

Please use **pencil**.

☒ Yes ☐ No

TODAY'S DATE							
MO		DAY		YEAR			
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IDENTIFICATION NUMBER							
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# Part I: Usual Food Choices

These questions are about the types of foods you ate during \_\_\_\_\_.

1. Did you eat chicken or turkey?

- ☐ Yes →  
☐ No ↓

**When you ate chicken or turkey, how often did you eat the skin?**

- ☐ Almost always
- ☐ Often
- ☐ Sometimes
- ☐ Rarely
- ☐ Never

2. Did you eat beef, pork, ham or lamb?

- ☐ Yes →  
☐ No ↓

**When you ate beef, pork, ham or lamb, how often did you eat the fat?**

- ☐ Almost always
- ☐ Often
- ☐ Sometimes
- ☐ Rarely
- ☐ Never

3. Did you eat hamburger or other ground meat?

- ☐ Yes →  
☐ No ↓

**When you ate hamburger or other ground meat, was it usually...** *Mark one or two.*

- ☐ Regular
- ☐ Lean
- ☐ Extra lean
- ☐ Ground chicken or turkey
- ☐ Don't know

4. Did you drink orange, grapefruit or other fruit juices?

- ☐ Yes →  
☐ No ↓

**Were any of these vitamins or minerals added (specially fortified) to the juices you drank?** *Mark all that apply.*

- ☐ Extra Vitamin C
- ☐ Vitamin E
- ☐ Calcium
- ☐ None
- ☐ Don't know

5. Did you eat cold cereals?

- ☐ Yes →  
☐ No ↓

**When you ate cold cereal, what type did you usually eat?** *Mark one or two.*

- ☐ Highly fortified cereals (100% of Daily Values) such as Total®, Smart Start® and Product 19®
- ☐ High fiber or bran cereals such as Raisin Bran® and All Bran®
- ☐ Sweetened cereals such as Frosted Flakes® and Froot Loops®
- ☐ All other cereals such as Cheerios®, Corn Flakes® and granola

6. Did you put milk (all types), cream or creamer on cereal?

- ☐ Yes →  
☐ No ↓

**When you put milk, cream or creamer on cereal, what type did you usually use?** *Mark one or two.*

- ☐ Cream or half and half
- ☐ Whole milk
- ☐ 2% milk
- ☐ 1% milk or buttermilk
- ☐ Nonfat or skim milk
- ☐ Soy milk
- ☐ Non-dairy creamer
- ☐ Don't know

7. Did you put milk (all types), cream or creamer in coffee or tea?

- ☐ Yes →  
☐ No  
↓

**When you put milk, cream or creamer in coffee or tea, what type did you usually use? Mark one or two.**

- ☐ Cream or half and half
- ☐ Whole milk
- ☐ 2% milk
- ☐ 1% milk or buttermilk
- ☐ Nonfat or skim milk
- ☐ Soy milk
- ☐ Non-dairy creamer
- ☐ Don't know

8. Did you drink milk (all types)? Also include beverages made with milk, such as lattes, cappuccinos, mochas or hot chocolate.

- ☐ Yes →  
☐ No  
↓

**When you drank milk or beverages made with milk, was it usually... Mark one or two.**

- ☐ Whole milk
- ☐ 2% milk
- ☐ 1% milk or buttermilk
- ☐ Nonfat or skim milk
- ☐ Soy milk
- ☐ Don't know

9. Did you use salad dressing?

- ☐ Yes →  
☐ No  
↓

**When you used salad dressing, what type did you usually use? Mark one or two.**

- ☐ Regular, including oil and vinegar
- ☐ Low or reduced fat
- ☐ Fat free or nonfat

10. Did you use mayonnaise?

- ☐ Yes →  
☐ No  
↓

**When you used mayonnaise, what type did you usually use? Mark one or two.**

- ☐ Regular
- ☐ Low or reduced fat
- ☐ Fat free or nonfat

11. Did you eat cookies or cakes?

- ☐ Yes →  
☐ No  
↓

**When you ate cookies or cakes, how often were they fig bars, angel food cakes, or other types of low or nonfat cookies or cakes?**

- ☐ Almost always
- ☐ Often
- ☐ Sometimes
- ☐ Rarely
- ☐ Never

12. In your household, what kinds of fat were usually used when cooking, for example to flavor vegetables or fry meat?

Mark up to four.

- ☐ Butter
- ☐ Butter blended with oil or margarine
- ☐ Stick margarine
- ☐ Regular tub margarine
- ☐ Diet or light margarine (tub or liquid)
- ☐ Olive oil
- ☐ Canola oil
- ☐ Other oils such as corn, soybean, peanut and safflower
- ☐ Lard, bacon fat or meat drippings
- ☐ Didn't use fat or used non-stick spray (Pam®)

13. What kinds of fat did you use at the table, for example on breads, vegetables or potatoes? Mark up to four.

- ☐ Butter
- ☐ Butter blended with oil or margarine
- ☐ Stick margarine
- ☐ Regular tub margarine
- ☐ Diet or light margarine (tub or liquid)
- ☐ Olive oil
- ☐ Sour cream
- ☐ Didn't use fat



PLEASE DO NOT WRITE IN THIS AREA

## Part II: Usual Food Use

These questions are about foods you ate during \_\_\_\_\_.

14. Mark the column to show how often, on average, you ate the following foods.

Mark your usual serving size as small, medium or large.

- A small serving is about one-half ( $\frac{1}{2}$ ) the medium serving size or less.
- A large serving is about one-and-a-half ( $1\frac{1}{2}$ ) times the medium serving size or more.

**EXAMPLE:** This man ate spaghetti with meat sauce every Saturday. He usually ate about  $2\frac{1}{2}$  cups.

	HOW OFTEN DID YOU EAT THESE FOODS?									Medium serving size	AMOUNT?		
	NEVER or less than once per month	1 per month	2-3 per month	1 per week	2 per week	3-4 per week	5-6 per week	1 per day	2+ per day		S	M	L
Spaghetti, lasagna, and other pasta with tomato and meat sauce	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	$1\frac{1}{2}$ cups	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>

### CEREALS, BREADS, SNACKS

	HOW OFTEN DID YOU EAT THESE FOODS?									Medium serving size	AMOUNT?		
	NEVER or less than once per month	1 per month	2-3 per month	1 per week	2 per week	3-4 per week	5-6 per week	1 per day	2+ per day		S	M	L
Cold cereals	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	$1\frac{1}{2}$ cups	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Cooked cereals and grits	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	$1\frac{1}{2}$ cups	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Milk on cereals	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	$\frac{3}{4}$ cup	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Pancakes, French toast and waffles	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	2 pieces	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Muffins, scones, croissants and biscuits	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	1 medium	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
White breads, including bagels, rolls and English muffins	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	2 slices or 1 medium	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Whole grain breads and rolls	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	2 slices or 1 medium	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Plain tortillas as a side dish (include flour and corn)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	3 small or 1 large	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Cornbread and corn muffins	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	2 slices or 1 medium	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Butter or margarine on breads, cereals, pancakes, etc.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	2 pats or 2 teaspoons	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Jam, jelly, honey, syrup and sugar (including in coffee, tea and cereal)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	2 Tbsp.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Granola bars and cereal bars such as Nutri-Grain Bars®	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	1 bar	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Sports or meal replacement bars such as Power Bars® and Clif Bars®	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	1 bar	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

**CEREALS, BREADS,  
SNACKS (continued)**

CEREALS, BREADS, SNACKS (continued)	HOW OFTEN DID YOU EAT THESE FOODS?										→	AMOUNT?		
	NEVER or less than once per month	1 per month	2-3 per month	1 per week	2 per week	3-4 per week	5-6 per week	1 per day	2+ per day	Medium serving size	S	M	L	
Low or nonfat potato chips, tortilla chips, corn chips and pretzels	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	4 handfuls or 1 med. bag	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	
Regular potato chips, tortilla chips, corn chips and puffs	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	4 handfuls or 1 med. bag	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	
Plain popcorn (no butter) or lowfat microwave popcorn	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	8 handfuls	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	
Buttered or regular microwave popcorn	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	8 handfuls	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	
Low or nonfat crackers such as saltines	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	12 medium	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	
Whole grain crackers such as Triscuits® and rye crispbread	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	12 medium	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	
Regular crackers such as Ritz® and club crackers	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	12 medium	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	
Peanut butter, peanuts and other nuts and seeds	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	2 Tbsp. (spreads) or 1½ cup (nuts)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	

## MEAT, FISH, EGGS

	HOW OFTEN DID YOU EAT THESE FOODS?									→	AMOUNT?		
	NEVER or less than once per month	1 per month	2-3 per month	1 per week	2 per week	3-4 per week	5-6 per week	1 per day	2+ per day	Medium serving size	S	M	L
Eggs (egg substitute, mark "NEVER")	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	2 eggs	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Bacon and breakfast sausage	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	3 strips or 2 links	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Low or reduced fat hot dogs and sausage	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	2 hot dogs or 4 ounces	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Regular hot dogs and sausage such as bratwurst and chorizo	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	2 hot dogs or 4 ounces	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Lunch meats such as ham, turkey and lowfat bologna	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	2 slices	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
All other lunch meat such as bologna, salami and Spam®	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	2 slices	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Canned tuna, tuna salad and tuna casserole	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	1 can tuna or 2 cups casserole	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Beef, pork, ham and lamb	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	6 ounces	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Ground meat, including hamburgers and meatloaf	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	1 medium patty or 4 ounces	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Liver, chicken liver and organ 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"/>	<input type="radio"/>	6 ounces	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Fried chicken, including nuggets and tenders	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	2 large pieces or 9 nuggets	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

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## MEAT, FISH, EGGS (continued)

### HOW OFTEN DID YOU EAT THESE FOODS?



### AMOUNT?

	NEVER or less than once per month	1 per month	2-3 per month	1 per week	2 per week	3-4 per week	5-6 per week	1 per day	2+ per day	Medium serving size	S	M	L
Chicken and turkey (roasted, stewed, grilled or broiled)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	2 large or 4 small pieces	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Fried fish, fish sandwich and fried shellfish (shrimp and oysters)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	4 ounces or 1 sandwich	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Shellfish, not fried (shrimp, lobster, crab and oysters)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	6 ounces or 1 cup	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
White fish (broiled or baked) such as sole, halibut, snapper and cod	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	6 ounces	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Dark fish (broiled or baked) such as salmon, mackerel and bluefish	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	6 ounces	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

## SPAGHETTI, MIXED DISHES, SOUPS

### HOW OFTEN DID YOU EAT THESE FOODS?



### AMOUNT?

	NEVER or less than once per month	1 per month	2-3 per month	1 per week	2 per week	3-4 per week	5-6 per week	1 per day	2+ per day	Medium serving size	S	M	L
Stew, pot pie, curries and casseroles with meat or chicken	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	1½ cups	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Chili with meat and beans	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	1½ cups	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Spaghetti, lasagna and other pasta with tomato and meat sauce	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	1½ cups	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Spaghetti and other pasta with tomato sauce (no 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"/>	<input type="radio"/>	1½ cups	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Pasta with oil, cheese, or cream sauce, including macaroni and 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"/>	<input type="radio"/>	1½ cups	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Asian-style (stir-fried) noodles and rice such as chow mein, fried rice and Pad Thai	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	1½ cups	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Pizza	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	3 slices	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Tofu, tempeh and products such as tofu hot dogs, soy burgers and tofu 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"/>	<input type="radio"/>	4 ounces, 2 hot dogs or 1 burger	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Burritos, tacos, tostadas and quesadillas	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	2 medium	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Enchiladas and tamales	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	2 medium	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Vegetable, minestrone and tomato soup	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	1½ cups	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Cream soups such as chowders, potato and 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"/>	<input type="radio"/>	1½ cups	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>



## SPAGHETTI, MIXED DISHES, SOUPS (continued)

	HOW OFTEN DID YOU EAT THESE FOODS?									→	AMOUNT?		
	NEVER or less than once per month	1 per month	2-3 per month	1 per week	2 per week	3-4 per week	5-6 per week	1 per day	2+ per day		Medium serving size	S	M
Bean soups such as pea, lentil and black bean	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	1½ cups	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Miso soup	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	1½ cups	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Ramen noodle soup	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	1½ cups	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Other soups such as chicken noodle	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	1½ cups	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

## DAIRY PRODUCTS

	HOW OFTEN DID YOU EAT THESE FOODS?									→	AMOUNT?		
	NEVER or less than once per month	1 per month	2-3 per month	1 per week	2 per week	3-4 per week	5-6 per week	1 per day	2+ per day		Medium serving size	S	M
Cottage cheese and ricotta cheese	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	¾ cup	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Low or reduced fat cheese, including cheese used in cooking	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	2 slices or ½ cup shredded	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
All other cheese (American, cheddar or cream), including cheese used in cooking	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	2 slices, ½ cup shredded or 2 Tbsp. cream	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Yogurt, all types except frozen	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	6 ounces	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

## VEGETABLES and GRAINS

	HOW OFTEN DID YOU EAT THESE FOODS?									→	AMOUNT?		
	NEVER or less than once per month	1 per month	2-3 per month	1 per week	2 per week	3-4 per week	5-6 per week	1 per day	2+ per day		Medium serving size	S	M
<b>Mark all vegetables you ate, including in salads, mixed dishes, sandwiches and stir-fries.</b>													
Green salad (lettuce or spinach)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	2 cups	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Salad dressing (all types)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	¼ cup	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Fresh tomatoes	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	1 medium or 4 slices	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Carrots	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	¾ cup	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Green peppers and green chilies	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	½ cup	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Red peppers and red chilies	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	½ cup	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

# **VEGETABLES and GRAINS (continued)**

## **HOW OFTEN DID YOU EAT THESE FOODS?**



## **AMOUNT?**

NEVER or less than once per month	1 per month	2-3 per month	1 per week	2 per week	3-4 per week	5-6 per week	1 per day	2+ per day	Medium serving size	S	M	L
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**Mark all vegetables you ate, including in salads, mixed dishes, sandwiches and stir-fries.**

Broccoli	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	3/4 cup	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Cauliflower, cabbage and Brussels sprouts	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	3/4 cup	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Green or string beans	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	3/4 cup	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Green peas	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	3/4 cup	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Corn and hominy	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	3/4 cup	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Summer squash and zucchini	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	3/4 cup	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Winter squash such as acorn, butternut and pumpkin	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	3/4 cup	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Yams and sweet potatoes	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	1 medium	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Cooked greens such as spinach, mustard greens and collards	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	3/4 cup	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Onions and leeks	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	1/2 cup	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Fresh garlic, including in cooking	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	1 clove	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Avocado and guacamole	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	1/2 medium or 1/2 cup	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
French fries, fried potatoes and hash browns	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	1 cup	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Potatoes (boiled, baked or mashed)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	1 medium or 1 cup	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Refried beans	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	3/4 cup	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
All other beans (baked, lima or chili without meat)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	3/4 cup	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Coleslaw	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	3/4 cup	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Potato, macaroni and pasta salads made with mayonnaise or oil	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	3/4 cup	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Brown rice, whole wheat pasta and other whole grains (as a side dish)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	1 cup	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
White rice, noodles and other grains (as a side dish)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	1 cup	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Butter, margarine, sour cream and other fat added to vegetables, potatoes and rice	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	2 pats or 2 teaspoons	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>



PLEASE DO NOT WRITE IN THIS AREA



## SAUCES and CONDIMENTS

	HOW OFTEN DID YOU EAT THESE FOODS?									→	AMOUNT?			
	NEVER or less than once per month	1 per month	2-3 per month	1 per week	2 per week	3-4 per week	5-6 per week	1 per day	2+ per day		Medium serving size	S	M	L
Cheese sauce and cream sauce	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>		1/2 cup	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Meat gravies	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>		1/2 cup	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Ketchup	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>		1/4 cup	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Salsa (as dip or on foods)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>		1/2 cup	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Mayonnaise and mayonnaise-type spreads	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>		2 Tbsp.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

## FRUITS

	HOW OFTEN DID YOU EAT THESE FOODS?									→	AMOUNT?			
	NEVER or less than once per month	1 per month	2-3 per month	1 per week	2 per week	3-4 per week	5-6 per week	1 per day	2+ per day		Medium serving size	S	M	L
Apples, applesauce and pears	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>		1 medium or 1/2 cup	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Bananas	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>		1 medium	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Peaches, nectarines and plums	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>		1 medium or 1/2 cup	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Apricots (fresh, canned or dried)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>		2 medium or 4 halves	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Dried fruit (other than apricots) such as raisins and prunes	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>		1/2 cup	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Oranges, grapefruit and tangerines (not juice)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>		1 orange or 1/2 grapefruit	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Berries such as strawberries and blueberries	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>		3/4 cup	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Cantaloupe, orange melon and mango	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>		1/4 melon or 1/2 mango	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Watermelon and red melon	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>		1 large slice	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Any other fruit such as grapes, fruit cocktail, pineapple and cherries	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>		3/4 cup	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

## SWEETS

	HOW OFTEN DID YOU EAT THESE FOODS?										→ AMOUNT?		
	NEVER or less than once per month	1 per month	2-3 per month	1 per week	2 per week	3-4 per week	5-6 per week	1 per day	2+ per day	Medium serving size	S	M	L
Low or nonfat frozen desserts such as lowfat ice cream, frozen yogurt and sherbet	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	2 scoops	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Ice cream and milkshakes	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	2 scoops or 1 shake	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Pudding, custard and flan	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	1 cup	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Doughnuts, pies and pastries	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	1 medium piece or slice	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Cookies and cakes	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	3 med. cookies or 1 piece of cake	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Chocolate, candy bars and toffee	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	1 regular bar or 4 pieces	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Other candy such as Lifesavers®, licorice and jelly beans	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	6 pieces or 25 jellybeans	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

**PLEASE ANSWER THESE THREE IMPORTANT QUESTIONS!**

[illegible]

# BEVERAGES and ALCOHOL

	HOW OFTEN DID YOU DRINK THESE BEVERAGES?										→	AMOUNT?		
	NEVER or less than once per month	1-3 per month	1 per week	2-4 per week	5-6 per week	1 per day	2-3 per day	4-5 per day	6+ per day	Medium serving size		S	M	L
<b>Note that the frequency headings are different.</b>														
Milk (all types) as a beverage	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	1 cup		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Latte, cappuccino, mocha or hot chocolate	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	1 cup		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Coffee (not lattes or mochas)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	1 cup		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Tea, unsweetened or diet	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	1 cup		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Tea, presweetened, bottled or instant	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	1 cup		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Milk, cream or creamer added to tea and coffee	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	1 Tbsp.		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Tomato juice, V-8® and other vegetable juices	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	1 cup		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Orange juice and grapefruit juice	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	1 cup		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Other 100% fruit juice such as apple, grape and cranberry	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	1 cup		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Fruit drinks fortified with Vitamin C such as Hi-C®, and Kool-Aid®	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	1 cup		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Meal replacement drinks and shakes such as Slim-Fast® and Ensure®	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	1 cup		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Diet soft drinks (include energy drinks)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	12 ounces or 1 can		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Regular soft drinks (include energy drinks)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	12 ounces or 1 can		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Water (tap, bottled or sparkling)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	1 cup		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Beer (all types)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	12 ounce can or bottle		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Red wine	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	1 medium glass (6 oz)		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
White or rosé wine	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	1 medium glass (6 oz)		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Liquor and mixed drinks	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	1 shot (1½ oz) or 1 mixed drink		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

THANK YOU!

Please take a moment to fill in any questions you may have skipped.

SAMPLE



PLEASE DO NOT WRITE IN THIS AREA