Instructions

- Think about your usual eating habits **over the past month**.
- If you mark “Never or less than 1 time per month” for a question, follow the “Go to” instruction.
- Choose the best answer for each question by darkening the circle next to that answer.

1. How often do you drink **100% orange juice**? Do not count fruit drinks like Tang and Sunny D.
   
   1☐ Never or less than 1 time per month (**GO TO QUESTION 2**)
   2☐ 1 time per month
   3☐ 2-3 times per month
   4☐ 1-2 times per week
   5☐ 3-4 times per week
   6☐ 5-6 times per week
   7☐ 1 time per day
   8☐ 2 or more times per day

   **IF answer is #1, go to question 2.**

1a. Each time you drink **orange juice**, how much do you usually drink?

   1☐ Less than 1 cup
   2☐ 1 cup (8 ounces)
   3☐ More than 1 cup

1b. How often is the orange juice you drink **calcium fortified**?

   1☐ Almost never or never
   2☐ Sometimes
   3☐ Almost always or always
   4☐ Don’t know
2. How often do you drink **milk** as a beverage (NOT in cereal)?

1. Never or less than 1 time per month (GO TO QUESTION 3)
2. 1 time per month
3. 2-3 times per month
4. 1-2 times per week
5. 3-4 times per week
6. 5-6 times per week
7. 1 time per day
8. 2 times per day
9. 3 or more times per day

**IF answer is #1, go to question 3.**

2a. Each time you drink **milk**, how much do you usually drink?

1. Less than 1 cup
2. 1 cup (8 ounces) (SEE PICTURE BELOW)
3. More than 1 cup

**8 ounce glass of milk**
2b. What kind of milk do you usually drink?

1. Whole milk
2. 2% fat milk
3. 1% fat milk
4. Skim or nonfat milk
5. Chocolate milk
6. Soy or rice milk
7. Don’t know

3. How often do you eat yogurt?

1. Never or less than 1 time per month (GO TO QUESTION 4)
2. 1 time per month
3. 2-3 times per month
4. 1-2 times per week
5. 3-4 times per week
6. 5-6 times per week
7. 1 or more times per day

4. How often do you eat cold cereal?

1. Never or less than one time per month (GO TO QUESTION 5)
2. 1 time per month
3. 2-3 times per month
4. 1-2 times per week
5. 3-4 times per week
6. 5-6 times per week
7. 1 time per day
8. 2 or more times per day

IF answer is #1, go to question 5.

4a. Each time you eat cold cereal, how much do you usually eat?

1. Less than 2 cups
2. 2 cups (SEE THE PICTURE ON THE NEXT PAGE)
3. More than 2 cups
Two cups of cold cereal

5. How often do you eat **Mexican foods** such as tacos, tostados, burritos, tamales, fajitas, enchiladas, quesadillas, or chimichangas?

<table>
<thead>
<tr>
<th>Option</th>
<th>Frequency</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Never or less than 1 time per month (GO TO QUESTION 6)</td>
</tr>
<tr>
<td>2</td>
<td>1 time per month</td>
</tr>
<tr>
<td>3</td>
<td>2-3 times per month</td>
</tr>
<tr>
<td>4</td>
<td>1-2 times per week</td>
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<tr>
<td>5</td>
<td>3-4 times per week</td>
</tr>
<tr>
<td>6</td>
<td>5-6 times per week</td>
</tr>
<tr>
<td>7</td>
<td>1 or more times per day</td>
</tr>
</tbody>
</table>

**IF answer is #1, go to question 6.**

5a. Each time you eat **Mexican foods**, how much do you usually eat?

<table>
<thead>
<tr>
<th>Option</th>
<th>Amount</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Less than 1 taco or burrito</td>
</tr>
<tr>
<td>2</td>
<td>1 taco or burrito</td>
</tr>
<tr>
<td>3</td>
<td>More than 1 taco or burrito</td>
</tr>
</tbody>
</table>
6. How often do you eat pizza?

1 O Never or less than 1 time per month (GO TO QUESTION 7)
2 O 1 time per month
3 O 2-3 times per month
4 O 1-2 times per week
5 O 3-4 times per week
6 O 5-6 times per week
7 O 1 or more times per day

IF answer is #1, go to question 7.

6a. Each time you eat pizza, how much do you usually eat?

1 O 1 slice
2 O 2 slices or one mini pizza
3 O 3 or more slices

7. How often do you eat macaroni and cheese?

1 O Never or less than 1 time per month (GO TO QUESTION 8)
2 O 1 time per month
3 O 2-3 times per month
4 O 1-2 times per week
5 O 3-4 times per week
6 O 5-6 times per week
7 O 1 or more times per day

IF answer is #1, go to question 8.

7a. Each time you eat macaroni and cheese, how much do you usually eat?

1 O Less than 1 cup
2 O 1 cup (SEE THE PICTURE ON THE NEXT PAGE)
3 O More than 1 cup
8. How often do you eat ice cream, ice cream bars, milk shakes, or frozen yogurt?

1 □ Never or less than 1 time per month (GO TO QUESTION 9)
2 □ 1 time per month
3 □ 2-3 times per month
4 □ 1-2 times per week
5 □ 3-4 times per week
6 □ 5-6 times per week
7 □ 1 or more times per day

IF answer is #1, go to question 9.

8a. Each time you eat ice cream, ice cream bars, milkshakes, or frozen yogurt, how much do you usually eat?

1 □ Less than 1 cup
2 □ 1 cup (2 scoops)
3 □ More than 1 cup
9. How often do you eat cheese (including on salads or in sandwiches or subs)?

1. Never or less than 1 time per month (GO TO QUESTION 10)
2. 1 time per month
3. 2-3 times per month
4. 1-2 times per week
5. 3-4 times per week
6. 5-6 times per week
7. 1 or more times per day

IF answer is #1, go to question 10.

9a. Each time you eat cheese, how much do you usually eat?

1. Less than 1 slice
2. 1 slice
3. More than 1 slice

10. How often do you eat bread, toast or dinner rolls, including bread as part of a sandwich (DO NOT count buns with hamburgers or hot dogs)?

1. Never or less than 1 time per month (GO TO END)
2. 1 time per month
3. 2-3 times per month
4. 1-2 times per week
5. 3-4 times per week
6. 5-6 times per week
7. 1 time per day
8. 2 or more times per day

IF answer is #1, go to END OF INTERVIEW.

10a. Each time you eat bread, toast or dinner rolls, how much do you usually eat?

1. 1 slice or 1 dinner roll
2. 2 slices or 2 dinner rolls
3. More than 2 slices or 2 dinner rolls

THE END