Use the enclosed pencil or any No. 2 pencil for

this form

DIET QUESTIONNAIRE

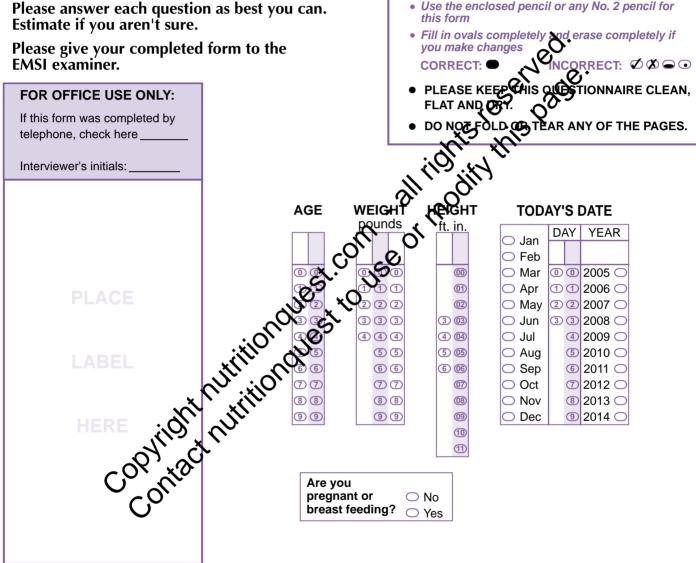


National Institute of Environmental Health Sciences National Institutes of Health Department of Health and Human Services

INSTRUCTIONS:

This form is about foods you usually eat. It will take approximately 50 minutes to complete.

- Please answer each question as best you can. Estimate if you aren't sure.
- Please give your completed form to the EMSI examiner.



IF YOU HAVE ANY QUESTIONS ABOUT THIS QUESTIONNAIRE, PLEASE CALL US TOLL-FREE AT 1-877-4SISTER (1-877-474-7837).

Public reporting burden for this collection of information is estimated to average 50 minutes per response, including the time for reviewing instructions, searching existing data sources, gathering and maintaining the data needed, and completing and reviewing the collection of information. An agency may not conduct or sponsor, and a person is not required to respond to, a collection of information unless it displays a currently valid OMB control number. Send comments regarding this burden estimate or any other aspect of this collection of information, including suggestions for reducing this burden to: NIH, Project Clearance Branch, 6705 Rockledge Drive, MSC 7974, Bethesda, MD 20892-7974, ATTN: PRA (0925-0522). Do not return the completed form to this address.

PLEASI	E DO NO	I WHIIE	IIA I LIIO Y	AREA		
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SERIAL #

		Α	VERAG	E USE I	N THE P	AST 12 I	MONT	HS	
First, a few general questions about what you eat.	LESS THAN ONCE per WEEK	1-2 per WEEK	3-4 per WEEK	5-6 per WEEK	1 per DAY	1 ¹ /2 per DAY	2 per DAY	3 per DAY	4+ per DAY
About how many servings of vegetables do you eat, per day or per week, not counting salad or potatoes?	0	0	0	0	0	0	0	0	0
About how many servings of fruit do you eat, not counting juices?	0	0	0	0	0	0	0	0	0
How often do you eat cold cereal?	0	0	0	0	0	0	0	0	0
How often do you use fat or oil in cooking?	0	0	0	0	0	0	0	0	0
During the past year, on average,	how n	nany		:1/wk		24 J	ς Θ ΄΄,	5-6/wk	1/dav
days per week did you ea	at:		<	:1/wk	6 ^{1/2/wk}	-4/w	k !	5-6/wk	1/day
Dieanast:				10	-0ge			0	
Lunch?					Udge	0		0	0
Lunch? Dinner/Supper?			dei	Hili	UQ.	0 0		0 0	0
Lunch? Dinner/Supper?		ne (dei	d di	U O O	0 0		0	0
Dinner/Supper? During the past year, on average, he per week did you have a snack? Don't lunch and dinner/supper. Do count all be coffee, tea, diet drinks and week and week as a supper supper.	ow na	ny daya breakfa Excep	St. T	A LITTER OF THE STATE OF THE ST	1-2/wk	3-4/wl	rk !	5-6/wk	1/day
Dinner/Supper? During the past year, on average, he per week did you have a snack? Don' lunch and dinner/supper. Do count all be coffee, tea, diet drinks and Before Breakfast?	ow na t coont oages vater.	ny day, brenkfa Excep	St, other	A July Strition	1-2/wk	3-4/wi	'k !	5-6/wk	1/day
During the past year, on average, he per week did you have a snack? Don't lunch and dinner/supper. Do count all be coffee, tea, diet drinks and Before Breakfast? Between Breakfast - Lunch?	ow no	ny day breakfa EXCEP	St,	All Strike	1-2/wk	3-4/w	rk 5	5-6/wk	1/day
During the past year, on average, he per week did you have a snack? Don' lunch and dinner/supper. Do count all be coffee, tea, diet drinks and Before Breakfast? Between Breakfast - Lunch? Between Lunch - Dinner/Supper?	ow ma t coont t coont water.	ny day, breakfa Excep	St, T	titio titio	1-2/wk	3-4/wl	rk 5	5-6/wk	1/day
What kinds of fat or oil do you usually us Don't use fats/oils Don't know Butter During the past year, on average, days per week did you ease breakfast? Lunch? During the past year, on average, her per week did you have a snack? Don't lunch and dinner/supper. Do count all be coffee, tea, diet drinks and be setween Breakfast - Lunch? Between Breakfast - Lunch? Between Supper an insection.	ow ma tr coomt epages ater.	ny dayy breakfa EXCEP	St.	al/wk	1-2/wk	3-4/w	k !	5-6/wk	1/day

Block © 2003 BDDS PAGE 2

VITAMIN TYPE	RLY?	НΟ	W OF	TFN		Т	FΩ	R HO	W M	ANY Y	FΔR	32		
	DIDN'T TAKE	A FEW DAYS	1-3 DAYS per	4-6 DAYS per	EVERY DAY		LESS THAN 1 YR.	1	2	3-4 YEARS	5-9	10+		
Multiple Vitamins. Did you take														
Regular Once-A-Day, Centrum, or Thera type	0	0	0	0	0		0	0	0	0	0	0		
Stress-tabs or B-Complex type	0	0	0	0			0	0	0	0	0	0		
Antioxidant combination type		0	0	0						0	0			
Single Vitamins (not part of multiple vitamins)						_								
Vitamin A (not beta-carotene)		0				-								
Beta-carotene				0		_				0	0			
Thiamin (B1)		0	0	0		-		8		0	0			
Niacin (B3)		0	0	0	0	4			0	0	0			
Vitamin B12 0 <td< td=""></td<>														
Vitamin C 0														
Vitamin D Vitamin E														
Vitamin D Vitamin E Folic acid, folate														
Vitamin E Folic acid, folate Calcium, alone or combined with something else														
Folic acid, folate Calcium, alone or combined with something else Chromium														
Iron									0	0	0			
Magnesium		0,	3			-			0	0				
Selenium				Q _r :					0	0				
Zinc, alone or combined with something else		X												
If you took vitamin C, vitamin D or vitamin E: How many milligrams of vitamin C divyou usually	y take	, on th	ne da	ys yo	u took	it?			Don't	know				
If you took vitamin C, vitamin D or vitamin E: How many milligrams of vitamin C divyou usually take, on the days you took it? 100 250 500 1000 1500 2000 3000+ Don't know How many IU's of vitamin D divyou usually take, on the days you took it? 100 200 400 800+ Don't know How many IUs of vitamin E did you is ually take, on the days you took it?														
9°, 70', 8 k									DOITE					
Did you take any chess Opplements at least once a month? (Mark all that apply.) Arnica (any form) DHEA Ginkgo Milk thistle Astragalus Dong quai Ginseng Saw palmetto Glucosamine/ Chinese herbal mencine Ephedra (ma huang) Co-enzyme Q10 (CoQ10) Evening primrose oil Hydrazine sulfate Comfrey Fish oil, EPA, omega-3 Cranberry pills Mistletoe (Iscador) injections Chondroitin Shark cartilage St. John's Wort Turmeric capsules Or cod liver oil Lecithin Valarian														
Did you take any chest Opplements at least of Arnica (any form) DHEA Astragalus Dong quai Black Cohost Echinacea Chinese herbal medicine Ephedra (ma Co-enzyme Q10 (CoQ10) Evening prim Comfrey Fish oil, EPA,	huang rose o	mon g) il	th? (I	Mark Ginkg Ginse Glucc Chon Hydra Kava	all thango eng esamin droitin azine s Kava nin	e/	ply.)	→ Mil → Sa → Mis → Sh → St. → Tui → Val → So	k this w pal stletoe ark ca John rmerid arian methi	tle metto (Iscac artilag 's Wo	e rt sules se	ectio		

HOW TO	FII I	OUT	PIHT	OHEST	LIUNIN.	VIRE
HOW IO	FILL	OUI	і піо	QUES		AIRE

The next section is about your <u>usual</u> habits in the past 12 months or so. This includes all meals or snacks, at home or in a restaurant or carry-out. There are two kinds of questions to answer for each food:

HOW OFTEN, on average, did you eat the food during the past 12 months?

*Please DO NOT SKIP any foods. Mark "Never" if you didn't eat it.

HOW MUCH did you usually eat of the food?

*Sometimes we ask how many you eat, such as 1 egg, 2 eggs, etc., ON THE DAYS YOU EAT IT.

*Sometimes we ask "how much" as A, B, C or D. LOOK AT THE ENCLOSED PICTURES. For each food, pick the picture (bowls or plates) that looks the most like the serving size you usually eat.

(If you don't have pictures: A=1/4 cup, B=1/2 cup, C=1 cup, D=2 cups.)

*Sometimes we made the "D" column a darker color. This is just to remind you to make sure you really eat that large a serving.

EXAMPLE: This person drank apple juice twice a week, and had one glass each time. Once a week he ate a "C" sized serving of rice (about 1 cup).

Apple juice Rice How mely glass so eacle in each time How much ask glass so eacle in each time How much ask glass so each time How much ask time Rice D	HOW OFTEN IN THE PAST 12 MONTHS	NEVER	A FEW TIMES per YEAR	ONCE per MON.	2-3 TIMES per MON.	ONCE per WEEK	TWICE per WEEK	3-4 TIMES per WEEK	5-6 TIMES per WEEK	EVERY DAY	HOW MUCH E	ION SI	ZE	Ī		
	Apple juice	0	0	0	0	0	•	0	0	0		1		<u></u>	<u></u>	
	Rice	0	0	0	0	•	0	0	0	0	Sow muc Cach time	О А	<u></u> В	C	O D	

	Е	Begir	1 foo	d qu	ıesti	onn	HDe.	B	-					
HOW OFTEN IN THE PAST 12 MONTHS	NEVER	per	ONCE per Month	2-3 TIMES per Monto	per	TIMES per WEEK	TIMES per WEEK	5-6 TIMES per WEEK	EVERY DAY	HOW N How ma days	ıny gl		s on t	
How often do you drink the following b	ever	ages′	?	Ò,	-61					How many				
Tomato juice or V-8 juice	0		8	0	5	0	0	0	0	glasses	0	2	3	O
Real 100% orange juice or grapefruit juice, including fresh, frozen or bottled	<u></u>	G/S		0,	0	0	0	0	0	How many glasses	0		O 3	<u></u>
When you drink orange juice, how often you drink a calcium-fortified brand? When you drink a calcium-fortified brand? Hardly ever calcium-fortified Glasses I don't know I don't drink orange juice														
Other real fruit juices like apply juice, prune juice, lemonade	0	0	0	0	0	0	0	0	0	How many glasses	<u></u>		3	<u>_</u>
Kool-Aid, Hi-C, or other drinks with added vitania C	0	0	0	0	0	0	0	0	0	How many glasses	0		<u></u>	O 4
Drinks with some juice in them, like Sunny Delight, Juice Squeeze	0	0	0	0	0	0	0	0	0	How many bottles	0		3	<u>_</u>
Instant breakfast milkshakes like Carnation, diet shakes like SlimFast, or liquid supplements like Ensure	0	0	0	0	0	0	0	0	0	How many glasses or cans	0		<u></u>	<u>_</u>
Glasses of milk (not including soy milk)	0	0	0	0	0	0	0	0	0	How many glasses	<u>O</u>		<u></u>	O
When you drink glasses of milk, what kind O Whole milk O Reduced-fat 2% Rice milk O Low-fat 1% milk	,	0	s <u>ually</u> Non-fa don't	at mill	k	RK O	NLY (ONE:						

HOW OFTEN IN THE PAST 12 MONTHS	NEVER	A FEW TIMES per YEAR	ONCE per Month	2-3 TIMES per MONTH	ONCE per WEEK	2 TIMES per WEEK	3-4 TIMES per WEEK	per	EVERY DAY	How ma	HOW MUCH <u>EACH TIME</u> How many glasses on the days you drink it?						
Beverages (continued)		ILAN	MONIN	MUNIT	WEEK	WEEK	WEEK	WEEK		uay	s you	urini	K IL!				
Regular soft drinks, or bottled drinks like Snapple (not diet drinks)	0	0	0	0	0	0	0	0	0	How many bottles or cans	<u></u>		3-4	<u> </u>			
Beer or non-alcoholic beer	0	0	0	0	0	0	0	0	0	How many bottles or cans	<u>O</u>		3-4	O 5+			
What kind? MARK ONLY ONE:	egular b	eer	○ l	_ight b	eer		Non-al	coholi	c beei	O I don't	drink l	beer					
Wine or wine coolers	0	0	0	0	0	0	0	0	0	How many glasses	<u></u>		3-4	<u></u>			
Liquor or mixed drinks	0	0	0	0	0	0	0	0	0	How many drinks	0		3-4	<u></u>			
Glasses of water, tap or bottled	0	0	0	0	0	0	0	0	0	How many glasses	0		3-4	<u></u>			
Coffee, regular	0	0	0	0	0	0	0	0	0	Hon (many	\$		3-4	<u></u>			
Coffee, decaf	0	0	0	0	0	0	0	0	3	Now many cups	0		3-4	<u> </u>			
Tea or iced tea (not herb teas)	0	0	0	0	0	0	0	<u>ر</u> ر		How many 2 3-4 5+							
Chapparal tea (creosote bush)	0	0	0	0	0	0	63,		35	How many cups	<u> </u>		3-4	<u> </u>			
Essiac tea	0	0	0	0	0.	2)))	197	0	How many cups	<u>O</u>		3-4	<u></u>			
Green tea	0	0	0	0	જ	0.	ijo.	0	0	How many cups	0		3-4	<u></u>			
Pau d'Arco	0	0	0	7	0	1917	0	0	0	How many cups	0		3-4	<u></u>			
What do you usually add to coffee? MARK ONLY ONE:	○ Cre	eam or	Gars.	half		Nonda	iry cre	amer	O I	How many cups Milk	None o	of thes	е				
What do you usually add to tea? MARK ONLY ONE:		am or	hali &	half	O I	Nonda	iry cre	amer	O I	Milk O	None (of thes	e				
Do you usually add sugar (or honey)	coffee?	0,	S No	o '						spoons each	n cup?	1 1 2	2) (3-4) (5	€			
Do you usually add sugar (or hony) to	Ser ,	$2s_{c}$	No	o '	Yes	IF Y	ES, ho	ow ma	ny tea	spoons each	n cup?	100	2) 3-4) (5	€			
MARK ONLY ONE: Do you usually add sugar (or honey) to be you usually add sugar (or honey) to how of the when in the solution of the solution	TIII P YE	EEW MES ON PER MES MO	ICE TIN er p	-3 IES ON er po NTH WE	ICE TIN er p	IES TIN	IES TIN	er EVE	ERY AY	HOW MU SEE PICTUR	PORTI	ON SIZ	ĽΕ	<u> </u>			
How often do you eateach of the fo	llowin	g frui	ts, <u>jus</u>	st dur	ring t	he 2-3	3 mor	nths v	vhen	they are in	ı sea	son?					
Raw peaches, apricots, nectarines, while they are in season	0									How many each time	1/2	0		3			
Cantaloupe, <u>in season</u>	0									How much	1/8	O 1/4		0			
Strawberries, in season	0) I	How much	O A	ОВ	C	O D			
Watermelon, in season	0) I	How much	О А	<u>О</u>	C	O D			
Any other fruit <u>in season</u> , like grapes, honeydew, pineapple, kiwi	0) I	How much	О А	ОВ	0 C	O D			
PLEAS	SE DO N	OT WF	ITE IN	THIS	AREA						-						

Please use a #2 pencil for this form

HOW OFTEN IN THE PAST 12 MONTHS	NEVER	per	ONCE per MONTH	2-3 TIMES per Month	ONCE per WEEK	2 TIMES per WEEK	3-4 TIMES per WEEK	5-6 TIMES per WEEK	EVERY DAY	HOW MUCH <u>EACH TIME</u> SEE PORTION SIZE PICTURES FOR A-B-C-D						
How often do you eat the followi	ng fo	ods	all ye	ear ro	und	? Est	imate	you	r ave	rage for the	past	t 12 n	nonth	ıs.		
Bananas	0	0	0	0	0	0	0	0	0	How many each time	1/2	<u> </u>		3		
Apples or pears	0	0	0	0	0	0	0	0	0	How many each time	1/2	<u> </u>	_ 2	3		
Oranges or tangerines	0	0	0	0	0	0	0	0	0	How many each time	1/2	0		3		
Grapefruit			0	0	0			0	0	How much	1/2	0	_ 2	3		
Canned fruit like applesauce, fruit cocktail, or dried fruit like raisins	0	0	0	0	0	0	0	0	0	How much	O A	ОВ	() c	O D		
HOW OFTEN	NEVER	FEW/ YEAR	ONCE/ Month	2-3 TIMES/ Month	ONCE/ WEEK	TWICE/ WEEK	3-4 TIMES/ WEEK	5-6 Times/ Week	EVERY Day	ном ѝі	JCH i	EACH	TIME	≣		
Eggs, including egg biscuits or Egg McMuffins (Not egg substitutes)	0	0	0	0	0	0	0	0	0	How Many eggs each time	0	<u></u>	<u></u>	<u>_</u>		
Bacon	0	0	0	0	0	0	0	0	0	bw man	0	2	<u></u>	<u></u>		
Breakfast sausage, including sausage biscuits	0	0	0	0	0	0	0	Q		How many Pieces	O 1		<u></u>	O 4		
Pancakes, waffles, French toast, Pop Tarts	0	0	0	0	0	0	0		$\mathcal{P}_{\mathbf{x}}$	How many pieces	0		<u></u>	<u></u>		
Breakfast bars, granola bars, Power Bars or other energy bars	0	0	0	0	0	0	JE,	10,9%	0	How many	O 1		<u></u>	<u>_</u>		
Cooked cereals like oatmeal, cream of wheat or grits	0	0	0	0	2	Ó	2	0	0	Which bowl		ОВ	O C	O		
High-fiber cereals like All Bran, Raisin Bran, Fruit-n-Fiber	0	0	0	0	<i>'</i>	E CO	0	0	0	Which bowl		В	O c	O D		
Raisin Bran, Fruit-n-Fiber Which high-fiber cereal do you eat m Fiber One, Fruit-n-Fiber, etc.	ost of ⊃ Son	ten? I nething	MAR	SONI	(O)	₩Ê: (Bran o	r Bran w		Raisin don't					
Product 19, Just Right or Total cereal	0	,e ⁽	0	Q)	0	0	0	0	0	Which bowl		ОВ	O c	O		
Any other cold cereal, like Corn Flakes, Cheerios, Special K	201	00	6	0	0	0	0	0	0	Which bowl		ОВ	O C	O D		
Any other cold cereal, like Corn Flakes, Cheerios, Special K Milk or milk substitutes on cereal Yogurt or frozen yogurt Cheese, sliced cheese corneese corneal including one polygicks.			0	0	0	0	0	0	0	How many oz. on cereal	3 oz.	4-5 oz.	6-7 oz.	8+ oz.		
Yogurt or frozen yogurt	6	0	0	0	0	0	0	0	0	How much	O A	ОВ	C	O		
Cheese, sliced cheese conheese spread, including on sandwichts	0	0	0	0	0	0	0	0	0	How many slices	0	<u></u>	<u></u>	<u>_</u>		
When you eat cheese, is it Usual	ly low	-fat	⊃ Sor	netim	es lov	w-fat	○ F	Hardly	ever	low-fat \bigcirc [Don't l	know/	don't	eat		

HOW OFTEN IN THE PAST 12 MONTHS	NEVER	A FEW TIMES per YEAR	ONCE per Month	2-3 TIMES per Month	ONCE per WEEK	2 TIMES per WEEK	3-4 TIMES per WEEK	per	EVERY DAY	SI	HOW MUCH EACH TIME SEE PORTION SIZE PICTURES FOR A-B-C-D					
How often do you eat the following vering a restaurant?	getab	les, ir	nclud	ing fı	esh,	froze	n, ca	nned	or in	stir-fry,	at ho	me o	r			
Broccoli	0	0	0	0	0	0	0	0	0	How much		ОВ	C	O		
Carrots, or mixed vegetables or stews containing carrots	0	0	0	0	0	0	0	0	0	How much		ОВ	C	O D		
Corn	0	0	0	0	0	0	0	0	0	How much	<u>А</u>	В	C	O D		
Green beans or green peas	0	0	0	0	0	0	0	0	0	How much	<u>О</u>	ОВ	C	O D		
Spinach	0	0	0	0	0	0	0	0	0	How much	О А	ОВ	C	O		
Mustard greens, turnip greens, collards	0	0	0	0	0	0	0	0	0	How much	О А	<u>В</u>	C	O D		
French fries, fried potatoes or hash browns	0	0	0	0	0	0	0	0	0	How much) A	ОВ	C C	O		
White potatoes not fried, incl. boiled, baked, mashed & potato salad	0	0	0	0	0	0	0	C	es 1	HOW!		<u></u> В	O C	O D		
Sweet potatoes, yams (Not in pie)	0	0	0	0	0	0		(B)	00	How much	<u>о</u>	ОВ	C	O		
Cole slaw, cabbage	0	0	0	0	0		(i)	R	8	How much	<u>О</u>	ОВ	C	O		
Green salad	0	0	0	0	0	18/1	is B	7		How much	О А	ОВ	C	O		
Raw tomatoes, including in salad	0	0	0	0	S	3	\mathcal{S}	0	0		O 1/4	<u> </u>	<u> </u>	_ 2		
Salad dressing	0	0	0	10	\circ		0	0	0	How many Tbsp.	O 1		\bigcirc	O		
Is your salad dressing Ousually low-fa	t C	⊃ Sop	retim	es le	ofat	○ F	Hardly	ever	low-fa	at 🗆 [Don't I	know/	don't	use		
Any other vegetable, like okra, squash, cooked green peppers	٥	S	X	9	0	0	0	0	0	How much	О А	<u></u> В	C	O D		
HOW OFTEN	(PE) ER	FEW/ YEAR	DWCE/ MONTH	2-3 TIMES/ Month	ONCE/ WEEK	TWICE/ WEEK	3-4 TIMES/ WEEK	5-6 TIMES/ WEEK	EVERY Day	ном	MUC	H <u>EA</u>	CH TI	ME		
Refried beans or bean burritos	3	$\mathcal{G}_{\mathcal{L}}$	0	0	0	0	0	0	0	How much	O A	Ов	C	O D		
Chili with beans (with or without meat)		0	0	0	0	0	0	0	0	How much	О А	ОВ	C	O D		
Baked beans, black-eye peasintos, any other dried beans	0	0	0	0	0	0	0	0	0	How much	О А	ОВ	C	O		
Vegetable stew	0	0	0	0	0	0	0	0	0	Which Bowl		ОВ	C	O		
HOW OFTEN Refried beans or bean burritos Chili with beans (with or without meat) Baked beans, black-eye peat pintos, any other dried beens Vegetable stew Vegetable soup, vegetable seef, chicken vegetable, or ornato soup	0	0	0	0	0	0	0	0	0	Which Bowl		<u></u> В	C	O D		
Split pea, bean or lentil soup	0	0	0	0	0	0	0	0	0	Which Bowl		ОВ	C	O		
Any other soup, like chicken noodle, chowder, mushroom, instant soups	0	0	0	0	0	0	0	0	0	Which Bowl		ОВ	C	O D		
Spaghetti, lasagna or other pasta with tomato sauce	0	0	0	0	0	0	0	0	0	How much	O A	<u></u> В	C	O		
Cheese dishes without tomato sauce, like macaroni and cheese	0	0	0	0	0	0	0	0	0	How much	О А	<u></u> В	C	O D		
Pizza, including carry-out	0	0	0	0	0	0	0	0	0	How many slices	<u></u>		<u></u>	<u> </u>		

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HOW OFTEN IN THE PAST 12 MONTHS	NEVER	A FEW TIMES per YEAR	ONCE per MONTH	2-3 TIMES per MONTH	ONCE per WEEK	TIMES per WEEK	3-4 TIMES per WEEK	5-6 TIMES per WEEK	EVERY DAY	SEI	POR	EAC TION S OR A-	IZE	<u>ИЕ</u>
Do you ever eat chicken, turkey, me	at or	fish?) Yes		⊃ No	IF NO	, SKIF	OT 9	NEXT PAGE				
Hamburgers, cheeseburgers, meat loaf, at home or in a restaurant	0	0	0	0	0	0	0	0	0	How much meat			0 1/2 lb.	3/4 lb.
Tacos, burritos, enchiladas, tamales, etc. with meat or chicken	0	0	0	0	0	0	0	0	0	How much	<u>О</u>	<u>О</u>	C	O D
Beef steaks, roasts, pot roast, beef barbecue, or in frozen dinners or sandwiches	0	0	0	0	0	0	0	0	0	How much	O A	О В	Oc	
Pork, pork chops, pork roasts, pork barbecue, dinner ham or in frozen dinners	0	0	0	0	0	0	0	0	0	How much	<u>О</u>	<u>О</u> В	O C	O
When you eat meat, do you O Avoid	eating	the fa	t C	⊃ Son	netime	es eat	the fat	: (⊃ Ofte	en eat the fat	: (⊃ I do	n't eat	meat
Veal, lamb or deer meat	0	0	0	0	0	0	0	0	0	HO) ·		<u></u> В	C	O
Ribs, spareribs	0	0	0	0	0	0	0	0		Now many	3-4		7-8	9+
Liver, including chicken livers or liverwurst	0	0	0	0	0	0	0	04	(B)	Nuch	О А	ОВ	C	O
Gizzard, pork neckbones, chitlins, pigs feet, oxtail, tongue	0	0	0	0	0	0	.3	KS.	H	How much	О А	<u>О</u>	O _C	O
Mixed dishes with beef or pork, like stew, corned beef hash, stuffed cabbage, meat dish with noodles	0	0	0	0	0	3		Silv	10	How much	<u>А</u>	ОВ	C	O
Mixed dishes with chicken, like chicken casserole, chicken & noodles, pot pie or in stir-fry	0	0	0	0	3	0,0		0	0	How much	<u>о</u>	<u></u> В	O C	O D
Fried chicken or chicken nuggets, at home or in a restaurant	0	0	0	e_{c}	0	တွ	0	0	0	# medium pieces	<u></u>		<u></u>	<u></u>
Chicken or turkey not fried, such as baked, grilled, or on sandwiches	0	0	S		9.	0	0	0	0	How much	<u>О</u>	<u>О</u>	C	O
When you eat chicken, do you	the sk	in O	Sog	etime	s eat	the sk			en eat	the skin	⊃ I do	n't eat	chick	en
HOW OFTEN	NEALER	YEAR YEAR	OMSE/	2-3 TIMES/ Month	ONCE/ WEEK	TWICE/ WEEK	3-4 TIMES/ WEEK	5-6 TIMES/ WEEK	EVERY Day	HOW N	IUCH	EAC	H TIN	<u>//E</u>
Oysters	0	(g)	0	0	0	0	0	0	0	How much	O _A	ОВ	Oc	O
Other shellfish like shrimp, scallops, crabs	19,	0	0	0	0	0	0	0	0	How much	<u>О</u>	<u>О</u>	C	O D
Tuna, tuna salad, tuna casserole	0	0	0	0	0	0	0	0	0	How much of the tuna	<u>А</u>	ОВ	C	O
HOW OFTEN Oysters Other shellfish like shrimp, scallops, crabs Tuna, tuna salad, tuna caserole Fried fish or fish sarrowien, at theme or in a restaurant Other fish, not fried	0	0	0	0	0	0	0	0	0	How much	<u>А</u>	ОВ	C	O
Other fish, not fried	0	0	0	0	0	0	0	0	0	How much	О А	О В	0	
Hot dogs, or sausage like Polish, Italian or chorizos	0	0	0	0	0	0	0	0	0	How many	<u></u>		○ 3	\bigcirc
Are your hot dogs Usually low-f	at	0 5	Someti	mes lo	ow-fat		⊃ Har	dly ev	er low-	-fat O Don	't knov	w/don'	t eat t	hem
Boloney, sliced ham, turkey lunch meat, other lunch meat	0	0	0	0	0	0	0	0	0	How many slices	<u>O</u>			0
Are your Usually low-fat or t	urkey	0 5	Someti	mes lo	ow-fat		⊃ Har	dly ev	er low-	-fat OI	don't	eat lur	nch me	eat
Menudo, pozole, caldo de res, sancocho, ajiaco	0	0	0	0	0	0	0	0	0	How much	<u>А</u>	ОВ	C	O D

HOW OFTEN IN THE PAST 12 MONTHS		NEVER	per	ONCE per MONTH	2-3 TIMES per MONTH	ONCE per WEEK	2 TIMES per WEEK	3-4 TIMES per WEEK	5-6 TIMES per WEEK	EVERY DAY		POR	EAC TION S FOR A-I	IZE	<u>1E</u>
Noodles, macaroni, pasta salad		0	0	0	0	0	0	0	0	0	How much	O	ОВ	C	
Chinese food, Thai or other Asian food, not counted above		0	0	0	0	0	0	0	0	0	How much	O A	<u>О</u>	Oc	O
Snacks like potato chips, corn chips, popcorn (not pretzels)		0	0	0	0	0	0	0	0	0	How much	O	ОВ	O c	O
Are these snacks Usually low-	fat (⊃ Son	netime	s low-	fat C	⊃ Har	dly ev	er low-	-fat C) Don	't know/don'	t eat			
Peanuts, other nuts or seeds		0	0	0	0	0	0	0	0	0	How much	O	ОВ	O c	O
Crackers		0	0	0	0	0	0	0	0	0	How much	О А	<u>О</u>	O c	O D
Doughnuts, Danish pastry		0	0	0	0	0	0	0	0	0	How many	0		3	_ 4
Cake, sweet rolls, coffee cake		0	0	0	0	0	0	0	0	0	Ondch	О А	<u>О</u>	C	O
Are they	fat (⊃ Son	netime	s low-	fat C	⊃ Har	dly ev	er low-	-fat C	_ 	t know Ch	t eat			
Cookies		0	0	0	0	0	0	0	9		know(ch)	1-2	3-5	<u> </u>	O 8+
Are your cookies Usually low-	fat (⊃ Son	netime	s low-	fat C	⊃ Har	dly ev	er ko	tat G	10%	many n't know/dor	n't eat			
Ice cream, ice milk, ice cream bar	s	0	0	0	0	0	18	19	B	0	How much	O	<u></u> В	O c	O D
Is your ice cream Usually low-	fat (⊃ Son	netime	s low-	fat C	⊃ Har	dly ev	Scool	-fat C	⊃ I do	n't know/dor	n't eat			
Pumpkin pie, sweet potato pie		0	0	0	3			0	0	0	How many slices	1/2	0		<u></u>
Any other pie or cobbler		0	0	8	, , , ,	S		0	0	0	How many slices	1/2	0		3
Chocolate candy, candy bars		0	R	SO X	*O	0	0	0	0	0	How many bars	1 small	1 medium	① large	② large
Other candy, not chocolate, like hard candy, caramel, jelly beans		œ,		S	0	0	0	0	0	0	How many pieces	1-2	3-5	<u> </u>	8+
Chocolate candy, candy bars Other candy, not chocolate, like hard candy, caramel, jelly beans	CUI	Litil	SU,												

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HOW OFTEN IN THE PAST 12 MONTHS	NEVER OR A FEW TIMES PER YEAR	ONCE per MONTH	2-3 TIMES per MONTH	ONCE per WEEK	2 TIMES per WEEK	3-4 TIMES per WEEK	5-6 TIMES per WEEK	EVERY DAY	2+ TIMES per DAY	HOW MUCH EACH TIME SEE PORTION SIZE PICTURES FOR A-B-C-D					
Biscuits or muffins	0	0	0	0	0	0	0	0	0	How many	0		3		
Rolls, hamburger buns, English muffins, bagels	0	0	0	0	0	0	0	0	0	How many	1/2	0		3	
Dark bread like rye or whole wheat, including in sandwiches	0	0	0	0	0	0	0	0	0	How many slices	O 1		3	O 4	1
White bread or toast, including French, Italian, or in sandwiches	0	0	0	0	0	0	0	0	0	How many slices	<u>O</u>		3	O	
Corn bread, corn muffins, or hushpuppies	0	0	0	0	0	0	0	0	0	How many pieces	0				
Tortillas	0	0	0	0	0	0	0	0	0	How many	0		3	O	
Rice, or dishes made with rice	0	0	0	0	0	0	0	0	0	How rouch		OB	O _C	O]
Margarine (not butter) on bread or on potatoes or vegetables, etc.	0	0	0	0	0	0	0	0	0	Ho many	0			O 4	
Butter (not margarine) on bread or on potatoes or vegetables, etc.	0	0	0	0	0	0	0	0	ES	How many pats (bp.)	O 1			O 4	1
Gravy	0	0	0	0	0	0	0	,G	0,	Now Many Tbsp.	0		3	O 4	
Peanut butter	0	0	0	0	0	0	(6)	<u>Q</u> .	12	How many Tbsp.	0		3	O 4	
Jelly, jam, or syrup	0	0	0	0	0	S		9.,	0	How many Tbsp.	<u>O</u>		3	O 4	
Mayonnaise, sandwich spreads	0	0	0	0	R	0,4	8,	0	0	How many Tbsp.	0		3	O 4	
Catsup, salsa or chile peppers	0	0	0	ec	100	S)	0	0	0	How many Tbsp.	<u>O</u>		3	O 4	
Mustard, soy sauce, steak sauce, barbecue sauce, other sauces	0	0	Se		D.	0	0	0	0	How many Tbsp.	<u>O</u>		3		

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Soy Foods

HOW OFTEN IN THE PAST 12 MONTHS	NEVER	per	ONCE per MONTH	2-3 TIMES per MONTH	ONCE per WEEK	TWICE per WEEK	3-4 TIMES per WEEK	per	EVERY DAY	HOW MUCH <u>EACH TIME</u> SEE PORTION SIZE PICTURES FOR A-B-C-D				
How often do you eat each of the fol	lowin	g foo	ds?											
Tofu, bean curd, or tempeh	0	0	0	0	0	0	0	0	0	How much	A	В	C	O
Meat substitutes <u>made from soy</u> , including Morningstar Farms or Boca Burgers, vegetarian hot dogs, vegetarian lunch meats, or soy cheese.	0	0	0	0	0	0	0	0	0	How much	A	В	C	O D
Soy milk, any flavor	0	0	0	0	0	0	0	0	0	How many glasses on those days	0	2	3	4
Energy bars, including Luna, Oasis, Protein Plus or 'Tiger's Milk'	0	0	0	0	0	0	0	0	0	How many	O 1		<u></u>	<u></u>
Miso soup	0	0	0	0	0	0	0	0	0	Which bowl		O B	C	O D
Soy sauce	0	0	0	0	0	0	0	0	0	# Tbsp.	0	<u></u>	3	<u></u>
Edamame, boiled green soybeans	0	0	0	0	0	0	0	0	0	How much	O A	ОВ	C	O
Soynuts, roasted soybeans	0	0	0	0	0	0	0	0	0	How much	О А	ОВ	C	O
Soy protein powder	0	0	0	0	0	0	0	0	0	How many scoops	O 1		<u></u>	<u></u> 5+
Soy isoflavone tablets or capsules	0	0	0	0	0	0	0	0	0	How many pills	0	2	3-4	<u></u> 5+
Flaxseeds	0	0	0	0	0	0	0	0	0	# Tbsp. each time	0		3	<u></u>
Flaxseed oil	0	0	0	0	0	0	0	0	0	# Tbsp. each time	0	<u></u>	3	<u></u>
Flaxseed meal	0	0	0	0	0	0	0	0	0	# Tbsp. each time	1-2	3-4	<u> </u>	O 7+
In the past year have you made an effort to include soy foods or supplements in your diet? ONO OYES														

HOW OFTEN IN THE PAST 12 MONTHS		NEVER	A FEW TIMES PER YEAR	ONCE per MONTH	2-3 TIMES per MONTH	ONCE per WEEK	2 TIMES per WEEK	per	5-6 TIMES per WEEK	EVER'
How often did you										
Eat "fast-food" from restaurants like Mc Kentucky Fried Chicken?	Donald's or	0	0	0	0	0	0	0	0	0
Eat food from other restaurants - either or take-out/delivery?	at the restaurant	0	0	0	0	0	0	0	0	0
Eat frozen meals (TV dinner type)?		0	0	0	0	0	0	0	0	0
When you <u>eat produce</u> , is it usually	.?									
○ Fresh ○ Frozen	○ Canned									
When you eat produce, how often do	you usually eat ORGANIC pro	<u>duce</u> '	?							
NeverLess than half of the timeAbout half of the time	More than half of the timeI don't eat produce									
When you eat meat, how often do yo	u usually eat ORGANIC meat?									
NeverLess than half of the timeAbout half of the time	More than half of the timeI don't eat meat									
When you consume dairy products, I	now often do you usually cons	ume <u>(</u>	ORG	ANIC	dairy	prod	ucts'	?		
NeverLess than half of the timeAbout half of the time	More than half of the timeI don't consume dairy products	3								

Cooking Practices

When you eat/prepare the following vegetables, how often do you prepare them in the microwave?	NEVER	LESS THAN HALF OF THE TIME	ABOUT HALF OF THE TIME	MORE THAN HALF OF THE TIME	I DON'T EAT THIS FOOD
Beans, like green beans	0	0	0	0	0
Broccoli, cauliflower, cabbage	0	0	0	0	0
Greens, like spinach, kale, mustard greens, collards or chard	0	0	0	0	0
Potatoes	0	0	0	0	0
Summer squash and zucchini	0	0	0	0	0
Winter squash like acorn, spaghetti and butternut or pumpkin	0	0	0	0	0
Root vegetables like carrots, turnips, parsnips, kohlrabi	0	0	0	0	0

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Cooking Practices (continued)

The following questions are about h more than one method, but please of					•
When you eat steak, how is it usually cooked?	◯ Don't ea	at steak (⊃ Pan Fried	Oven broiled	Grilled or barbecued
When you eat steak how well done is it usually cooked?	○ Don't eat stea○ Rare	k		Medium well done Vell done	Very well doneCharred
When you eat hamburger, how is it usually cooked?	O Don't eat h	amburger	O Pan Fried	Oven broiled	○ Grilled or barbecued
When you eat hamburger, how well done is it usually cooked?	○ Don't eat ham○ Rare	-	Medium rare Medium	Medium well doWell done	one
Not counting fried chicken, when you eat chicken, how is it usually cooked?	◯ Don't ea ◯ Only ea	at chicken t fried chicker			Grilled or barbecued Stewed or boiled
When you eat pork chops, how are they usually cooked?	O Don't eat pork	chops	○ Pan Fried○ Baked		ren broiled illed or barbecued
When you eat pork chops, how well done are they usually cooked?	O Don't eat pork	-	Just until dor Well done	ne	
When you eat bacon or sausage, how well done is it usually cooked?	○ Don't ea○ Just unt	at bacon or sa til done	-	○ Well done or crisp ○ Charred	•
How often do you eat meat, fish, or polas been grilled or barbecued over coafire, or ceramic briquettes?		Never1 time pe2-3 times	r month or less per month	•	veek 1 time per day veek 2 or more times veek per day
When you eat grilled or barbecued me fish, or poultry, how often is it charred the surface?	on \bigcirc Almo	er grill or barbo est never or ne asionally charr	ever charred	○ About half the properties of the prop	charred
When you eat pan-fried or oven-broiled meat, how often is it well-browned on the surface?	○ Almo	er fry or broil n ost never or ne asionally well-l	ever well-brown	○ About half the○ Frequently○ Almost always	
How often do you eat garlic or food pre garlic, either raw or cooked? DO NOT garlic capsules or pills.	include C	Never 1 time per m 2-3 times pe	onth or less	☐ 1-2 times per wee☐ 3-4 times per wee☐ 5-6 times per wee	k 2 or more times
How often do you eat foods containing cucurman, such as curries, rice and pomustard? Please do not include turme	tato dishes or	Never1 time pe2-3 times	r month or less per month	1-2 times per v3-4 times per v5-6 times per v	

Special Diets Some people follow special diets as part of their lifestyle. Others change their diet when there is a change in their life or when they are trying to achieve a goal like losing weight.

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Which (if any) of these special diets		How long di	d you follow	this diet?	Mark here if you have			
for longer than a month, other than dependent of the please MARK ALL THAT APP		<8 weeks	8 weeks - 1 year	More than 1 year	followed this diet for <u>at leas</u> <u>a month in the past year</u>			
High fiber		0	0	0	0			
○ Low fat		0	0	0	0			
○ Restricted Calories		0	0	0	0			
○ Liquid/juice		0	0		0			
○ Vegetarian		0	0	0	0			
○ Low Salt		0	0	0	0			
○ Macrobiotic		0						
O Diabetic diet		0	0	0	0			
○ Atkins		0	0	0	0			
○ Sugar Busters			0	0	0			
○ Zone (Barry Sears)		0	0					
O Joined a program like Weight Wa	tchers	0	0					
○ Tried to gain weight		0	0	0	0			
Has a health care professional ever t lactose intolerant or allergic to dairy p	old you that you are products?	Do you g	jet indigest like milk, y	ion or gas a	after you eat dairy neese?			
○ YES ○ NO		0	/ES	O N	10			
Have you ever had anorexia or bulim	ia? YES, in the p	past 🔘 🗅	YES, curren	tly O	NO (GO TO NEXT PAGE)			
How old were you when you first had this?	For how long did you ha	ave this?	ars O	more than 2 y	years			

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Childhood Diet

Think back to when you were about 10 years old, remembering where you lived, who lived with you, and who did the cooking. Think about the whole year and average out the number of times that you may have eaten a particular type of food. Answer each question as best you can.

HOW OFTEN WHEN YOU WERE 10 YEARS OLD	NEVER	LESS than ONCE per WEEK	ONCE per WEEK	MORE than ONCE per WEEK	EVERY DAY	2 or MORE TIMES per DAY
About how often did you eat "fast" foods like hamburgers, hot dogs, French fries, pizza, or tacos?	0	0	0	0	0	0
About how often did you eat meat like beef, chicken, duck, lamb, or pork, including meat in mixed dishes like stew, meatloaf, or casseroles?	0	0	0	0	0	0
About how often did you eat fish, seafood, or tuna including canned tuna?	0	0	0	0	0	0
About how often did you eat processed meat like bacon, salami, hot dogs, bologna, or other luncheon meat?	0	0	0	0	0	0
About how often did you eat organ meats like liver, kidney, or brain?	0	0	0	0	0	0
NOT including MILK, about how often did you have a serving of dairy products like cheese, yogurt or cottage cheese? (A serving is equal to about an ounce of cheese.)	0	0	0	0	0	0
About how often did you eat a serving of fruit either canned, fresh, frozen, or as 100% juice? (A serving is equal to one medium apple or a half-cup of cut up fruit.)	0	0	0	0	0	0
About how often did you eat a serving of vegetables either canned, fresh, frozen, or as 100% vegetable juice? Do NOT include potatoes or french fries but DO include salads, corn, green beans and other vegetables. (A serving is equal to about a half cup of cooked vegetables or a whole carrot.)	0	0	0	0	0	0
About how often did you eat or drink soy milk, tofu, miso soup, or Chinese black bean sauce?	0	0	0	0	0	0
About how often did you eat dried apricots, alfalfa sprouts, soybeans or sprouts, refried beans, or pinto beans?	0	0	0	0	0	0
About how often did you eat garlic or food prepared with garlic, either raw or cooked? Please do NOT include garlic capsules.	0	0	0	0	0	0
About how often did you eat bread made with white flour such as white bread, biscuits, flour tortillas, and bagels?	0	0	0	0	0	0
About how often did you eat cereal, either hot or cold, pancakes, waffles, or French toast?	0	0	0	0	0	0
About how often did you eat rice, noodles, pasta (like macaroni or spaghetti), or potatoes cooked any way. Do NOT include sweet potatoes or yams.	0	0	0	0	0	0
About how often did you eat sweets or desserts, including ice cream, candy, and pastries?	0	0	0	0	0	0
About how often did you eat salty snacks like potato chips, crackers, pretzels, peanuts, or popcorn?	0	0	0	0	0	0

Which fats or oils were usually used for cooking when						
(Mark all that apply.)	you were 10	years old?	•			
○ Butter○ Crisco○ Lard, fatback, bacon fat, or chicken fat	Corn oil or vege Canola oil Oil spray like P Other kinds of o None of the abo	am oils like pear	nut or sesame	e oil		
Which fats were usually added after cooking to veget potatoes or at the table when you were 10 years old? (Mark all that apply.)	ables,					
ButterCriscoLard, fatback, bacon fat, or chicken fat	Corn oil or vege Canola oil Oil spray like P Other kinds of o None of the abo	am oils like pear	nut or sesam	e oil		
About how often did you have a glass of milk when you have a glass	ou were 10 ye	ars old?				
					1	h
Please think back to the years before you turned 21. Which (if any) of these diets did you follow for longer	How long	did you follo	w this diet?		d were you w followed this	-
than a month? PLEASE MARK ALL THAT APPLY.	<8 weeks	8 weeks - 1 year	More than 1 year		10 – 15	16 – 21
V				<10 years	years	years
○ Part-Vegetarian or Semi-Vegetarian				< 10 years	years	years
 Part-Vegetarian or Semi-Vegetarian eating no red or white meat (beef, pork, venisor etc.), but sometimes eating poultry and fish, or fats, oils, gelatin and other products that come from animals. 	n,	0	0		years	years
eating no red or white meat (beef, pork, venisor etc.), but sometimes eating poultry and fish, or fats, oils, gelatin and other products that come	o at	0	0 0		•	
 eating no red or white meat (beef, pork, venisor etc.), but sometimes eating poultry and fish, or fats, oils, gelatin and other products that come from animals. Ovo-Lacto Vegetarian eating eggs and dairy products and maybe meaby-products (e.g. fats, gelatin) but no meat or fles of any kind. Vegan Vegans are strict vegetarians. They eat <i>only</i> 	o at			0	0	0
eating no red or white meat (beef, pork, venisor etc.), but sometimes eating poultry and fish, or fats, oils, gelatin and other products that come from animals. Ovo-Lacto Vegetarian eating eggs and dairy products and maybe mea by-products (e.g. fats, gelatin) but no meat or fles of any kind. Vegan	nt h	0	0	0	0	0
 eating no red or white meat (beef, pork, venisor etc.), but sometimes eating poultry and fish, or fats, oils, gelatin and other products that come from animals. Ovo-Lacto Vegetarian eating eggs and dairy products and maybe meaby-products (e.g. fats, gelatin) but no meat or fles of any kind. Vegan Vegans are strict vegetarians. They eat <i>only</i> plant foods - no animal products, no eggs, no 	nt h	0	0	0	0	0

Did you use the pictures to choose your serving size on this form? O Yes ○ No ○ I didn't have any pictures.

Thank you very much for filling out this questionnaire.

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