Use the enclosed pencil or any No. 2 pencil for

# **DIET QUESTIONNAIRE**

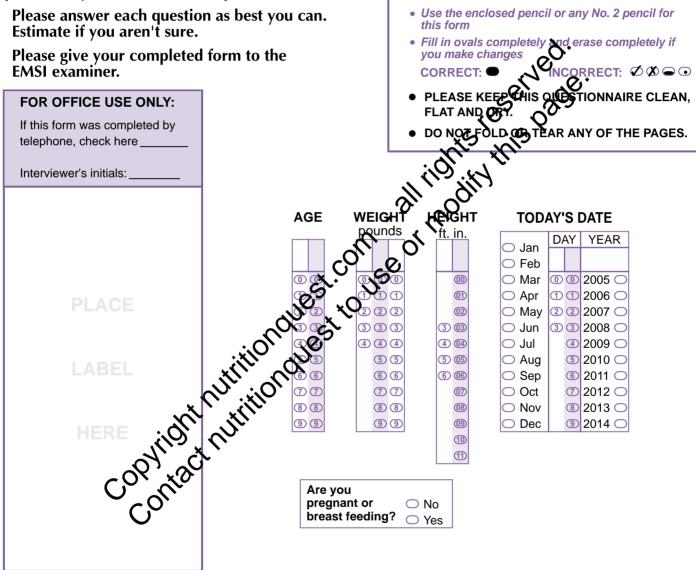


**National Institute of Environmental Health Sciences National Institutes of Health Department of Health and Human Services** 

### **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).

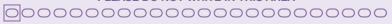
Public reporting burden for this collection of information is estimated to average 50 minutes per response, including the time for reviewing instructions, searching existing data sources, gathering and maintaining the data needed, and completing and reviewing the collection of information. An agency 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.

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		A	VERAG	E USE	IN THE PA	AST 12	MONTH	IS				
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 <sup>1</sup> /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, days per week did you e	how nat:	nany	<	:1/wk	Stelwk C	×Q-4/w	k 5-	-6/wk	1/day			
During the past year, on average, days per week did you e	how n at:	nany	<	:1/wk	(2/wk	\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\	k 5	·6/wk	1/day			
Breakfast?				SIL	Je.	0		0	0			
Lunch?			is	Di. 6		0		0	0			
Dinner/Supper?			o i	Ein,	0	0		0	0			
		en		J								
What kinds of fat or oil do you usually use in cooking? MARK ONLY ONE OR TWO On't use fats/oils Stick margarine Butter Butter Butter Corn oil, vegetable oil  Don't use fats/oils Stick margarine Butter Butter Corn oil, vegetable oil  During the past year, on average, how many days per week did you eat:  During the past year, on average, how many days per week did you eat:  During the past year, on average, how many days per week did you eat:  During the past year, on average, how many days per week did you eat:  During the past year, on average, how many days per week did you have a snack? Don't count breakfast, lunch and dinner/supper. Do count all be reages Except coffee, tea, diet drinks and valer.  Before Breakfast?  Between Breakfast - Lunch?  Between Supper and Rediting Stick Count of the street of												
corree, tea, diet drinks and	~.	•										
Before Breakfast?	COLU.			0	0	0		0	0			
Before Breakfast?  Between Breakfast - Lunch?	COLL	•		0	0	0		0	0			
Before Breakfast?  Between Breakfast - Lunch?  Between Lunch - Dinner/Supper?	Sade	•		0 0	0 0	0 0		0 0	0			
Before Breakfast?  Between Breakfast - Lunch?  Between Lunch - Dinner/Supper?  Between Supper and Bedtime?	Solo	•		0 0 0	0 0 0	0 0 0		0 0 0	0 0 0			

IF YES) WHAT DID YOU TAKE FAIRLY REGULAF	RLY?													
VITAMIN TYPE		HOV	N OF	TEN			FO	R HO	W MA	NY Y	EARS	<b>5</b> ?		
	DIDN'T TAKE	A FEW DAYS per MONTH	1-3 DAYS per WEEK	4-6 DAYS per WEEK	EVERY DAY		LESS THAN 1 YR.	1 YEAR	2 YEARS	3-4 YEARS	5-9 YEARS	10+ YEAR		
ultiple Vitamins. Did you take														
Regular Once-A-Day, Centrum, or Thera type		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	0	0	0	0		
ngle Vitamins (not part of multiple vitamins)	_	_		_		_								
Vitamin A (not beta-carotene)		0	0	0			0	0	0	0	0	0		
Beta-carotene	0	0	0	0	0		0		0	0	0	0		
Thiamin (B1)	0	0	0	0				Sc		0	0	0		
Niacin (B3)	0		0					S.	0	0	0	0		
Vitamin B6	0	0	0	0			(R.		1	0	0	0		
Vitamin B12		0	0	0			Kas	8.	9	0	0	0		
Vitamin C		0	0	0	0	5	10	S	0	0	0	0		
Vitamin D		0				OK.			0	0	0	0		
Vitamin E				0	124	×			0	0	0	0		
Folic acid, folate		0	0		<b>6</b> 2	K.	<b>~</b> ○	0	0	0	0	0		
Calcium, alone or combined with something else				$\mathcal{K}$		,57			0	0	0	0		
Chromium		0		10		2	0	0	0	0	0	0		
Iron			2		10	-		0	0	0	0	0		
Magnesium			(O'	.8		_	0	0	0	0	0	0		
Selenium														
		~O		16		-			0					
Vitamin (B1) Niacin (B3) Vitamin B6 Vitamin B12 Vitamin B12 Vitamin C Vitamin D Vitamin E Folic acid, folate Calcium, alone or combined with something else Chromium Iron Magnesium Selenium Zinc, alone or combined with something else  If you took Once-a-day, Centrum or Thera-type Magnesium Selenium Zinc, alone or combined with something else  If you took Vitamin C, vitamin D or vitamin E How many milligrams of vitamin C drayou usually take, on the days you took it?  100 250 500 600 1000 1500 2000 3000+ Don't know How many IUs of vitamin D did you usually take, on the days you took it?  100 200 400 600 800 1000 2000+ Don't know How many IUs of vitamin did you usually take, on the days you took it?  100 200 400 600 800 1000 2000+ Don't know How many IUs of vitamin did you usually take, on the days you took it?  100 200 400 600 800 1000 2000+ Don't know How many IUs of vitamin did you usually take, on the days you took it?  100 200 400 600 800 1000 2000+ Don't know														
100 200 400 609 80 How many IUs of <b>vitamin</b> did yo Sually ake, 100 200 400 60	00+ 0 on the	Doi days	n't kno s you ) C	ow took i ⊃ 100	t? 00 ⊂	200	00+			O d	o don't			
$\bigcirc$ 100 $\bigcirc$ 200 $\bigcirc$ 400 $\bullet$ $\bigcirc$ 600 $\bigcirc$ $\bigcirc$ 90	on the one of the one on the one one one one one one one one one on	Doi e days D 800 mont	th? (I	ow took i took i took i took  Mark Ginkg Ginkg Gluco Chone Hydra	t? all tha no samin droitin azine s Kava nin	200 t app	ply.)	O I O Mill O Sav O Mis O Sha O St. O Tur O Val	Don't  k thist w palr tletoe ark ca John' meric arian methi	o de la	don't know	0		

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<b>HOW TO</b>	FILL	OUT	PILL	OHEST	IONN	AIRE
HOW IO	FILL	UUI	і піо	<b>QUESI</b>		11K C

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).

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 INJEH EACH TIME  REFERENCE FOR A-B-C-D
Apple juice	0	0	0	0	0	•	0	0	0	How me y glass so acid wine 1 2 3 4
Rice	0	0	0	0		0	0	0	0.	Chow much ach time
				Beg	in fo	od q	ues	tion	Mile	id.

Begin food questioning															
HOW OFTEN IN THE PAST 12 MONTHS  NEVER TIMES PER PORT PORT PORT PORT PORT PORT PORT POR															
How often do you drink the following b	ever	ages′	?	Ò,	ري_	0				How many					
Tomato juice or V-8 juice															
Real 100% orange juice or grapefruit juice, including fresh, frozen or bottled	<u></u>	GJ.		0	0	0	0	0	0	How many glasses	O 1		○ 3	<b>O</b>	
Other real fruit juices like apply juice, prune juice, lemonade	0	0	0	0	0	0	0	0	0	How many glasses	<u>O</u>		3	<u></u>	
Kool-Aid, Hi-C, or other drinks with added vitant	0	0	0	0	0	0	0	0	0	How many glasses	O 1		<u></u>	O 4	
Drinks with some bice in them, like Sunny Delight, Juice Squeeze	0	0	0	0	0	0	0	0	0	How many bottles	<u>O</u>		<u></u>	<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	<u>O</u>		<u></u>	<b>O</b>	
Glasses of milk (not including soy milk)	0	0	0	0	0	0	0	0	0	How many glasses	<u>O</u>		<u></u>	<u>_</u>	
, ,	When you drink glasses of milk, what kind do you <u>usually</u> drink? <b>MARK ONLY ONE:</b> Whole milk  Reduced-fat 2% milk  Non-fat milk														

HOW OFTEN IN THE PAST 12 MONTHS	NEVE	A FEV TIMES per YEAR	S ONCE per	2-3 TIMES per MONTH	ONCE per WEEK	TIMES per WEEK	3-4 TIMES per WEEK	per	EVERY DAY	HOW MUCH EACH TIME How many glasses on the days you drink it?								
Beverages (continued)																		
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	0		3-4	<u></u>				
Beer or non-alcoholic beer	0	0	0	0	0	0	0	0	0	How many bottles or cans	<u></u>		3-4	<u></u>				
What kind? <b>MARK ONLY ONE</b> :	egular	beer	0	Light b	eer	01	Non-al	lcoholi	c beer	○ I don't	drink l	oeer						
Wine or wine coolers	0	0	0	0	0	0	0	0	0	How many glasses	<u></u>	_ 2	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	How many glasses	0	_ 2	3-4	<u> </u>				
Coffee, regular	0	0	0	0	0	0	0	0	0	How many	8		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	્	), ×	How many Cups	O 1		3-4	○ 5+				
Chapparal tea (creosote bush)	0	0	0	0	0	0	52	(S)	S	How many cups	O 1		3-4	<u> </u>				
Essiac tea	0	0	0	0	0	2		67	0	How many cups	O 1		3-4	<u></u>				
Green tea	0	0	0	0	x	0.	jiO'	0	0	How many cups	<u></u>		3-4	<u></u>				
Pau d'Arco	0	0	0	3		iji	0	0	0	How many cups	0		3-4	<u></u>				
What do you usually add to coffee?  MARK ONLY ONE:	○ Cr	eam c	CAN 8	e half		Nonda	iry cre	eamer	○ <b>!</b>	How many cups Wilk  Milk  Spoons each	None o	of thes	e					
What do you usually add to tea?  MARK ONLY ONE:		Cam o	or half a	half	0	Nonda	iry cre	amer	O 1	Milk 🔘 l	None o	of thes	е					
Do you usually add sugar (or honey)	coffee		S <sub>No</sub>	0	Yes	IF Y	ES, ho	ow mai	ny tea	spoons each	n cup?	102	9 3-4 5	€				
Do you usually add sugar (or hosy) to	Ser.	08,	<b>∌</b> No	0	Yes	IF Y	ES, ho	ow mai	ny tea	spoons each	n cup?	1) (2	9 3-4 5	€				
Do you usually add sugar (or honey) to  Do you usually add sugar (or honey) to  HOW OFTEN WHEN IN ZEASON  How often do you eareach gove to	ENER T	FEW IMES C per YEAR M	DNCE TII per p ONTH MO	-3 MES ON er p	ICE TIN er p	NES TIN	IES TIN	GI	ERY AY	HOW MU SEE PICTUR	PORTI	ON SIZ	Έ	■				
How often do you ear each of the fo	llowir	ng fru	its, <u>ju</u>	st du	ring t	he 2-	3 mor	nths v	vhen	they are in	ı sea	son?						
Raw peaches, apricots, nectarines, while they are in season	0	0	0							How many each time	1/2	<u> </u>	<u> </u>	3				
Cantaloupe, in season	0								) I	How much	1/8	O 1/4	<u> </u>	<u> </u>				
Strawberries, in season	0	0	0						) H	How much	О <b>А</b>	O B	C	O				
Watermelon, in season	0								)   H	How much	О <b>А</b>	<u>О</u>	C	O D				
Any other fruit <u>in season</u> , like grapes, honeydew, pineapple, kiwi									⊃ <b> </b> H	How much	O	ОВ	C	O D				
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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	per	EVERY DAY	HOW MUCH <u>EACH TIME</u> SEE PORTION SIZE PICTURES FOR A-B-C-D								
How often do you eat the follow	ing fo	ods	all ye	ear ro	ound'	? Est	imate	e you	ır ave	rage for the	past	t 12 r	nontl	hs.				
Bananas	0	0	0	0	0	0	0	0	0	How many each time	1/2	0		3				
Apples or pears	0	0	0	0	0	0	0	0	0	How many each time	1/2	0	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	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	О <b>А</b>	В	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	HOW MUCH 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>				
Bacon	0	0	0	0	0	0	0	0	0	bw man	0		3	_ 4				
Breakfast sausage, including sausage biscuits	0	0	0	0	0	0	0	20		How many Pieces	0			<b>O</b>				
Pancakes, waffles, French toast, Pop Tarts	0	0	0	0	0	0	્ર	0)	$\mathcal{P}_{\mathcal{X}}$	How many pieces	0		3					
Breakfast bars, granola bars, Power Bars or other energy bars	0	0	0	0	0	00	JE.	$\int_{\mathcal{O}}$	0	How many	<u> </u>		3					
Cooked cereals like oatmeal, cream of wheat or grits	0	0	0	0	2	Ó	6,	0	0	Which bowl		ОВ	C	O D				
High-fiber cereals like All Bran, Raisin Bran, Fruit-n-Fiber	0	0	0	0	<i>'O'</i>	®	0	0	0	Which bowl		ОВ	C	O D				
cream of wheat or grits High-fiber cereals like All Bran, Raisin Bran, Fruit-n-Fiber  Which high-fiber cereal do you eat m  Fiber One, Fruit-n-Fiber, etc.  Product 19, Just Right or Total cereal	ost of ⊃ Son	ten? I	MAR g elso	SONI X	(C)	#E: (	⊃ All E ⊃ I do	3ran o n't kno			Raisin don't							
Product 19, Just Right or Total cereal	0	;e);	0	(R)	0	0	0	0	0	Which bowl		ОВ	Oc	O				
Any other cold cereal, like Corn Flakes, Cheerios, Special K	Bel	0	6	0	0	0	0	0	0	Which bowl		<u></u> В	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 connected including one special		The state of the s	0	0	0	0	0	0	0	How many oz. on cereal	3 oz.		6-7 oz.	0 8+ oz.				
Yogurt or frozen yogurt	B	0	0	0	0	0	0	0	0	How much	O A	ОВ	C	O D				
Cheese, sliced cheese conheese spread, including op sodwiche	0	0	0	0	0	0	0	0	0	How many slices	O 1		<u></u>	<u></u>				
When you eat cheese, is it Usual	ly low	-fat	Sor	netim	es lo	w-fat	O F	Hardly	ever	low-fat $\bigcirc$ [	)on't i	know/	/don't	eat				

HOW OFTEN IN THE PAST 12 MONTHS	THE PAST 12 MONTHS    NEVER   per   per													
How often do you eat the following vering a restaurant?	getab	les, iı	nclud	ling fı	resh,	froze	n, ca	nned	or in	stir-fry,	at ho	me c	r	
Broccoli	0	0	0	0	0	0	0	0	0	How much	О <b>А</b>	ОВ	C	O
Carrots, or mixed vegetables or stews containing carrots	0	0	0	0	0	0	0	0	0	How much	<u>О</u>	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>	<u></u> В	C	O D
Spinach	0	0	0	0	0	0	0	0	0	How much	<u>о</u>	ОВ	C	O
Mustard greens, turnip greens, collards	0	0	0	0	0	0	0	0	0	How much	<u>О</u>	ОВ	C	O
French fries, fried potatoes or hash browns	0	0	0	0	0	0	0	0	0	nuch	О А	ОВ	C	O
White potatoes not fried, incl. boiled, baked, mashed & potato salad	0	0	0	0	0	0	0	0	or <sup>1</sup>	HOST.		<u>В</u>	C	O D
Sweet potatoes, yams (Not in pie)	0	0	0	0	0	0	0	(B)	$\bigcirc$	How much	<u>о</u>	ОВ	C	O
Cole slaw, cabbage	0	0	0	0	0	0	S.	R	18	How much	О <b>А</b>	<u></u> В	C O	O
Green salad	0	0	0	0	0,	191	8. 18.	7	के <b>्र</b> ्र	How much	<u></u>	ОВ	C	O D
Raw tomatoes, including in salad	0	0	0	0		3	$\mathcal{S}$	0	0	How much	O 1/4	1/2	O 1	_ 2
Salad dressing	0	0	0	16,			0	0	0	How many Tbsp.	<u> </u>		<u></u>	$\bigcirc$
Is your salad dressing Usually low-fa	t C	⊃ Sor	rietim	es la	ofat	○ F	Hardly	ever	low-fa	at O	Oon't l	know/	don't	use
Any other vegetable, like okra, squash, cooked green peppers	ی	PO	OX	$\mathcal{O}$	0	0	0	0	0	How much	О <b>А</b>	ОВ	C	O D
HOW OFTEN	(PE) ER	FEW YEAR	ONCE/ MONTH	2-3 TIMES/ MONTH	ONCE/ WEEK	TWICE/ WEEK	3-4 TIMES/ WEEK	5-6 Times/ Week	EVERY Day	HOW	MUC	H <u>EA</u>	CH TI	<u>ME</u>
HOW OFTEN  Refried beans or bean burritos  Chili with beans (with or without meat)  Baked beans, black-eye peach pintos, any other dried beans  Vegetable sew  Vegetable soup, weetable seef	3	62	0	0	0	0	0	0	0	How much	<u>А</u>	В	O C	O D
Chili with beans (with or without neat)	18	0	0	0	0	0	0	0	0	How much	<u>О</u>	ОВ	C	O D
Baked beans, black-eye peasintos, any other dried beans	0	0	0	0	0	0	0	0	0	How much	<u></u>	ОВ	C	O D
Vegetable stew	0	0	0	0	0	0	0	0	0	Which Bowl		ОВ	C	O
Vegetable soup, vegetable seef, chicken vegetable, or organo soup	0	0	0	0	0	0	0	0	0	Which Bowl		ОВ	C	O D
Split pea, bean or lentil soup	0	0	0	0	0	0	0	0	0	Which Bowl		ОВ	C	O D
Any other soup, like chicken noodle, chowder, mushroom, instant soups	0	0	0	0	0	0	0	0	0	Which Bowl		ОВ	C	O
Spaghetti, lasagna or other pasta with tomato sauce	0	0	0	0	0	0	0	0	0	How much	О <b>А</b>	<u></u> В	О С	O D
Cheese dishes <u>without</u> tomato sauce, like macaroni and cheese	0	0	0	0	0	0	0	0	0	How much	О <b>А</b>	ОВ	C	O D
Pizza, including carry-out	0	0	0	0	0	0	0	0	0	How many slices	<u></u>		○ 3	<u></u>

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HOW OFTEN IN THE PAST 12 MONTHS	NEVER	per	ONCE per MONTH	2-3 TIMES per Month	ONCE per WEEK	2 TIMES per WEEK	per	per DAY SEE PORTION SIZE										
Do you ever eat chicken, turkey, me	at or	fish?		) Yes		⊃ No	IF NC	, SKII	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		1/4 lb.	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	О <b>А</b>	ОВ	O 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	<u></u>	<u></u> В	C	O				
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> В		O D				
When you eat meat, do you O Avoid	eating	the fa	t C	⊃ Son	netime	s 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>О</u>	ОВ	C	O				
Ribs, spareribs	0	0	0	0	0	0	0	0	00	Now mark ribs	3-4	<u> </u>		O 9+				
Liver, including chicken livers or liverwurst	0	0	0	0	0	0	0	01	(B)	Nuch		ОВ	C	O				
Gizzard, pork neckbones, chitlins, pigs feet, oxtail, tongue	0	0	0	0	0	0	.2	KS.	H	How much		ОВ	C	O D				
Mixed dishes with beef or pork, like stew, corned beef hash, stuffed cabbage, meat dish with noodles	0	0	0	0	0	3	19	dil	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		8	0	0	How much	<u></u>	<u></u> В	C	O D				
Fried chicken or chicken nuggets, at home or in a restaurant	0	0	0	$e_{c}$	0	જી	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>	О В	C	O D				
When you eat chicken, do you	the sk	cin O	Sog	etime	s eat	the sk			en eat	the skin C	⊃ I do	n't eat	chicke	en				
HOW OFTEN	NEAFY	YEAR YEAR	ONSE/ NONTH	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>/IE</u>				
Oysters	0	(O)	0	0	0	0	0	0	0	How much	<u>А</u>	ОВ	C	O D				
Other shellfish like shrimp, scallops, crabs	19	0	0	0	0	0	0	0	0	How much		ОВ	C	O D				
Tuna, tuna salad, tuna casserole	0	0	0	0	0	0	0	0	0	How much of the tuna	<u>_</u>	ОВ	C	O D				
baked, grilled, or on sandwiches When you eat chicken, do you  HOW OFTEN  Oysters  Other shellfish like shrimp, scallops, crabs  Tuna, tuna salad, tuna caserole Fried fish or fish sandwich, at time or in a restaurant  Other fish, not fried  Hot dogs, or sausage like Polish	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 <b>А</b>	ОВ	O C	O				
Hot dogs, or sausage like Polish, Italian or chorizos	0	0	0	0	0	0	0	0	0	How many	<u></u>		$\bigcirc$	<u></u>				
Are your hot dogs Usually low-	at	0 5	Someti	mes lo	ow-fat		⊃ Har	dly ev	er low-		't kno	w/don'	t eat th	nem				
Boloney, sliced ham, turkey lunch meat, other lunch meat	0	0	0	0	0	0	0	0	0	How many slices	<u> </u>		<u></u>	<u></u>				
Are your Usually low-fat or t	urkey	0 8	Someti	mes lo	ow-fat		⊤ ⊃ Har	dly ev	er low	-fat 🔘 I	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	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		PORT	EAC TION S OR A-I	IZE	<u>IE</u>
Noodles, macaroni, pasta salad	0	0	0	0	0	0	0	0	0	How much	О <b>А</b>	ОВ	C	O D
Chinese food, Thai or other Asian food, not counted above	0	0	0	0	0	0	0	0	0	How much	<u></u>	ОВ	C	O
Snacks like potato chips, corn chips, popcorn (not pretzels)	0	0	0	0	0	0	0	0	0	How much	О <b>А</b>	ОВ	C	O D
Are these snacks Ousually low-fat	○ Son	netime	s low-	fat (	⊃ Har	dly ev	er low-	-fat (	⊃ Don	't know/don'	t eat			
Peanuts, other nuts or seeds	0	0	0	0	0	0	0	0	0	How much	<u></u>	<u>О</u>	C	O D
Crackers	0	0	0	0	0	0	0	0	0	How much	<u>о</u>	ОВ	C	O
Doughnuts, Danish pastry	0	0	0	0	0	0	0	0	0	How many	<u> </u>	_ 2	<u></u>	<u>_</u>
Cake, sweet rolls, coffee cake	0	0	0	0	0	0	0	0	0	<b>O</b> nuch	<u>О</u>	<u>О</u>	C	O D
Are they Usually low-fat	○ Son	netime	s low-	fat C	⊃ Har	dly ev	er low	-fat (	ૄૹ૽	t know 6h	t eat			
Cookies	0	0	0	0	0	0	0	d	200 000	Q ow many	<u> </u>	3-5	<u> </u>	O 8+
Are your cookies   Usually low-fat	○ Son	netime	s low-	fat C	⊃ Har	dly ev	er K	tat (	Major	n't know/don	't eat			
Ice cream, ice milk, ice cream bars	0	0	0	0	0	9		19	0	How much	<u>О</u>	ОВ	C	O
Is your ice cream   Usually low-fat	○ Son	netime	s low-	fat C	⊃ H <b>ạ</b> r	diy ev	Les Com	-fat (	⊃ I dor	n't know/don	't eat			
Pumpkin pie, sweet potato pie	0	0	0	3		0,		0	0	How many slices	<u> </u>	<u>O</u>	_ 2	3
Any other pie or cobbler	0	0	<u></u> \$	$\mathcal{G}_{0}$	Sex	0	0	0	0	How many slices	1/2	<u> </u>	_ 2	○ 3
Chocolate candy, candy bars	0	R	ν V	, ,	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	Ø;		S	0	0	0	0	0	0	How many pieces	<u> </u>	3-5	<u> </u>	O 8+
Other candy, not chocolate, like hard candy, caramel, jelly beans	Litil	Suc												

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 MU SEE PICTUR	PORTI	ON SIZ	ΖE	Ē
Biscuits or muffins	0	0	0	0	0	0	0	0	0	How many	O 1			_ 4
Rolls, hamburger buns, English muffins, bagels	0	0	0	0	0	0	0	0	0	How many	1/2	0		
<u>Dark</u> bread like rye or whole wheat, including in sandwiches	0	0	0	0	0	0	0	0	0	How many slices	<u> </u>			
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	<u>_</u>
Corn bread, corn muffins, or hushpuppies	0	0	0	0	0	0	0	0	0	How many pieces	<u>O</u>		<u></u>	<u>_</u>
Tortillas	0	0	0	0	0	0	0	0	0	How many	0		<u></u>	<u>_</u>
Rice, or dishes made with rice	0	0	0	0	0	0	0	0	0	How much	O A	ОВ	C	O
Margarine (not butter) on bread or on potatoes or vegetables, etc.	0	0	0	0	0	0	0	0	0	Hownany pas (tsp	0		3	<u>_</u>
Butter (not margarine) on bread or on potatoes or vegetables, etc.	0	0	0	0	0	0	0	0	65	How many pats (0sp.)	<u>O</u>			
Gravy	0	0	0	0	0	0	0	,G	0,00	Now Many Tbsp.	0		○ 3	<u>_</u>
Peanut butter	0	0	0	0	0	0	(6)	2	19	How many Tbsp.	0		3	
Jelly, jam, or syrup	0	0	0	0	0	g		g,	0	How many Tbsp.	<u>O</u>		<u></u>	
Mayonnaise, sandwich spreads	0	0	0	0	8	0,4	8,	0	0	How many Tbsp.	<u> </u>			
Catsup, salsa or chile peppers	0	0	0	$e_{C}$	0	S S	0	0	0	How many Tbsp.	0		<u></u>	<u></u>
Mustard, soy sauce, steak sauce, barbecue sauce, other sauces	0	0	S	\ \ \ \	9	0	0	0	0	How many Tbsp.	<u>O</u>		3	<u></u>

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## Soy Foods

HOW OFTEN IN THE PAST 12 MONTHS	NEVER	A FEW TIMES per YEAR	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				<u>1E</u>
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	<u>А</u>	В	C	O D
Soy milk, any flavor	0	0	0	0	0	0	0	0	0	How many glasses on those days	<u> </u>	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	<u>O</u>		$\bigcirc$	<u>_</u>
Miso soup	0	0	0	0	0	0	0	0	0	Which bowl		В	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	<u>О</u>	ОВ	C	O
Soynuts, roasted soybeans	0	0	0	0	0	0	0	0	0	How much	О <b>А</b>	ОВ	C	O
Soy protein powder	0	0	0	0	0	0	0	0	0	How many scoops	<u>O</u>		3-4	<u></u> 5+
Soy isoflavone tablets or capsules	0	0	0	0	0	0	0	0	0	How many pills	<u>O</u>		3-4	<u></u> 5+
Flaxseeds	0	0	0	0	0	0	0	0	0	# Tbsp. each time	<u>O</u>		<u></u>	<u></u>
Flaxseed oil	0	0	0	0	0	0	0	0	0	# Tbsp. each time	<u>O</u>	<u></u>	3	<u></u>
Flaxseed meal	0	0	0	0	0	0	0	0	0	# Tbsp. each time	<u> </u>	3-4	<u> </u>	O 7+
In the past year have you made an e	ffort	to inc	lude	soy f	oods	or sı	upple	ment	s in y	our diet?				

HOW OFTEN IN THE PAST 12 MONTHS		NEVER	A FEW TIMES PER YEAR	ONCE per MONTH	2-3 TIMES per MONTH	per	2 TIMES per WEEK	3-4 TIMES per WEEK	5-6 TIMES per WEEK	EVER) DAY
How often did you										
Eat "fast-food" from restaurants like Kentucky Fried Chicken?	McDonald's or	0	0	0	0	0	0	0	0	0
Eat food from other restaurants - ei or take-out/delivery?	ther 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 usua	illy?									
○ Fresh ○ Frozen	○ Canned									
When you eat produce, how ofte	n do you usually eat <u>ORGANIC pr</u>	oduce	?							
<ul><li>Never</li><li>Less than half of the time</li><li>About half of the time</li></ul>	<ul><li>More than half of the time</li><li>I don't eat produce</li></ul>									
When you eat meat, how often de	o you usually eat ORGANIC meat?	?								
<ul><li>Never</li><li>Less than half of the time</li><li>About half of the time</li></ul>	<ul><li>More than half of the time</li><li>I don't eat meat</li></ul>									
When you consume dairy produc	ets, how often do you usually con	sume	ORG	ANIC	dairy	prod	lucts	?		
<ul><li>Never</li><li>Less than half of the time</li><li>About half of the time</li></ul>	<ul><li>More than half of the time</li><li>I don't consume dairy produc</li></ul>	ts								
Cooking Practices										
\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\							LESS	ABOUT	MORE	DON

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
Root vegetables like carrots, turnips, parsnips, kohlrabi	0	0	0	0	0

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### **Cooking Practices (continued)**

The following questions are about more than one method, but please					
When you eat steak, how is it usually cooked?	◯ Don't ea	at steak	n Fried Ove	n broiled	lled or barbecued
When you eat steak how well done is it usually cooked?	<ul><li>○ Don't eat stea</li><li>○ Rare</li></ul>	k O Medium rare	e		Very well done Charred
When you eat hamburger, how is it usually cooked?	○ Don't eat h	amburger $\bigcirc$	Pan Fried Ove	n broiled OGri	lled or barbecued
When you eat hamburger, how well done is it usually cooked?	<ul><li>○ Don't eat ham</li><li>○ Rare</li></ul>	burger			<ul><li>○ Very well done</li><li>○ Charred</li></ul>
Not counting fried chicken, when you eat chicken, how is it usually cooked?	<ul><li>□ Don't ea</li><li>□ Only ea</li></ul>		<ul><li>○ Roasted or bake</li><li>○ Oven broiled</li></ul>		d or barbecued ed or boiled
When you eat pork chops, how are they usually cooked?	O Don't eat pork	•	Pan Fried Baked	Oven bro	
When you eat pork chops, how well done are they usually cooked?	O Don't eat pork	I -	st until done ell done	<ul><li>Very well do</li><li>Charred</li></ul>	ne
When you eat bacon or sausage, how well done is it usually cooked?	<ul><li>○ Don't ea</li><li>○ Just unt</li></ul>	at bacon or sausage il done	e	•	
How often do you eat meat, fish, or po has been grilled or barbecued over co fire, or ceramic briquettes?	oultry that als, open	<ul><li>Never</li><li>1 time per mon</li><li>2-3 times per n</li></ul>	th or less 3-4 t	-	<ul><li>1 time per day</li><li>2 or more times per day</li></ul>
When you eat grilled or barbecued me fish, or poultry, how often is it <b>charred</b> the surface?	l on O Almo	er grill or barbecue i ost never or never c asionally charred	harred $\bigcirc$ F	bout half the time requently charred Imost always or a	d
When you eat pan-fried or oven-broile meat, how often is it <b>well-browned</b> or the surface?	n	er fry or broil meat ost never or never w asionally well-browr	vell-browned $\bigcirc$ F	bout half the time requently Imost always or	
How often do you eat garlic or food pr garlic, either raw or cooked? DO NOT garlic capsules or pills.	include $\Box$	Never 1 time per month of 2-3 times per mor	or less 3-4 time	-	<ul><li>1 time per day</li><li>2 or more times per day</li></ul>
How often do you eat foods containing cucurman, such as curries, rice and pomustard? Please do not include turme	otato dishes or	<ul><li>Never</li><li>1 time per mon</li><li>2-3 times per n</li></ul>	th or less 3-4 t	· ·	<ul><li>1 time per day</li><li>2 or more times per day</li></ul>

# Please use a #2 pencil for this

### **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.

Which (if any) of these special diets have you ever followed	How long di	id you follow	Mark here if you have	
for longer than a month, other than during pregnancy?  PLEASE MARK ALL THAT APPLY.	<8 weeks	8 weeks - 1 year	More than 1 year	followed this diet for <u>at least</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	0
○ Vegetarian	0	0	0	0
○ Low Salt	0	0	0	0
○ Macrobiotic	0	0	0	0
O Diabetic diet	0	0	0	0
○ Atkins	0	0	0	0
○ Sugar Busters	0	0	0	0
○ Zone (Barry Sears)	0	0	0	0
○ Joined a program like Weight Watchers	0	0	0	0
○ Tried to gain weight	0	0	0	0
Has a health care professional ever told you that you are lactose intolerant or allergic to dairy products?	Do you g	jet indigest like milk, y	ion or gas a ogurt, or ch	after you eat dairy neese?
○ YES ○ NO	0	YES	○ N	10
Have you ever had anorexia or bulimia? YES, in the	oast 🔾 🔾	YES, current	ly O	NO (GO TO NEXT PAGE)
How old were you when you first had this?  AGE  O O O O O O O O O O O O O O O O O O O		ars O r	more than 2 y	years

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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	
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	
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

Cilitationa Diet (Continuea)						
Which fats or oils were usually used for cooking when y (Mark all that apply.)	ou were 10	years old?				
<ul><li>○ Butter</li><li>○ Crisco</li><li>○ Lard, fatback, bacon fat, or chicken fat</li><li>○ Otl</li></ul>	rn oil or vege nola oil spray like Pa ner kinds of one of the abo	am oils like pear	nut or sesame	e oil		
Which fats were usually added after cooking to vegetab potatoes or at the table when you were 10 years old? (Mark all that apply.)	les,					
<ul><li>○ Butter</li><li>○ Ca</li><li>○ Crisco</li><li>○ Lard, fatback, bacon fat, or chicken fat</li><li>○ Otl</li></ul>	rn oil or vege nola oil spray like Pa ner kinds of one of the abo	am oils like pear	nut or sesamo	e oil		
About how often did you have a glass of milk when you  Never 2-3/day	were 10 ye	ars old?				
<ul><li>○ Several times a week</li><li>○ 4-5/day</li><li>○ 6 or more/day</li></ul>						
○ 1/day ○ 6 or more/day  Please think back to the years before you turned 21.	How long	did you follo	w this diet?		d were you w	- 1
○ 1/day ○ 6 or more/day	How long o	did you follo 8 weeks - 1 year	w this diet?  More than 1 year		-	- 1
O 1/day O 6 or more/day  Please think back to the years before you turned 21. Which (if any) of these diets did you follow for longer than a month?		8 weeks -	More than 1	first f	followed this 10 – 15	diet? 16 – 21
Please think back to the years before you turned 21. Which (if any) of these diets did you follow for longer than a month?  PLEASE MARK ALL THAT APPLY.  Part-Vegetarian or Semi-Vegetarian  eating no red or white meat (beef, pork, venison, etc.), but sometimes eating poultry and fish, or fats, oils, gelatin and other products that come	<8 weeks	8 weeks - 1 year	More than 1 year	first t	ollowed this 10 – 15 years	diet? 16 – 21 years
Please think back to the years before you turned 21. Which (if any) of these diets did you follow for longer than a month?  PLEASE MARK ALL THAT APPLY.  Part-Vegetarian or Semi-Vegetarian eating no red or white meat (beef, pork, venison, 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 meat by-products (e.g. fats, gelatin) but no meat or flesh	<8 weeks	8 weeks - 1 year	More than 1 year	first 1	ollowed this 10 – 15 years	diet?  16 – 21     years

Did you use the pictures to choose your serving size on this form? O Yes I didn't have any pictures.

Thank you very much for filling out this questionnaire.

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