PART 1. Please think about what you usually ate or drank during the past month, that is, the past 30 days. Please read each question carefully and:

- Report how many times per day, week, or month you ate each food.
- Choose the best answer for each question.
- Mark only one response for each question.

1. How many times per day, week, or month did you usually eat cold cereals?

   □               □               □               □               □               □               □               □               □               □
   NEVER times times times times time time time time time
   last month per week per week per week per day per day per day per day

2. How many times per day, week, or month did you use milk, either to drink or on cereal?

   □               □               □               □               □               □               □               □               □               □
   NEVER times times times times time time time time time
   last month per week per week per week per day per day per day

2a. What kind of milk did you usually use? (Pick the one you used most often).

   1. Whole milk
   2. 2% fat
   3. 1% fat
   4. 1/2% fat
   5. Non-fat or skim
   0. DID NOT DRINK MILK IN PAST MONTH.

3. How many times per day, week, or month did you usually eat bacon or sausage, not including low fat, light, or turkey varieties?

   □               □               □               □               □               □               □               □               □               □
   NEVER times times times times time time time time time
   last month per week per week per week per day per day per day

4. How often did you eat hot dogs made of beef or pork?

   □               □               □               □               □               □               □               □               □               □
   NEVER times times times times time time time time time
   last month per week per week per week per day per day
5. How often did you eat whole grain bread including toast, rolls, and in sandwiches? Whole grain breads include whole wheat, rye, oatmeal, and pumpernickel.

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6. How often did you drink 100% fruit juice such as orange, grapefruit, apple, and grape juices? Do not count fruit drinks such as Kool-Aid, lemonade, cranberry juice cocktail, Hi-C, and Tang.

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7. How often did you eat fruit? Count fresh, frozen, or canned fruit. Do not count juices.

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8. How often did you use regular fat salad dressing or mayonnaise, including on salad and sandwiches? Do not include low-fat, light, or diet dressings.

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9. How often did you eat lettuce or green leafy salad, with or without other vegetables?

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10. How often did you eat French fries, home fries, or hash brown potatoes?

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11. How often did you eat other white potatoes? Count baked potatoes, boiled potatoes, mashed potatoes, and potato salad. Do not include yams or sweet potatoes.

- 1-3 times last month
- 1-2 times per week
- 3-4 times per week
- 5-6 times per week
- 1 time per day
- 2 times per day
- 3 times per day
- 4 or more times per day

12. How often did you eat cooked dried beans, such as refried beans, baked beans, bean soup, and pork and beans?

- 1-3 times last month
- 1-2 times per week
- 3-4 times per week
- 5-6 times per week
- 1 time per day
- 2 times per day
- 3 times per day
- 4 or more times per day

13. How often did you usually eat other vegetables?

**COUNT:**
- Any form of vegetable—raw, cooked, canned, or frozen.

**DO NOT COUNT:**
- Lettuce salads
- White potatoes
- Cooked dried beans
- Rice

- 1-3 times last month
- 1-2 times per week
- 3-4 times per week
- 5-6 times per week
- 1 time per day
- 2 times per day
- 3 times per day
- 4 or more times per day

14. How many times per day, week, or month did you usually eat any kind of pasta? Count spaghetti, noodles, macaroni and cheese, pasta salad, rice noodles, soba, and any other kind of pasta.

- 1-3 times last month
- 1-2 times per week
- 3-4 times per week
- 5-6 times per week
- 1 time per day
- 2 times per day
- 3 times per day
- 4 or more times per day

15. How often did you eat peanuts, walnuts, seeds, or other nuts? Do not include peanut butter.

- 1-3 times last month
- 1-2 times per week
- 3-4 times per week
- 5-6 times per week
- 1 time per day
- 2 times per day
- 3 times per day
- 4 or more times per day
16. How often did you eat **regular fat potato chips, tortilla chips, or corn chips?** Do not include low-fat chips.

☐ 1-3 times

☐ 1-2 times

☐ 3-4 times

☐ 5-6 times

☐ 1 time

☐ 2 times

☐ 3 times

☐ 4 or more times

NEVER last month

per week

per week

per week

per day

per day

per day