

# Questionnaire: Diet Related to Soy Beans

Date: \_\_\_\_\_ Date of Birth: \_\_\_\_\_ ID: \_\_\_\_\_  
 Last Name: \_\_\_\_\_ First Name: \_\_\_\_\_

Please answer the following questions about your eating habits **during the last 12 months**.

For each food group, mark **how often** you ate those items and then your **usual serving size**.

If you ate some soy foods not listed here, please put them in the "Other" category in the last row.

Thank you very much! We appreciate your help in this study.

Food Item	Average Use During Last Year								Your Usual Serving Size
	Never or hardly ever	Once a month	2 to 3 times a month	Once a week	2 to 3 times a week	4 to 6 times a week	Once a day	2 or more times a day	
Tofu (soybean curd, including in salad, in soups, in mixed dishes)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	O 2 cubes or 1/4 cup O 1/4 block or 1/2 cup O 1/2 block or more
Miso (including in soup, in dressing, in fish or meat)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	O 1/2 cup O 1 cup O 2 cups
Green soybeans (including as snack, in mixed dishes)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	O 1/4 cup or 1 handful O 1/2 cup O 1 cup
Fried tofu, such as tau foo pok, yaki-dofu, aburage (including plain, stuffed, cone sushi)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	O 1 piece or 1/4 cup O 2 pieces or 1/2 cup O 1 cup
Tau foo kwa or tofu gan (pressed tofu)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	O 1/2 cup O 1 cup O 1 1/2 cup
Soybean sprouts (including use in cold dishes and hot dishes)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	O 1/4 cup O 1/2 cup O 1 cup
Foojook or tofu skin (including in jai, jook, dim sums, mixed dishes, or vegetarian meats)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	O 1/4 cup or 1 sheet O 1/2 cup O 1 cup foojook
Western vegetarian meats made with soy products (such as tofu hot dog, tofutti, soy cheese)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	O 2 meatballs or 1/2 cup O 1 patty or 2/3 cup O 1 large patty or 1cup
Soybean drink or milk (sweet, unsweetened, flavored, salty)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	O 1/2 cup O 1 cup O 2 cups
Other soy products such as natto (fermented soybeans), roasted soybeans, kuromame(black soybeans), okara, kinako (roasted soybean flour)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	O 1/4 cup O 1/2 cup O 1 cup