

Food Habits

Instructions: Please answer the questions below about your food habits **during the past month**.

1. Over the last month, how many times did you drink **100% juice** such as orange, apple, grape or grapefruit juice? **Do not count** fruit drinks like Kool-Aid, Fruitopia, lemonade, Hi-C, cranberry juice drink, Tang and Twister. Include juice you drank at all mealtimes and between meals. **Check ONE box.**

- 1 **Never** → **GO TO QUESTION 3**
- 2 1-3 times last month
- 3 1-2 times per week
- 4 3-4 times per week
- 5 5-6 times per week
- 6 7 or more times per week

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2. Each time you drank **100% juice**, how much did you usually drink? **Check ONE box.**

- 1 Less than $\frac{3}{4}$ cup (less than 6 ounces)
- 2 $\frac{3}{4}$ to $1\frac{1}{4}$ cup (6 to 10 ounces)
- 3 $1\frac{1}{4}$ to 2 cups (10 to 16 ounces)
- 4 More than 2 cups (more than 16 ounces)

3. Over the last month, how many times did you eat **fruit**? Count any kind of fruit—fresh, canned, and frozen. **Do not count** juices. Include fruit you ate at all meal times and for snacks. **Check ONE box.**

- 1 **Never** → **GO TO QUESTION 5**
- 2 1-3 times last month
- 3 1-2 times per week
- 4 3-4 times per week
- 5 5-6 times per week
- 6 7 or more times per week

4. Each time you ate **fruit**, how much did you usually eat? **Check ONE box.**

- 1 Less than 1 medium fruit
- 2 1 medium fruit
- 3 2 medium fruits
- 4 More than 2 medium fruits

5. Over the last month, how many times did you eat **lettuce salad (with or without other vegetables)**? *Check ONE box.*

- 1 **Never** —————→
 2 1-3 times last month
 3 1-2 times per week
 4 3-4 times per week
 5 5-6 times per week
 6 7 or more times per week

GO TO QUESTION 7

6. Each time you ate **lettuce salad**, how much did you usually eat? *Check ONE box.*

- 1 About ½ cup
 2 About 1 cup
 3 About 2 cups
 4 More than 2 cups

7. Over the last month, how many times did you eat **French fries or fried potatoes**? *Check ONE box.*

- 1 **Never** —————→
 2 1-3 times last month
 3 1-2 times per week
 4 3-4 times per week
 5 5-6 times per week
 6 7 or more times per week

GO TO QUESTION 9

8. Each time you ate **French fries or fried potatoes**, how much did you usually eat? *Check ONE box.*

- 1 Small order or less (about 1 cup or less)
 2 Medium order (about 1½ cups)
 3 Large order (about 2 cups)
 4 Super size or more (about 3 cups or more)

9. Over the last month, how many times did you eat **other vegetables**? Count all raw, cooked or frozen vegetables. **Do not count** lettuce salads, white potatoes, cooked dried beans, vegetables in mixtures such as sandwiches, omelettes, casseroles. *Check ONE box.*

- 1 **Never** —————→
 2 1-3 times last month
 3 1-2 times per week
 4 3-4 times per week
 5 5-6 times per week
 6 7 or more times per week

GO TO QUESTION 11

10. Each of these times that you ate **other vegetables**, how much did you usually eat?
Check ONE box.

- 1 Less than ½ cup
2 ½ to 1 cup
3 1 to 2 cups
4 More than 2 cups

11. Over the last month, how many times did you drink **fruit drinks** (such as cranberry cocktail, Hi-C, lemonade, or Kool-Aid, **Do Not Count Diet or Soft Drinks or 100% fruit juice**)?
Check ONE box.

- 1 **Never** → **GO TO QUESTION 13**
2 1-3 times last month
3 1-2 times per week
4 3-4 times per week
5 5-6 times per week
6 7 or more times per week

12. Each time you drank regular, **non-diet fruit drinks**, how much did you usually drink?
Check One box.

- 1 Less than 12 ounces (less than 1 can)
2 12-20 ounces (1 can to one bottle)
3 More than 20 ounces (more than one bottle)

13. Over the last month, how many times did you drink **regular, non-diet soft drinks, soda, or pop**?
Check ONE box.

- 1 **Never** → **GO TO QUESTION 15**
2 1-3 times last month
3 1-2 times per week
4 3-4 times per week
5 5-6 times per week
6 7 or more times per week

14. Each time you drank **regular (not diet) soft drinks, soda, or pop**, how much did you usually drink? *Check ONE box*

- 1 Less than 12 ounces (less than 1 can)
2 12 to 20 ounces (1 can to one bottle)
3 More than 20 ounces (more than 1 bottle)

15. Over the last month, how many times did you eat **potato chips, tortilla chips, or corn chips** (including low-fat or fat free)? *Check ONE box.*

- 1 **Never** →
- 2 1-3 times last month
- 3 1-2 times per week
- 4 3-4 times per week
- 5 5-6 times per week
- 6 7 or more times per week

GO TO QUESTION 18

16. Each time you ate **potato chips, tortilla chips, or corn chips**, how much did you usually eat? *Check ONE box.*

- 1 Fewer than 10 chips (less than 1 cup)
- 2 10 to 25 chips (1 to 2 cups)
- 3 More than 25 chips (more than 2 cups)

17. How often were the chips you ate **low-fat or fat-free chips**? *Check ONE box.*

- 1 Almost never or never
- 2 About ¼ of the time
- 3 About ½ of the time
- 4 About ¾ of the time
- 5 Almost always or always

18. Over the last month, how many times did you did you eat **popcorn** (including low-fat or fat-free)? *Check ONE box.*

- 1 **Never** →
- 2 1-3 times last month
- 3 1-2 times per week
- 4 3-4 times per week
- 5 5-6 times per week
- 6 7 or more times per week

GO TO QUESTION 21

19. Each time you ate **popcorn**, how much did you usually eat? *Check ONE box.*

- 1 Less than 2 cups, popped
- 2 2 to 5 cups, popped
- 3 More than 5 cups, popped

20. How often was the popcorn you ate **low-fat** or **fat-free**? *Check ONE box.*

- 1 Almost never or never
- 2 About ¼ of the time
- 3 About ½ of the time
- 4 About ¾ of the time
- 5 Almost always or always

21. Over the last month, how many times did you eat **pretzels**? *Check ONE box.*

- 1 **Never** → **GO TO QUESTION 23**
- 2 1-3 times last month
- 3 1-2 times per week
- 4 3-4 times per week
- 5 5-6 times per week
- 6 7 or more times per week

22. Each time you ate **pretzels**, how many did you usually eat? *Check ONE box.*

- 1 Fewer than 5 average twists
- 2 5 to 20 average twists
- 3 More than 20 average twists

23. Over the last month, how many times did you eat **ice cream**, **ice cream bars**, or **sherbet** (including low-fat or fat-free)? *Check ONE box.*

- 1 **Never** → **GO TO QUESTION 26**
- 2 1-3 times last month
- 3 1-2 times per week
- 4 3-4 times per week
- 5 5-6 times per week
- 6 7 or more times per week

24. Each time you ate **ice cream**, **ice cream bars**, or **sherbet**, how much did you usually eat? *Check ONE box.*

- 1 Less than ½ cup (less than 1 scoop)
- 2 ½ to 1½ cups (1 to 2 scoops)
- 3 More than 1½ cups (more than 2 scoops)

25. How often was the ice cream you ate **light, low-fat, or fat-free ice cream** or **sherbet**?
Check ONE box.

- 1 Almost never or never
2 About ¼ of the time
3 About ½ of the time
4 About ¾ of the time
5 Almost always or always

26. Over the last month, how many times did you eat **cookies** or **brownies** (including low-fat or fat-free)? *Check ONE box.*

- 1 **Never** → **GO TO QUESTION 29**
2 1-3 times last month
3 1-2 times per week
4 3-4 times per week
5 5-6 times per week
6 7 or more times per week

27. Each time you ate **cookies** or **brownies**, how much did you usually eat? *Check ONE box.*

- 1 Less than 2 cookies or 1 small brownie
2 2 to 4 cookies or 1 medium brownie
3 More than 4 cookies or 1 large brownie

28. How often were the cookies or brownies you ate **light, low-fat, or fat-free cookies** or **brownies**?
Check ONE box.

- 1 Almost never or never
2 About ¼ of the time
3 About ½ of the time
4 About ¾ of the time
5 Almost always or always

29. Over the last month, how many times did you eat **doughnuts, sweet rolls, Danish, or Pop-Tarts**?
Check ONE box.

- 1 **Never** → **GO TO QUESTION 31**
2 1-3 times last month
3 1-2 times per week
4 3-4 times per week
5 5-6 times per week
6 7 or more times per week

30. Each time you ate **doughnuts, sweet rolls, Danish, or Pop-Tarts**, how much did you usually eat? *Check ONE box.*

- 1 Less than 1 piece
- 2 1 to 2 pieces
- 3 More than 2 pieces

31. Over the last month, how many times did you eat **sweet muffins or dessert breads** (including low-fat or fat-free)? *Check ONE box.*

- 1 **Never** —————→ GO TO QUESTION 33
- 2 1-3 times last month
- 3 1-2 times per week
- 4 3-4 times per week
- 5 5-6 times per week
- 6 7 or more times per week

32. Each time you ate **sweet muffins or dessert breads**, how much did you usually eat? *Check ONE box.*

- 1 Less than 1 medium piece
- 2 1 medium piece
- 3 More than 1 medium piece

33. Over the last month, how many times did you eat **chocolate candy**? *Check ONE box.*

- 1 **Never** —————→ GO TO QUESTION 35
- 2 1-3 times last month
- 3 1-2 times per week
- 4 3-4 times per week
- 5 5-6 times per week
- 6 7 or more times per week

34. Each time you ate **chocolate candy**, how much did you usually eat? *Check ONE box.*

- 1 Less than 1 average bar (less than 1 ounce)
- 2 1 average bar (1 to 2 ounces)
- 3 More than 1 average bar (more than 2 ounces)

35. Over the last month, how many times did you eat **other candy**? *Check ONE box.*

- 1 **Never** →
- 2 1-3 times last month
- 3 1-2 times per week
- 4 3-4 times per week
- 5 5-6 times per week
- 6 7 or more times per week

GO TO QUESTION 37

36. Each time you ate **other candy**, how much did you usually eat? *Check ONE box.*

- 1 Fewer than 2 pieces
- 2 2 to 9 pieces
- 3 More than 9 pieces

37. Over the last month, how many times did you eat breakfast, lunch, or dinner at places such as McDonald's, Burger King, Wendy's, Arby's, Pizza Hut or Kentucky Fried Chicken?
Check ONE box.

- 1 **Never**
- 2 1-3 times last month
- 3 1-2 times per week
- 4 3-4 times per week
- 5 5-6 times per week
- 6 7 or more times per week