

## EATING INFORMATION

### 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

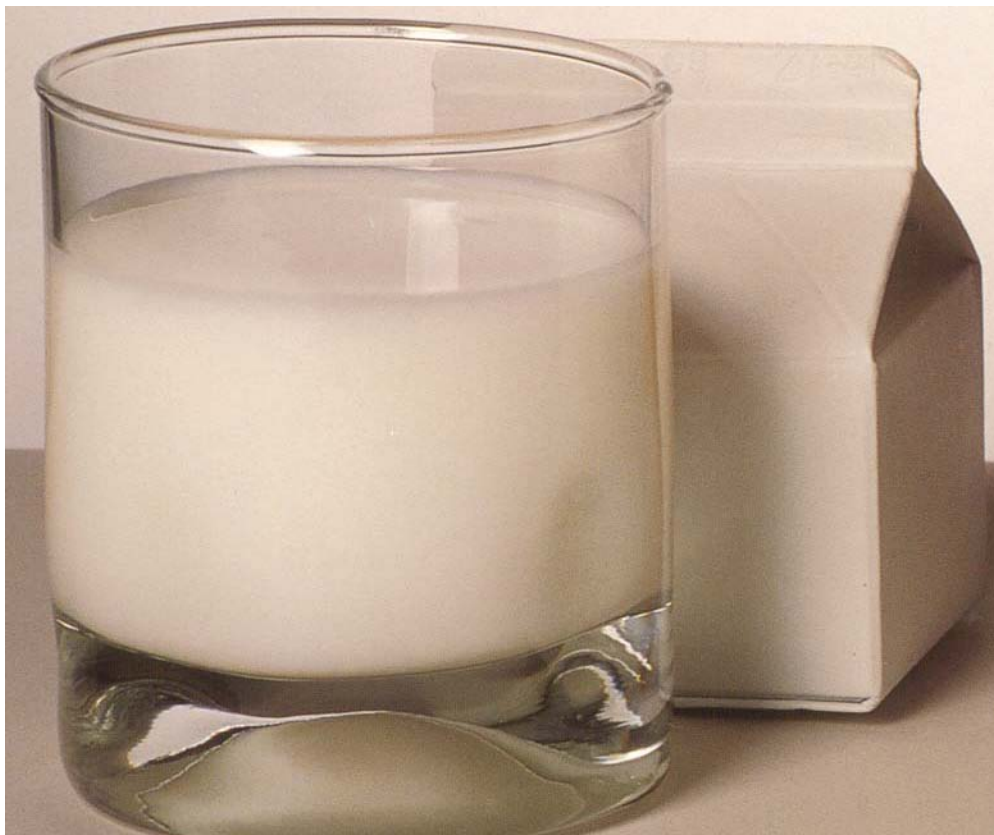


**IF answer is #1, go to question 3.**

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?
- 1  Never or less than 1 time per month (**GO TO QUESTION 6**)
  - 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 6.**

- 5a. Each time you eat **Mexican foods**, how much do you usually eat?
- 1  Less than 1 taco or burrito
  - 2  1 taco or burrito
  - 3  More than 1 taco or burrito



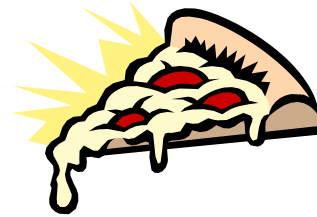
6. How often do you eat **pizza**?

- 1○ Never or less than 1 time per month (**GO TO QUESTION 7**)
- 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 7.**

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

- 1○ 1 slice
- 2○ 2 slices or one mini pizza
- 3○ 3 or more slices



7. How often do you eat **macaroni and cheese**?

- 1○ Never or less than 1 time per month (**GO TO QUESTION 8**)
- 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 8.**

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

- 1○ Less than 1 cup
- 2○ 1 cup (**SEE THE PICTURE ON THE NEXT PAGE**)
- 3○ More than 1 cup

**One cup of macaroni and cheese**



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**