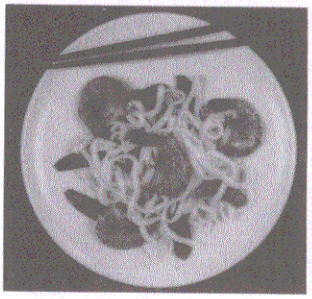
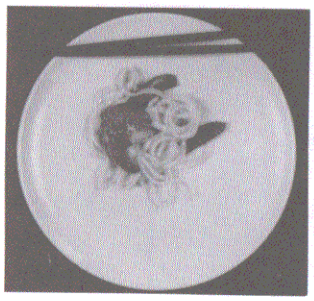


C

NOODLES, SPAGHETTI, AND MIXED DISHES	AVERAGE USE DURING LAST YEAR								YOUR USUAL SERVING SIZE
	Never or hardly ever	Once a month	2 to 3 times a month	Once a week	2 to 3 times a week	4 to 6 times a week	Once a day	2 or more times a day	
Chow Mein, Chow Fun, or Yakisoba (Oriental fried noodles)	◯	◯	◯	◯	◯	◯	◯	◯	**CHOOSE ONE** ◯ Photo A (1/2 cup or less) **OR** ◯ Photo B (about 1 cup) **OR** ◯ Photo C (2 cups or more)
Spaghetti, Ravioli, Lasagna, or Other Pasta with Tomato Sauce	◯	◯	◯	◯	◯	◯	◯	◯	**CHOOSE ONE** ◯ Photo A (1/2 cup or less) **OR** ◯ Photo B (about 1 cup) **OR** ◯ Photo C (2 cups or more)
Macaroni and Cheese or Other Pasta and Cheese Casseroles	◯	◯	◯	◯	◯	◯	◯	◯	**CHOOSE ONE** ◯ Photo A (1/2 cup or less) **OR** ◯ Photo B (about 1 cup) **OR** ◯ Photo C (2 cups or more)
Macaroni or Potato Salad (with mayonnaise)	◯	◯	◯	◯	◯	◯	◯	◯	**CHOOSE ONE** ◯ Photo A (1/2 cup or less) **OR** ◯ Photo B (about 1 cup) **OR** ◯ Photo C (2 cups or more)
Pasta or Somen Salad	◯	◯	◯	◯	◯	◯	◯	◯	**CHOOSE ONE** ◯ Photo A (1/2 cup or less) **OR** ◯ Photo B (about 1 cup) **OR** ◯ Photo C (2 cups or more)
Noodle Casseroles (with tuna, chicken or turkey)	◯	◯	◯	◯	◯	◯	◯	◯	**CHOOSE ONE** ◯ Photo A (1/2 cup or less) **OR** ◯ Photo B (about 1 cup) **OR** ◯ Photo C (2 cups or more)
Pasta with Cream Sauce (such as linguine with clam sauce, beef stroganoff)	◯	◯	◯	◯	◯	◯	◯	◯	**CHOOSE ONE** ◯ Photo A (1/2 cup or less) **OR** ◯ Photo B (about 1 cup) **OR** ◯ Photo C (2 cups or more)
Arroz Con Pollo (rice with chicken)	◯	◯	◯	◯	◯	◯	◯	◯	**CHOOSE ONE** ◯ Photo A (1/2 cup or less) **OR** ◯ Photo B (about 1 cup) **OR** ◯ Photo C (2 cups or more)
Stew, Curry, Pot Pie or Empanada (with beef or lamb)	◯	◯	◯	◯	◯	◯	◯	◯	**CHOOSE ONE** ◯ Photo A (1/2 cup or 1 Empanada) **OR** ◯ Photo B (about 1 cup or 1 pie) **OR** ◯ Photo C (2 cups or more)
Stew, Curry, Pot Pie or Empanada (with chicken or turkey)	◯	◯	◯	◯	◯	◯	◯	◯	**CHOOSE ONE** ◯ Photo A (1/2 cup or 1 Empanada) **OR** ◯ Photo B (about 1 cup or 1 pie) **OR** ◯ Photo C (2 cups or more)

For EACH FOOD GROUP, fill in the circle ◯ that best describes HOW OFTEN you ate those items during the last year. Then fill in the circle ◯ that best describes your USUAL SERVING SIZE.



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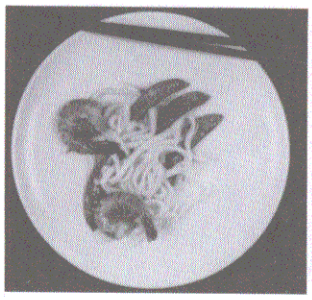

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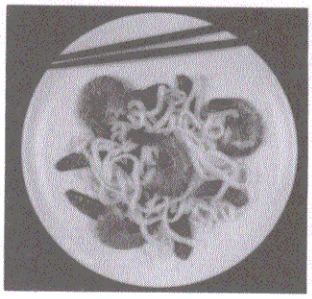
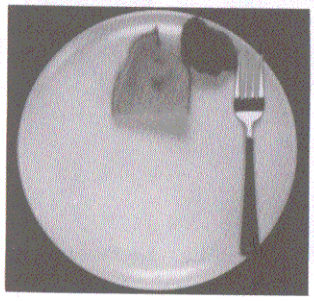


C

MIXED DISHES	AVERAGE USE DURING LAST YEAR								YOUR USUAL SERVING SIZE
	Never or hardly ever	Once a month	2 to 3 times a month	Once a week	2 to 3 times a week	4 to 6 times a week	Once a day	2 or more times a day	
Stir-Fried Beef or Pork and Vegetables, or Fajitas (such as beef broccoli, pork tofu, chop suey, sukiyaki)	◯	◯	◯	◯	◯	◯	◯	◯	**CHOOSE ONE** ◯ Photo A (1/2 cup or less) **OR** ◯ Photo B (about 1 cup) **OR** ◯ Photo C (2 cups or more)
Stir-Fried Chicken and Vegetables, or Fajitas (such as sukiyaki, nishime, chicken long rice)	◯	◯	◯	◯	◯	◯	◯	◯	**CHOOSE ONE** ◯ Photo A (1/2 cup or less) **OR** ◯ Photo B (about 1 cup) **OR** ◯ Photo C (2 cups or more)
Stir-Fried Shrimp or Fish and Vegetables	◯	◯	◯	◯	◯	◯	◯	◯	**CHOOSE ONE** ◯ Photo A (1/2 cup or less) **OR** ◯ Photo B (about 1 cup) **OR** ◯ Photo C (2 cups or more)
Stir-Fried Vegetables (no meat)	◯	◯	◯	◯	◯	◯	◯	◯	**CHOOSE ONE** ◯ Photo A (1/2 cup or less) **OR** ◯ Photo B (about 1 cup) **OR** ◯ Photo C (2 cups or more)
Pork and Greens or Laulaus	◯	◯	◯	◯	◯	◯	◯	◯	**CHOOSE ONE** ◯ Photo A (1/2 cup or less) **OR** ◯ Photo B or 1 laulau **OR** ◯ Photo C or 2 laulaus or more
Chili	◯	◯	◯	◯	◯	◯	◯	◯	**CHOOSE ONE** ◯ 1/2 cup or less **OR** ◯ Small bowl (1 cup) **OR** ◯ Large bowl (2 cups or more)
Hamburgers (on a bun)	◯	◯	◯	◯	◯	◯	◯	◯	**CHOOSE ONE** ◯ 1 regular size burger **OR** ◯ 1 quarter-pound burger **OR** ◯ 1 large double burger
Cheeseburgers (on a bun)	◯	◯	◯	◯	◯	◯	◯	◯	**CHOOSE ONE** ◯ 1 regular size burger **OR** ◯ 1 quarter-pound burger **OR** ◯ 1 large double burger
Meat Loaf, Meatballs, or Patties (not fast-food hamburgers)	◯	◯	◯	◯	◯	◯	◯	◯	**CHOOSE ONE** ◯ 1 to 2 meatballs **OR** ◯ 1 patty or slice or 3 meatballs **OR** ◯ 1 large patty or 5 meatballs
Pizza	◯	◯	◯	◯	◯	◯	◯	◯	**CHOOSE ONE** ◯ 1 piece or slice or less **OR** ◯ 2 to 3 pieces **OR** ◯ 4 pieces or more

For EACH FOOD GROUP, fill in the circle ◯ that best describes HOW OFTEN you ate those items during the last year. Then fill in the circle ◯ that best describes your USUAL SERVING SIZE.



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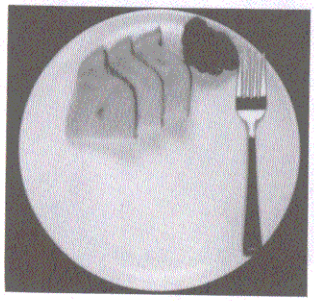

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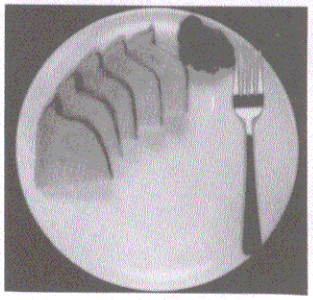

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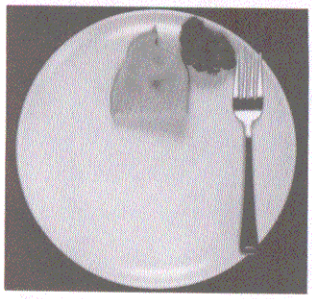
MEATS (NOT PART OF MIXED DISHES)	AVERAGE USE DURING LAST YEAR								YOUR USUAL SERVING SIZE
	Never or hardly ever	Once a month	2 to 3 times a month	Once a week	2 to 3 times a week	4 to 6 times a week	Once a day	2 or more times a day	
Beef Steak or Roast, Veal or Lamb (includes beef teriyaki, chile colorado and carne asada)	◯	◯	◯	◯	◯	◯	◯	◯	**CHOOSE ONE** ◯ Photo A (1 ounce or less) **OR** ◯ Photo B (3 oz. or 1 lamb chop) **OR** ◯ Photo C (5 ounces or more)
Shortribs	◯	◯	◯	◯	◯	◯	◯	◯	**CHOOSE ONE** ◯ Photo A (1 ounce or less) **OR** ◯ Photo B (or 2 shortribs) **OR** ◯ Photo C (or 3 ribs or more)
Corned Beef (fresh or canned)	◯	◯	◯	◯	◯	◯	◯	◯	**CHOOSE ONE** ◯ Photo A (1 ounce or less) **OR** ◯ Photo B (or 1/4 12-oz. tin) **OR** ◯ Photo C (or 1/2 12-oz. tin or more)
Corned Beef Hash	◯	◯	◯	◯	◯	◯	◯	◯	**CHOOSE ONE** ◯ Photo A or 1 patty **OR** ◯ Photo B or 2 patties **OR** ◯ Photo C or 3 patties or more
Pork Chops or Roasts, Kalua Pig, or Carnitas (includes chile verde)	◯	◯	◯	◯	◯	◯	◯	◯	**CHOOSE ONE** ◯ Photo A (1 ounce or less) **OR** ◯ Photo B (3 ounces) **OR** ◯ Photo C (5 ounces or more)
Ham (includes baked, fried, or sandwich)	◯	◯	◯	◯	◯	◯	◯	◯	**CHOOSE ONE** ◯ Photo A (1 ounce or less) **OR** ◯ Photo B (3 ounces) **OR** ◯ Photo C (5 ounces or more)
Ham Hocks or Pig's Feet	◯	◯	◯	◯	◯	◯	◯	◯	**CHOOSE ONE** ◯ Photo A (1 ounce or less) **OR** ◯ Photo B (3 ounces) **OR** ◯ Photo C (5 ounces or more)
Spareribs	◯	◯	◯	◯	◯	◯	◯	◯	**CHOOSE ONE** ◯ 3 small or 1 long rib or less **OR** ◯ 2 to 3 long ribs (5-7 inches) **OR** ◯ 4 long ribs or more
Liver	◯	◯	◯	◯	◯	◯	◯	◯	**CHOOSE ONE** ◯ Photo A (1 ounce or less) **OR** ◯ Photo B or 3 chicken livers **OR** ◯ Photo C (5 ounces or more)
Chicken or Turkey Wings	◯	◯	◯	◯	◯	◯	◯	◯	**CHOOSE ONE** ◯ 2 chicken wings or less **OR** ◯ 3 chicken wings **OR** ◯ 1 turkey or 4 chicken wings or more

For EACH FOOD GROUP, fill in the circle ◯ that best describes HOW OFTEN you ate those items during the last year. Then fill in the circle ◯ that best describes your USUAL SERVING SIZE.



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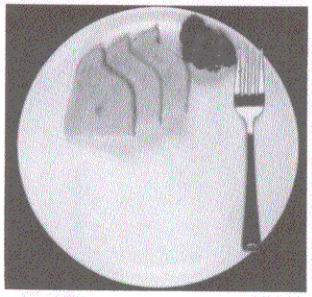

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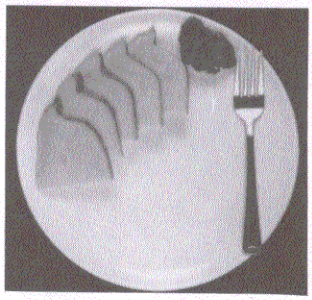

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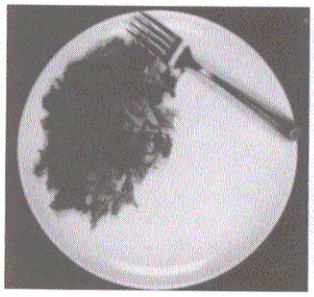
POULTRY AND FISH (NOT PART OF MIXED DISHES)	AVERAGE USE DURING LAST YEAR								YOUR USUAL SERVING SIZE
	Never or hardly ever	Once a month	2 to 3 times a month	Once a week	2 to 3 times a week	4 to 6 times a week	Once a day	2 or more times a day	
Fried Chicken (includes fried chicken sandwich, nuggets)	◯	◯	◯	◯	◯	◯	◯	◯	**CHOOSE ONE** ◯ Photo A (or 1 drumstick) **OR** ◯ Photo B (or 1 breast, 2 thighs, 3 wings, or 1 sandwich) **OR** ◯ Photo C (or 2 breasts or 4 thighs)
Roasted, Baked, Grilled or Stewed Chicken (includes grilled chicken sandwich)	◯	◯	◯	◯	◯	◯	◯	◯	**CHOOSE ONE** ◯ Photo A (or 1 drumstick) **OR** ◯ Photo B (or 1 breast, 2 thighs, 3 wings, or 1 sandwich) **OR** ◯ Photo C (or 2 breasts or 4 thighs)
Turkey (includes roast, ground, deli-style, or sandwich)	◯	◯	◯	◯	◯	◯	◯	◯	**CHOOSE ONE** ◯ Photo A (1 ounce or less) **OR** ◯ Photo B (3 ounces) **OR** ◯ Photo C (5 ounces or more)
Fried Shrimp or Other Shellfish (includes tempura, fried calamari or squid)	◯	◯	◯	◯	◯	◯	◯	◯	**CHOOSE ONE** ◯ 1 to 3 items **OR** ◯ 4 to 5 items or 1/2 cup **OR** ◯ 6 items or more
Cooked, Canned, or Raw Shellfish (such as crab, squid, shrimp)	◯	◯	◯	◯	◯	◯	◯	◯	**CHOOSE ONE** ◯ 5-6 shrimp or 1/4 cup **OR** ◯ 1 crab or 1/2 cup **OR** ◯ 1 lobster tail or 1 cup or more
Fried Fish (includes pan-fried fish, frozen fish sticks, fried fish sandwich)	◯	◯	◯	◯	◯	◯	◯	◯	**CHOOSE ONE** ◯ Photo A (about 1 ounce) **OR** ◯ Photo B (3 oz. or 1 sandwich) **OR** ◯ Photo C (5 ounces or more)
Baked, Broiled, Boiled or Raw Fish (such as red snapper, salmon, sashimi)	◯	◯	◯	◯	◯	◯	◯	◯	**CHOOSE ONE** ◯ Photo A (about 1 ounce) **OR** ◯ Photo B (3 ounces) **OR** ◯ Photo C (5 ounces or more)
Canned Tunafish (plain, salad, or sandwich)	◯	◯	◯	◯	◯	◯	◯	◯	**CHOOSE ONE** ◯ 1/4 cup or 1/2 sandwich **OR** ◯ 1/2 cup or 1 sandwich **OR** ◯ 1 cup or 2 sandwiches
Other Canned Fish (such as salmon, mackerel, sardines)	◯	◯	◯	◯	◯	◯	◯	◯	**CHOOSE ONE** ◯ 3 small sardines or 1/4 cup **OR** ◯ 1/2 cup fish **OR** ◯ 1 cup fish or more
Salted and Dried Fish (such as ike, cuttlefish, iriko)	◯	◯	◯	◯	◯	◯	◯	◯	**CHOOSE ONE** ◯ 1 slice or strip or piece **OR** ◯ 2 slices **OR** ◯ 4 slices or more

PROCESSED MEATS AND MEXICAN DISHES	AVERAGE USE DURING LAST YEAR								YOUR USUAL SERVING SIZE
	Never or hardly ever	Once a month	2 to 3 times a month	Once a week	2 to 3 times a week	4 to 6 times a week	Once a day	2 or more times a day	
Bacon (includes Canadian bacon)	○	○	○	○	○	○	○	○	**CHOOSE ONE** ○ 1 slice or strip or piece **OR** ○ 2 slices **OR** ○ 3 slices or more
Regular Hot Dogs (beef or pork)	○	○	○	○	○	○	○	○	**CHOOSE ONE** ○ 1/2 hot dog **OR** ○ 1 hot dog **OR** ○ 2 hot dogs or more
Chicken or Turkey Hot Dogs or Luncheon Meats	○	○	○	○	○	○	○	○	**CHOOSE ONE** ○ 1/2 hot dog or 1 slice **OR** ○ 1 hot dog or 2 slices **OR** ○ 2 hot dogs or 3 slices or more
Spam, Bologna, Salami, Pastrami or Other Luncheon Meats	○	○	○	○	○	○	○	○	**CHOOSE ONE** ○ 1 slice (1 ounce or less) **OR** ○ 2 slices **OR** ○ 3 slices or more
Sausage (such as pork, beef, chorizo, Polish, Vienna, Portuguese, hot links)	○	○	○	○	○	○	○	○	**CHOOSE ONE** ○ 1 piece or link **OR** ○ 2-3 pieces or links or 1 patty **OR** ○ 4 pieces or links or more
Tacos, Tostadas, Sopes, or Taco Salad (with beef or pork)	○	○	○	○	○	○	○	○	**CHOOSE ONE** ○ 1 item or less **OR** ○ 2 items **OR** ○ 3 items or more
Tacos, Tostadas, Sopes, or Taco Salad (with chicken)	○	○	○	○	○	○	○	○	**CHOOSE ONE** ○ 1 item or less **OR** ○ 2 items **OR** ○ 3 items or more
Meat Burritos (includes beef and bean and other combinations)	○	○	○	○	○	○	○	○	**CHOOSE ONE** ○ 1 fast-food burrito **OR** ○ 1 medium burrito **OR** ○ 1 large or 2 fast-food burritos
Vegetable or Bean Burritos, Tacos, or Tostadas (no meat)	○	○	○	○	○	○	○	○	**CHOOSE ONE** ○ 1 item or less **OR** ○ 2 items **OR** ○ 3 items or more
Enchiladas with Chicken	○	○	○	○	○	○	○	○	**CHOOSE ONE** ○ 1 enchilada or less **OR** ○ 2 enchiladas **OR** ○ 3 enchiladas or more
Enchiladas with Beef	○	○	○	○	○	○	○	○	**CHOOSE ONE** ○ 1 enchilada or less **OR** ○ 2 enchiladas **OR** ○ 3 enchiladas or more
Enchiladas with Cheese, Quesadillas, or Nachos with Cheese	○	○	○	○	○	○	○	○	**CHOOSE ONE** ○ 1 enchilada or small quesadilla **OR** ○ 2 enchiladas or 1 serving nachos **OR** ○ 3 enchiladas
Tamales	○	○	○	○	○	○	○	○	**CHOOSE ONE** ○ 1/2 tamale or less **OR** ○ 1 tamale **OR** ○ 2 tamales or more
Chili Rellenos	○	○	○	○	○	○	○	○	**CHOOSE ONE** ○ 1/2 chili relleno or less **OR** ○ 1 chili relleno **OR** ○ 2 chili rellenos or more

For EACH FOOD GROUP, fill in the circle ◯ that best describes HOW OFTEN you ate those items during the last year. Then fill in the circle ◯ that best describes your USUAL SERVING SIZE.

RICE, POTATOES, TARO, AND POI	AVERAGE USE DURING LAST YEAR								YOUR USUAL SERVING SIZE
	Never or hardly ever	Once a month	2 to 3 times a month	Once a week	2 to 3 times a week	4 to 6 times a week	Once a day	2 or more times a day	
White Rice (includes musubi)	◯	◯	◯	◯	◯	◯	◯	◯	**CHOOSE ONE** ◯ 1/2 cup or 1 scoop or less **OR** ◯ 1 rice bowl (1 cup) or 1 musubi **OR** ◯ 2 rice bowls or 2 musubi or more
Sushi or Barazushi	◯	◯	◯	◯	◯	◯	◯	◯	**CHOOSE ONE** ◯ 1-2 pieces or small cone **OR** ◯ 3-4 pieces or 1 large cone or 1/2 cup **OR** ◯ 5 pieces or 1 cup or more
Brown or Wild Rice	◯	◯	◯	◯	◯	◯	◯	◯	**CHOOSE ONE** ◯ 1/2 cup or 1 scoop or less **OR** ◯ 1 cup or 2 scoops **OR** ◯ 2 cups or more
Mexican or Spanish Rice	◯	◯	◯	◯	◯	◯	◯	◯	**CHOOSE ONE** ◯ 1/2 cup or less **OR** ◯ 1 cup **OR** ◯ 2 cups or more
Fried Rice	◯	◯	◯	◯	◯	◯	◯	◯	**CHOOSE ONE** ◯ 1/2 cup or less **OR** ◯ 1 cup **OR** ◯ 2 cups or more
French-Fried, Hash-Browned or other Fried Potatoes	◯	◯	◯	◯	◯	◯	◯	◯	**CHOOSE ONE** ◯ fast-food small order or 1 cup **OR** ◯ fast-food medium order **OR** ◯ fast-food large order or more
Mashed, Scalloped or Au Gratin Potatoes	◯	◯	◯	◯	◯	◯	◯	◯	**CHOOSE ONE** ◯ 1/2 cup or 1 scoop or less **OR** ◯ 1 cup or 2 scoops **OR** ◯ 2 cups or more
Baked or Boiled White Potatoes	◯	◯	◯	◯	◯	◯	◯	◯	**CHOOSE ONE** ◯ 1 small or 1/2 medium or less **OR** ◯ 1 medium (about 5 inches) **OR** ◯ 1 large potato or more
Yellow-Orange Sweet Potatoes or Yams	◯	◯	◯	◯	◯	◯	◯	◯	**CHOOSE ONE** ◯ 1 small or 1/2 medium or less **OR** ◯ 1 medium (about 5 inches) **OR** ◯ 1 large potato or more
White or Purple Sweet Potatoes	◯	◯	◯	◯	◯	◯	◯	◯	**CHOOSE ONE** ◯ 1 small or 1/2 medium or less **OR** ◯ 1 medium (about 5 inches) **OR** ◯ 1 large potato or more
Taro	◯	◯	◯	◯	◯	◯	◯	◯	**CHOOSE ONE** ◯ 1/4 taro or less **OR** ◯ 1/2 taro **OR** ◯ 1 whole taro or more
Poi	◯	◯	◯	◯	◯	◯	◯	◯	**CHOOSE ONE** ◯ 1/4 cup or less **OR** ◯ 1/2 cup **OR** ◯ 1 cup or more

For EACH FOOD GROUP, fill in the circle ◯ that best describes HOW OFTEN you ate those items during the last year. Then fill in the circle ◯ that best describes your USUAL SERVING SIZE.



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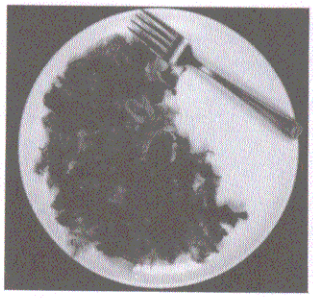

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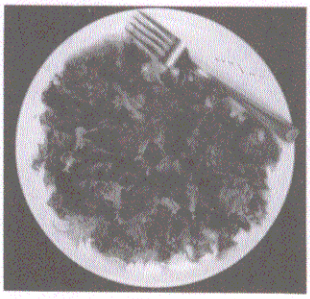
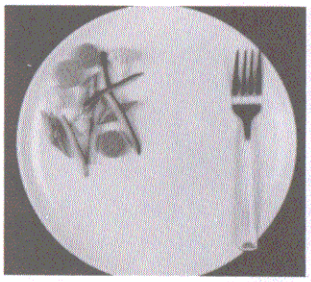


C

SALAD ITEMS, EGGS, AND OTHER NON-MEAT ITEMS	AVERAGE USE DURING LAST YEAR								YOUR USUAL SERVING SIZE
	Never or hardly ever	Once a month	2 to 3 times a month	Once a week	2 to 3 times a week	4 to 6 times a week	Once a day	2 or more times a day	
Light Green Lettuce or Tossed Salad (such as iceberg or head lettuce)	◯	◯	◯	◯	◯	◯	◯	◯	**CHOOSE ONE** ◯ Photo A (1/2 cup or less) **OR** ◯ Photo B (about 1 cup) **OR** ◯ Photo C (1-1/2 cups or more)
Dark Green Lettuce (such as romaine, red, butter, manoa, endive)	◯	◯	◯	◯	◯	◯	◯	◯	**CHOOSE ONE** ◯ Photo A (1/2 cup or less) **OR** ◯ Photo B (about 1 cup) **OR** ◯ Photo C (1-1/2 cups or more)
Tomatoes	◯	◯	◯	◯	◯	◯	◯	◯	**CHOOSE ONE** ◯ 2 slices or wedges or 2 cherry tomatoes or less **OR** ◯ 4 slices or 1/2 medium tomato **OR** ◯ 1 medium tomato or more
Coleslaw	◯	◯	◯	◯	◯	◯	◯	◯	**CHOOSE ONE** ◯ 1/4 cup or less **OR** ◯ 1/2 cup **OR** ◯ 1 cup or more
Regular Salad Dressings or Mayonnaise Added to Salads	◯	◯	◯	◯	◯	◯	◯	◯	**CHOOSE ONE** ◯ 2 teaspoons or less **OR** ◯ 1 Tablespoon **OR** ◯ 2 Tablespoons or more
Low-Calorie or Diet Dressings Added to Salads	◯	◯	◯	◯	◯	◯	◯	◯	**CHOOSE ONE** ◯ 2 teaspoons or less **OR** ◯ 1 Tablespoon **OR** ◯ 2 Tablespoons or more
Eggs, Cooked or Raw (includes egg salad)	◯	◯	◯	◯	◯	◯	◯	◯	**CHOOSE ONE** ◯ 1/2 egg **OR** ◯ 1 egg or 1 sandwich **OR** ◯ 2 eggs or more
Egg Substitute	◯	◯	◯	◯	◯	◯	◯	◯	**CHOOSE ONE** ◯ 2 Tablespoons **OR** ◯ 1/4 cup (= 1 egg) **OR** ◯ 1/2 cup (= 2 eggs) or more
Tofu (soybean curd)	◯	◯	◯	◯	◯	◯	◯	◯	**CHOOSE ONE** ◯ 2 cubes or 1/4 cup **OR** ◯ 1/4 block or 1/2 cup **OR** ◯ 1/2 block or more
Vegetarian Meat Loaf, Meatballs or Patties	◯	◯	◯	◯	◯	◯	◯	◯	**CHOOSE ONE** ◯ 1 to 2 meatballs **OR** ◯ 1 patty or slice or 3 meatballs **OR** ◯ 1 large patty, 5 meatballs or more

For EACH FOOD GROUP, fill in the circle ◯ that best describes HOW OFTEN you ate those items during the last year. Then fill in the circle ◯ that best describes your USUAL SERVING SIZE.



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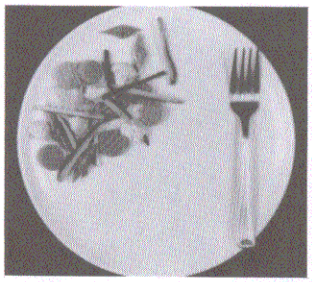

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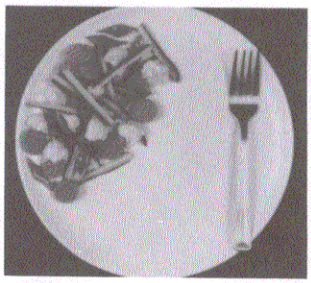

C

RAW OR COOKED VEGETABLES (NOT IN SOUPS OR MIXED DISHES)	AVERAGE USE DURING LAST YEAR								YOUR USUAL SERVING SIZE
	Never or hardly ever	Once a month	2 to 3 times a month	Once a week	2 to 3 times a week	4 to 6 times a week	Once a day	2 or more times a day	
Broccoli (raw or cooked)	◯	◯	◯	◯	◯	◯	◯	◯	**CHOOSE ONE** ◯ Photo A (1/4 cup or less) **OR** ◯ Photo B (about 1/2 cup) **OR** ◯ Photo C (1 cup or more)
Cabbage (such as head, Chinese or Napa cabbage, Brussels sprouts)	◯	◯	◯	◯	◯	◯	◯	◯	**CHOOSE ONE** ◯ Photo A (1/4 cup or less) **OR** ◯ Photo B (about 1/2 cup) **OR** ◯ Photo C (1 cup or more)
Dark Leafy Greens (such as spinach, collard, mustard or turnip greens, bok choy, watercress, chard)	◯	◯	◯	◯	◯	◯	◯	◯	**CHOOSE ONE** ◯ Photo A (1/4 cup or less) **OR** ◯ Photo B (about 1/2 cup) **OR** ◯ Photo C (1 cup or more)
Green Beans or Peas	◯	◯	◯	◯	◯	◯	◯	◯	**CHOOSE ONE** ◯ Photo A (1/4 cup or less) **OR** ◯ Photo B (about 1/2 cup) **OR** ◯ Photo C (1 cup or more)
Other Green Vegetables (such as zucchini, celery, asparagus, green pepper, okra)	◯	◯	◯	◯	◯	◯	◯	◯	**CHOOSE ONE** ◯ Photo A (1/4 cup or less) **OR** ◯ Photo B (about 1/2 cup) **OR** ◯ Photo C (1 cup or more)
Cauliflower	◯	◯	◯	◯	◯	◯	◯	◯	**CHOOSE ONE** ◯ Photo A (1/4 cup or less) **OR** ◯ Photo B (about 1/2 cup) **OR** ◯ Photo C (1 cup or more)
Carrots (raw or cooked)	◯	◯	◯	◯	◯	◯	◯	◯	**CHOOSE ONE** ◯ Photo A (or 4-5 sticks or less) **OR** ◯ Photo B (1/2 cup or 1 med.) **OR** ◯ Photo C (1 cup or more)
Corn (fresh, frozen, or canned)	◯	◯	◯	◯	◯	◯	◯	◯	**CHOOSE ONE** ◯ Photo A (1/4 cup or less) **OR** ◯ Photo B (1/2 cup or 1 cob) **OR** ◯ Photo C (1 cup or more)
Pumpkin or Yellow-Orange Winter Squash	◯	◯	◯	◯	◯	◯	◯	◯	**CHOOSE ONE** ◯ Photo A (1/4 cup or less) **OR** ◯ Photo B (about 1/2 cup) **OR** ◯ Photo C (1 cup or more)
Other Vegetables (such as white or summer squash, beets, eggplant)	◯	◯	◯	◯	◯	◯	◯	◯	**CHOOSE ONE** ◯ Photo A (1/4 cup or less) **OR** ◯ Photo B (about 1/2 cup) **OR** ◯ Photo C (1 cup or more)

For EACH FOOD GROUP, fill in the circle ◯ that best describes HOW OFTEN you ate those items during the last year. Then fill in the circle ◯ that best describes your USUAL SERVING SIZE.

DRIED BEANS (NOT IN SOUPS OR MIXED DISHES)	AVERAGE USE DURING LAST YEAR								YOUR USUAL SERVING SIZE
	Never or hardly ever	Once a month	2 to 3 times a month	Once a week	2 to 3 times a week	4 to 6 times a week	Once a day	2 or more times a day	
Refried Beans (not in burritos or tostadas)	◯	◯	◯	◯	◯	◯	◯	◯	CHOOSE ONE ◯ Photo A (1/4 cup or less) **OR** ◯ Photo B (about 1/2 cup) **OR** ◯ Photo C (1 cup or more)
Baked Beans or Pork and Beans	◯	◯	◯	◯	◯	◯	◯	◯	CHOOSE ONE ◯ Photo A (1/4 cup or less) **OR** ◯ Photo B (about 1/2 cup) **OR** ◯ Photo C (1 cup or more)
Boiled Dried Beans or Peas (such as red, lima, pinto or soy beans, black-eyed peas, frijoles de la olla)	◯	◯	◯	◯	◯	◯	◯	◯	CHOOSE ONE ◯ Photo A (1/4 cup or less) **OR** ◯ Photo B (about 1/2 cup) **OR** ◯ Photo C (1 cup or more)

FRUITS AND JUICES	AVERAGE USE DURING LAST YEAR								YOUR USUAL SERVING SIZE
	Never or hardly ever	Once a month	2 to 3 times a month	Once a week	2 to 3 times a week	4 to 6 times a week	Once a day	2 or more times a day	
Oranges	◯	◯	◯	◯	◯	◯	◯	◯	CHOOSE ONE ◯ 1/2 orange or 1/2 cup or less **OR** ◯ 1 orange or 1 cup **OR** ◯ 2 oranges or more
Tangerines or Mandarin Oranges	◯	◯	◯	◯	◯	◯	◯	◯	CHOOSE ONE ◯ 1 tangerine or 1/2 cup or less **OR** ◯ 2 tangerines or 1 cup **OR** ◯ 3 tangerines or more
Grapefruit or Pomelo	◯	◯	◯	◯	◯	◯	◯	◯	CHOOSE ONE ◯ 1/4 cup or less **OR** ◯ 1/2 grapefruit or 1/2 cup **OR** ◯ 1 cup or more
Papaya	◯	◯	◯	◯	◯	◯	◯	◯	CHOOSE ONE ◯ 1/4 papaya or less **OR** ◯ 1/2 papaya **OR** ◯ 1 papaya or more
Pineapple (fresh or canned)	◯	◯	◯	◯	◯	◯	◯	◯	CHOOSE ONE ◯ 1 slice or wedge or less **OR** ◯ 1/2 cup or 2 slices or wedges **OR** ◯ 1 cup or more
Peaches (fresh, canned, or dried)	◯	◯	◯	◯	◯	◯	◯	◯	CHOOSE ONE ◯ 1/2 peach or less **OR** ◯ 1 peach or 2 halves or 1/2 cup **OR** ◯ 2 peaches or 1 cup or more
Apricots (fresh, canned, or dried)	◯	◯	◯	◯	◯	◯	◯	◯	CHOOSE ONE ◯ 1 apricot or less **OR** ◯ 2 apricots or 1/2 cup **OR** ◯ 3 apricots or more
Pears (fresh, canned, or dried)	◯	◯	◯	◯	◯	◯	◯	◯	CHOOSE ONE ◯ 1/2 pear or 1/2 cup **OR** ◯ 1 pear or 1 cup **OR** ◯ 2 pears or more

For EACH FOOD GROUP, fill in the circle ◯ that best describes HOW OFTEN you ate those items during the last year. Then fill in the circle ◯ that best describes your USUAL SERVING SIZE.

FRUITS AND JUICES (continued)	AVERAGE USE DURING LAST YEAR								YOUR USUAL SERVING SIZE
	Never or hardly ever	Once a month	2 to 3 times a month	Once a week	2 to 3 times a week	4 to 6 times a week	Once a day	2 or more times a day	
Apples and Applesauce	◯	◯	◯	◯	◯	◯	◯	◯	**CHOOSE ONE** ◯ 1/2 apple or 1/2 cup **OR** ◯ 1 apple or 1 cup **OR** ◯ 2 apples or more
Bananas	◯	◯	◯	◯	◯	◯	◯	◯	**CHOOSE ONE** ◯ 1/2 banana **OR** ◯ 1 banana **OR** ◯ 2 bananas or more
Cantaloupe (in season)	◯	◯	◯	◯	◯	◯	◯	◯	**CHOOSE ONE** ◯ 1/4 cantaloupe or less **OR** ◯ 1/2 cantaloupe **OR** ◯ 1 cantaloupe or more
Watermelon (in season)	◯	◯	◯	◯	◯	◯	◯	◯	**CHOOSE ONE** ◯ 1 quarter slice or 1/2 cup **OR** ◯ 1 half slice or 1 cup **OR** ◯ 1 whole slice or more
Mangoes (in season)	◯	◯	◯	◯	◯	◯	◯	◯	**CHOOSE ONE** ◯ 1/2 cup slices **OR** ◯ 1 medium or Pirie or 1 cup **OR** ◯ 1 large or Hayden or more
Avocados and Guacamole	◯	◯	◯	◯	◯	◯	◯	◯	**CHOOSE ONE** ◯ 2 slices or 2 Tablespoons **OR** ◯ 1/4 avocado or 1/4 cup **OR** ◯ 1/2 avocado or 1/2 cup or more
Any Other Fruit (fresh, canned, or dried)	◯	◯	◯	◯	◯	◯	◯	◯	**CHOOSE ONE** ◯ 1/2 cup or less **OR** ◯ 1 fruit or 1 cup **OR** ◯ 2 fruits or more
Orange or Grapefruit Juice (not orange drinks or orange soda)	◯	◯	◯	◯	◯	◯	◯	◯	**CHOOSE ONE** ◯ Small juice glass (1/2 cup) **OR** ◯ Large glass (8 ounces) **OR** ◯ 12-ounce can or more
Tomato or V-8 Juice	◯	◯	◯	◯	◯	◯	◯	◯	**CHOOSE ONE** ◯ Small juice glass (1/2 cup) **OR** ◯ Large glass (8 ounces) **OR** ◯ 12-ounce can or more
Other Fruit Juices or Fruit Drinks	◯	◯	◯	◯	◯	◯	◯	◯	**CHOOSE ONE** ◯ Small juice glass (1/2 cup) **OR** ◯ Large glass (8 ounces) **OR** ◯ 12-ounce can or more

BREAD ITEMS	AVERAGE USE DURING LAST YEAR								YOUR USUAL SERVING SIZE
	Never or hardly ever	Once a month	2 to 3 times a month	Once a week	2 to 3 times a week	4 to 6 times a week	Once a day	2 or more times a day	
White Bread (includes sandwich, French, sourdough, pan dulce, Portuguese sweet bread)	◯	◯	◯	◯	◯	◯	◯	◯	**CHOOSE ONE** ◯ 1 slice or less **OR** ◯ 2 slices **OR** ◯ 3 slices or more

For EACH FOOD GROUP, fill in the circle ◯ that best describes HOW OFTEN you ate those items during the last year. Then fill in the circle ◯ that best describes your USUAL SERVING SIZE.

BREAD ITEMS (continued)	AVERAGE USE DURING LAST YEAR								YOUR USUAL SERVING SIZE
	Never or hardly ever	Once a month	2 to 3 times a month	Once a week	2 to 3 times a week	4 to 6 times a week	Once a day	2 or more times a day	
Whole Wheat or Rye Bread (includes pumpernickel, whole wheat pita bread)	◯	◯	◯	◯	◯	◯	◯	◯	**CHOOSE ONE** ◯ 1 slice or less **OR** ◯ 2 slices **OR** ◯ 3 slices or more
Other Bread (such as mixed grain, oat bran, raisin bread)	◯	◯	◯	◯	◯	◯	◯	◯	**CHOOSE ONE** ◯ 1 slice or less **OR** ◯ 2 slices **OR** ◯ 3 slices or more
Rolls, Buns, Biscuits, or Flour Tortillas (includes bagels, English muffins)	◯	◯	◯	◯	◯	◯	◯	◯	**CHOOSE ONE** ◯ 1 item or less **OR** ◯ 2 items or 1 bagel or English muffin **OR** ◯ 3 items or more
Corn Tortillas	◯	◯	◯	◯	◯	◯	◯	◯	**CHOOSE ONE** ◯ 1 tortilla **OR** ◯ 2 tortillas **OR** ◯ 3 tortillas or more
Corn Muffins, Cornbread, or Cornbread Stuffing	◯	◯	◯	◯	◯	◯	◯	◯	**CHOOSE ONE** ◯ 1 piece cornbread or 1/2 cup stuffing **OR** ◯ 1 muffin or 1 cup stuffing **OR** ◯ 2 muffins or 2 pieces cornbread or more
Bran, Blueberry or Other Muffins, Banana or Mango Bread	◯	◯	◯	◯	◯	◯	◯	◯	**CHOOSE ONE** ◯ 1 regular muffin or 1 slice **OR** ◯ 1 large muffin or 2 slices **OR** ◯ 3 muffins or 3 slices or more
Sweet Rolls, Croissants, Doughnuts, Danish Pastry, or Coffee Cake	◯	◯	◯	◯	◯	◯	◯	◯	**CHOOSE ONE** ◯ 1 item or less **OR** ◯ 2 items **OR** ◯ 3 items or more
Pancakes, Waffles, or French Toast	◯	◯	◯	◯	◯	◯	◯	◯	**CHOOSE ONE** ◯ 1 item or less **OR** ◯ 2 items **OR** ◯ 3 items or more
Margarine Added to Bread Items	◯	◯	◯	◯	◯	◯	◯	◯	**CHOOSE ONE** ◯ spread thin **OR** ◯ spread thick
Butter Added to Bread Items	◯	◯	◯	◯	◯	◯	◯	◯	**CHOOSE ONE** ◯ spread thin **OR** ◯ spread thick
Peanut Butter Added to Bread Items	◯	◯	◯	◯	◯	◯	◯	◯	**CHOOSE ONE** ◯ spread thin **OR** ◯ spread thick
Jam or Jelly Added to Bread Items	◯	◯	◯	◯	◯	◯	◯	◯	**CHOOSE ONE** ◯ spread thin **OR** ◯ spread thick
Mayonnaise in Sandwiches	◯	◯	◯	◯	◯	◯	◯	◯	**CHOOSE ONE** ◯ spread thin **OR** ◯ spread thick

BREAKFAST CEREALS, MILK, AND CHEESE	AVERAGE USE DURING LAST YEAR								YOUR USUAL SERVING SIZE
	Never or hardly ever	Once a month	2 to 3 times a month	Once a week	2 to 3 times a week	4 to 6 times a week	Once a day	2 or more times a day	
Highly Fortified Cereals (such as Product 19, Total, Most)	○	○	○	○	○	○	○	○	**CHOOSE ONE** ○ 1/2 cup or less **OR** ○ 1 cup or individual box **OR** ○ 1-1/2 cups or more
Bran or High Fiber Cereals	○	○	○	○	○	○	○	○	**CHOOSE ONE** ○ 1/2 cup or less **OR** ○ 1 cup or individual box **OR** ○ 1-1/2 cups or more
Other Cold Cereals (such as corn flakes, Cheerios, granola)	○	○	○	○	○	○	○	○	**CHOOSE ONE** ○ 1/2 cup or less **OR** ○ 1 cup or individual box **OR** ○ 1-1/2 cups or more
Cooked Cereals (such as oatmeal, cream of wheat, corn grits)	○	○	○	○	○	○	○	○	**CHOOSE ONE** ○ 1/2 cup or less **OR** ○ 1 cup or individual packet **OR** ○ 1-1/2 cups or more
Whole Milk (as beverage or added to cereal)	○	○	○	○	○	○	○	○	**CHOOSE ONE** ○ 1/2 cup or less **OR** ○ 1 cup or half-pint carton **OR** ○ 2 cups or more
Lowfat Milk (1% or 2%) (as beverage or added to cereal - includes lactaid and acidophilus milk)	○	○	○	○	○	○	○	○	**CHOOSE ONE** ○ 1/2 cup or less **OR** ○ 1 cup or half-pint carton **OR** ○ 2 cups or more
Nonfat or Skim Milk or Buttermilk (as beverage or added to cereal)	○	○	○	○	○	○	○	○	**CHOOSE ONE** ○ 1/2 cup or less **OR** ○ 1 cup or half-pint carton **OR** ○ 2 cups or more
Yogurt (includes lowfat and nonfat)	○	○	○	○	○	○	○	○	**CHOOSE ONE** ○ 1/2 cup or 4-6 oz. carton **OR** ○ 1 cup or 8 oz. carton **OR** ○ 2 cups or more
Chocolate Milk, Cocoa, or Ovaltine	○	○	○	○	○	○	○	○	**CHOOSE ONE** ○ 1/2 cup or less **OR** ○ 1 cup **OR** ○ 2 cups or more
Milkshakes or Malts	○	○	○	○	○	○	○	○	**CHOOSE ONE** ○ 1/2 milkshake or malt **OR** ○ 1 milkshake or malt (12 oz.) **OR** ○ 2 milkshakes or malts
Cottage Cheese (includes farmer's and ricotta cheese)	○	○	○	○	○	○	○	○	**CHOOSE ONE** ○ 1/4 cup or less **OR** ○ 1/2 cup or 1 scoop **OR** ○ 1 cup or more
Lowfat Cheese (such as lowfat American, lowfat Swiss, mozzarella)	○	○	○	○	○	○	○	○	**CHOOSE ONE** ○ 1/2 slice **OR** ○ 1 slice (1 ounce) **OR** ○ 2 slices (2 ounces) or more
Other Cheese (such as American, cheddar, cream cheese)	○	○	○	○	○	○	○	○	**CHOOSE ONE** ○ 1/2 slice or 1 Tablespoon **OR** ○ 1 slice (1 ounce) **OR** ○ 2 slices (2 ounces) or more

DESSERTS AND SNACKS	AVERAGE USE DURING LAST YEAR								YOUR USUAL SERVING SIZE
	Never or hardly ever	Once a month	2 to 3 times a month	Once a week	2 to 3 times a week	4 to 6 times a week	Once a day	2 or more times a day	
Ice Cream	○	○	○	○	○	○	○	○	**CHOOSE ONE** ○ 1 scoop (1/2 cup) or less **OR** ○ 2 scoops (1 cup) or 1 bar **OR** ○ 3 to 4 scoops (1 pint) or more
Ice Milk, Frozen Yogurt, or Sherbet	○	○	○	○	○	○	○	○	**CHOOSE ONE** ○ 1 scoop (1/2 cup) or less **OR** ○ 2 scoops (1 cup) or 1 bar **OR** ○ 3 to 4 scoops (1 pint) or more
Cookies, Brownies, or Fruit Bars	○	○	○	○	○	○	○	○	**CHOOSE ONE** ○ 1 to 2 average size cookies **OR** ○ 3 to 4 average or 1 extra large cookie or 1 brownie or fruit bar **OR** ○ 2 large cookies or brownies or more
Cake	○	○	○	○	○	○	○	○	**CHOOSE ONE** ○ 1 small piece or cupcake **OR** ○ 1 average piece (1/12 of cake) **OR** ○ 2 pieces or more
Apple or Other Fruit Pies, Tarts, Cobblers, or Turnovers	○	○	○	○	○	○	○	○	**CHOOSE ONE** ○ 1 small piece **OR** ○ 1 piece (1/8 pie) or 1 item **OR** ○ 1/6 pie or more
Pumpkin, Sweet Potato, or Carrot Pies	○	○	○	○	○	○	○	○	**CHOOSE ONE** ○ 1 small piece **OR** ○ 1 average piece (1/8 pie) **OR** ○ 1/6 pie or more
Cream or Custard Pies, Eclairs, or Cream Puffs	○	○	○	○	○	○	○	○	**CHOOSE ONE** ○ 1 small piece **OR** ○ 1 average piece or 1 item **OR** ○ 1/6 pie or more
Puddings or Custards (includes flan)	○	○	○	○	○	○	○	○	**CHOOSE ONE** ○ 1 snack-size or 1/2 cup **OR** ○ 2 snack-size or 1 cup **OR** ○ 3 snack-size or 1-1/2 cups
Chocolate Candy	○	○	○	○	○	○	○	○	**CHOOSE ONE** ○ 1 to 3 pieces **OR** ○ 1 regular-size bar **OR** ○ 1 giant-size bar or more
Dim Sum, such as Bao or Manapua (Chinese bun with meat and vegetables)	○	○	○	○	○	○	○	○	**CHOOSE ONE** ○ 1/2 bao or less **OR** ○ 1 bao **OR** ○ 2 bao or more
Other Dim Sum (such as pork hash, gau gee, fried won ton, eggroll)	○	○	○	○	○	○	○	○	**CHOOSE ONE** ○ 1 to 2 pieces **OR** ○ 3 to 4 pieces **OR** ○ 5 pieces or more
Crackers and Pretzels (such as soda, graham, Japanese rice crackers, wheat thins)	○	○	○	○	○	○	○	○	**CHOOSE ONE** ○ 4 to 5 snack or 1 large cracker **OR** ○ 6 to 10 snack or 2 large crackers **OR** ○ 3 large crackers or more
Peanuts or Other Nuts	○	○	○	○	○	○	○	○	**CHOOSE ONE** ○ 12 nuts or less **OR** ○ 1/4 cup **OR** ○ 1/2 cup or more

For EACH FOOD GROUP, fill in the circle ◯ that best describes HOW OFTEN you ate those items during the last year. Then fill in the circle ◯ that best describes your USUAL SERVING SIZE.

SNACKS (continued)	AVERAGE USE DURING LAST YEAR								YOUR USUAL SERVING SIZE
	Never or hardly ever	Once a month	2 to 3 times a month	Once a week	2 to 3 times a week	4 to 6 times a week	Once a day	2 or more times a day	
Potato, Corn, Tortilla or Other Chips, or Chicharrones (pork rinds)	◯	◯	◯	◯	◯	◯	◯	◯	**CHOOSE ONE** ◯ 1 snack bag or 1/2 cup **OR** ◯ 1-ounce bag (1 cup) **OR** ◯ 1/2 twin-pack or more
Popcorn	◯	◯	◯	◯	◯	◯	◯	◯	**CHOOSE ONE** ◯ 1 to 3 cups or less **OR** ◯ 1 microwave bag **OR** ◯ 1 medium theater tub or more

ALCOHOLIC AND OTHER BEVERAGES	AVERAGE USE DURING LAST YEAR									YOUR USUAL SERVING SIZE
	Never or hardly ever	Once a month	2 to 3 times a month	Once a week	2 to 3 times a week	4 to 6 times a week	Once a day	2 to 3 times a day	4 or more times a day	
Regular or Draft Beer	◯	◯	◯	◯	◯	◯	◯	◯	◯	**CHOOSE ONE** ◯ 1 can or bottle or less **OR** ◯ 2 cans or bottles **OR** ◯ 3 cans or bottles **OR** ◯ 4 cans or bottles or more
Light Beer	◯	◯	◯	◯	◯	◯	◯	◯	◯	**CHOOSE ONE** ◯ 1 can or bottle or less **OR** ◯ 2 cans or bottles **OR** ◯ 3 cans or bottles **OR** ◯ 4 cans or bottles or more
White or Pink Wine (includes champagne and sake)	◯	◯	◯	◯	◯	◯	◯	◯	◯	**CHOOSE ONE** ◯ 1 glass or less **OR** ◯ 2 glasses **OR** ◯ 3 glasses **OR** ◯ 4 glasses or more
Red Wine	◯	◯	◯	◯	◯	◯	◯	◯	◯	**CHOOSE ONE** ◯ 1 glass or less **OR** ◯ 2 glasses **OR** ◯ 3 glasses **OR** ◯ 4 glasses or more
Hard Liquor (such as bourbon, scotch, gin, vodka, tequila, rum, cocktails)	◯	◯	◯	◯	◯	◯	◯	◯	◯	**CHOOSE ONE** ◯ 1 drink or less **OR** ◯ 2 drinks **OR** ◯ 3 drinks **OR** ◯ 4 drinks or more
Regular Sodas (such as Coca-Cola, Pepsi, 7-Up)	◯	◯	◯	◯	◯	◯	◯	◯	◯	**CHOOSE ONE** ◯ 1/2 can or small glass **OR** ◯ 1 can or large glass **OR** ◯ 2 cans or glasses **OR** ◯ 3 cans or glasses or more
Diet Sodas (such as Diet Coke, Diet Pepsi, Diet 7-Up)	◯	◯	◯	◯	◯	◯	◯	◯	◯	**CHOOSE ONE** ◯ 1/2 can or small glass **OR** ◯ 1 can or large glass **OR** ◯ 2 cans or glasses **OR** ◯ 3 cans or glasses or more

OTHER BEVERAGES	AVERAGE USE DURING LAST YEAR									WHAT DID YOU USUALLY ADD?
	Never or hardly ever	Once a month	2 to 3 times a month	Once a week	2 to 3 times a week	4 to 6 times a week	Once a day	2 to 3 times a day	4 or more times a day	
Cappuccino - 1 cup or mug (includes café au lait, caffé latte, café con leche)	○	○	○	○	○	○	○	○	○	**MARK ALL THAT APPLY** ○ Sugar or honey ○ Sugar substitute
Regular Coffee - 1 cup or mug (brewed or instant)	○	○	○	○	○	○	○	○	○	**MARK ALL THAT APPLY** ○ Cream or half & half ○ Milk ○ Non-dairy cream ○ Sugar or honey ○ Sugar substitute
Decaffeinated ("Decaf") Coffee - 1 cup or mug (brewed or instant)	○	○	○	○	○	○	○	○	○	**MARK ALL THAT APPLY** ○ Cream or half & half ○ Milk ○ Non-dairy cream ○ Sugar or honey ○ Sugar substitute
Black Tea - 1 cup or glass (such as Lipton's, oolong, iced tea)	○	○	○	○	○	○	○	○	○	**MARK ALL THAT APPLY** ○ Cream or half & half ○ Milk ○ Non-dairy cream ○ Sugar or honey ○ Sugar substitute
Green, Herbal, or Other Tea - 1 cup	○	○	○	○	○	○	○	○	○	
Fortified Diet Beverages - 1 glass or can (such as Slimfast)	○	○	○	○	○	○	○	○	○	

HOW OFTEN DID YOU EAT THE FOLLOWING ITEMS?	AVERAGE USE DURING LAST YEAR							
	Never or hardly ever	Once a month	2 to 3 times a month	Once a week	2 to 3 times a week	4 to 6 times a week	Once a day	2 or more times a day
Western Pickles or Relish (such as dill or sweet pickles)	○	○	○	○	○	○	○	○
Olives	○	○	○	○	○	○	○	○
Salsa or Hot Chili Peppers (red or green)	○	○	○	○	○	○	○	○
Garlic	○	○	○	○	○	○	○	○
Onions	○	○	○	○	○	○	○	○
Oriental Salted or Pickled Vegetables (such as salted cabbage or leafy greens, takuwan, kim chee)	○	○	○	○	○	○	○	○
Seaweed (fresh or dried) (such as ogo limu, furikake)	○	○	○	○	○	○	○	○
Gravy on meat, potatoes, rice	○	○	○	○	○	○	○	○

HOW OFTEN DID YOU ADD THE FOLLOWING ITEMS TO YOUR FOODS AT THE TABLE. . .	AVERAGE USE DURING LAST YEAR							
	Never or hardly ever	Once a month	2 to 3 times a month	Once a week	2 to 3 times a week	4 to 6 times a week	Once a day	2 or more times a day
Salt	○	○	○	○	○	○	○	○
Shoyu (Soy Sauce) or Teriyaki Sauce	○	○	○	○	○	○	○	○
Mustard	○	○	○	○	○	○	○	○
Catsup	○	○	○	○	○	○	○	○
Sour Cream	○	○	○	○	○	○	○	○

HOW OFTEN DID YOU EAT YOUR MEAT, POULTRY, OR FISH PREPARED IN THE FOLLOWING WAYS. . .	Never or hardly ever	Once a month	2 to 3 times a month	Once a week	2 to 3 times a week	4 to 6 times a week	Once a day	2 or more times a day
Charcoal-broiled	○	○	○	○	○	○	○	○
Oven-broiled	○	○	○	○	○	○	○	○
Fried	○	○	○	○	○	○	○	○
Barbecued	○	○	○	○	○	○	○	○

HOW OFTEN DID YOU EAT MEAT, CHICKEN, OR FISH COOKED WITH. . .	AVERAGE USE DURING LAST YEAR							
	Never or hardly ever	Once a month	2 to 3 times a month	Once a week	2 to 3 times a week	4 to 6 times a week	Once a day	2 or more times a day
Vegetable Oil	○	○	○	○	○	○	○	○
Salt Pork, Lard, or Bacon Fat	○	○	○	○	○	○	○	○
Vegetable Shortening (such as Crisco)	○	○	○	○	○	○	○	○
Margarine	○	○	○	○	○	○	○	○
Butter	○	○	○	○	○	○	○	○
Vegetable spray, water, or non-stick pan	○	○	○	○	○	○	○	○

ANSWER THE FOLLOWING FOR THE LAST YEAR:

WHEN YOU ATE MEAT, HOW WAS IT USUALLY PREPARED?
- ○ Rare
- ○ Medium
- ○ Well-done
- ○ Don't eat meat

WHEN YOU ATE MEAT, DID YOU EAT THE FAT:
- ○ Most of the time
- ○ Some of the time
- ○ Never or hardly ever
- ○ Don't eat meat

WHEN YOU ATE CHICKEN, DID YOU EAT THE SKIN:
- ○ Most of the time
- ○ Some of the time
- ○ Never or hardly ever
- ○ Don't eat chicken

WHAT KIND OF MARGARINE DID YOU USUALLY USE? (mark only one)
- ○ Regular Stick **OR**
- ○ Regular Tub **OR**
- ○ Diet or Spread **OR**
- ○ Don't use margarine
- ○ Don't know

WHAT KIND OF BUTTER DID YOU USUALLY USE? (mark only one)
- ○ Regular **OR**
- ○ Whipped **OR**
- ○ Don't use butter
- ○ Don't know

WHAT KIND OF VEGETABLE OIL DID YOU USUALLY USE? (mark only one)
- ○ Soybean or corn oil
- ○ Olive oil
- ○ Canola oil
- ○ Any other oil
- ○ Don't use oil
- ○ Don't know

VITAMINS AND MINERALS

DID YOU TAKE ANY OF THE FOLLOWING MULTIVITAMINS OR MULTIVITAMINS WITH MINERALS DURING THE LAST YEAR *(at least once a week)*?

		IF YES, HOW MANY TABLETS DID YOU TAKE?	IF YES, HOW MANY YEARS HAVE YOU TAKEN THEM?
STRESS-TABS TYPE	○ No ○ Yes	○ 1 to 3 a week ○ 4 to 6 a week ○ 1 a day ○ 2 a day ○ 3 or more a day	○ 1 year or less ○ 2 to 4 years ○ 5 years or more
THERAPEUTIC, THERAGRAN TYPE	○ No ○ Yes	○ 1 to 3 a week ○ 4 to 6 a week ○ 1 a day ○ 2 a day ○ 3 or more a day	○ 1 year or less ○ 2 to 4 years ○ 5 years or more
ONE-A-DAY TYPE	○ No ○ Yes	○ 1 to 3 a week ○ 4 to 6 a week ○ 1 a day ○ 2 a day ○ 3 or more a day	○ 1 year or less ○ 2 to 4 years ○ 5 years or more

DID YOU TAKE ANY OF THE FOLLOWING VITAMINS OR MINERALS BY ITSELF DURING THE LAST YEAR *(at least once a week)*?

		IF YES, HOW MANY TABLETS DID YOU TAKE?	IF YES, HOW MANY YEARS HAVE YOU TAKEN THEM?	IF YES, WHAT WAS THE DOSE PER TABLET?
VITAMIN A *(BY ITSELF)*	○ No ○ Yes	○ 1 to 3 a week ○ 4 to 6 a week ○ 1 a day ○ 2 a day ○ 3 or more a day	○ 1 year or less ○ 2 to 4 years ○ 5 years or more	○ 5,000 I.U. (International Units) or less ○ 6,000 to 10,000 I.U. ○ 11,000 to 24,000 I.U. ○ 25,000 I.U. or more ○ Don't know
VITAMIN C *(BY ITSELF)*	○ No ○ Yes	○ 1 to 3 a week ○ 4 to 6 a week ○ 1 a day ○ 2 a day ○ 3 or more a day	○ 1 year or less ○ 2 to 4 years ○ 5 years or more	○ 250 mg (milligrams) or less ○ 300 to 500 mg. ○ 600 to 4,000 mg. ○ 5,000 to 9,000 mg. ○ 10,000 mg. or more ○ Don't know
VITAMIN E *(BY ITSELF)*	○ No ○ Yes	○ 1 to 3 a week ○ 4 to 6 a week ○ 1 a day ○ 2 a day ○ 3 or more a day	○ 1 year or less ○ 2 to 4 years ○ 5 years or more	○ 200 I.U. (International Units) or less ○ 250 to 800 I.U. ○ 825 to 1,200 I.U. ○ 1,250 I.U. or more ○ Don't know
BETA-CAROTENE *(BY ITSELF)*	○ No ○ Yes	○ 1 to 3 a week ○ 4 to 6 a week ○ 1 a day ○ 2 a day ○ 3 or more a day	○ 1 year or less ○ 2 to 4 years ○ 5 years or more	○ 6,000 mcg (micrograms) or less ○ 7,000 to 15,000 mcg. ○ 16,000 mcg. or more ○ Don't know
CALCIUM *(BY ITSELF)*	○ No ○ Yes	○ 1 to 3 a week ○ 4 to 6 a week ○ 1 a day ○ 2 a day ○ 3 or more a day	○ 1 year or less ○ 2 to 4 years ○ 5 years or more	○ 250 mg (milligrams) or less ○ 300 to 600 mg. ○ 625 to 1,000 mg. ○ 1,250 mg. or more ○ Don't know
SELENIUM *(BY ITSELF)*	○ No ○ Yes	○ 1 to 3 a week ○ 4 to 6 a week ○ 1 a day ○ 2 a day ○ 3 or more a day	○ 1 year or less ○ 2 to 4 years ○ 5 years or more	○ 75 mcg. (micrograms) or less ○ 100 to 150 mcg. ○ 200 to 225 mcg. ○ 250 mcg. or more ○ Don't know
IRON *(BY ITSELF)*	○ No ○ Yes	○ 1 to 3 a week ○ 4 to 6 a week ○ 1 a day ○ 2 a day ○ 3 or more a day	○ 1 year or less ○ 2 to 4 years ○ 5 years or more	○ 50 mg. (milligrams) or less ○ 51 to 150 mg. ○ 151 mg. or more ○ Don't know