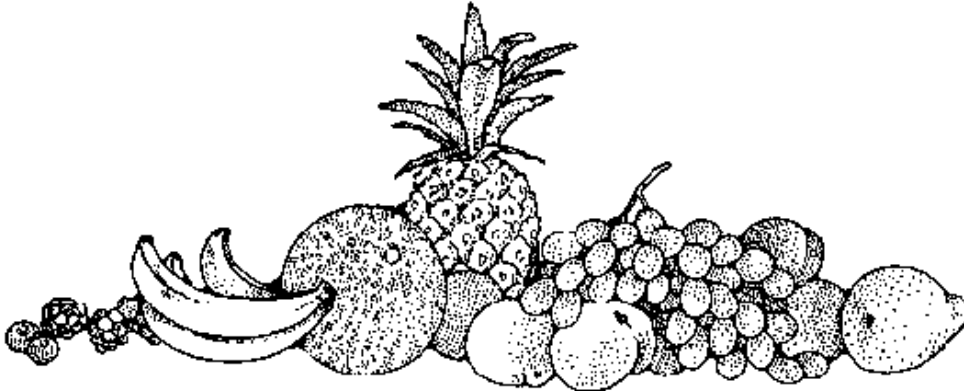


NATIONAL INSTITUTES OF HEALTH
EATING AT AMERICA'S TABLE STUDY
QUICK FOOD SCAN



- The person who completed the telephone interviews for the Eating at America's Table Study should fill out this questionnaire.
- Use only a No. 2 pencil.
- Be certain to completely blacken in each of the answers, and erase completely if you make any changes.
- Do not make any stray marks on this form.
- When you complete this questionnaire, please return it in the postage-paid envelope to:

National Cancer Institute
 EPN, Room 313
 6130 Executive Blvd., MSC 7344
 Bethesda, MD 20892-7344

BAR
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NOTIFICATION TO RESPONDENT OF ESTIMATED BURDEN

Public reporting burden for this collection of information is estimated to average 15 minutes per response, including the time for reviewing instructions, searching existing data sources, gathering and maintaining the data needed, and completing and reviewing the collection of information. An agency may not conduct or sponsor, and a person is not required to respond to, a collection of information unless it displays a currently valid OMB control number. Send comments regarding this burden estimate or any other aspect of this collection of information, including suggestions for reducing this burden, to: NIH, Project Clearance Office, 6701 Rockledge Drive, MSC 7730, Bethesda, MD 20892-7730, ATTN: PRA (0925-0450). Do not return the completed form to this address.

PLEASE DO NOT WRITE IN THIS AREA



SERIAL

INSTRUCTIONS

- Think about what you usually ate last month.
- Please think about all the fruits and vegetables that you ate last month. Include those that were:
 - raw and cooked,
 - eaten as snacks and at meals,
 - eaten at home and away from home (restaurants, friends, take-out), and
 - eaten alone and mixed with other foods.
- Report how many times per month, week, or day you ate each food, and if you ate it, how much you usually had.
- If you mark "Never" for a question, follow the "Go to" instruction.
- Choose the best answer for each question. Mark only one response for each question.

1. Over the last month, how many times per month, week, or day did you drink **100% fruit juice** such as orange, apple, grape, or grapefruit juice? **Do not count** fruit drinks like Kool-Aid, lemonade, Hi-C, cranberry juice drink, Tang, and Twister. Include juice you drank at all mealtimes and between meals.

Never
(Go to Question 2)

1-3 times last 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 times per day

4 times per day

5 or more times per day

- 1a. Each time you drank **100% juice**, how much did you usually drink?

Less than $\frac{3}{4}$ cup
(less than 6 ounces)

$\frac{3}{4}$ to $1\frac{1}{4}$ cup
(6 to 10 ounces)

$1\frac{1}{4}$ to 2 cups
(10 to 16 ounces)

More than 2 cups
(more than 16 ounces)

2. Over the last month, how often did you eat **lettuce salad (with or without other vegetables)**?

Never
(Go to Question 3)

1-3 times last 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 times per day

4 times per day

5 or more times per day

- 2a. Each time you ate **lettuce salad**, how much did you usually eat?

About $\frac{1}{2}$ cup

About 1 cup

About 2 cups

More than 2 cups

3. Over the last month, how often did you eat **French fries or fried potatoes**?

- Never
(Go to Question 4)
- 1-3 times last 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 times per day
- 4 times per day
- 5 or more times per day

3a. Each time you ate **French fries or fried potatoes**, how much did you usually eat?

- Small order or less
(About 1 cup or less)
- Medium order
(About 1½ cups)
- Large order
(About 2 cups)
- Super Size order or more
(About 3 cups or more)

4. Over the last month, how often did you eat **other white potatoes**? Count **baked, boiled, and mashed potatoes, potato salad, and white potatoes that were not fried**.

- Never
(Go to Question 5)
- 1-3 times last 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 times per day
- 4 times per day
- 5 or more times per day

4a. Each time you ate **these potatoes**, how much did you usually eat?

- 1 small potato or less
(½ cup or less)
- 1 medium potato
(½ to 1 cup)
- 1 large potato
(1 to 1½ cups)
- 2 medium potatoes or more
(1½ cups or more)

5. Over the last month, how often did you eat **cooked dried beans**? Count **baked beans, bean soup, refried beans, pork and beans and other bean dishes**.

- Never
(Go to Question 6)
- 1-3 times last 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 times per day
- 4 times per day
- 5 or more times per day

5a. Each time you ate **these beans**, how much did you usually eat?

- Less than ½ cup
- ½ to 1 cup
- 1 to 1½ cups
- More than 1½ cups

Now, divide your waking hours into three time periods:

- MORNING
- LUNCHTIME AND AFTERNOON
- SUPPERTIME AND EVENING

Please think about the foods you ate during each of those time periods over the last month.

MORNING

6. Think about all the foods you ate at your morning meal and snacks over the last month. On how many days did you eat **fruit** for your morning meal or morning snacks? Count any kind of fruit—fresh, canned, and frozen. **Do not count** juices.

- Never
(Go to Question 7)
- 1-3 days
last month
- 1-2 days
per week
- 3-4 days
per week
- 5-6 days
per week
- Every day

6a. When you ate **fruit** in the morning, what is the **total** amount of **fruit** that you usually ate in a morning?

- Less than 1 medium fruit
- 1 medium fruit
- 2 medium fruits
- More than 2 medium fruits
- OR**
- Less than ½ cup
- About ½ cup
- About 1 cup
- More than 1 cup

7. Think about all the foods you ate at your morning meal and morning snacks. On how many days did you eat **vegetables** for your morning meal or morning snacks?

- DO NOT COUNT:**
- Lettuce salads
 - White potatoes
 - Cooked dried beans
 - Vegetables in mixtures, such as in sandwiches, omelets, casseroles, Mexican dishes, stews, stir-fry, soups, etc.
 - Rice

COUNT:

- All other vegetables—raw, cooked, canned, and frozen

- Never
(Go to Question 8)
- 1-3 days
last month
- 1-2 days
per week
- 3-4 days
per week
- 5-6 days
per week
- Every day

7a. When you ate **vegetables** in the morning, what is the **total** amount of **vegetables** that you usually ate in a morning?

- Less than ½ cup
- ½ to 1 cup
- 1 to 2 cups
- More than 2 cups

LUNCHTIME AND AFTERNOON

8. Think about all the foods you ate at lunchtime and for your afternoon snacks last month. On how many days did you eat **fruit** at lunchtime or for your afternoon snacks? Count any kind of fruit—fresh, canned, and frozen. **Do not count** juices.

- Never
(Go to Question 9)
- 1-3 days
last month
- 1-2 days
per week
- 3-4 days
per week
- 5-6 days
per week
- Every day

8a. When you ate **fruit** at lunchtime or for your afternoon snacks, what is the **total** amount of **fruit** that you usually ate then?

- Less than 1 medium fruit
- 1 medium fruit
- 2 medium fruits
- More than 2 medium fruits
- OR**
- Less than ½ cup
- About ½ cup
- About 1 cup
- More than 1 cup

9. Think about all the foods you ate at lunchtime and for your afternoon snacks. On how many days did you eat **vegetables** at lunchtime or for your afternoon snacks?

- DO NOT COUNT:**
- Lettuce salads
 - White potatoes
 - Cooked dried beans
 - Vegetables in mixtures, such as in sandwiches, omelets, casseroles, Mexican dishes, stews, stir-fry, soups, etc.
 - Rice

COUNT:

- All other vegetables—raw, cooked, canned, and frozen

- Never
(Go to Question 10)
- 1-3 days
last month
- 1-2 days
per week
- 3-4 days
per week
- 5-6 days
per week
- Every day

9a. When you ate **vegetables** at lunchtime or for your afternoon snacks, what is the **total** amount of **vegetables** that you usually ate then?

- Less than ½ cup
- ½ to 1 cup
- 1 to 2 cups
- More than 2 cups

SUPPERTIME AND EVENING

10. Think about all the foods you ate at supper and for your evening snacks last month. On how many days did you eat **fruit** at supper or for your evening snacks? Count any kind of fruit—fresh, canned, and frozen. **Do not count** juices.

- Never
(Go to Question 11)
- 1-3 days
last month
- 1-2 days
per week
- 3-4 days
per week
- 5-6 days
per week
- Every day

10a. When you ate **fruit** at supper or for your evening snacks, what is the **total** amount of **fruit** that you usually ate then?

- Less than 1 medium fruit
- 1 medium fruit
- 2 medium fruits
- More than 2 medium fruits
- OR**
- Less than ½ cup
- About ½ cup
- About 1 cup
- More than 1 cup

11. Think about all the foods you ate at supper and for your evening snacks. On how many days did you eat **vegetables** at supper or for your evening snacks?

- DO NOT COUNT:**
- Lettuce salads
 - White potatoes
 - Cooked dried beans
 - Vegetables in mixtures, such as in sandwiches, omelets, casseroles, Mexican dishes, stews, stir-fry, soups, etc.
 - Rice

- COUNT:**
- All other vegetables—raw, cooked, canned, and frozen

- Never
(Go to Question 12)
- 1-3 days
last month
- 1-2 days
per week
- 3-4 days
per week
- 5-6 days
per week
- Every day

11a. When you ate **vegetables** at supper or for your evening snacks, what is the **total** amount of **vegetables** that you usually ate then?

- Less than ½ cup
- ½ to 1 cup
- 1 to 2 cups
- More than 2 cups

These last few questions ask about how often you ate particular foods at any time of the day.

12. Over the last month, how often did you eat **tomato sauce**? Include tomato sauce on pasta or macaroni, rice, pizza and other dishes.

- Never
(Go to Question 13)
- 1-3 times last 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 times per day
- 4 times per day
- 5 or more times per day

12a. Each time you ate **tomato sauce**, how much did you usually eat?

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

13. Over the last month, how often did you eat **vegetable soups**? Include tomato soup, gazpacho, beef wit

- Never
(Go to Question 14)
- 1-3 times last 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 times per day
- 4 times per day
- 5 or more times per day

13a. When you ate **vegetable soup**, how much did you usually eat?

- Less than 1 cup
- 1 to 2 cups
- 2 to 3 cups
- More than 3 cups

14. Over the last month, how often did you eat **mixtures that included vegetables**? Count such foods as sandwiches, casseroles, stews, stir-fry, omelets, and tacos.

- Never
- 1-3 times last 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 times per day
- 4 times per day
- 5 or more times per day

Thank you very much for completing this form. Please return it in the enclosed, postage-paid envelope or to the address on the front cover.

