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
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?

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

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

7. How often do you eat macaroni and cheese?

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

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

1 O Never or less than 1 time per month (GO TO QUESTION 9)
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 9.

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

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

1.O Never or less than 1 time per month (GO TO QUESTION 10)
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 10.**

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

1.O Less than 1 slice
2.O 1 slice
3.O 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.O Never or less than 1 time per month (GO TO END)
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 time per day
8.O 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.O 1 slice or 1 dinner roll
2.O 2 slices or 2 dinner rolls
3.O More than 2 slices or 2 dinner rolls

THE END