Thank you for completing the Daily Food List. Please return your booklet to us in the envelope provided. If the envelope has been misplaced, mail your booklet to:

ReOPEN
1650 Research Blvd, RP#1029F
Rockville, MD 20850
Attn: Gia DeRienzo
### 1. What day is today?
- Sunday
- Monday
- Tuesday
- Wednesday
- Thursday
- Friday
- Saturday

### 2. How to Record Foods
- Check (✓) a box for every food you eat at a different meal or snack.
  - **Example:** I ate 1 roll at lunch and 1 roll at dinner.
- **Rolls, English muffins, bagels**
  - Do NOT count the number of pieces or servings of the same food you eat at a meal or snack.
  - **Example:** I ate two rolls at dinner.
- **Record mixtures (sandwiches, casseroles, salads, pasta, and stir-fry dishes)** by checking each food in the mixture.
  - **Example:** I ate a turkey sandwich (2 slices of bread) lettuce and mustard.
- **All other bread (NOT in pizza)**
- **Tortillas (NOT in mixtures)**
- **Pancakes, waffles, French toast**
- **Rice alone or in mixtures**
- **Pasta, spaghetti, noodles alone or in mixtures**
- **Do NOT count ingredients in these foods anywhere else.**

### 3. Now fill in the foods you eat today in Boxes A-G.

#### A. Chili, Mexican Food, Pizza, Soup
- **Chili (All kinds)**
- **Mexican food mixtures, such as tacos, tostadas, burritos, fajitas, enchiladas**
- **Soup (All kinds)**
- Do NOT count ingredients in these foods anywhere else.

#### B. Meat, Poultry, Fish
- **Beef, pork, ham, bacon, sausage alone or in mixtures (but NOT in the foods in Box A)**
- **Chicken, turkey, duck alone or in mixtures (but NOT in the foods in Box A)**
- **Fish, seafood alone or in mixtures (but NOT in the foods in Box A)**

#### C. Dairy, Eggs
- **Cheese (All kinds)**
- **Yogurt (All kinds)**
- **Eggs (All kinds)**

#### D. Fruits, Vegetables
- **Fruit cocktail, fruit salad**
- **All other fruits (NOT juice)**
- **Potatoes alone or in mixtures (All kinds, but NOT chips and NOT in soup)**
- **Cooked dried beans, such as pinto, lima, lentils (but NOT in the foods in Box A)**
- **Salad greens, such as lettuce and spinach**
- **Lettuce in other mixtures, such as sandwiches**
- **All other vegetables alone or in mixtures, such as salads (but NOT in the foods in Box A)**
- **If different vegetables are eaten at the same time, check a box for each vegetable.**
- **Tomato sauce, such as in spaghetti and lasagna (but NOT in the foods in Box A)**

#### E. Snack Foods, Desserts
- **Candy (All kinds)**
- **Cookies, pie, cake, brownies**
- **Ice cream, sorbet, frozen yogurt**
- **Popcorn, crackers, chips, pretzels**

#### F. Cereals, Breads, Grains
- **Cereal, hot or cold (All kinds)**
- **Rolls, English muffins, bagels**
- **All other bread (NOT in pizza)**
- **Tortillas (NOT in mixtures)**
- **Pancakes, waffles, dessert breads, pop-tarts**
- **Rice alone or in mixtures (but NOT in the foods in Box A)**
- **Pasta, spaghetti, noodles alone or in mixtures (but NOT in chili or soup)**

#### G. Spreads, Dressings
- **Butter or margarine added to each different food**
- **Mayonnaise or salad dressing, including low-fat, added to each different food**

### Comments
Did you have any difficulty understanding how to fill out the form today? If so, please explain.

---

4. Please review. Do you remember anything else?
### 1. What day is today?  
- Sunday  
- Monday  
- Tuesday  
- Wednesday  
- Thursday  
- Friday  
- Saturday

### 2. How to Record Foods
- **Check (✓) a box for every food you eat at a different meal or snack.**
  - Example: I ate 1 roll at lunch and 1 roll at dinner.
- **Rolls, English muffins, bagels**
- Do NOT count the number of pieces or servings of the same food you eat at a meal or snack.
  - Example: I ate two rolls at dinner.
- **Record mixtures (sandwiches, casseroles, salads, pasta, and stir-fry dishes) by checking each food in the mixture.**
  - Example: I ate a turkey sandwich (2 slices of bread) lettuce and mustard.
- **All other bread (NOT in pizza)**
- **Tortillas (NOT in mixtures)**
- **Doughnuts, Danish, sweet rolls, muffins, dessert breads, pop-tarts**
- **Pancakes, waffles, French toast**
- **Rice alone or in mixtures (but NOT in the foods in Box A)**
- **Pasta, spaghetti, noodles alone or in mixtures (but NOT in chili or soup)**
- **For additional examples, see back cover.**

### 3. Now fill in the foods you eat today in Boxes A-G.

#### A. Chili, Mexican Food, Pizza, Soup
- Do NOT count ingredients in these foods anywhere else.
- **Chili (All kinds)**
- **Mexican food mixtures, such as tacos, tostadas, burritos, fajitas, enchiladas**
- **Soup (All kinds)**

#### B. Meat, Poultry, Fish
- **Beef, pork, ham, bacon, sausage alone or in mixtures (but NOT in the foods in Box A)**
- **Chicken, turkey, duck alone or in mixtures (but NOT in the foods in Box A)**
- **Fish, seafood alone or in mixtures (but NOT in the foods in Box A)**

#### C. Dairy, Eggs
- **Cheese (All kinds)**
- **Yogurt (All kinds)**
- **Eggs (All kinds)**

#### D. Fruits, Vegetables
- **Fruit cocktail, fruit salad**
- **All other fruits (NOT juice)**
- **Potatoes alone or in mixtures (All kinds, but NOT chips and NOT in soup)**
- **Cooked dried beans, such as pinto, lima, lentils (but NOT in the foods in Box A)**
- **Lettuce in other mixtures, such as sandwiches**
- **All other vegetables alone or in mixtures, such as salads (but NOT in the foods in Box A)**
- **Tomato sauce, such as in spaghetti and lasagna (but NOT in the foods in Box A)**

#### E. Snack Foods, Desserts
- **Candy (All kinds)**
- **Cookies, pie, cake, brownies**
- **Ice cream, sorbet, frozen yogurt**
- **Popcorn, crackers, chips, pretzels**

#### F. Cereals, Breads, Grains
- **Cereal, hot or cold (All kinds)**
- **Rolls, English muffins, bagels**
- **All other bread (NOT in pizza)**
- **Tortillas (NOT in mixtures)**
- **Doughnuts, Danish, sweet rolls, muffins, dessert breads, pop-tarts**
- **Pancakes, waffles, French toast**
- **Rice alone or in mixtures (but NOT in the foods in Box A)**
- **Pasta, spaghetti, noodles alone or in mixtures (but NOT in chili or soup)**

#### G. Spreads, Dressings
- **Butter or margarine added to each different food**
- **Mayonnaise or salad dressing, including low-fat, added to each different food**

### Comments
Did you have any difficulty understanding how to fill out the form today? If so, please explain.

---

4. Please review. Do you remember anything else?
## 2. How to Record Foods

- **Check (✓) a box** for every food you eat at a different meal or snack.
  
  **Example:** I ate 1 roll at lunch and 1 roll at dinner.

- **Rolls, English muffins, bagels**

- Do NOT count the number of pieces or servings of the same food you eat at a meal or snack.
  
  **Example:** I ate two rolls at dinner.

- **Record mixtures (sandwiches, casseroles, salads, pasta, and stir-fry dishes)** by checking each food in the mixture.
  
  **Example:** I ate a turkey sandwich (2 slices of bread) lettuce and mustard.

- **All other bread (NOT in pizza)**

- **Record in mixtures (NOT in chili or soup)**

  For additional examples, see back cover.

### 3. Now fill in the foods you eat today in Boxes A-G.

### 1. What day is today?

<table>
<thead>
<tr>
<th></th>
<th>Sunday</th>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
<th>Saturday</th>
</tr>
</thead>
</table>

### A. Chili, Mexican Food, Pizza, Soup

- **Chili (All kinds)**

- **Mexican food mixtures, such as tacos, tostados, burritos, fajitas, enchiladas**

- **Pizza (All kinds)**

- **Soup (All kinds)**

### B. Meat, Poultry, Fish

- **Beef, pork, ham, bacon, sausage alone or in mixtures (but NOT in the foods in Box A)**

- **Chicken, turkey, duck alone or in mixtures (but NOT in the foods in Box A)**

- **Fish, seafood alone or in mixtures (but NOT in the foods in Box A)**

### C. Dairy, Eggs

- **Cheese (All kinds)**

- **Yogurt (All kinds)**

- **Eggs (All kinds)**

### D. Fruits, Vegetables

- **Fruit cocktail, fruit salad**

- **All other fruits (NOT juice)**

- **Potatoes alone or in mixtures (All kinds, but NOT chips and NOT in soup)**

- **Cooked dried beans, such as pinto, lima, lentils (but NOT in the foods in Box A)**

- **Lettuce in other mixtures, such as sandwiches**

- **All other vegetables alone or in mixtures, such as salads (but NOT in the foods in Box A)**

- **If different vegetables are eaten at the same time, check a box for each vegetable.**

- **Tomato sauce, such as in spaghetti and lasagna (but NOT in the foods in Box A)**

### E. Snack Foods, Desserts

- **Candy (All kinds)**

- **Cookies, pie, cake, brownies**

- **Ice cream, sorbet, frozen yogurt**

- **Popcorn, crackers, chips, pretzels**

### F. Cereals, Breads, Grains

- **Cereal, hot or cold (All kinds)**

- **Rolls, English muffins, bagels**

- **All other bread (NOT in pizzæ)**

- **Tortillas (NOT in mixtures)**

- **Doughnuts, Danish, sweet rolls, muffins, dessert breads, pop-tarts**

- **Pancakes, waffles, French toast**

- **Rice alone or in mixtures (but NOT in the foods in Box A)**

- **Pasta, spaghetti, noodles alone or in mixtures (but NOT in chili or soup)**

### G. Spreads, Dressings

- **Butter or margarine added to each different food**

- **Mayonnaise or salad dressing, including low-fat, added to each different food**

### Comments

Did you have any difficulty understanding how to fill out the form today? If so, please explain.

---

4. Please review. Do you remember anything else?
### 2. How to Record Foods

- **Check (✓) a box for every food you eat at a different meal or snack.**
  
  **Example:** I ate 1 roll at lunch and 1 roll at dinner.

- **Rolls, English muffins, bagels**
  
  - Do NOT count the number of pieces or servings of the same food you eat at a meal or snack.
  
  **Example:** I ate two rolls at dinner.

- **Record mixtures (sandwiches, casseroles, salads, pasta, and stir-fry dishes) by checking each food in the mixture.**
  
  **Example:** I ate a turkey sandwich (2 slices of bread) lettuce and mustard.

- **All other bread (NOT in pizza)**
  
  - Chicken, turkey, duck alone or in mixtures (but NOT in the foods in Box A)
  
  - Fish, seafood alone or in mixtures (but NOT in the foods in Box A)

- **For additional examples, see back cover.**

#### 3. Now fill in the foods you eat today in Boxes A-G.

<table>
<thead>
<tr>
<th><strong>A. Chili, Mexican Food, Pizza, Soup</strong></th>
<th><strong>B. Meat, Poultry, Fish</strong></th>
<th><strong>C. Dairy, Eggs</strong></th>
<th><strong>D. Fruits, Vegetables</strong></th>
<th><strong>E. Snack Foods, Desserts</strong></th>
<th><strong>F. Cereals, Breads, Grains</strong></th>
<th><strong>G. Spreads, Dressings</strong></th>
<th><strong>Comments</strong></th>
<th><strong>4. Please review. Do you remember anything else?</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td>Do NOT count ingredients in these foods anywhere else.</td>
<td><strong>Beef, pork, ham, bacon, sausage alone or in mixtures (but NOT in the foods in Box A)</strong></td>
<td><strong>Cheese (All kinds)</strong></td>
<td><strong>Fruit cocktail, fruit salad</strong></td>
<td><strong>Candy (All kinds)</strong></td>
<td><strong>Cereal, hot or cold (All kinds)</strong></td>
<td><strong>Butter or margarine added to each different food</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Chili (All kinds)</strong></td>
<td><strong>Chicken, turkey, duck alone or in mixtures (but NOT in the foods in Box A)</strong></td>
<td><strong>Yogurt (All kinds)</strong></td>
<td><strong>All other fruits (NOT juice)</strong></td>
<td><strong>Cookies, pie, cake, brownies</strong></td>
<td><strong>Rolls, English muffins, bagels</strong></td>
<td><strong>Mayonnaise or salad dressing, including low-fat, added to each different food</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Mexican food mixtures, such as tacos, tostados, burritos, fajitas, enchiladas</strong></td>
<td><strong>Fish, seafood alone or in mixtures (but NOT in the foods in Box A)</strong></td>
<td><strong>Eggs (All kinds)</strong></td>
<td><strong>If different fruits are eaten at the same time, check a box for each fruit.</strong></td>
<td><strong>Ice cream, sorbet, frozen yogurt</strong></td>
<td><strong>All other bread (NOT in pizza)</strong></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Soup (All kinds)</strong></td>
<td></td>
<td></td>
<td></td>
<td><strong>Popcorn, crackers, chips, pretzels</strong></td>
<td><strong>Tortillas (NOT in mixtures)</strong></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

**Do NOT count the number of pieces or servings of the same food you eat at a meal or snack.**

**Example:** I ate two rolls at dinner.

**Record mixtures (sandwiches, casseroles, salads, pasta, and stir-fry dishes) by checking each food in the mixture.**

**Example:** I ate a turkey sandwich (2 slices of bread) lettuce and mustard.

**All other bread (NOT in pizza)**

- Chicken, turkey, duck alone or in mixtures (but NOT in the foods in Box A)

- Fish, seafood alone or in mixtures (but NOT in the foods in Box A)

**For additional examples, see back cover.**

### 3. Now fill in the foods you eat today in Boxes A-G.

**1. What day is today?**

- Sunday
- Monday
- Tuesday
- Wednesday
- Thursday
- Friday
- Saturday

**2. How to Record Foods**

- Check (✓) a box for every food you eat at a different meal or snack.

  **Example:** I ate 1 roll at lunch and 1 roll at dinner.

- **Rolls, English muffins, bagels**

  - Do NOT count the number of pieces or servings of the same food you eat at a meal or snack.

  **Example:** I ate two rolls at dinner.

- **Record mixtures (sandwiches, casseroles, salads, pasta, and stir-fry dishes) by checking each food in the mixture.**

  **Example:** I ate a turkey sandwich (2 slices of bread) lettuce and mustard.

- **All other bread (NOT in pizza)**

  - Chicken, turkey, duck alone or in mixtures (but NOT in the foods in Box A)

  - Fish, seafood alone or in mixtures (but NOT in the foods in Box A)

- **For additional examples, see back cover.**

**3. Now fill in the foods you eat today in Boxes A-G.**

**4. Please review. Do you remember anything else?**

Did you have any difficulty understanding how to fill out the form today? If so, please explain.

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**Comments**

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**4. Please review. Do you remember anything else?**

---
2. How to Record Foods

- Check (√) a box for every food you eat at a different meal or snack.
  
  **Example:** I ate 1 roll at lunch and 1 roll at dinner.

- Do NOT count the number of pieces or servings of the same food you eat at a meal or snack.
  
  **Example:** I ate two rolls at dinner.

- Record mixtures (sandwiches, casseroles, salads, pasta, and stir-fry dishes) by checking each food in the mixture.
  
  **Example:** I ate a turkey sandwich (2 slices of bread) lettuce and mustard.

3. Now fill in the foods you eat today in Boxes A-G.

### A. Chili, Mexican Food, Pizza, Soup

<table>
<thead>
<tr>
<th>Food Type</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>Chili</td>
<td>All kinds</td>
</tr>
<tr>
<td>Mexican food mixtures, such as tacos, tostados, burritos, fajitas, enchiladas</td>
<td></td>
</tr>
<tr>
<td>Soup</td>
<td>All kinds</td>
</tr>
</tbody>
</table>

Do NOT count ingredients in these foods anywhere else.

### B. Meat, Poultry, Fish

<table>
<thead>
<tr>
<th>Food Type</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>Beef, pork, ham, bacon, sausage alone or in mixtures (but NOT in the foods in Box A)</td>
<td></td>
</tr>
<tr>
<td>Chicken, turkey, duck alone or in mixtures (but NOT in the foods in Box A)</td>
<td></td>
</tr>
<tr>
<td>Fish, seafood alone or in mixtures (but NOT in the foods in Box A)</td>
<td></td>
</tr>
</tbody>
</table>

### C. Dairy, Eggs

<table>
<thead>
<tr>
<th>Food Type</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>Cheese</td>
<td>All kinds</td>
</tr>
<tr>
<td>Yogurt</td>
<td>All kinds</td>
</tr>
<tr>
<td>Eggs</td>
<td>All kinds</td>
</tr>
</tbody>
</table>

### D. Fruits, Vegetables

<table>
<thead>
<tr>
<th>Food Type</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>Fruit cocktail, fruit salad</td>
<td></td>
</tr>
<tr>
<td>Other fruits (NOT juice)</td>
<td></td>
</tr>
<tr>
<td>If different fruits are eaten at the same time, check a box for each fruit.</td>
<td></td>
</tr>
<tr>
<td>Potatoes alone or in mixtures (All kinds, but NOT chips and NOT in soup)</td>
<td></td>
</tr>
<tr>
<td>Cooked dried beans, such as pinto, lima, lentils (but NOT in the foods in Box A)</td>
<td></td>
</tr>
<tr>
<td>Salad greens, such as lettuce and spinach</td>
<td></td>
</tr>
<tr>
<td>Lettuce in other mixtures, such as sandwiches</td>
<td></td>
</tr>
<tr>
<td>All other vegetables alone or in mixtures, such as salads (but NOT in the foods in Box A)</td>
<td></td>
</tr>
<tr>
<td>If different vegetables are eaten at the same time, check a box for each vegetable.</td>
<td></td>
</tr>
<tr>
<td>Tomato sauce, such as in spaghetti and lasagna (but NOT in the foods in Box A)</td>
<td></td>
</tr>
</tbody>
</table>

### E. Snack Foods, Desserts

<table>
<thead>
<tr>
<th>Food Type</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>Candy</td>
<td>All kinds</td>
</tr>
<tr>
<td>Cookies, pie, cake, brownies</td>
<td></td>
</tr>
<tr>
<td>Ice cream, sorbet, frozen yogurt</td>
<td></td>
</tr>
<tr>
<td>Popcorn, crackers, chips, pretzels</td>
<td></td>
</tr>
</tbody>
</table>

### F. Cereals, Breads, Grains

<table>
<thead>
<tr>
<th>Food Type</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>Cereal, hot or cold (All kinds)</td>
<td></td>
</tr>
<tr>
<td>Rolls, English muffins, bagels</td>
<td></td>
</tr>
<tr>
<td>All other bread (NOT in pizza)</td>
<td></td>
</tr>
<tr>
<td>Tortillas (NOT in mixtures)</td>
<td></td>
</tr>
<tr>
<td>Doughnuts, Danish, sweet rolls, muffins, dessert breads, pop-tarts</td>
<td></td>
</tr>
<tr>
<td>Pancakes, waffles, French toast</td>
<td></td>
</tr>
<tr>
<td>Rice alone or in mixtures (but NOT in the foods in Box A)</td>
<td></td>
</tr>
<tr>
<td>Pasta, spaghetti, noodles alone or in mixtures (but NOT in chili or soup)</td>
<td></td>
</tr>
</tbody>
</table>

### G. Spreads, Dressings

<table>
<thead>
<tr>
<th>Food Type</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>Butter or margarine added to each different food</td>
<td></td>
</tr>
<tr>
<td>Mayonnaise or salad dressing, including low-fat, added to each different food</td>
<td></td>
</tr>
</tbody>
</table>

4. Please review. Do you remember anything else?

Comments

Did you have any difficulty understanding how to fill out the form today? If so, please explain.

________________________

4. Please review. Do you remember anything else?
1. What day is today?  

- Sunday  
- Monday  
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- Saturday

2. How to Record Foods

- **Check (✓) a box for every food you eat at a different meal or snack.**
  
  *Example: I ate 1 roll at lunch and 1 roll at dinner.*

- **Rolls, English muffins, bagels**
  
  - Do NOT count the number of pieces or servings of the same food you eat at a meal or snack.
  
  *Example: I ate two rolls at dinner.*

- **Record mixtures (sandwiches, casseroles, salads, pasta, and stir-fry dishes) by checking each food in the mixture.**
  
  *Example: I ate a turkey sandwich (2 slices of bread) lettuce and mustard.*

3. Now fill in the foods you eat today in Boxes A-G.

<table>
<thead>
<tr>
<th></th>
<th></th>
<th></th>
<th></th>
<th></th>
<th></th>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Check (✓) a box for every food</strong></td>
<td><strong>Check (✓) a box</strong></td>
<td><strong>Check (✓) a box</strong></td>
<td><strong>Check (✓) a box</strong></td>
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<td><strong>Check (✓) a box</strong></td>
<td><strong>Check (✓) a box</strong></td>
</tr>
<tr>
<td><strong>Ingredient</strong></td>
<td><strong>Ingredient</strong></td>
<td><strong>Ingredient</strong></td>
<td><strong>Ingredient</strong></td>
<td><strong>Ingredient</strong></td>
<td><strong>Ingredient</strong></td>
<td><strong>Ingredient</strong></td>
<td><strong>Comment</strong></td>
</tr>
<tr>
<td>Chili (All kinds)</td>
<td>Beef, pork, ham, bacon, sausage alone or in mixtures (but NOT in the foods in Box A)</td>
<td>Cheese (All kinds)</td>
<td>Fruit cocktail, fruit salad</td>
<td>Candy (All kinds)</td>
<td>Cereal, hot or cold (All kinds)</td>
<td>Do NOT count the items below if only used in cooking.</td>
<td></td>
</tr>
<tr>
<td>Mexican food mixtures, such as tacos, tostados, burritos, fajitas, enchiladas</td>
<td>Chicken, turkey, duck alone or in mixtures (but NOT in the foods in Box A)</td>
<td>Yogurt (All kinds)</td>
<td>All other fruits (NOT juice)</td>
<td>Cookies, pie, cake, brownies</td>
<td>Rolls, English muffins, bagels</td>
<td>Butter or margarine added to each different food</td>
<td></td>
</tr>
<tr>
<td>Pizza (All kinds)</td>
<td>Fish, seafood alone or in mixtures (but NOT in the foods in Box A)</td>
<td>Eggs (All kinds)</td>
<td>Potatoes alone or in mixtures (All kinds, but NOT chips and NOT in soup)</td>
<td>Ice cream, sorbet, frozen yogurt</td>
<td>All other bread (NOT in pizza)</td>
<td>Mayonnaise or salad dressing, including low-fat, added to each different food</td>
<td></td>
</tr>
<tr>
<td>Soup (All kinds)</td>
<td>Lettuce in other mixtures, such as sandwiches</td>
<td></td>
<td>Cooked dried beans, such as pinto, lima, lentils (but NOT in the foods in Box A)</td>
<td>Popcorn, crackers, chips, pretzels</td>
<td>Tortillas (NOT in mixtures)</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

4. Please review. Do you remember anything else?

Comments

Did you have any difficulty understanding how to fill out the form today? If so, please explain.

_________
2. How to Record Foods

- Check (/) a box for every food you eat at a different meal or snack.
  
  **Example:** I ate 1 roll at lunch and 1 roll at dinner.
- Check (/) Rolls, English muffins, bagels
- Do NOT count the number of pieces or servings of the same food you eat at a meal or snack.
  
  **Example:** I ate two rolls at dinner.
- Record mixtures (sandwiches, casseroles, salads, pasta, and stir-fry dishes) by checking each food in the mixture.
  
  **Example:** I ate a turkey sandwich (2 slices of bread) lettuce and mustard.
- Check (/) All other bread (NOT in pizza)
- Check (/) Chicken, turkey, duck alone or in mixtures (but NOT in the foods in Box A)
- Check (/) Lettuce in other mixtures, such as sandwiches

3. Now fill in the foods you eat today in Boxes A-G.

### A. Chili, Mexican Food, Pizza, Soup
- Do NOT count ingredients in these foods anywhere else.

<table>
<thead>
<tr>
<th>Box</th>
<th>Example</th>
</tr>
</thead>
<tbody>
<tr>
<td>Chili (All kinds)</td>
<td>Chili (All kinds)</td>
</tr>
<tr>
<td>Mexican food mixtures, such as tacos, tostados, burritos, fajitas, enchiladas</td>
<td>Mexican food mixtures, such as tacos, tostados, burritos, fajitas, enchiladas</td>
</tr>
<tr>
<td>Soup (All kinds)</td>
<td>Soup (All kinds)</td>
</tr>
</tbody>
</table>

### B. Meat, Poultry, Fish
- Beef, pork, ham, bacon, sausage alone or in mixtures (but NOT in the foods in Box A)
- Chicken, turkey, duck alone or in mixtures (but NOT in the foods in Box A)
- Fish, seafood alone or in mixtures (but NOT in the foods in Box A)

### C. Dairy, Eggs
- Cheese (All kinds)
- Yogurt (All kinds)
- Eggs (All kinds)

### D. Fruits, Vegetables
- Fruit cocktail, fruit salad
- All other fruits (NOT juice)

<table>
<thead>
<tr>
<th>Box</th>
<th>Example</th>
</tr>
</thead>
<tbody>
<tr>
<td>Potatoes alone or in mixtures (All kinds, but NOT chips and NOT in soup)</td>
<td>Potatoes alone or in mixtures (All kinds, but NOT chips and NOT in soup)</td>
</tr>
<tr>
<td>Cooked dried beans, such as pinto, lima, lentils (but NOT in the foods in Box A)</td>
<td>Cooked dried beans, such as pinto, lima, lentils (but NOT in the foods in Box A)</td>
</tr>
<tr>
<td>Salad greens, such as lettuce and spinach</td>
<td>Salad greens, such as lettuce and spinach</td>
</tr>
<tr>
<td>Lettuce in other mixtures, such as sandwiches</td>
<td>Lettuce in other mixtures, such as sandwiches</td>
</tr>
<tr>
<td>All other vegetables alone or in mixtures, such as salads (but NOT in the foods in Box A)</td>
<td>All other vegetables alone or in mixtures, such as salads (but NOT in the foods in Box A)</td>
</tr>
<tr>
<td>Tomato sauce, such as in spaghetti and lasagna (but NOT in the foods in Box A)</td>
<td>Tomato sauce, such as in spaghetti and lasagna (but NOT in the foods in Box A)</td>
</tr>
</tbody>
</table>

### E. Snack Foods, Desserts
- Candy (All kinds)
- Cookies, pie, cake, brownies
- Ice cream, sorbet, frozen yogurt
- Popcorn, crackers, chips, pretzels

### F. Cereals, Breads, Grains
- Cereal, hot or cold (All kinds)
- Rolls, English muffins, bagels
- All other bread (NOT in pizza)
- Tortillas (NOT in mixtures)
- Doughnuts, Danish, sweet rolls, muffins, dessert breeads, pop-tarts
- Pancakes, waffles, French toast
- Rice alone or in mixtures (but NOT in the foods in Box A)
- Pasta, spaghetti, noodles alone or in mixtures (but NOT in chili or soup)

### G. Spreads, Dressings
- Do NOT count the items below if only used in cooking.
- Butter or margarine added to each different food
- Mayonnaise or salad dressing, including low-fat, added to each different food

### Comments
Did you have any difficulty understanding how to fill out the form today? If so, please explain.

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4. Please review. Do you remember anything else?