

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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 you drank plain **espresso shots**?

- 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 **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 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

How often were the espresso drink mixtures 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

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

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 ¼ of the time
- About ½ of the time
- About ¾ 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

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

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 ¼ of the time

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

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

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

- Whole milk
- 2% milk
- 1% milk
- Skim, nonfat, or ½% 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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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.)

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

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

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

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

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

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

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

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

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

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

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

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

- 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 **sour cream** (including low-fat, diet, or light) added to your potatoes, **EITHER IN 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 **margarine** (including low-fat, diet, or light) added to your potatoes, **EITHER IN 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, diet, or light) added to your potatoes, **EITHER IN 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

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

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

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

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

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 $\frac{1}{4}$ 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 **tacos**?

- 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

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

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

How often was the rice or other cooked grains 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

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

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

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

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

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

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

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

How often did you eat pizza with **pepperoni, sausage, or other 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

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

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

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 $\frac{1}{2}$ % fat milk

- Soy milk
- Rice milk
- Almond milk
- Coconut milk
- Condensed or evaporated milk
- Other

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

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

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

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

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

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

- 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 **cream cheese** (including low-fat) spread on your bagels or English muffins?

- 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

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 **breads** 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

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

- 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 rolls used for your sandwich?

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

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

How often were the breads or dinner rolls 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, diet, or light) added to the breads or dinner 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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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 $\frac{1}{4}$ 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

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

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

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

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

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

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 $\frac{1}{4}$ 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 **oven-broiled 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

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

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 $\frac{1}{4}$ 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 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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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 $\frac{1}{4}$ of the time
- About $\frac{1}{2}$ of the time
- About $\frac{3}{4}$ 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 $\frac{1}{4}$ of the time
- About $\frac{1}{2}$ of the time
- About $\frac{3}{4}$ 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, Nutrilite, 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

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 Ocuville, 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 Roloids)

- You took **antacids** over the **past month**.

Over the past month, how often did you take **antacids** (such as Tums or Roloids)?

- 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**, 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

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

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

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

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

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

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

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

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

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

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

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

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