

## FOR INFORMATIONAL USE ONLY

### About you

In what month and year were you born?

Are you male or female?

- Male
- Female

### Beverages

#### What beverages did you drink?

Please check the box next to each beverage that you drank at least once in the **past month**.

- Tomato juice or vegetable juice
- Orange juice or grapefruit juice
- Grape juice
- Other 100% fruit juices or 100% fruit juice mixtures (such as apple, pineapple, or others)
- Fruit or vegetable smoothies
- Other fruit drinks, regular or diet (such as Hi-C, fruit punch, lemonade, or cranberry cocktail)
- Milk as a beverage (NOT in coffee, tea, or cereal; including soy, rice, almond, and coconut milk; *NOT including chocolate milk, hot chocolate, and milkshake*)
- Chocolate milk or hot chocolate
- Milkshakes
- Meal replacement or high-protein beverages (such as Ensure, Boost, Muscle Milk, Slimfast, Instant Breakfast, or others; *NOT including any added protein powder*)
- Soda or pop
- Sports drinks (such as Gatorade, Powerade, or Propel)
- Energy drinks (such as Red Bull or Jolt)
- Water (including tap, bottled, and carbonated water; *NOT including vitamin water*)
- Vitamin water (such as SoBe, Propel Zero, or Glaceau Water)

- Beer
- Wine or wine cooler
- Liquor or mixed drinks
- Coffee, caffeinated or decaffeinated (including brewed coffee, instant coffee, or espresso shots; *NOT including espresso drinks such as latte, mocha, etc.*)
- Espresso drink mixtures, caffeinated or decaffeinated (including latte, mocha, cappuccino, etc.)
- COLD or ICED tea, caffeinated or decaffeinated (*NOT including herbal or green tea*)
- HOT tea, caffeinated or decaffeinated (*NOT including herbal or green tea*)
- Green tea
- Herbal or fruit tea (including hibiscus, chamomile, licorice, sassafras, etc.)

### **Tomato juice or vegetable juice**

- You drank **tomato juice** or **vegetable juice** in the **past month**.

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

- 1 time in the past month
- 2-3 times in the past month
- 1-2 times per week
- 3-4 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

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

### **Orange juice or grapefruit juice**

- You drank **orange juice** or **grapefruit juice** in the **past month**.

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

- 1 time in the past month

- 2-3 times in the past month
- 1-2 times per week
- 3-4 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

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

How often was the orange juice or grapefruit juice you drank **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

## Grape juice

- You drank **grape juice** in the **past month**.

Over the past month, how often did you drink **grape juice**?

- 1 time in the past month
- 2-3 times in the past month
- 1-2 times per week
- 3-4 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

Each time you drank **grape juice**, how much did you usually drink?

- Less than  $\frac{1}{2}$  cup (4 ounces)

- ½ to 1½ cups (4 to 12 ounces)
- More than 1½ cups (12 ounces)

**Other 100% fruit juices or 100% fruit juice mixtures (such as apple, pineapple, or others)**

- You drank **other 100% fruit juice** or **100% fruit juice mixtures** in the **past month**.

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

- 1 time in the past month
- 2-3 times in the past month
- 1-2 times per week
- 3-4 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

Each time you drank **other 100% fruit juice** or **100% fruit juice mixtures**, how much did you usually drink?

- Less than ¾ cup (6 ounces)
- ¾ to 1½ cups (6 to 12 ounces)
- More than 1½ cups (12 ounces)

**Fruit or vegetable smoothies**

- You drank **fruit** or **vegetable smoothies** in the **past month**.

Over the past month, how often did you drink **fruit** or **vegetable smoothies**?

- 1 time in the past month
- 2-3 times in the past month
- 1-2 times per week
- 3-4 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

Each time you drank **fruit** or **vegetable smoothies**, 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)

**Other fruit drinks, regular or diet (such as Hi-C, fruit punch, lemonade, or cranberry cocktail)**

- You drank **other fruit drinks** in the **past month**.

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

- 1 time in the past month
- 2-3 times in the past month
- 1-2 times per week
- 3-4 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

Each time you drank **other fruit drinks**, 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)

How often were your other fruit drinks **diet** or **sugar-free**?

- 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

**Milk as a beverage (NOT in coffee, tea, or cereal; including soy, rice, almond, and coconut milk; *NOT including chocolate milk, hot chocolate, and milkshake*)**

You drank **milk as a beverage** in the **past month**.

Over the past month, how often did you drink **milk as a beverage** (NOT in coffee, tea, or cereal; including soy, rice, almond, and coconut milk; *NOT including chocolate milk, hot chocolate, and milkshake*)?

- 1 time in the past month
- 2-3 times in the past month
- 1-2 times per week
- 3-4 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

Each time you drank **milk as a beverage**, 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)

What kind of **milk** did you usually drink?

- Whole milk
- 2% fat milk
- 1% fat milk
- Skim, nonfat, or  $\frac{1}{2}$ % fat milk
- Soy milk
- Rice milk
- Almond milk
- Coconut milk
- Other

## **Chocolate milk or hot chocolate**

You drank **chocolate milk** or **hot chocolate** in the **past month**.

Over the past month, how often did you drink **chocolate milk** or **hot chocolate**?

- 1 time in the past month
- 2-3 times in the past month

- 1-2 times per week
- 3-4 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

Each time you drank **chocolate milk** or **hot chocolate**, 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)

How often was the chocolate milk or hot chocolate **reduced-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

## **Milkshakes**

You drank **milkshakes** in the **past month**.

Over the past month, how often did you drink **milkshakes**?

- 1 time in the past month
- 2-3 times in the past month
- 1-2 times per week
- 3-4 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

Each time you drank **milkshakes**, 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)

**Meal replacement or high-protein beverages (such as Ensure, Boost, Muscle Milk, Slimfast, Instant Breakfast, or others; *NOT including any added protein powder*)**

- You drank **meal replacement** or **high-protein beverages** in the **past month**.

Over the past month, how often did you drink **meal replacement** or **high-protein beverages** (such as Ensure, Boost, Muscle Milk, Slimfast, Instant Breakfast, or others; *NOT including any added protein powder*)?

- 1 time in the past month
- 2-3 times in the past month
- 1-2 times per week
- 3-4 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

Each time you drank **meal replacement** or **high-protein 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)

**Soda or pop**

- You drank **soda** or **pop** in the **past month**.

Over the past month, how often did you drink **soda** or **pop**?

- 1 time in the past month
- 2-3 times in the past month
- 1-2 times per week
- 3-4 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

Each time you drank **soda** or **pop**, how much did you usually drink?

- Less than 1 can or bottle (12 ounces)
- 1 can or bottle (12 to 16 ounces)
- More than 1 can or bottle (16 ounces)

How often were these sodas or pops **diet** or **sugar-free**?

- 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

How often were these sodas or pops **caffeine-free**?

- 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

### **Sports drinks (such as Gatorade, Powerade, or Propel)**

- You drank **sports drinks** in the **past month**.

Over the past month, how often did you drink sports drinks (such as Gatorade, Powerade, or Propel)?

- 1 time in the past month
- 2-3 times in the past month
- 1-2 times per week
- 3-4 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

Each time you drank **sports drinks**, how much did you usually drink?

- Less than 1 bottle (12 ounces)
- 1 to 2 bottles (12 to 24 ounces)
- More than 2 bottles (24 ounces)

### **Energy drinks (such as Red Bull or Jolt)**

You drank **energy drinks** in the **past month**.

Over the past month, how often did you drink **energy drinks** (such as Red Bull or Jolt)?

- 1 time in the past month
- 2-3 times in the past month
- 1-2 times per week
- 3-4 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

Each time you drank **energy 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)

### **Water (including tap, bottled, and carbonated water; *NOT including vitamin water*)**

You drank **water** in the **past month**.

Over the past month, how often did you drink **water** (including tap, bottled, and carbonated water; *NOT including vitamin water*)?

- 1 time in the past month
- 2-3 times in the past month
- 1-2 times per week
- 3-4 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

Each time you drank **water**, how much did you usually drink?

- Less than 1 cup (8 ounces)
- 1 to 3 cups (8 to 24 ounces)
- More than 3 cups (24 ounces)

How often was the water you drank **tap water**?

- 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

How often was the water you drank **bottled, sweetened water**, regular or diet (including carbonated water)?

- 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

How often was the water you drank **bottled, unsweetened water** (including carbonated water)?

- 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

### **Vitamin water (such as SoBe, Propel Zero, or Glaceau Water)**

- You drank **vitamin water** in the **past month**.

Over the past month, how often did you drink **vitamin water** (such as SoBe, Propel Zero, or Glaceau Water)?

- 1 time in the past month
- 2-3 times in the past month

- 1-2 times per week
- 3-4 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

Each time you drank **vitamin water**, how much did you usually drink?

- Less than 1 bottle (12 ounces)
- 1 to 2 bottles (12 to 20 ounces)
- More than 2 bottles (20 ounces)

## Beer

- You drank **beer** in the **past month**.

Over the past month, how often did you drink **beer**?

- 1 time in the past month
- 2-3 times in the past month
- 1-2 times per week
- 3-4 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

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

How often was the beer you drank **light beer**?

- 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

## **Wine or wine cooler**

- You drank **wine** or **wine cooler** in the **past month**.

Over the past month, how often did you drink **wine** or **wine cooler**?

- 1 time in the past month
- 2-3 times in the past month
- 1-2 times per week
- 3-4 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

Each time you drank **wine** or **wine cooler**, how much did you usually drink?

- Less than 1 glass (5 ounces)
- 1 to 2 glasses (5 to 10 ounces)
- More than 2 glasses (10 ounces)

## **Liquor or mixed drinks**

- You drank **liquor** or **mixed drinks** in the **past month**.

Over the past month, how often did you drink **liquor** or **mixed drinks**?

- 1 time in the past month
- 2-3 times in the past month
- 1-2 times per week
- 3-4 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

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

- Less than 1 shot of liquor
- 1 to 4 shots of liquor
- More than 4 shots of liquor

**Coffee, caffeinated or decaffeinated (including brewed coffee, instant coffee, or espresso shots; *NOT including espresso drinks such as latte, mocha, etc.*)**

- You drank **coffee** in the **past month**.

Over the past month, how many cups of **coffee**, caffeinated or decaffeinated (including brewed coffee, instant coffee, or espresso shots; *NOT including espresso drinks such as latte, mocha, etc.*), did you drink?

- Less than 1 cup in the past month
- 1-3 cups in the past 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

How often was the coffee you drank **brewed coffee**?

- 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

How often was the coffee you drank **instant coffee**?

- 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

How often was the coffee your drank plain **espresso shots**?

- Almost never or never

- About ¼ of the time
- About ½ of the time
- About ¾ of the time
- Almost always or always

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

How often was the coffee you drank **dark roasted**?

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

**Espresso drink mixtures, caffeinated or decaffeinated (including latte, mocha, cappuccino, etc.)**

You drank **espresso drink mixtures** in the **past month**.

How often did you drink **espresso drink mixtures**, caffeinated or decaffeinated (including latte, mocha, cappuccino, etc.)?

- 1 time in the past month
- 2-3 times in the past 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

Each time you drank **espresso drink mixtures**, how much did you usually drink?

- Less than a small drink (12 ounces)
- Small to medium drink (12 to 16 ounces)

- More than a large drink (20 ounces)

How often were the espresso drink mixtures you drank **decaffeinated**?

- 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

**COLD or ICED tea, caffeinated or decaffeinated (*NOT including herbal or green tea*)**

- You drank **ICED tea** in the **past month**.

Over the past month, how many glasses, cans, or bottles of **COLD** or **ICED tea**, caffeinated or decaffeinated (*NOT including herbal or green tea*), did you drink?

- Less than 1 glass, can, or bottle in the past month
- 1-3 glasses, cans, or bottles in the past month
- 1 glass, can, or bottle per week
- 2-4 glasses, cans, or bottles per week
- 5-6 glasses, cans, or bottles per week
- 1 glass, can, or bottle per day
- 2-3 glasses, cans, or bottles per day
- 4-5 glasses, cans, or bottles per day
- 6 or more glasses, cans, or bottles per day

How often was the cold or iced tea you drank **decaffeinated**?

- 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

How often was the cold or iced tea you drank **presweetened with either sugar or artificial sweeteners** (such as Splenda, Equal, Sweet'N Low or others)?

- 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

What kind of **sweetener** was usually added to your presweetened cold or iced tea?

- Sugar or honey
- Artificial sweeteners (such as Splenda, Equal, Sweet'N Low or others)

### **HOT tea, caffeinated or decaffeinated (*NOT including herbal or green tea*)**

You drank **HOT tea** in the **past month**.

Over the past month, how many cups of **HOT tea**, caffeinated or decaffeinated (*NOT including herbal or green tea*), did you drink?

- Less than 1 cup in the past month
- 1-3 cups in the past 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

How often was the hot tea you drank **decaffeinated**?

- 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

### **Green tea**

You drank **green tea** in the **past month**.

Over the past month, how many cups of **green tea** did you drink?

- Less than 1 cup in the past month
- 1-3 cups in the past 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

How often was the green tea you drank **decaffeinated**?

- 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

### **Herbal or fruit tea (including hibiscus, chamomile, licorice, sassafras, etc.)**

- You drank **herbal** or **fruit tea** in the **past month**.

Over the past month, how many cups of **herbal** or **fruit tea** (including hibiscus, chamomile, licorice, sassafras, etc.) did you drink?

- Less than 1 cup in the past month
- 1-3 cups in the past 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

### **Additions to coffee and tea**

#### **What did you add to your coffee and tea?**

Please check the box next to each item you added to your **coffee** or **tea** at least once in the **past month**.

- Sugar, honey, or other sweeteners
- Cream, milk (including soy, rice, almond, and coconut), or non-dairy creamer

#### **Sugar, honey, or other sweeteners**

- You added **sugar, honey, or other sweeteners** to your coffee or tea in the **past month**.

The following questions are about the **sugar, honey, or other sweeteners** that you added to your **coffee or tea**, iced or hot (including green and herbal tea).

How often did you add **sugar, honey, or other sweeteners** to your coffee or tea, iced or hot (including green and herbal tea)?

- 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

Each time **sugar or honey** was added to your coffee or tea, how much did you usually eat?

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

How often did you add **artificial sweetener** (such as Splenda, Equal, Sweet'N Low, or others) to your coffee or tea (including green and herbal tea)?

- 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

What kind of **artificial sweetener** did you usually use?

- Equal or aspartame
- Sweet'N Low or saccharin
- Splenda or sucralose
- Stevia
- Herbal extracts or other kind

Each time **artificial sweetener** was added to your coffee or tea, how much did you usually eat?

- Less than 1 packet or less than 1 teaspoon
- 1 packet or 1 teaspoon
- More than 1 packet or more than 1 teaspoon

## Cream, milk (including soy, rice, almond, and coconut), or non-dairy creamer

- You added **cream, milk, or non-dairy creamer** to your coffee or tea in the **past month**.

The following questions are about the **cream, milk** (including soy, rice, almond, and coconut), or **non-dairy creamer** that you added to your **coffee or tea**, iced or hot (including green and herbal tea).

How often was **non-dairy creamer** added to your coffee or tea (including green and herbal tea)?

- 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

Each time **non-dairy creamer** was added to your coffee or tea, how much did you usually eat?

- Less than 1 teaspoon
- 1 to 4 teaspoons
- More than 4 teaspoons

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

How often was **cream or half-and-half** added to your coffee or tea (including green and herbal tea)?

- 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

Each time **cream or half-and-half** was added to your coffee or tea, how much did you usually eat?

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

What kind of **cream** or **half-and-half** did you normally use?

- Regular
- Low-fat

How often was **milk** (including soy, rice, almond, and coconut) added to your coffee or tea (including green and herbal tea)?

- 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

Each time **milk** (including soy, rice, almond, and coconut) was added to your coffee or tea, how much did you usually eat?

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

What kind of **milk** did you usually use?

- Whole milk
- 2% milk
- 1% milk
- Skim, nonfat, or  $\frac{1}{2}$ % milk
- Evaporated or condensed (canned) milk
- Soy milk
- Rice milk
- Almond milk
- Coconut milk
- Other

## Fruits

**What fruits have you eaten?**

Please check the box next to each food that you ate at least once in the **past month**.

- Applesauce
- Apples
- Bananas

- Pineapple (fresh, canned, or frozen)
- Pears (fresh, canned, or frozen)
- Peaches, nectarines, or plums
- Dried fruit (such as prunes or raisins)
- Grapes
- Cantaloupe
- Melons, other than cantaloupe (such as watermelon or honeydew)
- Strawberries
- Blueberries
- Oranges, tangerines, or clementines
- Grapefruit
- Avocado or guacamole
- Other kinds of fruit (not listed above)

## Applesauce

- You ate **applesauce** in the **past month**.

Over the past month, how often did you eat **applesauce**?

- 1 time in the past month
- 2-3 times in the past 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

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

- Less than  $\frac{1}{4}$  cup
- $\frac{1}{4}$  to  $\frac{1}{2}$  cups
- More than  $\frac{1}{2}$  cups

## Apples

- You ate **apples** in the **past month**.

Over the past month, how often did you eat **apples**?

- 1 time in the past month
- 2-3 times in the past 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

Each time you ate **apples**, how much did you usually eat?

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

## **Bananas**

- You ate **bananas** in the **past month**.

Over the past month, how often did you eat **bananas**?

- 1 time in the past month
- 2-3 times in the past 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

Each time you ate **bananas**, how much did you usually eat?

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

## **Pineapple (fresh, canned, or frozen)**

- You ate **pineapple** in the **past month**.

Over the past month, how often did you eat **pineapple** (fresh, canned, or frozen)?

- 1 time in the past month
- 2-3 times in the past 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

Each time you ate **pineapple**, how much did you usually eat?

- Less than  $\frac{1}{4}$  cup or less than 1 medium slice
- $\frac{1}{4}$  to  $\frac{3}{4}$  cup or 1 medium slice
- More than  $\frac{3}{4}$  cup or more than 1 medium slice

### **Pears (fresh, canned, or frozen)**

- You ate **pears** in the **past month**.

Over the past month, how often did you eat **pears** (fresh, canned, or frozen)?

- 1 time in the past month
- 2-3 times in the past 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

Each time you ate **pears**, how much did you usually eat?

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

### **Peaches, nectarines, or plums**

- You ate **peaches, nectarines, or plums** in the **past month**.

Over the past month, how often did you eat fresh **peaches, nectarines, or plums**?



- 1 time in the past month
- 2-3 times in the past 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

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

- Less than 1 fruit
- 1 fruit
- More than 1 fruit

### **Dried fruit (such as prunes or raisins)**

- You ate **dried fruit** in the **past month**.

Over the past month, how often did you eat **dried fruit** (such as prunes or raisins)?

- 1 time in the past month
- 2-3 times in the past 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

Each time you ate **dried fruit**, how much did you usually eat?

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

### **Grapes**

- You ate **grapes** in the **past month**.

Over the past month, how often did you eat **grapes**?

- 1 time in the past month
- 2-3 times in the past 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

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

- Less than  $\frac{1}{2}$  cup or fewer than 10 grapes
- $\frac{1}{2}$  to  $1\frac{1}{2}$  cups or 10 to 30 grapes
- More than  $1\frac{1}{2}$  cups or more than 30 grapes

## **Cantaloupe**

- You ate **cantaloupe** in the **past month**.

Over the past month, how often did you eat fresh **cantaloupe**?

- 1 time in the past month
- 2-3 times in the past 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

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

- Less than  $\frac{1}{4}$  melon or less than  $\frac{1}{2}$  cup
- $\frac{1}{4}$  melon or  $\frac{1}{2}$  to 1 cup
- More than  $\frac{1}{4}$  melon or more than 1 cup

## **Melons, other than cantaloupe (such as watermelon or honeydew)**

- You ate **other melons** in the **past month**.

Over the past month, how often did you eat fresh **melons, other than cantaloupe** (such as watermelon or honeydew)?

- 1 time in the past month
- 2-3 times in the past 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

Each time you ate **melons, other than cantaloupe**, how much did you usually eat?

- Less than  $\frac{1}{2}$  cup or 1 small wedge
- $\frac{1}{2}$  to 2 cups or 1 medium wedge
- More than 2 cups or 1 large wedge

## Strawberries

- You ate **strawberries** in the **past month**.

Over the past month, how often did you eat fresh **strawberries**?

- 1 time in the past month
- 2-3 times in the past 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

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

- Less than  $\frac{1}{4}$  cup or fewer than 3 berries
- $\frac{1}{4}$  to  $\frac{3}{4}$  cup or 3 to 8 berries
- More than  $\frac{3}{4}$  cup or more than 8 berries

## Blueberries

- You ate **blueberries** in the **past month**.

Over the past month, how often did you eat fresh **blueberries**?

- 1 time in the past month
- 2-3 times in the past 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

Each time you ate **blueberries**, how much did you usually eat?

- Less than  $\frac{1}{4}$  cup
- $\frac{1}{4}$  to  $\frac{1}{2}$  cup
- More than  $\frac{1}{2}$  cup

## Oranges, tangerines, or clementines

- You ate **oranges, tangerines, or clementines** in the **past month**.

Over the past month, how often did you eat fresh **oranges, tangerines, or clementines**?

- 1 time in the past month
- 2-3 times in the past 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

Each time you ate **oranges, tangerines, or clementines**, how much did you usually eat?

- Less than 1 orange or tangerine, or fewer than 2 clementines
- 1 orange or tangerine, or 2 clementines
- More than 1 orange or tangerine, or more than 2 clementines

## Grapefruit

- You ate **grapefruit** in the **past month**.

Over the past month, how often did you eat fresh **grapefruit**?

- 1 time in the past month
- 2-3 times in the past 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

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

- Less than  $\frac{1}{2}$  grapefruit
- $\frac{1}{2}$  grapefruit
- More than  $\frac{1}{2}$  grapefruit

### **Avocado or guacamole**

- You ate **avocado** or **guacamole** in the **past month**.

Over the past month, how often did you eat **avocado** or **guacamole**?

- 1 time in the past month
- 2-3 times in the past 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

Each time you ate **avocado or guacamole**, how much did you usually eat?

- $\frac{1}{4}$  avocado or less than  $\frac{1}{4}$  cup of guacamole
- $\frac{1}{4}$  to  $\frac{3}{4}$  avocado or  $\frac{1}{4}$  to  $\frac{3}{4}$  cup of guacamole
- $\frac{3}{4}$  avocado or more than  $\frac{3}{4}$  cup of guacamole

### **Other kinds of fruit (not listed above)**

- You ate **other fruits** in the **past month**.

Over the past month, how often did you eat **other kinds of fruit**?

- 1 time in the past month
- 2-3 times in the past 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

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

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

## **Vegetables, potatoes, beans**

### **What vegetables, potatoes, and beans did you eat?**

Please check the box next to each food that you ate at least once in the **past month**.

- COOKED greens (such as spinach, turnip, collard, mustard, chard, or kale)
- RAW greens (such as spinach, turnip, collard, chard, kale, watercress, seaweed, mustard greens, beet greens, or dandelion greens)
- Coleslaw
- Sauerkraut or cabbage (other than coleslaw)
- COOKED carrots (including frozen, fresh, or canned)
- RAW carrots
- String beans or green beans (fresh, canned, or frozen)
- Peas (fresh, canned, or frozen)
- Corn (fresh, canned, or frozen)
- Broccoli (fresh or frozen)
- Cauliflower or Brussels sprouts (fresh or frozen)
- Sweet peppers (green, red, or yellow)
- Onions
- Garlic
- Mixed vegetables
- Lettuce salads (with or without other vegetables)

- Salad dressing on salads (including low-fat or fat-free)
- Mayonnaise on salads (including low-fat, diet, or light)
- Fresh tomatoes (including those in salads)
- Salsa
- Catsup or ketchup
- Sweet potatoes or yams
- French fries, home fries, hash browned potatoes, or Tater Tots
- Potato salad
- Baked, boiled, or mashed potatoes
- Cooked dried or canned beans (such as baked beans, pintos, kidney, black-eyed peas, lima, lentils, soybeans, or refried beans; *NOT including bean soups or chili*)
- Other kinds of vegetables (not listed above)

**COOKED greens (such as spinach, turnip, collard, mustard, chard, or kale)**

- You ate **COOKED greens** in the **past month**.

Over the past month, how often did you eat **COOKED greens** (such as spinach, turnip, collard, mustard, chard, or kale)?

- 1 time in the past month
- 2-3 times in the past 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

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

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

**RAW greens (such as spinach, turnip, collard, chard, kale, watercress, seaweed, mustard greens, beet greens, or dandelion greens)**

- You ate **RAW greens** in the **past month**.

Over the past month, how often did you eat **RAW greens** (such as spinach, turnip, collard, chard, kale, watercress, seaweed, mustard greens, beet greens, or dandelion greens)?

- 1 time in the past month
- 2-3 times in the past 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

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

- Less than  $\frac{1}{2}$  cup
- $\frac{1}{2}$  to  $1\frac{3}{4}$  cups
- More than  $1\frac{3}{4}$  cups

## **Coleslaw**

- You ate **coleslaw** in the **past month**.

Over the past month, how often did you eat **coleslaw**?

- 1 time in the past month
- 2-3 times in the past 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

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

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

## **Sauerkraut or cabbage (other than coleslaw)**

- You ate **sauerkraut** or **cabbage** in the **past month**.



Over the past month, how often did you eat **sauerkraut** or **cabbage** (other than coleslaw)?

- 1 time in the past month
- 2-3 times in the past 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

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

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

### **COOKED carrots (including frozen, fresh, or canned)**

- You ate **COOKED carrots** in the **past month**.

Over the past month, how often did you eat **COOKED carrots** (including frozen, fresh, or canned)?

- 1 time in the past month
- 2-3 times in the past 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

Each time you ate **COOKED carrots**, how much did you usually eat?

- Less than  $\frac{1}{4}$  cup
- $\frac{1}{4}$  to  $\frac{1}{2}$  cup
- More than  $\frac{1}{2}$  cup

### **RAW carrots**

- You ate **RAW carrots** in the **past month**.

Over the past month, how often did you eat **RAW carrots**?

- 1 time in the past month
- 2-3 times in the past 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

Each time you ate **RAW carrots**, how much did you usually eat?

- Less than  $\frac{1}{4}$  cup
- $\frac{1}{4}$  to  $\frac{1}{2}$  cup
- More than  $\frac{1}{2}$  cup

### **String beans or green beans (fresh, canned, or frozen)**

- You ate **string beans** or **green beans** in the **past month**.

Over the past month, how often did you eat **string beans** or **green beans** (fresh, canned, or frozen)?

- 1 time in the past month
- 2-3 times in the past 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

Each time you ate **string beans** or **green beans**, 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

### **Peas (fresh, canned, or frozen)**

- You ate **peas** in the **past month**.

Over the past month, how often did you eat **peas** (fresh, canned, or frozen)?

- 1 time in the past month
- 2-3 times in the past 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

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

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

### **Corn (fresh, canned, or frozen)**

- You ate **corn** in the **past month**.

Over the past month, how often did you eat **corn** (fresh, canned, or frozen)?

- 1 time in the past month
- 2-3 times in the past 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

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

- Less than 1 ear or less than  $\frac{1}{2}$  cup
- 1 ear or  $\frac{1}{2}$  to  $\frac{3}{4}$  cup
- More than 1 ear or more than  $\frac{3}{4}$  cup

### **Broccoli (fresh or frozen)**

- You ate **broccoli** in the **past month**.

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

- 1 time in the past month
- 2-3 times in the past 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

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

- Less than  $\frac{1}{4}$  cup
- $\frac{1}{4}$  to  $1\frac{1}{2}$  cups
- More than  $1\frac{1}{2}$  cups

### **Cauliflower or Brussels sprouts (fresh or frozen)**

You ate **cauliflower** or **Brussels sprouts** in the **past month**.

Over the past month, how often did you eat **cauliflower** or **Brussels sprouts** (fresh or frozen)?

- 1 time in the past month
- 2-3 times in the past 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

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

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

### **Sweet peppers (green, red, or yellow)**

You ate **sweet peppers** in the **past month**.

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

- 1 time in the past month
- 2-3 times in the past 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

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

- Less than  $\frac{1}{4}$  pepper
- $\frac{1}{4}$  to  $\frac{1}{2}$  pepper
- More than  $\frac{1}{2}$  pepper

## Onions

- You ate **onions** in the **past month**.

Over the past month, how often did you eat **onions**?

- 1 time in the past month
- 2-3 times in the past 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

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

## Garlic

- You ate **garlic** in the **past month**.

Over the past month, how often did you eat **garlic**?

- 1 time in the past month
- 2-3 times in the past 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

Each time you ate **garlic**, how much did you usually eat?

- Less than 1 clove or less than 1 teaspoon
- 1 to 2 cloves or 1 to 2 teaspoons
- More than 2 cloves or more than 2 teaspoons

## **Mixed vegetables**

- You ate **mixed vegetables** in the **past month**.

Over the past month, how often did you eat **mixed vegetables**?

- 1 time in the past month
- 2-3 times in the past 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

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

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

## **Additions to cooked vegetables**

### **Fats added during cooking**

Now think about all the **COOKED vegetables** (*NOT including potatoes*) 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?

- NEVER
- 1 time in the past month
- 2-3 times in the past 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

Which **fats** were usually added to your cooked vegetables **DURING COOKING**? **Mark all that apply.**

- Margarine (including low-fat)
- Butter (including low-fat)
- Olive oil
- Other kinds of oils (corn, canola, or rapeseed oil, etc.)

When **margarine** or **butter** was added to your cooked vegetables **DURING COOKING**, how much did you usually eat?

- Less than 1 teaspoon
- 1 to 2 teaspoons
- More than 2 teaspoons

When **olive oil** or **other oils** were added to your cooked vegetables **DURING COOKING**, how much did you usually eat?

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

### **Fats added after cooking**

Now, thinking again about all the **COOKED vegetables** (*NOT including potatoes*) you ate in the **past month**, how often was some sort of **fat** or **dressing** added **AFTER COOKING OR AT THE TABLE**?

- NEVER
- 1 time in the past month

- 2-3 times in the past month
- 1-2 times per week
- 3-4 times per week
- 5-6 times per week
- 1 time per day
- 2 times per day
- 3 or more times per day

Which **fat** or **dressing** were usually added **AFTER COOKING OR AT THE TABLE**? **Mark all that apply.**

- Margarine (including low-fat)
- Butter (including low-fat)
- Salad dressing (including low-fat or fat-free)
- Other

When **margarine** or **butter** was added to your cooked vegetables **AFTER COOKING OR AT THE TABLE**, how much did you usually eat?

- Less than 1 teaspoon
- 1 to 2 teaspoons
- More than 2 teaspoons

When **salad dressing** was added to your cooked vegetables **AFTER COOKING OR AT THE TABLE**, how much did you usually eat?

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

### **Lettuce salads (with or without other vegetables)**

- You ate **lettuce salads** in the **past month**.

Over the past month, how often did you eat **lettuce salads** (with or without other vegetables)?

- 1 time in the past month
- 2-3 times in the past 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

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

- Less than ½ cup
- ½ to 2 cups
- More than 2 cups

How often did these lettuce salads you ate include **dark green lettuce** (such as endive, chicory, escarole, romaine, or arugula)?

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

### **Salad dressing on salads (including low-fat or fat-free)**

- You ate **salad dressing on salads** in the **past month**.

Over the past month, how often did you eat **salad dressing on salads** (including low-fat or fat-free)?

- 1 time in the past month
- 2-3 times in the past 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

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

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

### **Mayonnaise on salads (including low-fat, diet, or light)**

- You ate **mayonnaise on salads** in the **past month**.

Over the past month, how often did you eat **mayonnaise on salads** (including low-fat, diet, or light)?

- 1 time in the past month
- 2-3 times in the past 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

Each time you ate **mayonnaise on salads**, how much did you usually eat?

- Less than 2 teaspoons
- 2 to 5 teaspoons
- More than 5 teaspoons

### **Fresh tomatoes (including those in salads)**

- You ate fresh **tomatoes** in the **past month**.

Over the past month, how often did you eat fresh **tomatoes** (including those in salads)?

- 1 time in the past month
- 2-3 times in the past 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

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

- Less than  $\frac{1}{4}$  tomato
- $\frac{1}{4}$  to  $\frac{1}{2}$  tomato
- More than  $\frac{1}{2}$  tomato

### **Salsa**

- You ate **salsa** in the **past month**.

Over the past month, how often did you eat **salsa**?

- 1 time in the past month
- 2-3 times in the past 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

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

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

### **Catsup or ketchup**

- You ate **catsup** or **ketchup** in the **past month**.

Over the past month, how often did you eat **catsup** or **ketchup**?

- 1 time in the past month
- 2-3 times in the past 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

Each time you ate **catsup** or **ketchup**, how much did you usually eat?

- Less than 1 teaspoon
- 1 to 4 teaspoons
- More than 4 teaspoons

### **Sweet potatoes or yams**

- You ate **sweet potatoes** or yams in the **past month**.

Over the past month, how often did you eat **sweet potatoes** or **yams**?

- 1 time in the past month
- 2-3 times in the past 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

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

- 1 small potato or less than  $\frac{1}{4}$  cup
- 1 medium potato or  $\frac{1}{4}$  to  $\frac{3}{4}$  cup
- 1 large potato or more than  $\frac{3}{4}$  cup

### **French fries, home fries, hash browned potatoes, or Tater Tots**

- You ate **French fries, home fries, hash browned potatoes, or Tater Tots** in the **past month**.

Over the past month, how often did you eat **French fries, home fries, hash browned potatoes, or Tater Tots**?

- 1 time in the past month
- 2-3 times in the past 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

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  $\frac{1}{2}$  cup
- 10 to 25 fries or  $\frac{1}{2}$  to  $1\frac{1}{4}$  cup
- More than 25 fries or more than  $1\frac{1}{4}$  cup

### **Potato salad**

You ate **potato salad** in the **past month**.

Over the past month, how often did you eat **potato salad**?

- 1 time in the past month
- 2-3 times in the past 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

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

- Less than  $\frac{1}{2}$  cup
- $\frac{1}{2}$  to  $\frac{3}{4}$  cup
- More than  $\frac{3}{4}$  cup

## **Baked, boiled, or mashed potatoes**

You ate **baked, boiled, or mashed potatoes** in the **past month**.

Over the past month, how often did you eat **baked, boiled, or mashed potatoes**?

- 1 time in the past month
- 2-3 times in the past 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

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

- 1 small potato or less than  $\frac{1}{2}$  cup
- 1 medium potato or  $\frac{1}{2}$  to  $\frac{3}{4}$  cup
- 1 large potato or more than  $\frac{3}{4}$  cup

How often were the potatoes you ate **mashed**?

- Almost never or never

- About ¼ of the time
- About ½ of the time
- About ¾ of the time
- Almost always or always

How often was **sour cream** (including low-fat, diet, or light) 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

Each time **sour cream** was added to your potatoes, how much did you usually eat?

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

How often was **margarine** (including low-fat, diet, or light) 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

How often was **butter** (including low-fat, diet, or light) 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

Each time **margarine** or **butter** was added to your potatoes, how much did you usually eat?

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

**Cooked dried or canned beans (such as baked beans, pintos, kidney, black-eyed peas, lima, lentils, soybeans, or refried beans; *NOT including bean soups or chili*)**

You ate **cooked dried** or **canned beans** in the **past month**.

Over the past month, how often did you eat **cooked dried** or **canned beans** (such as baked beans, pintos, lentils, kidney, black-eyed peas, lima, soybeans, or refried beans; *NOT including bean soups or chili*)?

- 1 time in the past month
- 2-3 times in the past 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

Each time you ate **cooked dried** or **canned beans**, how much did you usually eat?

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

How often were the cooked dried or canned beans you ate **refried beans**?

- 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

**Other kinds of vegetables (not listed above)**

You ate **other kinds of vegetables** in the **past month**.

Over the past month, how often did you eat **other kinds of vegetables**?

- 1 time in the past month
- 2-3 times in the past 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

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

- Less than  $\frac{1}{4}$  cup
- $\frac{1}{4}$  to  $\frac{1}{2}$  cup
- More than  $\frac{1}{2}$  cup

## **Soups, chili, tacos, burritos, tortillas, etc.**

### **What soups, chili, tacos, burritos, tortillas, etc. have you eaten?**

Please check the box next to each food that you ate at least once in the **past month**.

- Soups
- Chili
- Tacos, tostados, burritos, tamales, fajitas, enchiladas, quesadillas, or chimichangas
- Corn or wheat tortillas

## **Soups**

- You ate **soups** in the **past month**.

Over the past month, how often did you eat **soups**?

- 1 time in the past month
- 2-3 times in the past 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

Each time you ate **soups**, how much did you usually eat?

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



How often were the soups you ate **bean soups**?

- 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

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

- 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

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

- 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

## Chili

You ate **chili** in the **past month**.

Over the past month, how often did you eat **chili**?

- 1 time in the past month
- 2-3 times in the past 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

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

- Less than  $\frac{1}{2}$  cup

- ½ to 2 cups
- More than 2 cups

**Tacos, tostados, burritos, tamales, fajitas, enchiladas, quesadillas, or chimichangas**

- You ate **tacos, tostados, burritos, tamales, fajitas, enchiladas, quesadillas, or chimichangas** in the **past month**.

Over the past month, how often did you eat **tacos, tostados, burritos, tamales, fajitas, enchiladas, quesadillas, or chimichangas**?

- 1 time in the past month
- 2-3 times in the past 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

How often did you eat **burritos**?

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

How often did you eat **tacos**?

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

Each time you ate **burritos** or **tacos**, how much did you usually eat?

- Fewer than 2 tacos or less than 1 burrito, etc.
- 2 to 4 tacos or 1 to 2 burritos, etc.
- More than 4 tacos or more than 2 burritos, etc.

## Corn or wheat tortillas

- You ate **corn** or **wheat tortillas** in the **past month**.

How often did you usually eat **corn** or **wheat tortillas**, not including in tacos, tostados, burritos, tamales, fajitas, enchiladas, quesadillas, or chimichangas?

- 1 time in the past month
- 2-3 times in the past 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

Each time you ate **corn** or **wheat tortillas**, how many did you usually eat?

- Fewer than 2 small size tortillas or less than 1 large size tortilla
- 2 to 4 small size tortillas or 1 to 2 large size tortillas
- More than 4 small size tortillas or more than 2 large size tortillas

How often were the tortillas you ate **corn tortillas**?

- 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

## Rice, pasta, pizza

### What rice, pasta, and pizza have you eaten?

Please check the box next to each food that you ate at least once in the **past month**.

- Rice or other cooked grains (such as bulgur, cracked wheat, or millet; *NOT including sushi*)
- Sushi
- Lasagna, stuffed shells, stuffed manicotti, ravioli, or tortellini (including gluten-free; *NOT including spaghetti or other pasta*)
- Macaroni and cheese (including gluten-free)

- Pasta salad or macaroni salad (including gluten-free)
- Pasta, spaghetti, or other noodles (other than those listed above; including gluten-free)
- Pizza (including gluten-free)

**Rice or other cooked grains (such as bulgur, cracked wheat, or millet; *NOT including sushi*)**

- You ate **rice** or **other cooked grains** in the **past month**.

Over the past month, how often did you eat **rice** or **other cooked grains** (such as bulgur, cracked wheat, or millet; *NOT including sushi*)?

- 1 time in the past month
- 2-3 times in the past 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

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

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

How often was the rice or other cooked grains you ate **whole grain**?

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

**Sushi**

- You ate **sushi** in the **past month**.

Over the past month, how often did you eat **sushi**?

- 1 time in the past month
- 2-3 times in the past 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

Each time you ate **sushi**, how much did you usually eat?

- Fewer than 5 pieces or less than 1 cup
- 5 to 8 pieces or 1 to 2 cups
- More than 8 pieces or more than 2 cups

**Lasagna, stuffed shells, stuffed manicotti, ravioli, or tortellini (including gluten-free; *NOT including spaghetti or other pasta*)**

- You ate **lasagna, stuffed shells, stuffed manicotti, ravioli, or tortellini** in the **past month**.

Over the past month, how often did you eat **lasagna, stuffed shells, stuffed manicotti, ravioli, or tortellini** (including gluten-free; *NOT including spaghetti or other pasta*)?

- 1 time in the past month
- 2-3 times in the past 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

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

**Macaroni and cheese (including gluten-free)**

- You ate **macaroni and cheese** in the **past month**.

Over the past month, how often did you eat **macaroni and cheese** (including gluten-free)?

- 1 time in the past month
- 2-3 times in the past 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

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

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

### **Pasta salad or macaroni salad (including gluten-free)**

- You ate **pasta salad** or **macaroni salad** in the **past month**.

Over the past month, how often did you eat **pasta salad** or **macaroni salad** (including gluten-free)?

- 1 time in the past month
- 2-3 times in the past 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

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

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

### **Pasta, spaghetti, or other noodles (other than those listed above; including gluten-free)**

You ate **pasta, spaghetti, or other noodles** in the **past month**.

Other than the pastas listed previously, over the past month, how often did you eat **pasta, spaghetti, or other noodles** (including gluten-free)?

- 1 time in the past month
- 2-3 times in the past 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

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

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  $\frac{1}{4}$  of the time
- About  $\frac{1}{2}$  of the time
- About  $\frac{3}{4}$  of the time
- Almost always or always

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  $\frac{1}{4}$  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, how often did you eat your pasta, spaghetti, or other noodles with **margarine, butter, oil, or cream sauce**?

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

- About ½ of the time
- About ¾ of the time
- Almost always or always

## **Pizza (including gluten-free)**

- You ate **pizza** in the **past month**.

Over the past month, how often did you eat **pizza** (including gluten-free)?

- 1 time in the past month
- 2-3 times in the past 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

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

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

## **Cereal, pancakes, breads**

### **What cereal, pancakes, and breads have you eaten?**

Please check the box next to each food that you ate at least once in the **past month**.

- Oatmeal, grits, or other cooked cereals
- Cold cereal (including gluten-free)
- Pancakes, waffles, or French toast (including gluten-free)



- Bagels or English muffins (including gluten-free)
- Breads or rolls AS PART OF SANDWICHES (including gluten-free)
- Breads or dinner rolls NOT AS PART OF SANDWICHES (including gluten-free)
- Cornbread or corn muffins
- Biscuits
- Jam, jelly, or honey (on bagels, muffins, breads, rolls, crackers, etc.)
- Peanut butter or other nut butter
- Hummus

### **Oatmeal, grits, or other cooked cereals**

- You ate **oatmeal, grits, or other cooked cereals** in the **past month**.

Over the past month, how often did you eat **oatmeal, grits, or other cooked cereal**?

- 1 time in the past month
- 2-3 times in the past 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

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

### **Cold cereal (including gluten-free)**

- You ate **cold cereal** in the **past month**.

Over the past month, how often did you eat **cold cereal** (including gluten-free)?

- 1 time in the past month
- 2-3 times in the past 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

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

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

How often was the cold cereal you ate a **whole grain type** (such as Fiber One, Shredded Wheat, Cheerios, Kashi, Wheaties, or others)?

- 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

How often was the cold cereal you ate a **highly fortified type** (such as All Bran, Chex, King Vitamin Cereal, Malt-O-Meal, Product 19, Raisin Bran Total, or others)?

- 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

How often was the cold cereal you ate **granola cereal**?

- 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

How often was the cold cereal you ate **other types 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  $\frac{1}{4}$  of the time
- About  $\frac{1}{2}$  of the time
- About  $\frac{3}{4}$  of the time

- Almost always or always

Was **milk** added to your cold cereal?

- Yes
- No

What type of **milk** was usually added to your cold cereal?

- Whole milk
- 2% fat milk
- 1% fat milk
- Skim, nonfat, or ½% fat milk
- Soy milk
- Rice milk
- Almond milk
- Coconut milk
- Condensed or evaporated milk
- Other

Each time **milk** was added to your cold cereal, how much did you usually drink?

- Less than ½ cup (4 ounces)
- ½ to 1 cups (4 to 8 ounces)
- More than 1 cups (8 ounces)

### **Pancakes, waffles, or French toast (including gluten-free)**

- You ate **pancakes, waffles, or French toast** in the **past month**.

Over the past month, how often did you eat **pancakes, waffles, or French toast** (including gluten-free)?

- 1 time in the past month
- 2-3 times in the past 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

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

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  $\frac{1}{4}$  of the time
- About  $\frac{1}{2}$  of the time
- About  $\frac{3}{4}$  of the time
- Almost always or always

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  $\frac{1}{4}$  of the time
- About  $\frac{1}{2}$  of the time
- About  $\frac{3}{4}$  of the time
- Almost always or always

Each time **margarine** or **butter** was added to your pancakes, waffles, or French toast, how much did you usually eat?

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

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

- 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

Each time **syrup** was added to your pancakes, waffles, or French toast, how much did you usually eat?

- Less than 1 tablespoon
- 1 to 5 tablespoons

- More than 5 tablespoons

How often was the **syrup** added to your pancakes, waffles, or French toast **diet** or **light**?

- 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

### **Bagels or English muffins (including gluten-free)**

- You ate **bagels** or **English muffins** in the **past month**.

Over the past month, how often did you eat **bagels** or **English muffins** (including gluten-free)?

- 1 time in the past month
- 2-3 times in the past 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

Each time you ate **bagels** or **English muffins**, how much did you usually eat?

- Less than 1 bagel or English muffin
- 1 to 2 bagels or English muffins
- More than 2 bagels or English muffins

How often were the bagels or English muffins you ate **whole grain**?

- 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

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

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

- About ½ of the time
- About ¾ of the time
- Almost always or always

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

Each time **margarine** or **butter** was added to your bagels or English muffins, how much did you usually eat?

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

How often was **cream cheese** (including low-fat) spread on 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

Each time **cream cheese** was added to your bagels or English muffins, how much did you usually eat?

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

### **Breads or rolls AS PART OF SANDWICHES (including gluten-free)**

- You ate **breads** or **rolls AS PART OF SANDWICHES** in the **past month**.

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

Over the past month, how often did you eat **bread**s or **rolls AS PART OF SANDWICHES** (including gluten-free)?

- 1 time in the past month
- 2-3 times in the past 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

Each time you ate **bread**s or **rolls AS PART OF SANDWICHES**, how much did you usually eat?

- Less than 1 slice or  $\frac{1}{2}$  roll
- 1 to 2 slices or  $\frac{1}{2}$  to 1 roll
- More than 2 slices or more than 1 roll

How often were the breads or rolls that you used for your sandwiches **whole grain**?

- 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

How often was **mayonnaise** or **mayonnaise-type dressing** (including low-fat, diet, or light) added to the breads or rolls used for your sandwiches?

- 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

Each time **mayonnaise** or **mayonnaise-type dressing** was added to the breads or rolls used for your sandwiches, how much did you usually eat?

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

How often was **margarine** (including low-fat, diet, or light) added to the breads or rolls used for your sandwich?

- 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

How often was **butter** (including low-fat, diet, or light) added to the breads or rolls used for your sandwich?

- 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

Each time **margarine** or **butter** was added to the breads or rolls used for your sandwich, how much did you usually eat?

- Less than 1 teaspoon
- 1 to 2 teaspoons
- More than 2 teaspoons

### **Breads or dinner rolls NOT AS PART OF SANDWICHES (including gluten-free)**

- You ate **breads** or **rolls NOT AS PART OF SANDWICHES** in the **past month**.

Over the past month, how often did you eat **breads** or **dinner rolls NOT AS PART OF SANDWICHES** (including gluten-free)?

- 1 time in the past month
- 2-3 times in the past 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

Each time you ate **breads** or **dinner rolls NOT AS PART OF SANDWICHES**, how much did you usually eat?



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

How often were the breads or dinner rolls you ate **whole grain**?

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

How often was **margarine** (including low-fat, diet, or light) added to the breads or dinner rolls?

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

How often was **butter** (including low-fat, diet, or light) added to the breads or dinner rolls?

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

Each time **margarine** or **butter** was added to the breads or dinner rolls, how much did you usually eat?

- Less than 1 teaspoon
- 1 to 2 teaspoons
- More than 2 teaspoons

How often was **cream cheese** (including low-fat) spread added to the breads or dinner rolls?

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

Each time **cream cheese** was added to the breads or dinner rolls, how much did you usually eat?

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

## **Cornbread or corn muffins**

You ate **cornbread** or **corn muffins** in the **past month**.

Over the past month, how often did you eat **cornbread** or **corn muffins**?

- 1 time in the past month
- 2-3 times in the past 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

Each time you ate **cornbread** 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

## **Biscuits**

You ate **biscuits** in the **past month**.

Over the past month, how often did you eat **biscuits**?

- 1 time in the past month
- 2-3 times in the past 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

Each time you ate **biscuits**, how much did you usually eat?

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

### **Jam, jelly, or honey (on bagels, muffins, breads, rolls, crackers, etc.)**

You ate **jam, jelly, or honey** in the **past month**.

Over the past month, how often did you eat **jam, jelly, or honey** (on bagels, muffins, breads, rolls, crackers, etc.)?

- 1 time in the past month
- 2-3 times in the past 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

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

- Less than 1 teaspoon
- 1 to 4 teaspoons
- More than 4 teaspoons

### **Peanut butter or other nut butter**

You ate **peanut butter or other nut butter** in the **past month**.

Over the past month, how often did you eat **peanut butter or other nut butter**?

- 1 time in the past month
- 2-3 times in the past 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

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

## **Hummus**

- You ate **hummus** in the **past month**.

Over the past month, how often did you eat **hummus**?

- 1 time in the past month
- 2-3 times in the past 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

Each time you ate **hummus**, how much did you usually eat?

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

## **Cold cuts, luncheon meats, hot dogs**

### **What cold cuts, luncheon meats, and hot dogs have you eaten?**

Please check the box next to each food that you ate at least once in the **past month**.

- Roast beef or steak IN SANDWICHES
- Luncheon or deli-style ham (*NOT including other ham*)
- Turkey or chicken COLD CUTS (such as loaf, luncheon meat, turkey ham, turkey salami, or turkey pastrami; *NOT including other turkey or chicken*)
- Bologna
- Other cold cuts or luncheon meats (such as salami, corned beef, pastrami, etc.; *NOT including ham, turkey, or chicken, bologna cold cuts*)
- Hot dogs or frankfurters (*NOT including sausage or vegetarian hot dogs*)

## Roast beef or steak IN SANDWICHES

You ate **roast beef** or **steak IN SANDWICHES** in the **past month**.

Over the past month, how often did you eat **roast beef** or **steak IN SANDWICHES**?

- 1 time in the past month
- 2-3 times in the past 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

Each time you ate **roast beef** or **steak IN SANDWICHES**, how much meat 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

## Luncheon or deli-style ham (*NOT including other ham*)

You ate **luncheon** or **deli-style ham** in the **past month**.

Over the past month, how often did you eat **luncheon** or **deli-style ham** (*NOT including other ham*)?

- 1 time in the past month
- 2-3 times in the past 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

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

**Turkey or chicken COLD CUTS (such as loaf, luncheon meat, turkey ham, turkey salami, or turkey pastrami; *NOT including other turkey or chicken*)**

You ate **turkey** or **chicken COLD CUTS** in the **past month**.

Over the past month, how often did you eat **turkey** or **chicken COLD CUTS** (such as loaf, luncheon meat, turkey ham, turkey salami, or turkey pastrami; *NOT including other turkey or chicken*)?

- 1 time in the past month
- 2-3 times in the past 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

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

- Less than 2 slices
- 2 to 4 slices
- More than 4 slices

**Bologna**

You ate **bologna** in the **past month**.

Over the past month, how often did you eat **bologna**?

- 1 time in the past month
- 2-3 times in the past 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

Each time you ate **bologna**, how much did you usually eat?

- Less than 1 slice
- 1 to 2 slices

- More than 2 slices

**Other cold cuts or luncheon meats (such as salami, corned beef, pastrami, etc.; NOT including ham, turkey, or chicken, bologna cold cuts)**

- You ate **other cold cuts** or **luncheon meats** in the **past month**.

Over the past month, how often did you eat **other cold cuts** or **luncheon meats** (such as salami, corned beef, pastrami, etc.; *NOT including ham, turkey, or chicken, bologna cold cuts*)?

- 1 time in the past month
- 2-3 times in the past 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

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

**Hot dogs or frankfurters (NOT including sausage or vegetarian hot dogs)**

- You ate **hot dogs** or **frankfurters** in the **past month**.

Over the past month, how often did you eat **hot dogs** or **frankfurters** (*NOT including sausage or vegetarian hot dogs*)?

- 1 time in the past month
- 2-3 times in the past 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

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

How often were the hot dogs or frankfurters you ate made of **chicken** or **turkey**?

- 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

How often were the hot dogs or frankfurters you ate **eaten with bun or rolls**?

- 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

## **Meat, poultry, fish**

### **What meat, poultry, and fish have you eaten?**

Please check the box next to each food that you ate at least once in the **past month**.

- GROUND chicken or turkey
- Baked, broiled, roasted, stewed, grilled, pan-fried, or fried chicken (including chicken nuggets; *NOT including chicken in mixtures*)
- Chicken in mixed dishes (such as salads, sandwiches, casseroles, stews, or other mixtures)
- Turkey including in mixed dishes (*NOT including ground turkey*)
- Beef hamburgers or cheeseburgers from a FAST FOOD RESTAURANT
- Beef hamburgers or cheeseburgers NOT from a FAST FOOD RESTAURANT
- Ground beef in mixtures (such as meatballs, casseroles, chili, or meatloaf)
- Beef mixtures (such as beef stew, beef pot pie, beef and noodles, or beef and vegetables)
- Roast beef or pot roast (*NOT including roast beef or pot roast in sandwiches*)
- Beef steak (*NOT including steak in sandwiches*)
- Pork or beef spareribs



- Baked ham or ham steak
- Pork (including chops, roasts, and in mixed dishes; *NOT including ham, ham steak, or sausage*)
- Gravy on meat, chicken, potatoes, rice, etc.
- Liver (all kinds) or liverwurst
- Bacon (all kinds)
- Sausage (all kinds)
- Canned tuna or tuna salad (including in sandwiches or casseroles; *NOT including fresh tuna*)
- Fresh tuna, trout, anchovy, mackerel, herring, or sardine
- Salmon
- Fried shellfish (such as crab, lobster, shrimp, or clams)
- Shellfish (such as crab, lobster, or shrimp) that was NOT FRIED
- Fish sticks or other fried fish (*NOT including shellfish*)
- Other fish that was NOT FRIED (*NOT including shellfish*)

### **GROUND chicken or turkey**

- You ate **GROUND chicken or turkey** in the **past month**.

Over the past month, how often did you eat **GROUND chicken or turkey**?

- 1 time in the past month
- 2-3 times in the past 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

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 5 ounces or ½ to 1 cup
- More than 5 ounces or more than 1 cup

**Baked, broiled, roasted, stewed, grilled, pan-fried, or fried chicken (including chicken nuggets; *NOT including chicken in mixtures*)**

- You ate **baked, broiled, roasted, stewed, grilled, pan-fried, or fried chicken** in the **past month**.

Over the past month, how often did you eat **baked, broiled, roasted, stewed, grilled, pan-fried, or fried chicken** (including chicken nuggets; *NOT including chicken in mixtures*)?

- 1 time in the past month
- 2-3 times in the past 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

Each time you ate **baked, broiled, roasted, stewed, or fried chicken**, 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

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

- 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

How often was the chicken you ate **pan-fried chicken**?

- 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

How often was the chicken you ate **grilled chicken**?

- 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

How often was the chicken you ate **oven-broiled chicken**?

- 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

Which image best represents how you usually cook your **pan-fried, grilled or oven-broiled chicken**?

- Just until done



- Well-done



- Very well-done



- Don't know

How often was the chicken you ate **WHITE** meat?

- 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

How often was the chicken you ate **WITH SKIN**?

- 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

### **Chicken in mixed dishes (such as salads, sandwiches, casseroles, stews, or other mixtures)**

- You ate **chicken in mixed dishes** in the **past month**.

Over the past month, how often did you eat **chicken in mixed dishes** (such as salads, sandwiches, casseroles, stews, or other mixtures)?

- 1 time in the past month
- 2-3 times in the past 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

Each time you ate **chicken in mixed dishes**, how much did you usually eat?

- Less than 2 ounces or less than ½ cup
- 2 to 5 ounces or ½ to 1 cup
- More than 5 ounces or more than 1 cup

### **Turkey including in mixed dishes (*NOT including ground turkey*)**

- You ate **turkey** in the **past month**.

Over the past month, how often did you eat **turkey** including in mixed dishes (*NOT including ground turkey*)?

- 1 time in the past month
- 2-3 times in the past 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

Each time you ate **turkey**, how much did you usually eat?

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

### **Beef hamburgers or cheeseburgers from a FAST FOOD RESTAURANT**

- You ate **beef hamburgers** or **cheeseburgers** from a **FAST FOOD RESTAURANT** in the **past month**.

Over the past month, how often did you eat **beef hamburgers** or **cheeseburgers** from a **FAST FOOD RESTAURANT**?

- 1 time in the past month
- 2-3 times in the past 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

Each time you ate **beef hamburgers** or **cheeseburgers** from a **FAST FOOD RESTAURANT**, what size did you usually eat?

- Small hamburger (such as a regular Burger King or McDonald's Hamburger)
- Medium (such as McDonald's or Burger King Double Burger or Cheeseburger)
- Large (such as Burger King Whopper or Double Whopper or a McDonald's Double Quarter Pounder)

### **Beef hamburgers or cheeseburgers NOT from a FAST FOOD RESTAURANT**

- You ate **beef hamburgers** or **cheeseburgers** that were **NOT** from a **FAST FOOD RESTAURANT** in the **past month**.

Over the past month, how often did you eat **beef hamburgers** or **cheeseburgers** that were **NOT** from a **FAST FOOD RESTAURANT**?

- 1 time in the past month
- 2-3 times in the past 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

Each time you ate **beef hamburgers** or **cheeseburgers** that were **NOT** from a **FAST FOOD RESTAURANT**, 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

How often were these beef hamburgers or cheeseburgers made with **lean ground beef**?

- 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

How often were these beef hamburgers or cheeseburgers you ate **pan-fried burgers**?

- 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

How often were these beef hamburgers or cheeseburgers you ate **grilled burgers**?

- 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

When you ate **pan-fried** or **grilled burgers**, how were they usually cooked?

- Rare



- Medium



Well-done



Very well-done



Don't Know

### **Ground beef in mixtures (such as meatballs, casseroles, chili, or meatloaf)**

You ate **ground beef in mixtures** in the **past month**.

Over the past month, how often did you eat **ground beef in mixtures** (such as meatballs, casseroles, chili, or meatloaf)?

- 1 time in the past month
- 2-3 times in the past 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

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

**Beef mixtures (such as beef stew, beef pot pie, beef and noodles, or beef and vegetables)**

- You ate **beef mixtures** in the **past month**.

Over the past month, how often did you eat **beef mixtures** (such as beef stew, beef pot pie, beef and noodles, or beef and vegetables)?

- 1 time in the past month
- 2-3 times in the past 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

Each time you ate **beef mixtures**, how much did you usually eat?

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

**Roast beef or pot roast (*NOT including roast beef or pot roast in sandwiches*)**

- You ate **roast beef** or **pot roast** in the **past month**.

Over the past month, how often did you eat **roast beef** or **pot roast** (*NOT including roast beef or pot roast in sandwiches*)?

- 1 time in the past month
- 2-3 times in the past 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

Each time you ate **roast beef** or **pot roast**, how much did you usually eat?

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

**Beef steak (*NOT including steak in sandwiches*)**

You ate **beef steak** in the **past month**.

Over the past month, how often did you eat **beef steak** (*NOT including steak in sandwiches*)?

- 1 time in the past month
- 2-3 times in the past 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

Each time you ate **beef steak**, how much did you usually eat?

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

How often were the steaks you ate **pan-fried steaks**?

- 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

How often were the steaks you ate **grilled steaks**?

- 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

How often were the steaks you ate **oven-broiled steaks**?

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

When you ate **pan-fried, grilled** or **oven-broiled steaks**, how were they usually cooked?

- Rare



- Medium



- Well-done



- Very well-done



- Don't Know

## **Pork or beef spareribs**

- You ate **pork** or **beef spareribs** in the **past month**.

Over the past month, how often did you eat **pork** or **beef spareribs**?

- 1 time in the past month
- 2-3 times in the past 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

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

## **Baked ham or ham steak**

- You ate **baked ham** or **ham steak** in the **past month**.

Over the past month, how often did you eat **baked ham** or **ham steak**?

- 1 time in the past month
- 2-3 times in the past 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

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

- Less than 1 ounce
- 1 to 5 ounces
- More than 5 ounces

**Pork (including chops, roasts, and in mixed dishes; *NOT including ham, ham steak, or sausage*)**

- You ate **pork** in the **past month**.

Over the past month, how often did you eat **pork** (including chops, roasts, and in mixed dishes; *NOT including ham, ham steak, or sausage*)?

- 1 time in the past month
- 2-3 times in the past 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

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

How often was the pork you ate **pork chops**?

- 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

How often were the pork chops you ate **pan-fried pork chops**?

- 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

How often were the pork chops you ate **grilled pork chops**?

- 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

When you ate **pan-fried** or **grilled pork chops**, how were they usually cooked?

- Just until done



- Well-done



- Very well-done



- Don't know

### **Gravy on meat, chicken, potatoes, rice, etc.**

- You ate **gravy** in the **past month**.

Over the past month, how often did you eat **gravy** on meat, chicken, potatoes, rice, etc.?

- 1 time in the past month  
 2-3 times in the past 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

Each time you ate **gravy**, how much did you usually eat?

- Less than  $\frac{1}{8}$  cup  
  $\frac{1}{8}$  to  $\frac{1}{4}$  cup  
 More than  $\frac{1}{4}$  cup

### **Liver (all kinds) or liverwurst**

- You ate **liver** or **liverwurst** in the **past month**.

Over the past month, how often did you eat **liver** (all kinds) or **liverwurst**?

- 1 time in the past month  
 2-3 times in the past 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

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

## **Bacon (all kinds)**

- You ate **bacon** in the **past month**.

Over the past month, how often did you eat **bacon** (all kinds)?

- 1 time in the past month
- 2-3 times in the past 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

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

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

How often was the bacon you ate **pan-fried bacon**?

- 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

How often was the bacon you ate **microwaved bacon**?

- Almost never or never



- About ¼ of the time
- About ½ of the time
- About ¾ of the time
- Almost always or always

How often was the bacon you ate **oven-broiled bacon**?

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

When you ate **pan-fried, microwaved or oven-broiled bacon**, how was it usually cooked?

- Just until done



- Well-done/crisp



- Charred



- Don't know

### Sausage (all kinds)

- You ate **sausage** in the **past month**.

Over the past month, how often did you eat **sausage** (all kinds)?

- 1 time in the past month
- 2-3 times in the past 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

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

How often were the sausages you ate made of **chicken** or **turkey**?

- 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

How often were the sausages you ate **sausage links**?

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

How often was the sausage you ate **pan-fried sausage**?

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

When you ate **pan-fried sausage**, how was it usually cooked?

- Just until done



- Well-done/crisp



- Charred



- Don't know

**Canned tuna or tuna salad (including in sandwiches or casseroles; *NOT including fresh tuna*)**

- You ate **canned tuna** or **tuna salad** in the **past month**.

Over the past month, how often did you eat **canned tuna** or **tuna salad** (including in sandwiches or casseroles; *NOT including fresh tuna*)?

- 1 time in the past month
- 2-3 times in the past 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

Each time you ate **canned tuna** or **tuna salad**, how much did you usually eat?

- Less than  $\frac{1}{4}$  cup or less than 2 ounces
- $\frac{1}{4}$  to  $\frac{1}{2}$  cup or 2 to 3 ounces
- More than  $\frac{1}{2}$  cup or more than 3 ounces

**Fresh tuna, trout, anchovy, mackerel, herring, or sardine**

- You ate **fresh tuna, trout, anchovy, mackerel, herring, or sardine** in the **past month**.

Over the past month, how often did you eat **fresh tuna, trout, anchovy, mackerel, herring, or sardine**?

- 1 time in the past month

- 2-3 times in the past 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

Each time you ate **fresh tuna, trout, anchovy, mackerel, herring, or sardine**, how much did you usually eat?

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

## Salmon

- You ate **salmon** in the **past month**.

Over the past month, how often did you eat **salmon**?

- 1 time in the past month
- 2-3 times in the past 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

Each time you ate **salmon**, how much did you usually eat?

- Less than 2 ounces
- 2 to 7 ounces
- More than 7 ounces

## Fried shellfish (such as crab, lobster, shrimp, or clams)

- You ate **fried shellfish** in the **past month**.

Over the past month, how often did you eat **fried shellfish** (such as crab, lobster, shrimp, or clams)?

- 1 time in the past month
- 2-3 times in the past 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

Each time you ate **fried shellfish**, how much did you usually eat?

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

### **Shellfish (such as crab, lobster, or shrimp) that was NOT FRIED**

- You ate **shellfish that was NOT FRIED** in the **past month**.

Over the past month, how often did you eat **shellfish** (such as crab, lobster, or shrimp) **that was NOT FRIED**?

- 1 time in the past month
- 2-3 times in the past 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

Each time you ate **shellfish that was NOT FRIED**, how much did you usually eat?

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

### **Fish sticks or other fried fish (*NOT including shellfish*)**

- You ate **fish sticks** or **other fried fish** in the **past month**.

Over the past month, how often did you eat **fish sticks** or **other fried fish** (*NOT including shellfish*)?

- 1 time in the past month
- 2-3 times in the past 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

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

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

### **Other fish that was NOT FRIED (*NOT including shellfish*)**

- You ate **other fish that was NOT FRIED** in the **past month**.

Over the past month, how often did you eat **other fish that was NOT FRIED** (*NOT including shellfish*)?

- 1 time in the past month
- 2-3 times in the past 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

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

- Less than 2 ounces or less than 1 fillet
- 2 to 6 ounces or 1 fillet
- More than 6 ounces or more than 1 fillet

### **Eggs, meat alternatives**

## What eggs and meat alternatives have you eaten?

Please check the box next to each food that you ate at least once in the **past month**.

- Tofu, soy burgers, or soy meat-substitutes
- Eggs, egg whites, or egg substitutes (including eggs in salads, quiche, and souffles; *NOT including eggs in baked goods and desserts*)

### Tofu, soy burgers, or soy meat-substitutes

- You ate **tofu, soy burgers, or soy meat-substitutes** in the **past month**.

Over the past month, how often did you eat **tofu, soy burgers, or soy meat-substitutes**?

- 1 time in the past month
- 2-3 times in the past 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

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

- Less than  $\frac{1}{4}$  cup or less than 2 ounces
- $\frac{1}{4}$  to  $\frac{1}{2}$  cup or 2 to 4 ounces
- More than  $\frac{1}{2}$  cup to more than 4 ounces

### Eggs, egg whites, or egg substitutes (including eggs in salads, quiche, and souffles; *NOT including eggs in baked goods and desserts*)

- You ate **eggs, egg whites, or egg substitutes** in the **past month**.

Over the past month, how often did you eat **eggs, egg whites, or egg substitutes** (including eggs in salads, quiche, and souffles; *NOT including eggs in baked goods and desserts*)?

- 1 time in the past month
- 2-3 times in the past 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

Each time you ate **eggs, egg whites, or egg substitutes**, how many did you usually eat?

- 1 egg
- 2 eggs
- 3 or more eggs

How often were the eggs you ate **regular whole eggs**?

- 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

How often were the eggs you ate cooked with **cheese or meat**?

- 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

How often were the eggs you ate **egg substitutes or egg whites only**?

- 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

## **Chips, pretzels, other snacks**

### **What chips, pretzels, and other snacks have you eaten?**

Please check the box next to each food that you ate at least once in the **past month**.

- Crackers (including gluten-free)
- Potato chips
- Corn chips or tortilla chips
- Popcorn

- Pretzels (including gluten-free)
- Whole nuts (including peanuts, almonds, seeds, or other nuts)
- High-protein or breakfast bars (such as Power Bars, Balance, Clif, etc.)
- Protein powder
- Granola bars

### **Crackers (including gluten-free)**

- You ate **crackers** in the **past month**.

Over the past month, how often did you eat **crackers** (including gluten-free)?

- 1 time in the past month
- 2-3 times in the past 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

Each time you ate **crackers**, how much did you usually eat?

- Fewer than 2 crackers
- 2 to 5 crackers
- More than 5 crackers

### **Potato chips**

- You ate **potato chips** in the **past month**.

Over the past month, how often did you eat **potato chips**?

- 1 time in the past month
- 2-3 times in the past 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

Each time you ate **potato chips**, how much did you usually eat?

- Fewer than 10 chips or less than ½ cup
- 10 to 25 chips or ½ to 1 cups
- More than 25 chips or more than 1 cups

## **Corn chips or tortilla chips**

You ate **corn chips** or **tortilla chips** in the **past month**.

Over the past month, how often did you eat **corn chips** or **tortilla chips**?

- 1 time in the past month
- 2-3 times in the past 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

Each time you ate **corn chips** or **tortilla 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

## **Popcorn**

You ate **popcorn** in the **past month**.

Over the past month, how often did you eat **popcorn**?

- 1 time in the past month
- 2-3 times in the past 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

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

- Less than 2 cups, popped
- 2 to 6 cups, popped
- More than 6 cups, popped

### **Pretzels (including gluten-free)**

You ate **pretzels** in the **past month**.

Over the past month, how often did you eat **pretzels** (including gluten-free)?

- 1 time in the past month
- 2-3 times in the past 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

Each time you ate **pretzels**, how much did you usually eat?

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

### **Whole nuts (including peanuts, almonds, seeds, or other nuts)**

You ate **whole nuts** in the **past month**.

Over the past month, how often did you eat **whole nuts** (including peanuts, almonds, seeds, or other nuts)?

- 1 time in the past month
- 2-3 times in the past 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

Each time you ate **whole nuts**, how much did you usually eat?

- Less than  $\frac{1}{8}$  cup
- $\frac{1}{8}$  to  $\frac{1}{2}$  cup
- More than  $\frac{1}{2}$  cup

How often were the whole nuts you ate **almonds** only (not part of mixed nuts)?

- 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

How often were the whole nuts you ate **peanuts** only (not part of mixed nuts)?

- 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

### **High-protein or breakfast bars (such as Power Bars, Balance, Clif, etc.)**

- You ate **high-protein** or **breakfast bars** in the **past month**.

Over the past month, how often did you eat **high-protein** or **breakfast bars** (such as Power Bars, Balance, Clif, etc.)?

- 1 time in the past month
- 2-3 times in the past 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

Each time you ate **high-protein** or **breakfast bars**, how much did you usually eat?

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

## Protein powder

- You added **protein powder** to your foods or drinks in the **past month**.

Over the past month, how often did you add **protein powder** to your foods or drinks?

- 1 time in the past month
- 2-3 times in the past 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

Each time you add **protein powder** to your foods or drinks, how much did you usually add?

- Less than 1 $\frac{3}{4}$  tablespoons or less than 1 scoop
- 1 $\frac{3}{4}$  to 4 tablespoons or 1 to 2 scoops
- More than 4 tablespoons or more than 2 scoops

## Granola bars

- You ate **granola bars** in the **past month**.

Over the past month, how often did you eat **granola bars**?

- 1 time in the past month
- 2-3 times in the past 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

Each time you ate **granola bars**, how much did you usually eat?

- Less than 1 bar
- 1 to 2 bars
- More than 2 bars

## Yogurt and cheese

### What yogurt and cheese have you eaten?

Please check the box next to each food that you ate at least once in the **past month**.

- Yogurt (*NOT including frozen yogurt*)
- Cottage cheese or ricotta cheese
- Cheese (including low-fat, on cheeseburgers, or in sandwiches or subs)
- Whipped cream

### Yogurt (*NOT including frozen yogurt*)

- You ate **yogurt** in the **past month**.

Over the past month, how often did you eat **yogurt** (*NOT including frozen yogurt*)?

- 1 time in the past month
- 2-3 times in the past 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

Each time you ate **yogurt**, how much did you usually eat?

- Less than  $\frac{1}{2}$  cup or less than 1 container
- $\frac{1}{2}$  to  $\frac{3}{4}$  cup or 1 container
- More than  $\frac{3}{4}$  cup or more than 1 container

How often was the yogurt you ate **Greek yogurt**?

- 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

### Cottage cheese or ricotta cheese

- You ate **cottage cheese** or **ricotta cheese** in the **past month**.

Over the past month, how often did you eat **cottage cheese** or **ricotta cheese**?

- 1 time in the past month
- 2-3 times in the past 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

Each time you ate **cottage cheese** or **ricotta cheese**, how much did you usually eat?

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

### **Cheese (including low-fat, on cheeseburgers, or in sandwiches or subs)**

- You ate **cheese** in the **past month**.

Over the past month, how often did you eat **cheese** (including low-fat, on cheeseburgers, or in sandwiches or subs)?

- 1 time in the past month
- 2-3 times in the past 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

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

- Less than  $\frac{1}{2}$  ounce or less than 1 slice
- $\frac{1}{2}$  to  $1\frac{1}{2}$  ounces or 1 slice
- More than  $1\frac{1}{2}$  ounces or more than 1 slice

How often was the cheese you ate **low-fat** or **fat-free**?

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



- About ½ of the time
- About ¾ of the time
- Almost always or always

## Whipped cream

- You ate **whipped cream** in the **past month**.

Over the past month, how often did you eat **whipped cream**?

- 1 time in the past month
- 2-3 times in the past 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

Each time you ate **whipped cream**, how much did you usually eat?

- Less than ½ tablespoon
- ½ to 1 tablespoon
- More than 1 tablespoon

How often was the whipped cream you ate **whipped cream substitute** (non-dairy whipped topping)?

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

## Sweets, baked goods, desserts

### What sweets, baked goods, or desserts have you eaten?

Please check the box next to each food that you ate at least once in the **past month**.

- Frozen yogurt, sorbet, or ices
- Ice cream, ice cream bars, or sherbet (including light, low-fat, or fat-free)
- Cake (all kinds)

- Pie (all kinds)
- Cookies (all kinds)
- Brownies (all kinds)
- Doughnuts, sweet rolls, Danish, or Pop-Tarts
- Sweet muffins or dessert breads (all kinds)
- Pudding or custard
- Chocolate bar or chocolate candy (such as M&Ms, Kit Kat, Mr. Goodbar, etc.)
- Other types of candy

### **Frozen yogurt, sorbet, or ices**

- You ate **frozen yogurt, sorbet, or ices** in the **past month**.

Over the past month, how often did you eat **frozen yogurt, sorbet, or ices**?

- 1 time in the past month
- 2-3 times in the past 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

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 1½ cups or 1 to 2 scoops
- More than 1½ cups or more than 2 scoops

### **Ice cream, ice cream bars, or sherbet (including light, low-fat, or fat-free)**

- You ate **ice cream, ice cream bars, or sherbet** in the **past month**.

Over the past month, how often did you eat **ice cream, ice cream bars, or sherbet** (including light, low-fat, or fat-free)?

- 1 time in the past month
- 2-3 times in the past 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

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

- Less than  $\frac{1}{2}$  cup or less than 1 scoop
- $\frac{1}{2}$  to  $1\frac{1}{2}$  cups or 1 to 2 scoops
- More than  $1\frac{1}{2}$  cups or more than 2 scoops

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

- 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

## **Cake (all kinds)**

- You ate **cake** in the **past month**.

Over the past month, how often did you eat **cake** (all kinds)?

- 1 time in the past month
- 2-3 times in the past 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

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

- Less than 1 medium or less than  $\frac{1}{8}$  of a cake
- 1 medium piece or  $\frac{1}{8}$  of a cake
- More than 1 medium piece or more than  $\frac{1}{8}$  of a cake

## **Pie (all kinds)**

You ate **pie** in the **past month**.

Over the past month, how often did you eat **pie** (all kinds)?

- 1 time in the past month
- 2-3 times in the past 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

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

- Less than 1 medium or less than  $\frac{1}{8}$  of a cake
- 1 medium piece or  $\frac{1}{8}$  of a cake
- More than 1 medium piece or more than  $\frac{1}{8}$  of a cake

How often was the pie you ate **pumpkin** or **sweet potato pie**?

- 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

How often was the pie you ate **fruit pie** (such as apple, blueberry, etc.)?

- 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

## **Cookies (all kinds)**

You ate **cookies** in the **past month**.

Over the past month, how often did you eat **cookies** (all kinds)?

- 1 time in the past month
- 2-3 times in the past 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

Each time you ate **cookies**, how much did you usually eat?

- Fewer than 2 cookies
- 2 to 4 cookies
- More than 4 cookies

### **Brownies (all kinds)**

- You ate **brownies** in the **past month**.

Over the past month, how often did you eat **brownies** (all kinds)?

- 1 time in the past month
- 2-3 times in the past 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

Each time you ate **brownies**, how much did you usually eat?

- 1 small brownie
- 1 medium brownie
- 1 large brownie

### **Doughnuts, sweet rolls, Danish, or Pop-Tarts**

- You ate **doughnuts, sweet rolls, Danish, or Pop-Tarts** in the **past month**.

Over the past month, how often did you eat **doughnuts, sweet rolls, Danish, or Pop-Tarts**?

- 1 time in the past month
- 2-3 times in the past 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

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

### **Sweet muffins or dessert breads (all kinds)**

- You ate **sweet muffins** or **dessert breads** in the **past month**.

Over the past month, how often did you eat **sweet muffins** or **dessert breads** (all kinds)?

- 1 time in the past month
- 2-3 times in the past 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

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

### **Pudding or custard**

- You ate **pudding** or **custard** in the **past month**.

Over the past month, how often did you eat **pudding** or **custard**?

- 1 time in the past month
- 2-3 times in the past 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

Each time you ate **pudding** or **custard**, how much did you usually eat?

- Less than  $\frac{1}{2}$  cup
- $\frac{1}{2}$  to  $\frac{3}{4}$  cup
- More than  $\frac{3}{4}$  cup

### **Chocolate bar or chocolate candy (such as M&Ms, Kit Kat, Mr. Goodbar, etc.)**

You ate **chocolate bar** or **chocolate candy** in the **past month**.

Over the past month, how often did you eat **chocolate bar** or **chocolate candy** (such as M&Ms, Kit Kat, Mr. Goodbar, etc.)?

- 1 time in the past month
- 2-3 times in the past 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

Each time you ate **chocolate bar** or **chocolate candy**, how much did you usually eat?

- Less than 1 square in a bar or less than 1 ounce
- 1 to 2 squares in a bar or 1 to 2 ounces
- More than 2 squares in a bar or more than 2 ounces

### **Other types of candy**

You ate **other types of candy** in the **past month**.

Over the past month, how often did you eat **other types of candy**?

- 1 time in the past month
- 2-3 times in the past 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

Each time you ate **other types of candy**, how much did you usually eat?

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

## Spreads and dressings

### What spreads and dressings have you eaten?

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

Please check the box next to each food that you ate at least once in the **past month**.

- Margarine
- Mayonnaise or mayonnaise-type dressing
- Salad dressing

### Margarine

- You ate **margarine** in the **past month**.

How often was the margarine you ate **light**, **low-fat**, or **fat-free** (stick or tub)?

- 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

### Mayonnaise or mayonnaise-type dressing

- You ate **mayonnaise** or **mayonnaise-type dressing** in the **past month**.



How often was the mayonnaise 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

## **Salad dressing**

You ate **salad dressing** in the **past month**.

How often was the salad dressing 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

## **Summary questions**

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

- Yes
- No

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.)

## **Vitamins and supplements**

### **What vitamins and dietary supplements did you take?**

Please check the box next to each vitamin or dietary supplement that you took at least once in the **past month**.

- Multivitamin/mineral (such as One-A-Day, Centrum, Nutralite, Geritol or prenatal, as pills, liquids or packets; *NOT including eye health supplements*)

- Eye health supplement (such as OcuVite, PreserVision or I-Caps)
- B-complex (*NOT as part of a multivitamin*)
- Antacids (such as Tums or Rolaids)
- B-12 (*NOT as part of a multivitamin*)
- B-6 (*NOT as part of a multivitamin*)
- Biotin (*NOT as part of a multivitamin*)
- Calcium (with or without vitamin D; *NOT as part of a multivitamin or antacid*)
- Coenzyme Q
- Fiber supplement (such as Metamucil or Benefiber)
- Folate or folic acid (*NOT as part of a multivitamin*)
- Garlic supplement
- Joint supplement (such as glucosamine, with or without chondroitin or other ingredients)
- Iron (*NOT as part of a multivitamin*)
- Magnesium (*NOT as part of a multivitamin*)
- Melatonin
- Niacin (*NOT as part of a multivitamin*)
- Omega-3 (ALA/DHA/EPA) or fish oil
- Potassium (*NOT as part of a multivitamin*)
- Probiotics (in pill, powder, or liquid form)
- Saw palmetto
- Vitamin C (*NOT as part of a multivitamin*)
- Vitamin D (*NOT as part of a multivitamin or calcium supplement*)
- Vitamin E (*NOT as part of a multivitamin*)?
- Zinc (*NOT as part of a multivitamin*)?
- Other supplements (*NOT as part of a multivitamin*)

**Multivitamin/mineral (such as One-A-Day, Centrum, Nutrilite, Geritol or prenatal, as pills, liquids or packets; *NOT including eye health supplements*)**

- You took **multivitamin/mineral** over the **past month**.

Over the past month, how often did you take **multivitamins/minerals** (such as One-A-Day, Centrum, Nutrilite, Geritol or prenatal, as pills, liquids or packets; *NOT including eye health supplements*)?

- Less than 1 day per month
- 1-3 days per month
- 1-3 days per week

- 4-6 days times per week
- Everyday

When you took a **multivitamin**, which type did you usually take?

- Multivitamin
- Multivitamin for people 50 years of age or older
- Prenatal multivitamin
- Don't know

Did your multivitamin usually contain **minerals** (such as iron, zinc, etc.)?

- No
- Yes
- Don't know

Was your multivitamin usually a **gummy type**?

- No
- Yes
- Don't know

When you took **gummy type multivitamins**, about how many gummies did you take in one day?

- Less than 1
- 1
- 2
- 3
- 4 or more
- Don't know

### **Eye health supplement (such as OcuVite, PreserVision or I-Caps)**

- You took **eye health supplement** over the **past month**.

Over the past month, how often did you take **eye health supplement** (such as OcuVite, PreserVision or I-Caps)?

- Less than 1 day per month
- 1-3 days per month
- 1-3 days per week
- 4-6 days per week
- Everyday

## **B-complex (NOT as part of a multivitamin)**

You took a **B-complex** over the **past month**.

Over the past month, how often did you take **B-complex** (*NOT as part of a multivitamin*)?

- Less than 1 day per month
- 1-3 days per month
- 1-3 days per week
- 4-6 days per week
- Everyday

## **Antacids (such as Tums or Rolaids)**

You took **antacids** over the **past month**.

Over the past month, how often did you take **antacids** (such as Tums or Rolaids)?

- Less than 1 day per month
- 1-3 days per month
- 1-3 days per week
- 4-6 days per week
- Everyday

When you took **antacids**, about how many tablets did you take in one day?

- Less than 1
- 1
- 2
- 3
- 4 or more
- Don't know

When you took **antacids**, what strength did you usually take?

- Regular Strength
- Extra Strength
- Ultra Strength
- Don't know

## **B-12 (NOT as part of a multivitamin)**

You took **B-12** over the **past month**.

Over the past month, how often did you take **B-12** (*NOT as part of a multivitamin*)?

- Less than 1 day per month
- 1-3 days per month
- 1-3 days per week
- 4-6 days per week
- Everyday

When you took **B-12** about how much did you take in one day?

- Less than 300 mcg
- 300 - 999 mcg
- 1,000 - 1,999 mcg
- 2,000 mcg or more
- Don't know

### **B-6 (*NOT as part of a multivitamin*)**

- You took **B-6** over the **past month**.

Over the past month, how often did you take **B-6** (*NOT as part of a multivitamin*)?

- Less than 1 day per month
- 1-3 days per month
- 1-3 days per week
- 4-6 days per week
- Everyday

When you took **B-6**, about how much did you take in one day?

- Less than 50 mg
- 50 - 99 mg
- 100 - 199 mg
- 200 mg or more
- Don't know

### **Biotin (*NOT as part of a multivitamin*)**

- You took **biotin** over the **past month**.

Over the past month, how often did you take **biotin** (*NOT as part of a multivitamin*)?

- Less than 1 day per month

- 1-3 days per month
- 1-3 days per week
- 4-6 days per week
- Everyday

**Calcium (with or without vitamin D; *NOT as part of a multivitamin or antacid*)**

- You took **calcium** over the **past month**.

Over the past month, how often did you take **calcium** (with or without vitamin D; *NOT as part of a multivitamin or antacid*)?

- Less than 1 day per month
- 1-3 days per month
- 1-3 days per week
- 4-6 days times per week
- Everyday

When you took **calcium**, about how much did you take in one day? *Check label for elemental calcium if possible.*

- Less than 500 mg
- 500 - 599 mg
- 600 -999 mg
- 1000 - 1199 mg
- 1200 mg or more
- Don't know

Did your calcium usually contain **vitamin D**?

- No
- Yes
- Don't know

Did your calcium usually contain **magnesium**?

- No
- Yes
- Don't know

Did your calcium usually contain **zinc**?

- No
- Yes

- Don't know

## Coenzyme Q

- You took **coenzyme Q** over the **past month**.

Over the past month, how often did you take **coenzyme Q**?

- Less than 1 day per month
- 1-3 days per month
- 1-3 days per week
- 4-6 days per week
- Everyday

## Fiber supplement (such as Metamucil or Benefiber)

- You took **fiber supplements** over the **past month**.

Over the past month, how often did you take **fiber supplements** (such as Metamucil or Benefiber)?

- Less than 1 day per month
- 1-3 days per month
- 1-3 days per week
- 4-6 days per week
- Everyday

## Folate or folic acid (*NOT as part of a multivitamin*)

- You took **folate** or **folic acid** over the **past month**.

Over the past month, how often did you take **folate** or **folic acid** (*NOT as part of a multivitamin*)?

- Less than 1 day per month
- 1-3 days per month
- 1-3 days per week
- 4-6 days per week
- Everyday

When you took **folate** or **folic acid**, about how much did you take in one day?

- Less than 400 mcg
- 400 - 599 mcg
- 600 - 799 mcg

- 800 - 999 mcg
- 1,000 mcg or more
- Don't know

## **Garlic supplement**

- You took a **garlic supplement** over the **past month**.

Over the past month, how often did you take a **garlic supplements**?

- Less than 1 day per month
- 1-3 days per month
- 1-3 days per week
- 4-6 days per week
- Everyday

## **Joint supplement (such as glucosamine, with or without chondroitin or other ingredients)**

- You took a **joint supplements** over the **past month**.

Over the past month, how often did you take a **joint supplement** (such as glucosamine, with or without chondroitin or other ingredients)?

- Less than 1 day per month
- 1-3 days per month
- 1-3 days per week
- 4-6 days per week
- Everyday

## **Iron (*NOT as part of a multivitamin*)**

- You took **iron** over the **past month**.

Over the past month, how often did you take **iron** (*NOT as part of a multivitamin*)?

- Less than 1 day per month
- 1-3 days per month
- 1-3 days per week
- 4-6 days per week
- Everyday

When you took **iron**, about how much did you take in one day?



- Less than 20 mg
- 20 - 29 mg
- 30 - 64 mg
- 65 - 89 mg
- 90 -149 mg
- 150 mg or more
- Don't know

### **Magnesium (*NOT as part of a multivitamin*)**

- You took **magnesium** over the **past month**.

Over the past month, how often did you take **magnesium** (*NOT as part of a multivitamin*)?

- Less than 1 day per month
- 1-3 days per month
- 1-3 days per week
- 4-6 days per week
- Everyday

When you took **magnesium**, about how much did you take in one day?

- Less than 250 mg
- 250 - 399 mg
- 400 - 999 mg
- 500 mg or more
- Don't know

### **Melatonin**

- You took **melatonin** over the **past month**.

Over the past month, how often did you take **melatonin**?

- Less than 1 day per month
- 1-3 days per month
- 1-3 days per week
- 4-6 days per week
- Everyday

### **Niacin (*NOT as part of a multivitamin*)**

You took **niacin** over the **past month**.

Over the past month, how often did you take **niacin** (*NOT as part of a multivitamin*)?

- Less than 1 day per month
- 1-3 days per month
- 1-3 days per week
- 4-6 days per week
- Everyday

When you took **niacin** about how much did you take in one day?

- Less than 300 mg
- 300 - 499 mg
- 500 - 999 mg
- 1,000 mg or more
- Don't know

### **Omega-3 (ALA/DHA/EPA) or fish oil**

You took **omega-3** or **fish oil** over the **past month**.

Over the past month, how often did you take **omega-3** (ALA/DHA/EPA) or **fish oil**?

- Less than 1 day per month
- 1-3 days per month
- 1-3 days per week
- 4-6 days times per week
- Everyday

### **Potassium (*NOT as part of a multivitamin*)**

You took **potassium** over the **past month**.

Over the past month, how often did you take **potassium** (*NOT as part of a multivitamin*)?

- Less than 1 day per month
- 1-3 days per month
- 1-3 days per week
- 4-6 days per week
- Everyday

When you took **potassium**, about how much did you take in one day?

- Less than 95 mg
- 95 - 349 mg
- 350 - 749 mg
- 750 mg or more
- Don't know

### **Probiotics (in pill, powder, or liquid form)**

- You took **probiotics** over the **past month**.

Over the past month, how often did you take **probiotics** (in pill, powder, or liquid form)?

- Less than 1 day per month
- 1-3 days per month
- 1-3 days per week
- 4-6 days per week
- Everyday

### **Saw palmetto**

- You took **saw palmetto** over the **past month**.

Over the past month, how often did you take **saw palmetto**?

- Less than 1 day per month
- 1-3 days per month
- 1-3 days per week
- 4-6 days per week
- Everyday

### **Vitamin C (*NOT as part of a multivitamin*)**

- You took **vitamin C** over the **past month**.

Over the past month, how often did you take **vitamin C** (*NOT as part of a multivitamin*)?

- Less than 1 day per month
- 1-3 days per month
- 1-3 days per week
- 4-6 days per week
- Everyday

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 mg or more
- Don't know

**Vitamin D (*NOT as part of a multivitamin or calcium supplement*)**

- You took **vitamin D** over the **past month**.

Over the past month, how often did you take **vitamin D** (*NOT as part of a multivitamin or calcium supplement*)?

- Less than 1 day per month
- 1-3 days per month
- 1-3 days per week
- 4-6 days per week
- Everyday

When you took **vitamin D**, about how much did you take in one day?

- Less than 400 IU
- 400 - 799 IU
- 800 - 1,999 IU
- 2,000 - 4,999 IU
- 5,000 IU or more
- Don't know

**Vitamin E (*NOT as part of a multivitamin*)?**

- You took **vitamin E** over the **past month**.

Over the past month, how often did you take **vitamin E** (*NOT as part of a multivitamin*)?

- Less than 1 day per month
- 1-3 days per month
- 1-3 days per week
- 4-6 days per week
- Everyday

When you took **vitamin E**, about how much did you take in one day?

- Less than 400 IU
- 400 - 999 IU
- 1,000 IU or more
- Don't know

**Zinc (*NOT as part of a multivitamin*)?**

- You took **zinc** over the **past month**.

Over the past month, how often did you take **zinc** (*NOT as part of a multivitamin*)?

- Less than 1 day per month
- 1-3 days per month
- 1-3 days per week
- 4-6 days per week
- Everyday

When you took **zinc**, about how much did you take in one day?

- Less than 20 mg
- 20 - 49 mg
- 50 mg or more
- Don't know

**Other supplements (*NOT as part of a multivitamin*)**

- You took **other supplements** over the **past month**.

This last question asks you about the following **other supplements** you took more than once per week.

Please mark any of the following **herbal, botanical, or other supplements** (*NOT as part of a multivitamin*) you took more than once per week:

- Cinnamon
- Cranberry
- Creatine
- Echinacea
- Fluoride
- Ginkgo
- Ginseng

- Lecithin
- Plant sterols
- Red yeast
- Thiamin
- Turmeric
- Vitamin A