

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 12 months**.

- 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 12 months**.

Over the past 12 months, how often did you drink **tomato juice** or **vegetable juice**?

- 1 time per month or less
- 2-3 times per month
- 1-2 times per week
- 3-4 times per week
- 5-6 times per week
- 1 time per day
- 2-3 times per day
- 4-5 times per day
- 6 or more times per day

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

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

Orange juice or grapefruit juice

- You drank **orange juice** or **grapefruit juice** in the **past 12 months**.

Over the past 12 months, how often did you drink **orange juice** or **grapefruit juice**?

- 1 time per month or less

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

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

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

How often was the orange juice or grapefruit juice you drank **calcium-fortified**?

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

Grape juice

- You drank **grape juice** in the **past 12 months**.

Over the past 12 months, how often did you drink **grape juice**?

- 1 time per month or less
- 2-3 times per month
- 1-2 times per week
- 3-4 times per week
- 5-6 times per week
- 1 time per day
- 2-3 times per day
- 4-5 times per day
- 6 or more times per day

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

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

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

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

- You drank **other 100% fruit juice** or **100% fruit juice mixtures** in the **past 12 months**.

Over the past 12 months, how often did you drink **other 100% fruit juice** or **100% fruit juice mixtures** (such as apple, pineapple, or others)?

- 1 time per month or less
- 2-3 times per month
- 1-2 times per week
- 3-4 times per week
- 5-6 times per week
- 1 time per day
- 2-3 times per day
- 4-5 times per day
- 6 or more times per day

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

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

Fruit or vegetable smoothies

- You drank **fruit** or **vegetable smoothies** in the **past 12 months**.

Over the past 12 months, how often did you drink **fruit** or **vegetable smoothies**?

- 1 time per month or less
- 2-3 times per month
- 1-2 times per week
- 3-4 times per week
- 5-6 times per week
- 1 time per day
- 2-3 times per day
- 4-5 times per day

- 6 or more times per day

Each time you drank **fruit** or **vegetable smoothies**, how much did you usually drink?

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

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

- You drank **other fruit drinks** in the **past 12 months**.

Over the past 12 months, how often did you drink **other fruit drinks**, regular or diet (such as Hi-C, fruit punch, lemonade, or cranberry cocktail)?

- 1 time per month or less
- 2-3 times per month
- 1-2 times per week
- 3-4 times per week
- 5-6 times per week
- 1 time per day
- 2-3 times per day
- 4-5 times per day
- 6 or more times per day

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

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

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

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

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

You drank **milk as a beverage** in the **past 12 months**.

Over the past 12 months, 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 per month or less
- 2-3 times per month
- 1-2 times per week
- 3-4 times per week
- 5-6 times per week
- 1 time per day
- 2-3 times per day
- 4-5 times per day
- 6 or more times per day

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

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

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

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

Chocolate milk or hot chocolate

You drank **chocolate milk** or **hot chocolate** in the **past 12 months**.

Over the past 12 months, how often did you drink **chocolate milk** or **hot chocolate**?

- 1 time per month or less
- 2-3 times per month

- 1-2 times per week
- 3-4 times per week
- 5-6 times per week
- 1 time per day
- 2-3 times per day
- 4-5 times per day
- 6 or more times per day

Each time you drank **chocolate milk** or **hot chocolate**, how much did you usually drink?

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

How often was the chocolate milk or hot chocolate **reduced-fat** or **fat-free**?

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

Milkshakes

You drank **milkshakes** in the **past 12 months**.

Over the past 12 months, how often did you drink **milkshakes**?

- 1 time per month or less
- 2-3 times per month
- 1-2 times per week
- 3-4 times per week
- 5-6 times per week
- 1 time per day
- 2-3 times per day
- 4-5 times per day
- 6 or more times per day

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

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

- More than 2 cups (16 ounces)

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

- You drank **meal replacement** or **high-protein beverages** in the **past 12 months**.

Over the past 12 months, 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 per month or less
- 2-3 times per month
- 1-2 times per week
- 3-4 times per week
- 5-6 times per week
- 1 time per day
- 2-3 times per day
- 4-5 times per day
- 6 or more times per day

Each time you drank **meal replacement** or **high-protein beverages**, how much did you usually drink?

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

Soda or pop

- You drank **soda** or **pop** in the **past 12 months**.

How often did you drink **soda** or **pop** **IN THE SUMMER**?

- NEVER
- 1 time per month or less
- 2-3 times per 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 did you **drink soda** or **pop DURING THE REST OF THE YEAR?**

- NEVER
- 1 time per month or less
- 2-3 times per month
- 1-2 times per week
- 3-4 times per week
- 5-6 times per week
- 1 time per day
- 2-3 times per day
- 4-5 times per day
- 6 or more times per day

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

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

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

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

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

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

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

- You drank **sports drinks** in the **past 12 months**.

How often did you drink **sports drinks** (such as Gatorade, Powerade, or Propel) **IN THE SUMMER?**

- NEVER
- 1 time per month or less
- 2-3 times per 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 did you drink **sports drinks** (such as Gatorade, Powerade, or Propel) **DURING THE REST OF THE YEAR?**

- NEVER
- 1 time per month or less
- 2-3 times per month
- 1-2 times per week
- 3-4 times per week
- 5-6 times per week
- 1 time per day
- 2-3 times per day
- 4-5 times per day
- 6 or more times per day

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

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

Energy drinks (such as Red Bull or Jolt)

- You drank **energy drinks** in the **past 12 months**.

Over the past 12 months, how often did you drink **energy drinks** (such as Red Bull or Jolt)?

- 1 time per month or less

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

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

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

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

- You drank **water** in the **past 12 months**.

How often did you drink **water** (including tap, bottled, and carbonated water; *NOT including vitamin water*) **IN THE SUMMER?**

- NEVER
- 1 time per month or less
- 2-3 times per 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 did you drink **water** (including tap, bottled, and carbonated water; *NOT including vitamin water*) **DURING THE REST OF THE YEAR?**

- NEVER
- 1 time per month or less
- 2-3 times per month
- 1-2 times per week

- 3-4 times per week
- 5-6 times per week
- 1 time per day
- 2-3 times per day
- 4-5 times per day
- 6 or more times per day

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

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

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

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

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

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

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

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

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

- You drank **vitamin water** in the **past 12 months**.

Over the past 12 months, how often did you drink **vitamin water** (such as SoBe, Propel Zero, or Glaceau Water)?

- 1 time per month or less
- 2-3 times per month
- 1-2 times per week
- 3-4 times per week
- 5-6 times per week
- 1 time per day
- 2-3 times per day
- 4-5 times per day
- 6 or more times per day

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

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

Beer

- You drank **beer** in the **past 12 months**.

How often did you drink **beer IN THE SUMMER**?

- NEVER
- 1 time per month or less
- 2-3 times per 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 did you drink **beer DURING THE REST OF THE YEAR**?

- NEVER
- 1 time per month or less
- 2-3 times per month

- 1-2 times per week
- 3-4 times per week
- 5-6 times per week
- 1 time per day
- 2-3 times per day
- 4-5 times per day
- 6 or more times per day

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

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

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

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

Wine or wine cooler

- You drank **wine** or **wine cooler** in the **past 12 months**.

Over the past 12 months, how often did you drink **wine** or **wine cooler**?

- 1 time per month or less
- 2-3 times per month
- 1-2 times per week
- 3-4 times per week
- 5-6 times per week
- 1 time per day
- 2-3 times per day
- 4-5 times per day
- 6 or more times per day

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

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

- More than 2 glasses (10 ounces)

Liquor or mixed drinks

- You drank **liquor** or **mixed drinks** in the **past 12 months**.

Over the past 12 months, how often did you drink **liquor or mixed drinks**?

- 1 time per month or less
- 2-3 times per month
- 1-2 times per week
- 3-4 times per week
- 5-6 times per week
- 1 time per day
- 2-3 times per day
- 4-5 times per day
- 6 or more times per day

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

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

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

- You drank **coffee** in the **past 12 months**.

Over the past 12 months, 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 per month
- 1-3 cups per month
- 1 cup per week
- 2-4 cups per week
- 5-6 cups per week
- 1 cup per day
- 2-3 cups per day
- 4-5 cups per day
- 6 or more cups per day

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

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

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

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

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

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

How often was the coffee your drank **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 $\frac{1}{4}$ of the time
- About $\frac{1}{2}$ of the time
- About $\frac{3}{4}$ 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 12 months**.

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

- 1-6 times per year
- 7-11 times per year
- 1 time per month
- 2-3 times per month
- 1 time per week
- 2 times per week
- 3-4 times per week
- 5-6 times per week
- 1 time per day
- 2 or more times per day

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

- Less than a small drink (12 ounces)
- Small to medium drink (12 to 16 ounces)
- More than a large drink (20 ounces)

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

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

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

You drank **ICED tea** in the **past 12 months**.

Over the past 12 months, 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 per month
- 1-3 glasses, cans, or bottles per 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 12 months**.

Over the past 12 months, how many cups of **HOT tea**, caffeinated or decaffeinated (*NOT including herbal or green tea*), did you drink?

- Less than 1 cup per month
- 1-3 cups per month
- 1 cup per week
- 2-4 cups per week
- 5-6 cups per week
- 1 cup per day
- 2-3 cups per day

- 4-5 cups per day
- 6 or more cups per day

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 12 months**.

Over the past 12 months, how many cups of **green tea** did you drink?

- Less than 1 cup per month
- 1-3 cups per month
- 1 cup per week
- 2-4 cups per week
- 5-6 cups per week
- 1 cup per day
- 2-3 cups per day
- 4-5 cups per day
- 6 or more cups per day

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 12 months**.

Over the past 12 months, how many cups of **herbal** or **fruit tea** (including hibiscus, chamomile, licorice, sassafras, etc.) did you drink?

- Less than 1 cup per month

- 1-3 cups per month
- 1 cup per week
- 2-4 cups per week
- 5-6 cups per week
- 1 cup per day
- 2-3 cups per day
- 4-5 cups per day
- 6 or more cups per day

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 12 months**.

- 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 12 months**.

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

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

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

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

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

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

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

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

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

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

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

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

- You added **cream, milk, or non-dairy creamer** to your coffee or tea in the **past 12 months**.

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

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

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

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

- Less than 1 teaspoon

- 1 to 4 teaspoons
- More than 4 teaspoons

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

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

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

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

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

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

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

- Regular
- Low-fat

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

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

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

- Less than 1 tablespoon
- 1 to 4 tablespoons

- More than 4 tablespoons

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

- Whole milk
- 2% milk
- 1% milk
- Skim, nonfat, or 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 12 months**.

- 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 12 months**.

Over the past 12 months, how often did you eat **applesauce**?

- 1-6 times per year
- 7-11 times per year
- 1 time per month
- 2-3 times per month
- 1 time per week
- 2 times per week
- 3-4 times per week
- 5-6 times per week
- 1 time per day
- 2 or more times per day

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

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

Apples

You ate **apples** in the **past 12 months**.

Over the past 12 months, how often did you eat **apples**?

- 1-6 times per year
- 7-11 times per year
- 1 time per month
- 2-3 times per month
- 1 time per week
- 2 times per week
- 3-4 times per week
- 5-6 times per week
- 1 time per day
- 2 or more times per day

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

- Less than 1 apple
- 1 apple

- More than 1 apple

Bananas

- You ate **bananas** in the **past 12 months**.

Over the past 12 months, how often did you eat **bananas**?

- 1-6 times per year
- 7-11 times per year
- 1 time per month
- 2-3 times per month
- 1 time per week
- 2 times per week
- 3-4 times per week
- 5-6 times per week
- 1 time per day
- 2 or more times per day

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

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

Pineapple (fresh, canned, or frozen)

- You ate **pineapple** in the **past 12 months**.

Over the past 12 months, how often did you eat **pineapple** (fresh, canned, or frozen)?

- 1-6 times per year
- 7-11 times per year
- 1 time per month
- 2-3 times per month
- 1 time per week
- 2 times per week
- 3-4 times per week
- 5-6 times per week
- 1 time per day
- 2 or more times per day

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

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

Pears (fresh, canned, or frozen)

You ate **pears** in the **past 12 months**.

Over the past 12 months, how often did you eat **pears** (fresh, canned, or frozen)?

- 1-6 times per year
- 7-11 times per year
- 1 time per month
- 2-3 times per month
- 1 time per week
- 2 times per week
- 3-4 times per week
- 5-6 times per week
- 1 time per day
- 2 or more times per day

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

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

Peaches, nectarines, or plums

You ate **peaches, nectarines, or plums** in the **past 12 months**.

How often did you eat fresh **peaches, nectarines, or plums** **WHEN IN SEASON**?

- NEVER
- 1-6 times per season
- 7-11 times per season
- 1 time per month
- 2-3 times per month
- 1 time per week
- 2 times per week

- 3-4 times per week
- 5-6 times per week
- 1 time per day
- 2 or more times per day

How often did you eat **peaches, nectarines, or plums** (fresh, canned, or frozen) **DURING THE REST OF THE YEAR?**

- NEVER
- 1-6 times per year
- 7-11 times per year
- 1 time per month
- 2-3 times per month
- 1 time per week
- 2 times per week
- 3-4 times per week
- 5-6 times per week
- 1 time per day
- 2 or more times per day

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

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

Dried fruit (such as prunes or raisins)

- You ate **dried fruit** in the **past 12 months**.

Over the past 12 months, how often did you eat **dried fruit** (such as prunes or raisins)?

- 1-6 times per year
- 7-11 times per year
- 1 time per month
- 2-3 times per month
- 1 time per week
- 2 times per week
- 3-4 times per week
- 5-6 times per week

- 1 time per day
- 2 or more times per day

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

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

Grapes

- You ate **grapes** in the **past 12 months**.

Over the past 12 months, how often did you eat **grapes**?

- 1-6 times per year
- 7-11 times per year
- 1 time per month
- 2-3 times per month
- 1 time per week
- 2 times per week
- 3-4 times per week
- 5-6 times per week
- 1 time per day
- 2 or more times per day

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

- Less than ½ cup or fewer than 10 grapes
- ½ to 1½ cups or 10 to 30 grapes
- More than 1½ cups or more than 30 grapes

Cantaloupe

- You ate **cantaloupe** in the **past 12 months**.

How often did you eat fresh **cantaloupe WHEN IN SEASON**?

- NEVER
- 1-6 times per season
- 7-11 times per season
- 1 time per month

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

How often did you eat **cantaloupe** (fresh or frozen) **DURING THE REST OF THE YEAR?**

- NEVER
- 1-6 times per year
- 7-11 times per year
- 1 time per month
- 2-3 times per month
- 1 time per week
- 2 times per week
- 3-4 times per week
- 5-6 times per week
- 1 time per day
- 2 or more times per day

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

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

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

- You ate **other melons** in the **past 12 months**.

How often did you eat fresh **melons, other than cantaloupe** (such as watermelon or honeydew), **WHEN IN SEASON?**

- NEVER
- 1-6 times per season
- 7-11 times per season
- 1 time per month
- 2-3 times per month

- 1 time per week
- 2 times per week
- 3-4 times per week
- 5-6 times per week
- 1 time per day
- 2 or more times per day

How often did you eat **melons**, other than cantaloupe (fresh or frozen), **DURING THE REST OF THE YEAR?**

- NEVER
- 1-6 times per year
- 7-11 times per year
- 1 time per month
- 2-3 times per month
- 1 time per week
- 2 times per week
- 3-4 times per week
- 5-6 times per week
- 1 time per day
- 2 or more times per day

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

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

Strawberries

- You ate **strawberries** in the **past 12 months**.

How often did you eat fresh **strawberries WHEN IN SEASON?**

- NEVER
- 1-6 times per season
- 7-11 times per season
- 1 time per month
- 2-3 times per month
- 1 time per week

- 2 times per week
- 3-4 times per week
- 5-6 times per week
- 1 time per day
- 2 or more times per day

How often did you eat **strawberries** (fresh or frozen) **DURING THE REST OF THE YEAR?**

- NEVER
- 1-6 times per year
- 7-11 times per year
- 1 time per month
- 2-3 times per month
- 1 time per week
- 2 times per week
- 3-4 times per week
- 5-6 times per week
- 1 time per day
- 2 or more times per day

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

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

Blueberries

- You ate **blueberries** in the **past 12 months**.

How often did you eat fresh **blueberries** **WHEN IN SEASON?**

- NEVER
- 1-6 times per season
- 7-11 times per season
- 1 time per month
- 2-3 times per month
- 1 time per week
- 2 times per week
- 3-4 times per week

- 5-6 times per week
- 1 time per day
- 2 or more times per day

How often did you eat **blueberries** (fresh or frozen) **DURING THE REST OF THE YEAR?**

- NEVER
- 1-6 times per year
- 7-11 times per year
- 1 time per month
- 2-3 times per month
- 1 time per week
- 2 times per week
- 3-4 times per week
- 5-6 times per week
- 1 time per day
- 2 or more times per day

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

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

Oranges, tangerines, or clementines

You ate **oranges, tangerines, or clementines** in the **past 12 months**.

How often did you eat fresh **oranges, tangerines, or clementines** **WHEN IN SEASON?**

- NEVER
- 1-6 times per season
- 7-11 times per season
- 1 time per month
- 2-3 times per month
- 1 time per week
- 2 times per week
- 3-4 times per week
- 5-6 times per week
- 1 time per day

- 2 or more times per day

How often did you eat **oranges, tangerines, or clementines** (fresh, canned, or frozen) **DURING THE REST OF THE YEAR?**

- NEVER
- 1-6 times per year
- 7-11 times per year
- 1 time per month
- 2-3 times per month
- 1 time per week
- 2 times per week
- 3-4 times per week
- 5-6 times per week
- 1 time per day
- 2 or more times per day

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

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

Grapefruit

- You ate **grapefruit** in the **past 12 months**.

How often did you eat fresh **grapefruit** **WHEN IN SEASON?**

- NEVER
- 1-6 times per season
- 7-11 times per season
- 1 time per month
- 2-3 times per month
- 1 time per week
- 2 times per week
- 3-4 times per week
- 5-6 times per week
- 1 time per day
- 2 or more times per day

How often did you eat **grapefruit** (fresh, canned, or frozen) **DURING THE REST OF THE YEAR?**

- NEVER
- 1-6 times per year
- 7-11 times per year
- 1 time per month
- 2-3 times per month
- 1 time per week
- 2 times per week
- 3-4 times per week
- 5-6 times per week
- 1 time per day
- 2 or more times per day

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

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

Avocado or guacamole

- You ate **avocado** or **guacamole** in the **past 12 months**.

Over the past 12 months, how often did you eat **avocado** or **guacamole**?

- 1-6 times per year
- 7-11 times per year
- 1 time per month
- 2-3 times per month
- 1 time per week
- 2 times per week
- 3-4 times per week
- 5-6 times per week
- 1 time per day
- 2 or more times per day

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

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

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

Other kinds of fruit (not listed above)

- You ate **other fruits** in the **past 12 months**.

Over the past 12 months, how often did you eat **other kinds of fruit**?

- 1-6 times per year
- 7-11 times per year
- 1 time per month
- 2-3 times per month
- 1 time per week
- 2 times per week
- 3-4 times per week
- 5-6 times per week
- 1 time per day
- 2 or more times per day

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

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

Vegetables, potatoes, beans

What vegetables, potatoes, and beans did you eat?

Please check the box next to each food that you ate at least once in the **past 12 months**.

- 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 12 months**.

Over the past 12 months, how often did you eat **COOKED greens** (such as spinach, turnip, collard, mustard, chard, or kale)?

- 1-6 times per year
- 7-11 times per year
- 1 time per month
- 2-3 times per month
- 1 time per week
- 2 times per week
- 3-4 times per week
- 5-6 times per week
- 1 time per day
- 2 or more times per day

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

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

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

You ate **RAW greens** in the **past 12 months**.

Over the past 12 months, how often did you eat **RAW greens** (such as spinach, turnip, collard, chard, kale, watercress, seaweed, mustard greens, beet greens, or dandelion greens)?

- 1-6 times per year
- 7-11 times per year
- 1 time per month
- 2-3 times per month
- 1 time per week
- 2 times per week
- 3-4 times per week
- 5-6 times per week
- 1 time per day
- 2 or more times per day

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

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

Coleslaw

You ate **coleslaw** in the **past 12 months**.

Over the past 12 months, how often did you eat **coleslaw**?

- 1-6 times per year
- 7-11 times per year
- 1 time per month
- 2-3 times per month
- 1 time per week

- 2 times per week
- 3-4 times per week
- 5-6 times per week
- 1 time per day
- 2 or more times per day

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

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

Sauerkraut or cabbage (other than coleslaw)

- You ate **sauerkraut** or **cabbage** in the **past 12 months**.

Over the past 12 months, how often did you eat **sauerkraut** or **cabbage** (other than coleslaw)?

- 1-6 times per year
- 7-11 times per year
- 1 time per month
- 2-3 times per month
- 1 time per week
- 2 times per week
- 3-4 times per week
- 5-6 times per week
- 1 time per day
- 2 or more times per day

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

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

COOKED carrots (including frozen, fresh, or canned)

- You ate **COOKED carrots** in the **past 12 months**.

Over the past 12 months, how often did you eat **COOKED carrots** (including frozen, fresh, or canned)?

- 1-6 times per year

- 7-11 times per year
- 1 time per month
- 2-3 times per month
- 1 time per week
- 2 times per week
- 3-4 times per week
- 5-6 times per week
- 1 time per day
- 2 or more times per day

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

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

RAW carrots

- You ate **RAW carrots** in the **past 12 months**.

Over the past 12 months, how often did you eat **RAW carrots**?

- 1-6 times per year
- 7-11 times per year
- 1 time per month
- 2-3 times per month
- 1 time per week
- 2 times per week
- 3-4 times per week
- 5-6 times per week
- 1 time per day
- 2 or more times per day

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

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

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

You ate **string beans** or **green beans** in the **past 12 months**.

Over the past 12 months, how often did you eat **string beans** or **green beans** (fresh, canned, or frozen)?

- 1-6 times per year
- 7-11 times per year
- 1 time per month
- 2-3 times per month
- 1 time per week
- 2 times per week
- 3-4 times per week
- 5-6 times per week
- 1 time per day
- 2 or more times per day

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

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

Peas (fresh, canned, or frozen)

You ate **peas** in the **past 12 months**.

Over the past 12 months, how often did you eat **peas** (fresh, canned, or frozen)?

- 1-6 times per year
- 7-11 times per year
- 1 time per month
- 2-3 times per month
- 1 time per week
- 2 times per week
- 3-4 times per week
- 5-6 times per week
- 1 time per day
- 2 or more times per day

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

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

- 1/4 to 3/4 cup
- More than 3/4 cups

Corn (fresh, canned, or frozen)

- You ate **corn** in the **past 12 months**.

How often did you eat **corn** (fresh, canned, or frozen) **WHEN IN SEASON?**

- NEVER
- 1-6 times per year
- 7-11 times per year
- 1 time per month
- 2-3 times per month
- 1 time per week
- 2 times per week
- 3-4 times per week
- 5-6 times per week
- 1 time per day
- 2 or more times per day

How often did you eat **corn** (fresh, canned, or frozen) **DURING THE REST OF THE YEAR?**

- NEVER
- 1-6 times per year
- 7-11 times per year
- 1 time per month
- 2-3 times per month
- 1 time per week
- 2 times per week
- 3-4 times per week
- 5-6 times per week
- 1 time per day
- 2 or more times per day

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

- Less than 1 ear or less than 1/2 cup
- 1 ear or 1/2 to 3/4 cup
- More than 1 ear or more than 3/4 cup

Broccoli (fresh or frozen)

You ate **broccoli** in the **past 12 months**.

Over the past 12 months, how often did you eat **broccoli** (fresh or frozen)?

- 1-6 times per year
- 7-11 times per year
- 1 time per month
- 2-3 times per month
- 1 time per week
- 2 times per week
- 3-4 times per week
- 5-6 times per week
- 1 time per day
- 2 or more times per day

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

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

Cauliflower or Brussels sprouts (fresh or frozen)

You ate **cauliflower** or **Brussels sprouts** in the **past 12 months**.

Over the past 12 months, how often did you eat **cauliflower** or **Brussels sprouts** (fresh or frozen)?

- 1-6 times per year
- 7-11 times per year
- 1 time per month
- 2-3 times per month
- 1 time per week
- 2 times per week
- 3-4 times per week
- 5-6 times per week
- 1 time per day
- 2 or more times per day

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

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

Sweet peppers (green, red, or yellow)

You ate **sweet peppers** in the **past 12 months**.

Over the past 12 months, how often did you eat **sweet peppers** (green, red, or yellow)?

- 1-6 times per year
- 7-11 times per year
- 1 time per month
- 2-3 times per month
- 1 time per week
- 2 times per week
- 3-4 times per week
- 5-6 times per week
- 1 time per day
- 2 or more times per day

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

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

Onions

You ate **onions** in the **past 12 months**.

Over the past 12 months, how often did you eat **onions**?

- 1-6 times per year
- 7-11 times per year
- 1 time per month
- 2-3 times per month
- 1 time per week
- 2 times per week
- 3-4 times per week

- 5-6 times per week
- 1 time per day
- 2 or more times per day

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

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

Garlic

- You ate **garlic** in the **past 12 months**.

Over the past 12 months, how often did you eat **garlic**?

- 1-6 times per year
- 7-11 times per year
- 1 time per month
- 2-3 times per month
- 1 time per week
- 2 times per week
- 3-4 times per week
- 5-6 times per week
- 1 time per day
- 2 or more times per day

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

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

Mixed vegetables

- You ate **mixed vegetables** in the **past 12 months**.

Over the past 12 months, how often did you eat **mixed vegetables**?

- 1-6 times per year
- 7-11 times per year
- 1 time per month

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

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

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

Additions to cooked vegetables

Fats added during cooking

Now think about all the **COOKED vegetables** (*NOT including potatoes*) you ate in the **past 12 months** and how they were prepared. How often were your vegetables **COOKED WITH** some sort of **fat**, including oil spray?

- NEVER
- 1-6 times per year
- 7-11 times per year
- 1 time per month
- 2-3 times per month
- 1 time per week
- 2 times per week
- 3-4 times per week
- 5-6 times per week
- 1 time per day
- 2 or more times per day

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

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

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

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

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

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

Fats added after cooking

Now, thinking again about all the **COOKED vegetables** (*NOT including potatoes*) you ate in the **past 12 months**, how often was some sort of **fat** or **dressing** added **AFTER COOKING OR AT THE TABLE?**

- NEVER
- 1-6 times per year
- 7-11 times per year
- 1 time per month
- 2-3 times per month
- 1-2 times per week
- 3-4 times per week
- 5-6 times per week
- 1 time per day
- 2 times per day
- 3 or more times per day

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

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

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

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

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

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

Lettuce salads (with or without other vegetables)

You ate **lettuce salads** in the **past 12 months**.

Over the past 12 months, how often did you eat **lettuce salads** (with or without other vegetables)?

- 1-6 times per year
- 7-11 times per year
- 1 time per month
- 2-3 times per month
- 1 time per week
- 2 times per week
- 3-4 times per week
- 5-6 times per week
- 1 time per day
- 2 or more times per day

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

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

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

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

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

You ate **salad dressing on salads** in the **past 12 months**.

Over the past 12 months, how often did you eat **salad dressing on salads** (including low-fat or fat-free)?

- 1-6 times per year
- 7-11 times per year
- 1 time per month
- 2-3 times per month
- 1 time per week
- 2 times per week
- 3-4 times per week
- 5-6 times per week
- 1 time per day
- 2 or more times per day

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

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

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

You ate **mayonnaise on salads** in the **past 12 months**.

Over the past 12 months, how often did you eat **mayonnaise on salads** (including low-fat, diet, or light)?

- 1-6 times per year
- 7-11 times per year
- 1 time per month
- 2-3 times per month
- 1 time per week
- 2 times per week
- 3-4 times per week
- 5-6 times per week
- 1 time per day
- 2 or more times per day

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

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

Fresh tomatoes (including those in salads)

You ate fresh **tomatoes** in the **past 12 months**.

How often did you eat fresh **tomatoes** (including those in salads) **WHEN IN SEASON?**

- NEVER
- 1-6 times per year
- 7-11 times per year
- 1 time per month
- 2-3 times per month
- 1 time per week
- 2 times per week
- 3-4 times per week
- 5-6 times per week
- 1 time per day
- 2 or more times per day

How often did you eat fresh **tomatoes** (including those in salads) **DURING THE REST OF THE YEAR?**

- NEVER
- 1-6 times per year
- 7-11 times per year
- 1 time per month
- 2-3 times per month
- 1 time per week
- 2 times per week
- 3-4 times per week
- 5-6 times per week
- 1 time per day
- 2 or more times per day

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

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

Salsa

- You ate **salsa** in the **past 12 months**.

Over the past 12 months, how often did you eat **salsa**?

- 1-6 times per year
- 7-11 times per year
- 1 time per month
- 2-3 times per month
- 1 time per week
- 2 times per week
- 3-4 times per week
- 5-6 times per week
- 1 time per day
- 2 or more times per day

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

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

Catsup or ketchup

- You ate **catsup** or **ketchup** in the **past 12 months**.

Over the past 12 months, how often did you eat **catsup** or **ketchup**?

- 1-6 times per year
- 7-11 times per year
- 1 time per month
- 2-3 times per month
- 1 time per week
- 2 times per week
- 3-4 times per week
- 5-6 times per week

- 1 time per day
- 2 or more times per day

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

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

Sweet potatoes or yams

- You ate **sweet potatoes** or yams in the **past 12 months**.

Over the past 12 months, how often did you eat **sweet potatoes** or **yams**?

- 1-6 times per year
- 7-11 times per year
- 1 time per month
- 2-3 times per month
- 1 time per week
- 2 times per week
- 3-4 times per week
- 5-6 times per week
- 1 time per day
- 2 or more times per day

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

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

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

- You ate **French fries**, **home fries**, **hash browned potatoes**, or **Tater Tots** in the **past 12 months**.

Over the past 12 months, how often did you eat **French fries**, **home fries**, **hash browned potatoes**, or **Tater Tots**?

- 1-6 times per year
- 7-11 times per year
- 1 time per month

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

Each time you ate **French fries, home fries, hash browned potatoes, or Tater Tots**, how much did you usually eat?

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

Potato salad

- You ate **potato salad** in the **past 12 months**.

Over the past 12 months, how often did you eat **potato salad**?

- 1-6 times per year
- 7-11 times per year
- 1 time per month
- 2-3 times per month
- 1 time per week
- 2 times per week
- 3-4 times per week
- 5-6 times per week
- 1 time per day
- 2 or more times per day

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

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

Baked, boiled, or mashed potatoes

- You ate **baked, boiled, or mashed potatoes** in the **past 12 months**.

Over the past 12 months, how often did you eat **baked, boiled, or mashed potatoes**?

- 1-6 times per year
- 7-11 times per year
- 1 time per month
- 2-3 times per month
- 1 time per week
- 2 times per week
- 3-4 times per week
- 5-6 times per week
- 1 time per day
- 2 or more times per day

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

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

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

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

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

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

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

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

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

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

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

You ate **cooked dried** or **canned beans** in the **past 12 months**.

Over the past 12 months, 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*)?

- 1-6 times per year
- 7-11 times per year
- 1 time per month
- 2-3 times per month
- 1 time per week
- 2 times per week
- 3-4 times per week
- 5-6 times per week

- 1 time per day
- 2 or more times per day

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

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

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

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

Other kinds of vegetables (not listed above)

- You ate **other kinds of vegetables** in the **past 12 months**.

Over the past 12 months, how often did you eat **other kinds of vegetables**?

- 1-6 times per year
- 7-11 times per year
- 1 time per month
- 2-3 times per month
- 1 time per week
- 2 times per week
- 3-4 times per week
- 5-6 times per week
- 1 time per day
- 2 or more times per day

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

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

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

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

Please check the box next to each food that you ate at least once in the **past 12 months**.

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

Soups

- You ate **soups** in the **past 12 months**.

How often did you eat **soups DURING THE WINTER?**

- NEVER
- 1-6 times per year
- 7-11 times per year
- 1 time per month
- 2-3 times per month
- 1 time per week
- 2 times per week
- 3-4 times per week
- 5-6 times per week
- 1 time per day
- 2 or more times per day

How often did you eat **soups DURING THE REST OF THE YEAR?**

- NEVER
- 1-6 times per year
- 7-11 times per year
- 1 time per month
- 2-3 times per month
- 1 time per week
- 2 times per week
- 3-4 times per week
- 5-6 times per week
- 1 time per day
- 2 or more times per day

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

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

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

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

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

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

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

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

Chili

You ate **chili** in the **past 12 months**.

Over the past 12 months, how often did you eat **chili**?

- 1-6 times per year
- 7-11 times per year
- 1 time per month
- 2-3 times per month
- 1 time per week
- 2 times per week

- 3-4 times per week
- 5-6 times per week
- 1 time per day
- 2 or more times per day

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

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

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

- You ate **tacos, tostados, burritos, tamales, fajitas, enchiladas, quesadillas, or chimichangas** in the **past 12 months**.

Over the past 12 months, how often did you eat **tacos, tostados, burritos, tamales, fajitas, enchiladas, quesadillas, or chimichangas**?

- 1-6 times per year
- 7-11 times per year
- 1 time per month
- 2-3 times per month
- 1 time per week
- 2 times per week
- 3-4 times per week
- 5-6 times per week
- 1 time per day
- 2 or more times per day

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

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

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

Corn or wheat tortillas

- You ate **corn** or **wheat tortillas** in the **past 12 months**.

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

- 1-6 times per year
- 7-11 times per year
- 1 time per month
- 2-3 times per month
- 1 time per week
- 2 times per week
- 3-4 times per week
- 5-6 times per week
- 1 time per day
- 2 or more times per day

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

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

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

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

Rice, pasta, pizza

What rice, pasta, and pizza have you eaten?

Please check the box next to each food that you ate at least once in the **past 12 months**.

- 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 12 months**.

Over the past 12 months, how often did you eat **rice** or **other cooked grains** (such as bulgur, cracked wheat, or millet; *NOT including sushi*)?

- 1-6 times per year
- 7-11 times per year
- 1 time per month
- 2-3 times per month
- 1 time per week
- 2 times per week
- 3-4 times per week
- 5-6 times per week
- 1 time per day
- 2 or more times per day

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

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

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

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

Sushi

- You ate **sushi** in the **past 12 months**.

Over the past 12 months, how often did you eat **sushi**?

- 1-6 times per year
- 7-11 times per year
- 1 time per month
- 2-3 times per month
- 1 time per week
- 2 times per week
- 3-4 times per week
- 5-6 times per week
- 1 time per day
- 2 or more times per day

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

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

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

- You ate **lasagna, stuffed shells, stuffed manicotti, ravioli, or tortellini** in the **past 12 months**.

Over the past 12 months, how often did you eat **lasagna, stuffed shells, stuffed manicotti, ravioli, or tortellini** (including gluten-free; *NOT including spaghetti or other pasta*)?

- 1-6 times per year
- 7-11 times per year
- 1 time per month

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

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

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

Macaroni and cheese (including gluten-free)

- You ate **macaroni and cheese** in the **past 12 months**.

Over the past 12 months, how often did you eat **macaroni and cheese** (including gluten-free)?

- 1-6 times per year
- 7-11 times per year
- 1 time per month
- 2-3 times per month
- 1 time per week
- 2 times per week
- 3-4 times per week
- 5-6 times per week
- 1 time per day
- 2 or more times per day

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

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

Pasta salad or macaroni salad (including gluten-free)

- You ate **pasta salad or macaroni salad** in the **past 12 months**.

Over the past 12 months, how often did you eat **pasta salad** or **macaroni salad** (including gluten-free)?

- 1-6 times per year
- 7-11 times per year
- 1 time per month
- 2-3 times per month
- 1 time per week
- 2 times per week
- 3-4 times per week
- 5-6 times per week
- 1 time per day
- 2 or more times per day

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

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

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

- You ate **pasta, spaghetti, or other noodles** in the **past 12 months**.

Other than the pastas listed previously, over the past 12 months, how often did you eat **pasta, spaghetti, or other noodles** (including gluten-free)?

- 1-6 times per year
- 7-11 times per year
- 1 time per month
- 2-3 times per month
- 1 time per week
- 2 times per week
- 3-4 times per week
- 5-6 times per week
- 1 time per day
- 2 or more times per day

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

- Less than 1 cup

- 1 to 3 cups
- More than 3 cups

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

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

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

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

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 12 months**.

Over the past 12 months, how often did you eat **pizza** (including gluten-free)?

- 1-6 times per year
- 7-11 times per year
- 1 time per month
- 2-3 times per month
- 1 time per week
- 2 times per week

- 3-4 times per week
- 5-6 times per week
- 1 time per day
- 2 or more times per day

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

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

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

- Almost never or never
- About $\frac{1}{4}$ 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 12 months**.

- 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 12 months**.

How often did you eat **oatmeal, grits, or other cooked cereal IN THE WINTER?**

- NEVER
- 1-6 times per year
- 7-11 times per year
- 1 time per month
- 2-3 times per month
- 1 time per week
- 2 times per week
- 3-4 times per week
- 5-6 times per week
- 1 time per day
- 2 or more times per day

How often did you eat **oatmeal, grits, or other cooked cereal DURING THE REST OF THE YEAR?**

- NEVER
- 1-6 times per year
- 7-11 times per year
- 1 time per month
- 2-3 times per month
- 1 time per week
- 2 times per week
- 3-4 times per week
- 5-6 times per week
- 1 time per day
- 2 or more times per day

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

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

Cold cereal (including gluten-free)

- You ate **cold cereal** in the **past 12 months**.

Over the past 12 months, how often did you eat **cold cereal** (including gluten-free)?

- 1-6 times per year
- 7-11 times per year
- 1 time per month
- 2-3 times per month
- 1 time per week
- 2 times per week
- 3-4 times per week
- 5-6 times per week
- 1 time per day
- 2 or more times per day

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

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

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

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

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

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

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

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

- Almost always or always

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

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

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

- Yes
- No

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

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

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

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

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

- You ate **pancakes, waffles, or French toast** in the **past 12 months**.

Over the past 12 months, how often did you eat **pancakes, waffles, or French toast** (including gluten-free)?

- 1-6 times per year
- 7-11 times per year

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

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

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

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

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

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

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

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

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

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

- Almost never or never

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

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

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

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

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

Bagels or English muffins (including gluten-free)

- You ate **bagels** or **English muffins** in the **past 12 months**.

Over the past 12 months, how often did you eat **bagels** or **English muffins** (including gluten-free)?

- 1-6 times per year
- 7-11 times per year
- 1 time per month
- 2-3 times per month
- 1 time per week
- 2 times per week
- 3-4 times per week
- 5-6 times per week
- 1 time per day
- 2 or more times per day

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

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

- More than 2 bagels or English muffins

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

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

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

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

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

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

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

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

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

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

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

- You ate **breads** or **rolls AS PART OF SANDWICHES** in the **past 12 months**.

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 12 months, how often did you eat **breads** or **rolls AS PART OF SANDWICHES** (including gluten-free)?

- 1-6 times per year
- 7-11 times per year
- 1 time per month
- 2-3 times per month
- 1 time per week
- 2 times per week
- 3-4 times per week
- 5-6 times per week
- 1 time per day
- 2 or more times per day

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

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

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

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

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

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

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

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

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

- Almost never or never
- About 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

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

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

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

- You ate **breads** or **rolls NOT AS PART OF SANDWICHES** in the **past 12 months**.

Over the past 12 months, how often did you eat **breads** or **dinner rolls NOT AS PART OF SANDWICHES** (including gluten-free)?

- 1-6 times per year
- 7-11 times per year
- 1 time per month
- 2-3 times per month
- 1 time per week
- 2 times per week
- 3-4 times per week
- 5-6 times per week
- 1 time per day
- 2 or more times per day

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

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

How often were the breads or 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

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

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

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

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

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

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

Cornbread or corn muffins

- You ate **cornbread** or **corn muffins** in the **past 12 months**.

Over the past 12 months, how often did you eat **cornbread** or **corn muffins**?

- 1-6 times per year
- 7-11 times per year
- 1 time per month
- 2-3 times per month
- 1 time per week
- 2 times per week
- 3-4 times per week
- 5-6 times per week
- 1 time per day
- 2 or more times per day

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

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

Biscuits

You ate **biscuits** in the **past 12 months**.

Over the past 12 months, how often did you eat **biscuits**?

- 1-6 times per year
- 7-11 times per year
- 1 time per month
- 2-3 times per month
- 1 time per week
- 2 times per week
- 3-4 times per week
- 5-6 times per week
- 1 time per day
- 2 or more times per day

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

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

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

You ate **jam, jelly, or honey** in the **past 12 months**.

Over the past 12 months, how often did you eat **jam, jelly, or honey** (on bagels, muffins, breads, rolls, crackers, etc.)?

- 1-6 times per year
- 7-11 times per year
- 1 time per month
- 2-3 times per month
- 1 time per week
- 2 times per week
- 3-4 times per week
- 5-6 times per week
- 1 time per day
- 2 or more times per day

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

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

Peanut butter or other nut butter

You ate **peanut butter or other nut butter** in the **past 12 months**.

Over the past 12 months, how often did you eat **peanut butter or other nut butter**?

- 1-6 times per year
- 7-11 times per year
- 1 time per month
- 2-3 times per month
- 1 time per week
- 2 times per week
- 3-4 times per week
- 5-6 times per week
- 1 time per day
- 2 or more times per day

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

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

Hummus

You ate **hummus** in the **past 12 months**.

Over the past 12 months, how often did you eat **hummus**?

- 1-6 times per year
- 7-11 times per year
- 1 time per month
- 2-3 times per month
- 1 time per week
- 2 times per week
- 3-4 times per week

- 5-6 times per week
- 1 time per day
- 2 or more times per day

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

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

Cold cuts, luncheon meats, hot dogs

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

Please check the box next to each food that you ate at least once in the **past 12 months**.

- 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 12 months**.

Over the past 12 months, how often did you eat **roast beef** or **steak IN SANDWICHES**?

- 1-6 times per year
- 7-11 times per year
- 1 time per month
- 2-3 times per month
- 1 time per week
- 2 times per week
- 3-4 times per week
- 5-6 times per week
- 1 time per day
- 2 or more times per day

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

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

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

- You ate **luncheon** or **deli-style ham** in the **past 12 months**.

Over the past 12 months, how often did you eat **luncheon** or **deli-style ham** (*NOT including other ham*)?

- 1-6 times per year
- 7-11 times per year
- 1 time per month
- 2-3 times per month
- 1 time per week
- 2 times per week
- 3-4 times per week
- 5-6 times per week
- 1 time per day
- 2 or more times per day

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

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

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

- You ate **turkey** or **chicken COLD CUTS** in the **past 12 months**.

Over the past 12 months, 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*)?

- 1-6 times per year
- 7-11 times per year
- 1 time per month
- 2-3 times per month

- 1 time per week
- 2 times per week
- 3-4 times per week
- 5-6 times per week
- 1 time per day
- 2 or more times per day

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

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

Bologna

- You ate **bologna** in the **past 12 months**.

Over the past 12 months, how often did you eat **bologna**?

- 1-6 times per year
- 7-11 times per year
- 1 time per month
- 2-3 times per month
- 1 time per week
- 2 times per week
- 3-4 times per week
- 5-6 times per week
- 1 time per day
- 2 or more times per day

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

- Less than 1 slice
- 1 to 2 slices
- More than 2 slices

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

- You ate **other cold cuts** or **luncheon meats** in the **past 12 months**.

Over the past 12 months, 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*)?

- 1-6 times per year
- 7-11 times per year
- 1 time per month
- 2-3 times per month
- 1 time per week
- 2 times per week
- 3-4 times per week
- 5-6 times per week
- 1 time per day
- 2 or more times per day

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

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

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

- You ate **hot dogs** or **frankfurters** in the **past 12 months**.

Over the past 12 months, how often did you eat **hot dogs** or **frankfurters** (*NOT including sausage or vegetarian hot dogs*)?

- 1-6 times per year
- 7-11 times per year
- 1 time per month
- 2-3 times per month
- 1 time per week
- 2 times per week
- 3-4 times per week
- 5-6 times per week
- 1 time per day
- 2 or more times per day

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

- Less than 1 hot dog

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

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

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

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

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

Meat, poultry, fish

What meat, poultry, and fish have you eaten?

Please check the box next to each food that you ate at least once in the **past 12 months**.

- 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 12 months**.

Over the past 12 months, how often did you eat **GROUND chicken or turkey**?

- 1-6 times per year
- 7-11 times per year
- 1 time per month
- 2-3 times per month
- 1 time per week
- 2 times per week
- 3-4 times per week
- 5-6 times per week
- 1 time per day
- 2 or more times per day

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

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

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

- You ate **baked, broiled, roasted, stewed, grilled, pan-fried, or fried chicken** in the **past 12 months**.

Over the past 12 months, how often did you eat **baked, broiled, roasted, stewed, grilled, pan-fried, or fried chicken** (including chicken nuggets; *NOT including chicken in mixtures*)?

- 1-6 times per year
- 7-11 times per year
- 1 time per month
- 2-3 times per month
- 1 time per week
- 2 times per week
- 3-4 times per week
- 5-6 times per week
- 1 time per day
- 2 or more times per day

Each time you ate **baked, broiled, roasted, stewed, or fried chicken**, how much did you usually eat?

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

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

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

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

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

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

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

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

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

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

- Just until done



- Well-done



- Very well-done



- Don't know

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

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

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

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

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

- You ate **chicken in mixed dishes** in the **past 12 months**.

Over the past 12 months, how often did you eat **chicken in mixed dishes** (such as salads, sandwiches, casseroles, stews, or other mixtures)?

- 1-6 times per year
- 7-11 times per year
- 1 time per month
- 2-3 times per month
- 1 time per week
- 2 times per week

- 3-4 times per week
- 5-6 times per week
- 1 time per day
- 2 or more times per day

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

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

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

- You ate **turkey** in the **past 12 months**.

Over the past 12 months, how often did you eat **turkey** including in mixed dishes (*NOT including ground turkey*)?

- 1-6 times per year
- 7-11 times per year
- 1 time per month
- 2-3 times per month
- 1 time per week
- 2 times per week
- 3-4 times per week
- 5-6 times per week
- 1 time per day
- 2 or more times per day

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

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

Beef hamburgers or cheeseburgers from a FAST FOOD RESTAURANT

- You ate **beef hamburgers** or **cheeseburgers** from a **FAST FOOD RESTAURANT** in the **past 12 months**.

Over the past 12 months, how often did you eat **beef hamburgers** or **cheeseburgers** from a **FAST FOOD RESTAURANT**?

- 1-6 times per year
- 7-11 times per year
- 1 time per month
- 2-3 times per month
- 1 time per week
- 2 times per week
- 3-4 times per week
- 5-6 times per week
- 1 time per day
- 2 or more times per day

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

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

Beef hamburgers or cheeseburgers NOT from a FAST FOOD RESTAURANT

- You ate **beef hamburgers** or **cheeseburgers** that were **NOT** from a **FAST FOOD RESTAURANT** in the **past 12 months**.

Over the past 12 months, how often did you eat **beef hamburgers** or **cheeseburgers** that were **NOT** from a **FAST FOOD RESTAURANT**?

- 1-6 times per year
- 7-11 times per year
- 1 time per month
- 2-3 times per month
- 1 time per week
- 2 times per week
- 3-4 times per week
- 5-6 times per week
- 1 time per day
- 2 or more times per day

Each time you ate **beef hamburgers** or **cheeseburgers** that were **NOT** from a **FAST FOOD RESTAURANT**, how much did you usually eat?

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

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

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

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

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

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

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

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

- Rare



Medium



Well-done



Very well-done



Don't Know

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

You ate **ground beef in mixtures** in the **past 12 months**.

Over the past 12 months, how often did you eat **ground beef in mixtures** (such as meatballs, casseroles, chili, or meatloaf)?

- 1-6 times per year
- 7-11 times per year
- 1 time per month
- 2-3 times per month

- 1 time per week
- 2 times per week
- 3-4 times per week
- 5-6 times per week
- 1 time per day
- 2 or more times per day

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

- Less than 3 ounces or less than $\frac{1}{2}$ cup
- 3 to 8 ounces or $\frac{1}{2}$ to 1 cup
- More than 8 ounces or more than 1 cup

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

- You ate **beef mixtures** in the **past 12 months**.

Over the past 12 months, how often did you eat **beef mixtures** (such as beef stew, beef pot pie, beef and noodles, or beef and vegetables)?

- 1-6 times per year
- 7-11 times per year
- 1 time per month
- 2-3 times per month
- 1 time per week
- 2 times per week
- 3-4 times per week
- 5-6 times per week
- 1 time per day
- 2 or more times per day

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

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

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

- You ate **roast beef** or **pot roast** in the **past 12 months**.

Over the past 12 months, how often did you eat **roast beef** or **pot roast** (*NOT including roast beef or pot roast in sandwiches*)?

- 1-6 times per year
- 7-11 times per year
- 1 time per month
- 2-3 times per month
- 1 time per week
- 2 times per week
- 3-4 times per week
- 5-6 times per week
- 1 time per day
- 2 or more times per day

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

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

Beef steak (*NOT including steak in sandwiches*)

You ate **beef steak** in the **past 12 months**.

Over the past 12 months, how often did you eat **beef steak** (*NOT including steak in sandwiches*)?

- 1-6 times per year
- 7-11 times per year
- 1 time per month
- 2-3 times per month
- 1 time per week
- 2 times per week
- 3-4 times per week
- 5-6 times per week
- 1 time per day
- 2 or more times per day

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

- Less than 3 ounces
- 3 to 7 ounces

- More than 7 ounces

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

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

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

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

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

- Almost never or never
- About $\frac{1}{4}$ 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, grilled** or **oven-broiled steaks**, how were they usually cooked?

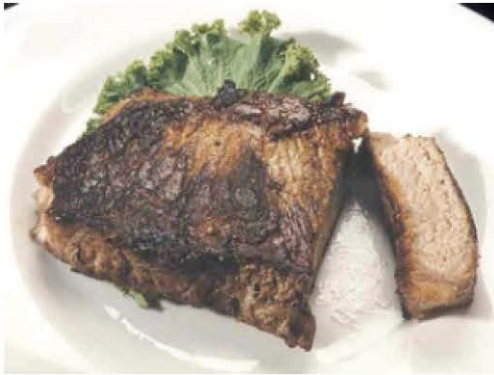
- Rare



Medium



Well-done



Very well-done



Don't Know

Pork or beef spareribs

You ate **pork** or **beef spareribs** in the **past 12 months**.

Over the past 12 months, how often did you eat **pork** or **beef spareribs**?

- 1-6 times per year
- 7-11 times per year
- 1 time per month
- 2-3 times per month
- 1 time per week

- 2 times per week
- 3-4 times per week
- 5-6 times per week
- 1 time per day
- 2 or more times per day

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

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

Baked ham or ham steak

- You ate **baked ham** or **ham steak** in the **past 12 months**.

Over the past 12 months, how often did you eat **baked ham** or **ham steak**?

- 1-6 times per year
- 7-11 times per year
- 1 time per month
- 2-3 times per month
- 1 time per week
- 2 times per week
- 3-4 times per week
- 5-6 times per week
- 1 time per day
- 2 or more times per day

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

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

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

- You ate **pork** in the **past 12 months**.

Over the past 12 months, how often did you eat **pork** (including chops, roasts, and in mixed dishes; *NOT including ham, ham steak, or sausage*)?

- 1-6 times per year
- 7-11 times per year
- 1 time per month
- 2-3 times per month
- 1 time per week
- 2 times per week
- 3-4 times per week
- 5-6 times per week
- 1 time per day
- 2 or more times per day

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

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

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

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

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

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

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

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

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

- Just until done



- Well-done



- Very well-done



- Don't know

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

- You ate **gravy** in the **past 12 months**.

Over the past 12 months, how often did you eat **gravy** on meat, chicken, potatoes, rice, etc.?

- 1-6 times per year
- 7-11 times per year
- 1 time per month

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

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

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

Liver (all kinds) or liverwurst

- You ate **liver** or **liverwurst** in the **past 12 months**.

Over the past 12 months, how often did you eat **liver** (all kinds) or **liverwurst**?

- 1-6 times per year
- 7-11 times per year
- 1 time per month
- 2-3 times per month
- 1 time per week
- 2 times per week
- 3-4 times per week
- 5-6 times per week
- 1 time per day
- 2 or more times per day

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

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

Bacon (all kinds)

- You ate **bacon** in the **past 12 months**.

Over the past 12 months, how often did you eat **bacon** (all kinds)?

- 1-6 times per year
- 7-11 times per year
- 1 time per month
- 2-3 times per month
- 1 time per week
- 2 times per week
- 3-4 times per week
- 5-6 times per week
- 1 time per day
- 2 or more times per day

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

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

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

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

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

- Almost never or never
- About $\frac{1}{4}$ 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 12 months**.

Over the past 12 months, how often did you eat **sausage** (all kinds)?

- 1-6 times per year
 7-11 times per year
 1 time per month

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

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

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

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

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

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

- Almost never or never
- About $\frac{1}{4}$ 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 $\frac{1}{4}$ 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 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 12 months**.

Over the past 12 months, how often did you eat **canned tuna** or **tuna salad** (including in sandwiches or casseroles; *NOT including fresh tuna*)?

1-6 times per year

7-11 times per year

1 time per month

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

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

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

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

- You ate **fresh tuna, trout, anchovy, mackerel, herring, or sardine** in the **past 12 months**.

Over the past 12 months, how often did you eat **fresh tuna, trout, anchovy, mackerel, herring, or sardine**?

- 1-6 times per year
- 7-11 times per year
- 1 time per month
- 2-3 times per month
- 1 time per week
- 2 times per week
- 3-4 times per week
- 5-6 times per week
- 1 time per day
- 2 or more times per day

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

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

Salmon

You ate **salmon** in the **past 12 months**.

Over the past 12 months, how often did you eat **salmon**?

- 1-6 times per year
- 7-11 times per year
- 1 time per month
- 2-3 times per month
- 1 time per week
- 2 times per week
- 3-4 times per week
- 5-6 times per week
- 1 time per day
- 2 or more times per day

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

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

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

You ate **fried shellfish** in the **past 12 months**.

Over the past 12 months, how often did you eat **fried shellfish** (such as crab, lobster, shrimp, or clams)?

- 1-6 times per year
- 7-11 times per year
- 1 time per month
- 2-3 times per month
- 1 time per week
- 2 times per week
- 3-4 times per week
- 5-6 times per week
- 1 time per day
- 2 or more times per day

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

- Less than 1 ounce

- 1 to 3 ounces
- More than 3 ounces

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

- You ate **shellfish that was NOT FRIED** in the **past 12 months**.

Over the past 12 months, how often did you eat **shellfish** (such as crab, lobster, or shrimp) **that was NOT FRIED**?

- 1-6 times per year
- 7-11 times per year
- 1 time per month
- 2-3 times per month
- 1 time per week
- 2 times per week
- 3-4 times per week
- 5-6 times per week
- 1 time per day
- 2 or more times per day

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

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

Fish sticks or other fried fish (*NOT including shellfish*)

- You ate **fish sticks** or **other fried fish** in the **past 12 months**.

Over the past 12 months, how often did you eat **fish sticks** or **other fried fish** (*NOT including shellfish*)?

- 1-6 times per year
- 7-11 times per year
- 1 time per month
- 2-3 times per month
- 1 time per week
- 2 times per week
- 3-4 times per week

- 5-6 times per week
- 1 time per day
- 2 or more times per day

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

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

Other fish that was NOT FRIED (*NOT including shellfish*)

- You ate **other fish that was NOT FRIED** in the **past 12 months**.

Over the past 12 months, how often did you eat **other fish that was NOT FRIED** (*NOT including shellfish*)?

- 1-6 times per year
- 7-11 times per year
- 1 time per month
- 2-3 times per month
- 1 time per week
- 2 times per week
- 3-4 times per week
- 5-6 times per week
- 1 time per day
- 2 or more times per day

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

- Less than 2 ounces or less than 1 fillet
- 2 to 6 ounces or 1 fillet
- More than 6 ounces or more than 1 fillet

Eggs, meat alternatives

What eggs and meat alternatives have you eaten?

Please check the box next to each food that you ate at least once in the **past 12 months**.

- 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 12 months**.

Over the past 12 months, how often did you eat **tofu, soy burgers, or soy meat-substitutes**?

- 1-6 times per year
- 7-11 times per year
- 1 time per month
- 2-3 times per month
- 1 time per week
- 2 times per week
- 3-4 times per week
- 5-6 times per week
- 1 time per day
- 2 or more times per day

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

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

Eggs, egg whites, or egg substitutes (including eggs in salads, quiche, and souffles; *NOT including eggs in baked goods and desserts*)

You ate **eggs, egg whites, or egg substitutes** in the **past 12 months**.

Over the past 12 months, 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*)?

- 1-6 times per year
- 7-11 times per year
- 1 time per month
- 2-3 times per month
- 1 time per week
- 2 times per week
- 3-4 times per week
- 5-6 times per week
- 1 time per day
- 2 or more times per day

Each time you ate **eggs, egg whites, or egg substitutes**, how many did you usually eat?

- 1 egg
- 2 eggs
- 3 or more eggs

How often were the eggs you ate **regular whole eggs**?

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

How often were the eggs you ate cooked with **cheese or meat**?

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

How often were the eggs you ate **egg substitutes or egg whites only**?

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

Chips, pretzels, other snacks

What chips, pretzels, and other snacks have you eaten?

Please check the box next to each food that you ate at least once in the **past 12 months**.

- 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 12 months**.

Over the past 12 months, how often did you eat **crackers** (including gluten-free)?

- 1-6 times per year
- 7-11 times per year
- 1 time per month
- 2-3 times per month
- 1 time per week
- 2 times per week
- 3-4 times per week
- 5-6 times per week
- 1 time per day
- 2 or more times per day

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

- Fewer than 2 crackers
- 2 to 5 crackers
- More than 5 crackers

Potato chips

- You ate **potato chips** in the **past 12 months**.

Over the past 12 months, how often did you eat **potato chips**?

- 1-6 times per year
- 7-11 times per year
- 1 time per month
- 2-3 times per month
- 1 time per week
- 2 times per week
- 3-4 times per week
- 5-6 times per week

- 1 time per day
- 2 or more times per day

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

- Fewer than 10 chips or less than ½ cup
- 10 to 25 chips or ½ to 1 cups
- More than 25 chips or more than 1 cups

Corn chips or tortilla chips

- You ate **corn chips** or **tortilla chips** in the **past 12 months**.

Over the past 12 months, how often did you eat **corn chips** or **tortilla chips**?

- 1-6 times per year
- 7-11 times per year
- 1 time per month
- 2-3 times per month
- 1 time per week
- 2 times per week
- 3-4 times per week
- 5-6 times per week
- 1 time per day
- 2 or more times per day

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

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

Popcorn

- You ate **popcorn** in the **past 12 months**.

Over the past 12 months, how often did you eat **popcorn**?

- 1-6 times per year
- 7-11 times per year
- 1 time per month
- 2-3 times per month

- 1 time per week
- 2 times per week
- 3-4 times per week
- 5-6 times per week
- 1 time per day
- 2 or more times per day

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

- Less than 2 cups, popped
- 2 to 6 cups, popped
- More than 6 cups, popped

Pretzels (including gluten-free)

You ate **pretzels** in the **past 12 months**.

Over the past 12 months, how often did you eat **pretzels** (including gluten-free)?

- 1-6 times per year
- 7-11 times per year
- 1 time per month
- 2-3 times per month
- 1 time per week
- 2 times per week
- 3-4 times per week
- 5-6 times per week
- 1 time per day
- 2 or more times per day

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

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

Whole nuts (including peanuts, almonds, seeds, or other nuts)

You ate **whole nuts** in the **past 12 months**.

Over the past 12 months, how often did you eat **whole nuts** (including peanuts, almonds, seeds, or other nuts)?

- 1-6 times per year
- 7-11 times per year
- 1 time per month
- 2-3 times per month
- 1 time per week
- 2 times per week
- 3-4 times per week
- 5-6 times per week
- 1 time per day
- 2 or more times per day

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

- Less than $\frac{1}{8}$ cup
- $\frac{1}{8}$ to $\frac{1}{2}$ cup
- More than $\frac{1}{2}$ cup

How often were the whole nuts you ate **almonds** only (not part of mixed nuts)?

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

How often were the whole nuts you ate **peanuts** only (not part of mixed nuts)?

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

High-protein or breakfast bars (such as Power Bars, Balance, Clif, etc.)

- You ate **high-protein** or **breakfast bars** in the **past 12 months**.

Over the past 12 months, how often did you eat **high-protein** or **breakfast bars** (such as Power Bars, Balance, Clif, etc.)?

- 1-6 times per year
- 7-11 times per year

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

Each time you ate **high-protein** or **breakfast bars**, how much did you usually eat?

- Less than ½ bar
- ½ to 1 bar
- More than 1 bar

Protein powder

- You added **protein powder** to your foods or drinks in the **past 12 months**.

Over the past 12 months, how often did you add **protein powder** to your foods or drinks?

- 1-6 times per year
- 7-11 times per year
- 1 time per month
- 2-3 times per month
- 1 time per week
- 2 times per week
- 3-4 times per week
- 5-6 times per week
- 1 time per day
- 2 or more times per day

Each time you add **protein powder** to your foods or drinks, how much did you usually add?

- Less than 1¾ tablespoons or less than 1 scoop
- 1¾ to 4 tablespoons or 1 to 2 scoops
- More than 4 tablespoons or more than 2 scoops

Granola bars

- You ate **granola bars** in the **past 12 months**.

Over the past 12 months, how often did you eat **granola bars**?

- 1-6 times per year
- 7-11 times per year
- 1 time per month
- 2-3 times per month
- 1 time per week
- 2 times per week
- 3-4 times per week
- 5-6 times per week
- 1 time per day
- 2 or more times per day

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

- Less than 1 bar
- 1 to 2 bars
- More than 2 bars

Yogurt and cheese

What yogurt and cheese have you eaten?

Please check the box next to each food that you ate at least once in the **past 12 months**.

- 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 12 months**.

Over the past 12 months, how often did you eat **yogurt** (*NOT including frozen yogurt*)?

- 1-6 times per year
- 7-11 times per year
- 1 time per month
- 2-3 times per month
- 1 time per week
- 2 times per week

- 3-4 times per week
- 5-6 times per week
- 1 time per day
- 2 or more times per day

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

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

How often was the yogurt you ate **Greek yogurt**?

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

Cottage cheese or ricotta cheese

- You ate **cottage cheese** or **ricotta cheese** in the **past 12 months**.

Over the past 12 months, how often did you eat **cottage cheese** or **ricotta cheese**?

- 1-6 times per year
- 7-11 times per year
- 1 time per month
- 2-3 times per month
- 1 time per week
- 2 times per week
- 3-4 times per week
- 5-6 times per week
- 1 time per day
- 2 or more times per day

Each time you ate **cottage cheese** or **ricotta cheese**, how much did you usually eat?

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

Cheese (including low-fat, on cheeseburgers, or in sandwiches or subs)

You ate **cheese** in the **past 12 months**.

Over the past 12 months, how often did you eat **cheese** (including low-fat, on cheeseburgers, or in sandwiches or subs)?

- 1-6 times per year
- 7-11 times per year
- 1 time per month
- 2-3 times per month
- 1 time per week
- 2 times per week
- 3-4 times per week
- 5-6 times per week
- 1 time per day
- 2 or more times per day

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

- Less than $\frac{1}{2}$ ounce or less than 1 slice
- $\frac{1}{2}$ to $1\frac{1}{2}$ ounces or 1 slice
- More than $1\frac{1}{2}$ ounces or more than 1 slice

How often was the cheese you ate **low-fat** or **fat-free**?

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

Whipped cream

You ate **whipped cream** in the **past 12 months**.

Over the past 12 months, how often did you eat **whipped cream**?

- 1-6 times per year
- 7-11 times per year
- 1 time per month
- 2-3 times per month

- 1 time per week
- 2 times per week
- 3-4 times per week
- 5-6 times per week
- 1 time per day
- 2 or more times per day

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

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

How often was the whipped cream you ate **whipped cream substitute** (non-dairy whipped topping)?

- Almost never or never
- About $\frac{1}{4}$ of the time
- About $\frac{1}{2}$ of the time
- About $\frac{3}{4}$ 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 12 months**.

- 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 12 months**.

Over the past 12 months, how often did you eat **frozen yogurt, sorbet, or ices**?

- 1-6 times per year
- 7-11 times per year
- 1 time per month
- 2-3 times per month
- 1 time per week
- 2 times per week
- 3-4 times per week
- 5-6 times per week
- 1 time per day
- 2 or more times per day

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

- Less than $\frac{1}{2}$ cup or less than 1 scoop
- $\frac{1}{2}$ to $1\frac{1}{2}$ cups or 1 to 2 scoops
- More than $1\frac{1}{2}$ cups or more than 2 scoops

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 12 months**.

Over the past 12 months, how often did you eat **ice cream, ice cream bars, or sherbet** (including light, low-fat, or fat-free)?

- 1-6 times per year
- 7-11 times per year
- 1 time per month
- 2-3 times per month
- 1 time per week
- 2 times per week
- 3-4 times per week
- 5-6 times per week
- 1 time per day
- 2 or more times per day

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

- Less than $\frac{1}{2}$ cup or less than 1 scoop
- $\frac{1}{2}$ to $1\frac{1}{2}$ cups or 1 to 2 scoops
- More than $1\frac{1}{2}$ cups or more than 2 scoops

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

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

Cake (all kinds)

- You ate **cake** in the **past 12 months**.

Over the past 12 months, how often did you eat **cake** (all kinds)?

- 1-6 times per year
- 7-11 times per year
- 1 time per month
- 2-3 times per month
- 1 time per week
- 2 times per week
- 3-4 times per week
- 5-6 times per week
- 1 time per day
- 2 or more times per day

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

- Less than 1 medium or less than $\frac{1}{8}$ of a cake
- 1 medium piece or $\frac{1}{8}$ of a cake
- More than 1 medium piece or more than $\frac{1}{8}$ of a cake

Pie (all kinds)

- You ate **pie** in the **past 12 months**.

Over the past 12 months, how often did you eat **pie** (all kinds)?

- 1-6 times per year
- 7-11 times per year
- 1 time per month
- 2-3 times per month
- 1 time per week
- 2 times per week
- 3-4 times per week
- 5-6 times per week
- 1 time per day
- 2 or more times per day

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

- Less than 1 medium or less than $\frac{1}{8}$ of a cake
- 1 medium piece or $\frac{1}{8}$ of a cake
- More than 1 medium piece or more than $\frac{1}{8}$ of a cake

How often was the pie you ate **pumpkin** or **sweet potato pie**?

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

How often was the pie you ate **fruit pie** (such as apple, blueberry, etc.)?

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

Cookies (all kinds)

- You ate **cookies** in the **past 12 months**.

Over the past 12 months, how often did you eat **cookies** (all kinds)?

- 1-6 times per year
- 7-11 times per year
- 1 time per month

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

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

- Fewer than 2 cookies
- 2 to 4 cookies
- More than 4 cookies

Brownies (all kinds)

- You ate **brownies** in the **past 12 months**.

Over the past 12 months, how often did you eat **brownies** (all kinds)?

- 1-6 times per year
- 7-11 times per year
- 1 time per month
- 2-3 times per month
- 1 time per week
- 2 times per week
- 3-4 times per week
- 5-6 times per week
- 1 time per day
- 2 or more times per day

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

- 1 small brownie
- 1 medium brownie
- 1 large brownie

Doughnuts, sweet rolls, Danish, or Pop-Tarts

- You ate **doughnuts, sweet rolls, Danish, or Pop-Tarts** in the **past 12 months**.

Over the past 12 months, how often did you eat **doughnuts, sweet rolls, Danish, or Pop-Tarts**?

- 1-6 times per year
- 7-11 times per year
- 1 time per month
- 2-3 times per month
- 1 time per week
- 2 times per week
- 3-4 times per week
- 5-6 times per week
- 1 time per day
- 2 or more times per day

Each time you ate **doughnuts, sweet rolls, Danish, or Pop-Tarts**, how much did you usually eat?

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

Sweet muffins or dessert breads (all kinds)

You ate **sweet muffins or dessert breads** in the **past 12 months**.

Over the past 12 months, how often did you eat **sweet muffins or dessert breads** (all kinds)?

- 1-6 times per year
- 7-11 times per year
- 1 time per month
- 2-3 times per month
- 1 time per week
- 2 times per week
- 3-4 times per week
- 5-6 times per week
- 1 time per day
- 2 or more times per day

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

- Less than 1 medium piece
- 1 medium piece

- More than 1 medium piece

pudding or custard

- You ate **pudding** or **custard** in the **past 12 months**.

Over the past 12 months, how often did you eat **pudding** or **custard**?

- 1-6 times per year
- 7-11 times per year
- 1 time per month
- 2-3 times per month
- 1 time per week
- 2 times per week
- 3-4 times per week
- 5-6 times per week
- 1 time per day
- 2 or more times per day

Each time you ate **pudding** or **custard**, how much did you usually eat?

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

Chocolate bar or chocolate candy (such as M&Ms, Kit Kat, Mr. Goodbar, etc.)

- You ate **chocolate bar** or **chocolate candy** in the **past 12 months**.

Over the past 12 months, how often did you eat **chocolate bar** or **chocolate candy** (such as M&Ms, Kit Kat, Mr. Goodbar, etc.)?

- 1-6 times per year
- 7-11 times per year
- 1 time per month
- 2-3 times per month
- 1 time per week
- 2 times per week
- 3-4 times per week
- 5-6 times per week
- 1 time per day

- 2 or more times per day

Each time you ate **chocolate bar** or **chocolate candy**, how much did you usually eat?

- Less than 1 square in a bar or less than 1 ounce
- 1 to 2 squares in a bar or 1 to 2 ounces
- More than 2 squares in a bar or more than 2 ounces

Other types of candy

- You ate **other types of candy** in the **past 12 months**.

Over the past 12 months, how often did you eat **other types of candy**?

- 1-6 times per year
- 7-11 times per year
- 1 time per month
- 2-3 times per month
- 1 time per week
- 2 times per week
- 3-4 times per week
- 5-6 times per week
- 1 time per day
- 2 or more times per day

Each time you ate **other types of candy**, how much did you usually eat?

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

Spreads and dressings

What spreads and dressings have you eaten?

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

Please check the box next to each food that you ate at least once in the **past 12 months**.

- Margarine
- Mayonnaise or mayonnaise-type dressing

- Salad dressing

Margarine

- You ate **margarine** in the **past 12 months**.

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 12 months**.

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 12 months**.

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 12 months**, 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 12 months**.

- 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 12 months**.

Over the past 12 months, how often did you take **multivitamins/minerals** (such as One-A-Day, Centrum, Nutrilite, Geritol or prenatal, as pills, liquids or packets; *NOT including eye health supplements*)?

- Less than 1 day per month
- 1-3 days per month
- 1-3 days per week
- 4-6 days times per week
- Everyday

When you took a **multivitamin**, which type did you usually take?

- Multivitamin
- Multivitamin for people 50 years of age or older
- Prenatal multivitamin
- Don't know

Did your multivitamin usually contain **minerals** (such as iron, zinc, etc.)?

- No
- Yes
- Don't know

Was your multivitamin usually a **gummy type**?

- No
- Yes
- Don't know

When you took **gummy type multivitamins**, about how many gummies did you take in one day?

- Less than 1
- 1
- 2

- 3
- 4 or more
- Don't know

For how many years have you taken **multivitamins/minerals**?

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

Eye health supplement (such as OcuVite, PreserVision or I-Caps)

You took **eye health supplement** over the **past 12 months**.

Over the past 12 months, how often did you take **eye health supplement** (such as OcuVite, PreserVision or I-Caps)?

- Less than 1 day per month
- 1-3 days per month
- 1-3 days per week
- 4-6 days per week
- Everyday

For how many years have you taken an **eye health supplement**?

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

B-complex (NOT as part of a multivitamin)

You took a **B-complex** over the **past 12 months**.

Over the past 12 months, 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

For how many years have you taken **B-complex**?

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

Antacids (such as Tums or Rolaids)

You took **antacids** over the **past 12 months**.

Over the past 12 months, how often did you take **antacids** (such as Tums or Rolaids)?

- Less than 1 day per month
- 1-3 days per month
- 1-3 days per week
- 4-6 days per week
- Everyday

When you took **antacids**, about how many tablets did you take in one day?

- Less than 1
- 1
- 2
- 3
- 4 or more
- Don't know

When you took **antacids**, what strength did you usually take?

- Regular Strength
- Extra Strength
- Ultra Strength
- Don't know

For how many years have you taken **antacids**?

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

B-12 (NOT as part of a multivitamin)

You took **B-12** over the **past 12 months**.

Over the past 12 months, how often did you take **B-12** (*NOT as part of a multivitamin*)?

- Less than 1 day per month
- 1-3 days per month
- 1-3 days per week
- 4-6 days per week
- Everyday

When you took **B-12** about how much did you take in one day?

- Less than 300 mcg
- 300 - 999 mcg
- 1,000 - 1,999 mcg
- 2,000 mcg or more
- Don't know

For how many years have you taken **B-12**?

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

B-6 (*NOT as part of a multivitamin*)

You took **B-6** over the **past 12 months**.

Over the past 12 months, how often did you take **B-6** (*NOT as part of a multivitamin*)?

- Less than 1 day per month
- 1-3 days per month
- 1-3 days per week
- 4-6 days per week
- Everyday

When you took **B-6**, about how much did you take in one day?

- Less than 50 mg
- 50 - 99 mg
- 100 - 199 mg
- 200 mg or more

- Don't know

For how many years have you taken **B-6**?

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

Biotin (*NOT as part of a multivitamin*)

- You took **biotin** over the **past 12 months**.

Over the past 12 months, 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

For how many years have you taken **biotin**?

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

Calcium (with or without vitamin D; *NOT as part of a multivitamin or antacid*)

- You took **calcium** over the **past 12 months**.

Over the past 12 months, how often did you take **calcium** (with or without vitamin D; *NOT as part of a multivitamin or antacid*)?

- Less than 1 day per month
- 1-3 days per month
- 1-3 days per week
- 4-6 days times per week
- Everyday

When you took **calcium**, about how much did you take in one day? *Check label for elemental calcium if possible.*

- Less than 500 mg
- 500 - 599 mg
- 600 -999 mg
- 1000 - 1199 mg
- 1200 mg or more
- Don't know

Did your calcium usually contain **vitamin D**?

- No
- Yes
- Don't know

Did your calcium usually contain **magnesium**?

- No
- Yes
- Don't know

Did your calcium usually contain **zinc**?

- No
- Yes
- Don't know

For how many years have you taken **calcium**?

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

Coenzyme Q

You took **coenzyme Q** over the **past 12 months**.

Over the past 12 months, 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

For how many years have you taken **coenzyme Q**?

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

Fiber supplement (such as Metamucil or Benefiber)

You took **fiber supplements** over the **past 12 months**.

Over the past 12 months, 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

For how many years have you taken **fiber supplements**?

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

Folate or folic acid (*NOT as part of a multivitamin*)

You took **folate** or **folic acid** over the **past 12 months**.

Over the past 12 months, how often did you take **folate** or **folic acid** (*NOT as part of a multivitamin*)?

- Less than 1 day per month
- 1-3 days per month
- 1-3 days per week
- 4-6 days per week
- Everyday

When you took **folate** or **folic acid**, about how much did you take in one day?

- Less than 400 mcg
- 400 - 599 mcg

- 600 - 799 mcg
- 800 - 999 mcg
- 1,000 mcg or more
- Don't know

For how many years have you taken **folate** or **folic acid**?

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

Garlic supplement

- You took a **garlic supplement** over the **past 12 months**.

Over the past 12 months, 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

For how many years have you taken a **garlic supplement**?

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

Joint supplement (such as glucosamine, with or without chondroitin or other ingredients)

- You took a **joint supplements** over the **past 12 months**.

Over the past 12 months, 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

For how many years have you taken a **joint supplement**?

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

Iron (*NOT as part of a multivitamin*)

- You took **iron** over the **past 12 months**.

Over the past 12 months, how often did you take **iron** (*NOT as part of a multivitamin*)?

- Less than 1 day per month
- 1-3 days per month
- 1-3 days per week
- 4-6 days per week
- Everyday

When you took **iron**, about how much did you take in one day?

- Less than 20 mg
- 20 - 29 mg
- 30 - 64 mg
- 65 - 89 mg
- 90 -149 mg
- 150 mg or more
- Don't know

For how many years have you taken **iron**?

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

Magnesium (*NOT as part of a multivitamin*)

- You took **magnesium** over the **past 12 months**.

Over the past 12 months, how often did you take **magnesium** (*NOT as part of a multivitamin*)?

- Less than 1 day per month
- 1-3 days per month
- 1-3 days per week
- 4-6 days per week
- Everyday

When you took **magnesium**, about how much did you take in one day?

- Less than 250 mg
- 250 - 399 mg
- 400 - 999 mg
- 500 mg or more
- Don't know

For how many years have you taken **magnesium**?

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

Melatonin

- You took **melatonin** over the **past 12 months**.

Over the past 12 months, 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

For how many years have you taken **melatonin**?

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

Niacin (*NOT as part of a multivitamin*)

You took **niacin** over the **past 12 months**.

Over the past 12 months, how often did you take **niacin** (*NOT as part of a multivitamin*)?

- Less than 1 day per month
- 1-3 days per month
- 1-3 days per week
- 4-6 days per week
- Everyday

When you took **niacin** about how much did you take in one day?

- Less than 300 mg
- 300 - 499 mg
- 500 - 999 mg
- 1,000 mg or more
- Don't know

For how many years have you taken **niacin**?

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

Omega-3 (ALA/DHA/EPA) or fish oil

You took **omega-3** or **fish oil** over the **past 12 months**.

Over the past 12 months, 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

For how many years have you taken **omega-3** or **fish oil**?

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

Potassium (*NOT as part of a multivitamin*)

You took **potassium** over the **past 12 months**.

Over the past 12 months, how often did you take **potassium** (*NOT as part of a multivitamin*)?

- Less than 1 day per month
- 1-3 days per month
- 1-3 days per week
- 4-6 days per week
- Everyday

When you took **potassium**, about how much did you take in one day?

- Less than 95 mg
- 95 - 349 mg
- 350 - 749 mg
- 750 mg or more
- Don't know

For how many years have you taken **potassium**?

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

Probiotics (in pill, powder, or liquid form)

You took **probiotics** over the **past 12 months**.

Over the past 12 months, 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

For how many years have you taken **probiotics**?

- Less than 1 year
- 1-4 years
- 5-9 years

- 10 or more years

Saw palmetto

- You took **saw palmetto** over the **past 12 months**.

Over the past 12 months, 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

For how many years have you taken **saw palmetto**?

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

Vitamin C (*NOT as part of a multivitamin*)

- You took **vitamin C** over the **past 12 months**.

Over the past 12 months, how often did you take **vitamin C** (*NOT as part of a multivitamin*)?

- Less than 1 day per month
- 1-3 days per month
- 1-3 days per week
- 4-6 days per week
- Everyday

When you took **vitamin C**, about how much did you take in one day?

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

For how many years have you taken **vitamin C**?

- Less than 1 year

- 1-4 years
- 5-9 years
- 10 or more years

Vitamin D (*NOT as part of a multivitamin or calcium supplement*)

- You took **vitamin D** over the **past 12 months**.

Over the past 12 months, how often did you take **vitamin D** (*NOT as part of a multivitamin or calcium supplement*)?

- Less than 1 day per month
- 1-3 days per month
- 1-3 days per week
- 4-6 days per week
- Everyday

When you took **vitamin D**, about how much did you take in one day?

- Less than 400 IU
- 400 - 799 IU
- 800 - 1,999 IU
- 2,000 - 4,999 IU
- 5,000 IU or more
- Don't know

For how many years have you taken **vitamin D**?

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

Vitamin E (*NOT as part of a multivitamin*)?

- You took **vitamin E** over the **past 12 months**.

Over the past 12 months, how often did you take **vitamin E** (*NOT as part of a multivitamin*)?

- Less than 1 day per month
- 1-3 days per month
- 1-3 days per week
- 4-6 days per week

- Everyday

When you took **vitamin E**, about how much did you take in one day?

- Less than 400 IU
- 400 - 999 IU
- 1,000 IU or more
- Don't know

For how many years have you taken **vitamin E**?

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

Zinc (*NOT as part of a multivitamin*)?

- You took **zinc** over the **past 12 months**.

Over the past 12 months, how often did you take **zinc** (*NOT as part of a multivitamin*)?

- Less than 1 day per month
- 1-3 days per month
- 1-3 days per week
- 4-6 days per week
- Everyday

When you took **zinc**, about how much did you take in one day?

- Less than 20 mg
- 20 - 49 mg
- 50 mg or more
- Don't know

For how many years have you taken **zinc**?

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

Other supplements (*NOT as part of a multivitamin*)

- You took **other supplements** over the **past 12 months**.

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