



A research initiative of the Alberta Cancer Board

Adapted from the National Institutes of Health Diet History Questionnaire



GENERAL INSTRUCTIONS

- Answer each question as best you can. If you are not sure, please estimate. A guess is better than leaving a blank.
- > Shade bubbles like this:
- > If you make a mistake, put an X through the incorrect bubble.
- > Please use a pencil or ball point pen, not a felt pen.
- If you fill **NEVER** or **NO** for a question, please follow any arrows or instructions that direct you to the next question.

Please fill in the corresponding bubble for your gender below.

○ MALE

FEMALE

The questions in the Diet History Questionnaire use measurements like cups, ounces, tablespoons and teaspoons. Refer below to convert these measurements to their metric equivalents.

1 cup = 240 mL 1 ounce = 30 mL 1 tablespoon = 15 mL

1 teaspoon = 5 mL



1.	Over the past 12 months, how often did you drink tomato juice or vegetable juice?			Over the past 12 months				
	O NEVER (GO TO QUESTI	,	За.	juice mixtures, how mu	-			
	O 1 time per month or less	1 time per day		drink?				
	O 2-3 times per month	O 2-3 times per day		O Less than 3/4 cup (6 our	nces)			
	O 1-2 times per week	O 4-5 times per day		O 3/4 to 1 1/2 cups (6 to 12	2 ounces)			
	O 3-4 times per week	○ 6 or more times per day		O More than 1 1/2 cups (12	2ounces)			
	○ 5-6 times per week							
	1a. Each time you drank vegetable juice, ho drink?	k tomato juice or w much did you usually	4.	How often did you drink of as cranberry cocktail, fruit Kool-Aid, diet or regular)?	punch, lemonade, or			
	O Less than 3/4 cup (6 ounces)		O NEVER (GO 10 QUESTI	ON 5)			
	O 3/4 to 1 1/4 cups (6	to 10 ounces)			0.4.6			
	O More than 1 1/4 cup	os (10 ounces)		Of time per month or less	O 1 time per day			
Y				O 2-3 times per month	O 2-3 times per day			
2.	Over the past 12 months,			O 1-2 times per week O β-4 times per week	4-5 times per day6 or more times per da			
	orange juice or grapefru	it juice?		5-6 times per week	O o or more times per da			
	O NEVER (GO TO QUESTI	ON 3)	V	' (0)				
	O 1 time per month or less	O 1 time per day			k fruit drinks , how much			
	O 2-3 times per month	O 2-3 times per day		did you usually drin	N.f			
	O 1-2 times per week	O 4-5 times per day		O Less than 1 cup (8	ounces)			
	O 3-4 times per week	O 6 or more times per day		O 1 to 2 cups (8 to 16	3 ounces)			
	○ 5-6 times per week			O More than 2 cups (16 ounces)				
		c crange juice or w much did you usually	7	4b. How often were you sugar-free drinks?				
	drink?	7		O Almost never or ne				
	O Less than 3/4 eup (6 eunces)			About 1/4 of the tin	ne			
	O 3/4 to 1 1/4 tups (6			O About 1/2 the time				
	O More than 1 1/4 cup	os (10 ounces)		O About 3/4 of the tin				
	2b. How often was the jui	ce fortified with Calcium?	▼ *	O Almost always or a	lways			
	O Almost never or nev	\mathbf{A}	5.	How often did you drink n	nilk as a beverage			
	O About 1/4 of the time			NOT in coffee, NOT in ce	real? (Please include			
	O About 1/2 the time O About 3/4 of the time			chocolate milk and hot c	hocolate.)			
				O NEVER (GO TO QUESTI	ON 6)			
	O Almost always or al				·			
,				O 1 time per month or less	O 1 time per day			
3 .	Over the past 12 months,	100% fruit juice mixtures		O 2-3 times per month	O 2-3 times per day			
	(such as apple, grape, pin			O 1-2 times per week	○ 4-5 times per day			
				O 3-4 times per week	○ 6 or more times per da			
	O NEVER (GO TO QUESTION 4)			○ 5-6 times per week				
	○ 1 time per month or less○ 2-3 times per month	○ 1 time per day○ 2-3 times per day		5a. Each time you dran how much did you ເ	k milk as a beverage, usually drink?			
	O 1-2 times per week	O 4-5 times per day		O Less than 1 cup (8	ounces)			
	O 3-4 times per week	○ 6 or more times per day		O 1 to 1 1/2 cups (8 t	•			
	○ 5-6 times per week		↓	O More than 1 1/2cup	·			
			,		63017			

Question 4 appears in the next column.

Question 6 appears on the next page.



	5b. What kind of milk did you usually drink? O Whole milk	7c. Each time you drank soft drinks or pop, how much did you usually drink?
	2% fat milk1 % fat milkSkim, nonfat, or 1/2 % fat milkSoy milk	 ○ Less than 12 ounces or less than 1 can or bottle ○ 12 to 16 ounces or 1 can or bottle ○ More than 16 ounces or more than 1 can or bottle
	○ Rice milk○ Other	7d. How often were these soft drinks or pop diet or sugar-free?
6.	How often did you drink meal replacement , energy , or high-protein beverages such as Instant Breakfast, Ensure, Slimfast, Boost or others?	 Almost never or never About 1/4 of the time About 1/2 of he time About 3/4 of the time
	O NEVER (GO TO QUESTION 7)	○ (Import always or always
	 ○ 1 time per month or less ○ 2-3 times per month ○ 1-2 times per week ○ 3-4 times per week ○ 4-5 times per day ○ 6 or more times per day ○ 5-6 times per week 	7e How often were these soft drinks or pop caffeine-free? O Almost never or never O About 1/4 of the time O About 1/2 of the time
	6a. Each time you drank meal replacement beverages, how much did you usually drink?	O About 3/4 of the time O Almost always or always
\	○ Less than 1 cup (8 ounces)○ 1 to 1 1/2 cups (8 to 12 ounces)○ More than 1 1/2 cups (12 ounces)	8. Over the <u>past 12 months</u> , did you drink beer ? (Please do not include non-alcoholic beer.)
7.	Over the <u>past 12 months</u> , did you drink soft drink or pop ?	O NO (GO TO QUESTION 9) O YES
	O NO (GO TO QUESTION 8)	
	○ YES	How often did you drink beer IN THE SUMMER?
	7a. How often did you drink soft drinks or pop IN THE SUMMER?	O NEVER
	 ○ NEVER ○ 1 time per month or less ○ 1 time per day ○ 2-3 times per day ○ 1-2 times per week ○ 4-5 times per day ○ 3-4 times per week ○ 6 or more times 	 ○ 1 time per month or less ○ 1 time per day ○ 2-3 times per month ○ 2-3 times per day ○ 1-2 times per week ○ 4-5 times per day ○ 3-4 times per week ○ 6 or more times per day ○ 5-6 times per week
	○ 5-6 times per week per day	8b. How often did you drink beer DURING THE REST OF THE YEAR?
	7b. How often did you drink soft drinks or pop DURING THE REST OF THE YEAR?	O NEVER
	 ○ NEVER ○ 1 time per month or less ○ 1 time per day ○ 2-3 times per day ○ 1-2 times per week ○ 4-5 times per day ○ 3-4 times per week ○ 6 or more times 	 ○ 1 time per month or less ○ 2-3 times per month ○ 2-3 times per day ○ 1-2 times per week ○ 3-4 times per week ○ 6 or more times ○ 5-6 times per week
Y	○ 5-6 times per week per day	62047
Que	estion 8 appears in the next column.	Question 9 appears on the next page.



Over the past 12 months... 8c. Each time you drank **beer**, how much did you usually drink? O Less than a 12-ounce can or bottle O 1 to 3 12-ounce cans or bottles O More than 3 12-ounce cans or bottles 9. How often did you drink wine or wine coolers? O NEVER (GO TO QUESTION 10) O 1 time per day O 1 time per month or less O 2-3 times per month ○ 2-3 times per day ○ 1-2 times per week 4-5 times per day O 3-4 times per week O 6 or more times per day O 5-6 times per week 9a. Each time you drank wine or wine coolers, how much did you usually drink? O Less than 5 ounces or less than 1 glass ○ 5 to 12 ounces or 1 to 2 glasses O More than 12 ounces or more than 2 glasses How often did you drink liquor or mixed drinks? O NEVER (GO TO QUESTION 1 time per month or less O 2-3 times per month 3 times per a O 1-2 times per week 4-5 times p 3-4 times per week 6 or more O 5-6 times per ach time you drank liquor of mixed d 10a. w much did you usually drink? O Less than 1 sho of lice 1 to 3 shots of liqu O More than 3 shots of liquor cream of wheat or other cooked cereal?

11. Over the past 12 months, did

O NO (GO TO QUESTION 12) O YES Question 11a appears at top of the next column.

Question 12 appears in the next column.

11a.	How often did you eat oatmeal, cream of
	wheat or other cooked cereal IN THE
	WINTER?

O NEVER	
O 1-6 times per winter	O 2 times per week
O 7-11 times per winter	O 3-4 times per wee
O 1 time per month	O 5-6 times per wee
O 2-3 times per month	1 time per day
O 1 time per week	O 2 or more times per day

11b. How ofter old you eat oatmeal, cream of wheat or other cooked cereal DURING THE REST OF THE YEAR?

O 1-6 times per year	O 2 times per week
O 7-11 times per year	O 3-4 times per week
1 time per month	○ 5-6 times per week
O 2-3 times per month	○ 1 time per day
On time her week	O 2 or more times per day

Each time you ate oatmeal, cream of wheat other cooked cereal how much did you usually eat?

- O Less than 3/4 cups
- O 3/4 to 1 1/4 cups
- O More than 1 1/4 cups

ten did you eat cold cereal?

7 ~ .	A			
L ()		(CO TO	QUEST	IONI 131
		igo io	QUEST	IUIN IOI

1-6 times per year	O 2 times per week
7-11 times per year	O 3-4 times per week
O 1 time per month	○ 5-6 times per week
O 2-3 times per month	O 1 time per day
O 1 time per week	O 2 or more times per day

- 12a. Each time you ate cold cereal, how much did you usually eat?
 - O Less than 1 cup
 - O 1 to 2 1/2 cups
 - O More than 2 1/2 cups
- 12b. How often was the cold cereal you ate All Bran, Fiber One, 100% Bran, or Bran Buds?
 - O Almost never or never
 - O About 1/4 of the time
 - O About 1/2 of the time
 - O About 3/4 of the time
 - O Almost always or always

Question 13 appears on the next page.



Over the past 12 months			13a. Each time you ate applesauce , how much did you usually eat?			
12	other bran or fiber Shredded Wheat, I	cold cereal you ate some r cereal (such as Cheerios, Raisin Bran, Bran Flakes, ola or Mini-Wheats)?		○ Less than 1/2 c○ 1/2 to 1 cup○ More than 1 cup	•	
	Almost never or neAbout 1/4 of the tiAbout 1/2 of the tiAbout 3/4 of the tiAlmost always or a	me me me	14.	How often did you eat		
12	other type of cold Flakes, Rice Krispi	cold cereal you ate any l cereal (such as Corn es, Frosted Flakes, pops, Cap'n Crunch, or		 1-6 times per year 7-11 times per year 1 time per month 2-3 times per month 1 time per yeek 	 2 times per week 3-4 times per week 5-6 times per week 1 time per day 2 or more times per day 	
	○ Almost never or ne○ About 1/4 of the ti○ About 1/2 of the ti○ About 3/4 of the ti○ Almost always or a	me me me		Usually eat? O Less than 1 op O 1 apple		
12	e. Was milk added to		15.	O More than 1 ap How other old you eat frozen)?	ple t pears (fresh, canned, or	
12	Pf. What kind of milk of Whole milk O 2% fat milk O 1% fat milk	was∙usually anded?		NEVER (GO TO QUE 1-6 times per year 7-11 times per year 1 time per month 7-3 times per month	O 2 times per week O 3-4 times per week O 5-6 times per week O 1 time per day	
12	 Skim, nonfat or Soy milk Rice mik Other g. Each time milk wa	2 % fat milk s added to your cold was usually added?		15a. Each time you a usually eat? Cless than 1 peace of 1 pear	O 2 or more times per day te pears , how many did you	
\	O Less than 1/2 cup O 1/2 to 1 cup O More than 1 cup	N	16.	O More than 1 per		
	ow often did you eat ar			O NEVER (GO TO QUE	ESTION 17)	
0 0 0	NEVER (GO TO QUEST 1-6 times per year 7-11 times per year 1 time per month 2-3 times per month 1 time per week	O 2 times per week O 3-4 times per week O 5-6 times per week O 1 time per day O 2 or more times per day		1-6 times per year7-11 times per year1 time per month2-3 times per month1 time per week	 2 times per week 3-4 times per week 5-6 times per week 1 time per day 2 or more times per day 	

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Over the past 12 months			18c. Each time you ate peaches, nectarines, or plums, how much did you usually eat?			
	16a.	you usually eat?	bananas, how many did		O Less than 1 fruit or O 1 to 2 fruits or 1/2 to	3/4 cup
		O Less than 1 banan O 1 banana	na		O More than 2 fruits o	r more than 3/4 cup
		O More than 1 banar	па			
		6 111		19. How	often did you eat gra	pes?
17.		often did you eat di aisins (not including o	ried fruit, such as prunes dried apricots)?	O NE	EVER (GO TO QUESTIC	ON 20)
	O NI	EVER (GO TO QUEST	ΓΙΟΝ 18)			○ 2 times per week○ 3-4 times per week
	O 1-	6 times per year (2 times per week			○ 5-6 times per week
		· •	3-4 times per week			○ 1 time per day
		· · · · · ·	⊃ 5-6 times per week			2 or more times per day
		•) 1 time per day			5 = 0:
		•	2 or more times per day	19a	Each time you ate gr	apes, how much did
	17a.	you usually eat (no	dried fruit, how much did tincluding dried	0	you usually eat? O Less than 1/2 cup or	less than 10 grapes
		apricots)? O Less than 2 tables		W.	1/2 to 1 cup or 10 toMore than 1 cup or r	
\downarrow		2 to 5 tablespoonsMore than 5 tables		20. Ove	othe past 12 months	did you eat cantaloupe?
18. Over the past 12 months, did you eat peaches, nectarines or plums?			O GO TO QUESTION			
	O NC) (GO TO QUESTION	19)	QY	ES	
	O YE	S	(0)	\forall		
	\downarrow		111,0	20a.	How often did you e	
	18a.	How often did you	eat tresh peaches,		NEVER	:
		nectarines, or plui	ns WHEN IN SEASON?		NEVER	
		O NEVER			O 1-6 times per seaso	on O 2 times per week
		O 1-6 times per seas	son 2 times per week		○ 7-11 times per seas	son 0 3-4 times per week
		O 711 times per sea			O 1 time per month	○ 5-6 times per week
		O 1 time per month	O 5-6 times per week		O 2-3 times per month	n ○ 1 time per day
		O 2-3 times per mon			O 1 time per week	O 2 or more times per da
		○ 1 time per week	O 2 or more times per day	20b.	How often did you e cantaloupe DURIN	at fresh or frozen G THE REST OF THE
	18b.	,			YEAR?	
			ms (fresh, canned or HE REST OF THE YEAR?		O NEVER	
		O NEVER			O 1-6 times per year	O 2 times per week
		○ 1-6 times per year	O 2 times per week		○ 7-11 times per year	O 3-4 times per week
		○ 7-11 times per year	•		O 1 time per month	○ 5-6 times per week
		○ 1 time per month	○ 5-6 times per week		O 2-3 times per month	n O 1 time per day
		O 2-3 times per mont	•		O 1 time per week	O 2 or more times per d
\downarrow		1 time per week	O 2 or more times			
▼			per day	\(\forall \)		
Que	stion	19 appears in the nex	kt column.	Question 2	21 appears on the nex	t page. 63017

Over the past 12 months... 20c. Each time you ate cantaloupe, how much did you usually eat? O Less than 1/4 melon or less than 1/2 cup O 1/4 melon or 1/2 to 1 cup O More than 1/4 melon or more than 1 cup 21. Over the past 12 months, did you eat melon, other than cantaloupe (such as watermelon or honeydew)? O NO (GO TO QUESTION 22) **OYES** 21a. How often did you eat fresh melon, other than cantaloupe (such as watermelon or honeydew) WHEN IN SEASON? O NEVER ○ 1-6 times per season ○ 2 times per week ○ 7-11 times per season ○ 3-4 times per week O 1 time per month ○ 5-6 times per week O 2-3 times per month O 1 time per day O 2 or more th O 1 time per week 21b. How often did you eat fresh or fre melon, other than cantaloupe, DURING THE REST OF THE O NEVER O 1-6 times time pe nes per wee 3 times per month 1 time per day O 1 time per week or more times per day 21c. Each time you ate melon other than cantaloupe, how much did you usually eat? O Less than 1/2 cup or 1 small wedge

- 1/2 to 2 cups or 1 medium wedge
- O More than 2 cups or 1 large wedge



Question 22 appears in the next column.

2	22.	Over the <u>past 12 months</u> , did you eat strawberries ?
		O NO (GO TO QUESTION 23)
		O YES

strav	wberries?						
- O NC	O NO (GO TO QUESTION 23)						
O YE	S						
∨ 22a.	How often did you eat t	frach etrawharriae					
ZZa.	WHEN IN SEASON?	resii stiawbeiries					
	O NEVER						
	O 1-6 times per season	O 2 times per week					
	O 7-11 times per season	O 3-4 times per week					
	O 1 time per month	○ 5-6 times per week					
	O 2 3 times per month	O 1 time per day					
	↑ I me per week	O 2 or more times					
- ∢	V 4	per day					
226.	How often did you eat f						
	strawberries, DURING	THE REST OF THE					
	YEAR?						
	O NEVER						
_ 4	O 1-6 times per year	O 2 times per week					
	7-11 times per year	O 3-4 times per wee					
	O 1 time per month	○ 5-6 times per wee					
•	O 2-3 times per month	•					
	○ 1 time per week	O 2 or more times					
		per day					
22c.	Each time you ate strav	vberries, how much					

did you usually eat?

- O Less than 1/4 cup or less than 3 berries
- 1/4 to 3/4 cup or 3 to 8 berries
- O More than 3/4 cup or more than 8 berries

Over the past 12 months, did you eat oranges, tangerines, or tangelos?

O NO (GO TO QUESTION 24)

O YES

23a. How often did you eat oranges, tangerines, or tangelos WHEN IN SEASON?

O NEVER

- O 1-6 times per season O 2 times per week
- 7-11 times per season 3-4 times per week
- O 1 time per month ○ 5-6 times per week
- O 2-3 times per month O 1 time per day
- O 1 time per week O 2 or more times
 - per day

Question 24 appears on the next page.



Over the past 12 months... 25. How often did you eat other kinds of fruit? O NEVER (GO TO QUESTION 26) 23b. How often did you eat oranges, tangerines, or tangelos (fresh or canned) DURING THE O 1-6 times per year O 2 times per week **REST OF THE YEAR?** ○ 7-11 times per year O 3-4 times per week O NEVER O 1 time per month ○ 5-6 times per week O 1-6 times per year O 2 times per week O 2-3 times per month O 1 time per day ○ 7-11 times per year O 3-4 times per week 1 time per week O 2 or more times O 1 time per month ○ 5-6 times per week per day O 2-3 times per month O 1 time per day O 1 time per week O 2 or more times 25a. Each time you ate other kinds of fruit, how much did you usually eat? per day 23c. Each time you ate **oranges**, **tangerines**, or tangelos, how many did you usually eat? han 3/4 cup O Less than 1 fruit O 1 fruit O More than 1 fruit ten did you ea **QOKED greens** (such as 24. Over the past 12 months, did you eat grapefruit? pinach, chard, or kale) O NO (GO TO QUESTION 25) QUESTION 27) O YES 1-6 times O 2 times per week O 3-4 times per week per month O 5-6 times per week 24a. How often did you eat fresh grapetru 2-3 times per month O 1 time per day WHEN IN SEASON? time per week O 2 or more times O NEVER per day O 1-6 times per season 26a. Each time you ate COOKED greens, how 3-4 times per w ○ 7-11 times per season nuch did you usually eat? O 1 time per month O 5-6 times Less than 1/2 cup 2-3 times per month 🔘 1 time pe O 1/2 to 1 cup O 1 time ○ 2 or O More than 1 cup How often did you eat RAW greens (such as 27. 24b. How often did you eat grapefruit (fresh spinach, chard, or kale)? (We will ask about lettuce canned) **DURING** T ST OF THE YE later.) O NEVER O NEVER (GO TO QUESTION 28) 1-6 times per year O 2 times per O 7-11 times per year times per week ○ 1-6 times per year O 1 time per month times per week ○ 7-11 times per year time per day O 2-3 times per month ○ 1 time per month

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

per day

27a. Each time you ate **RAW greens**, how much did you usually eat?

O Less than 1/2 cup

○ 1/2 to 1 cup

O More than 1 cup

Question 28 appears on the next page.



did you usually eat?

O 1/2 grapefruit

O Less than 1/2 grapefruit

O More than 1/2 grapefruit

O 1 time per week

24c. Each time you ate grapefruit, how much

O 2 or more times

per day

28.	How often did you eat coleslaw ?			O NEVER (GO TO QUESTION 32)					
	O NEVER (GO TO QUESTION 29)			○ 1-6 times per year ○ 2 times per week					
	○ 1-6 times per year	O 2 times per week			-11 times per year		3-4 times per week		
	○ 7-11 times per year	○ 3-4 times per week			time per month		5-6 times per week		
	○ 1 time per month	○ 5-6 times per week			•		· ·		
	2-3 times per month	O 1 time per day			3 times per month		1 time per day		
	1 time per week	O 2 or more times		O I	time per week	O	2 or more times		
	O i time per week						per day		
		per day		31a			ring beans or green		
	28a. Each time you ate coleslaw , how much did you usually eat?			beans, how much did you usually eat? O Less than 1/2 cup					
	O Less than 1/4 cup				O 1/2 to 1 cup	ир			
	O 1/4 to 3/4 cup		$ \bigvee$		More than 1 cu	n			
	O More than 3/4 cup		'		Wilde Jidii 1 od				
٧			32		often did you eat en)3	eas	(fresh, canned or		
29.	How often did you eat s (other than coleslaw)?	auerkraut or cabbage	Y	ON	EVER (GO TO TO SUE	MON	133)		
	O NEVER (GO TO QUES	TION 30)	V	0 1-	-6 times per year	0	2 times per week		
	0			0 7-	11 times per year	0	3-4 times per week		
	O 1-6 times per year	O 2 times per week		Q ₁	time per month	0	5-6 times per week		
	O 7-11 times per year	○ 3-4 times per week		02	3 times per month	0	1 time per day		
	O 1 time per month	○ 5-6 times per week		01	time per week	0	2 or more times		
	O 2-3 times per month	○ 1 time per day					per day		
	○ 1 time per week	Q 2 of more times	7	32a	. Each time you at usually eat?	e pe a	as, how much did you		
	29a. Each time you at how much did yo	e cabbage or sauerkraut, b us vally eat?			Less than 1/4 o	up			
	O Less than 4 4 cu				1/4 to 3/4 cup				
	○ 1/4 to cup		$ot \psi$		○ More than 3/4 o	up			
\	O More then 2 cup	, ~ (33	3. Ove	er the <u>past 12 mont</u>	<u>hs</u> , di	d you eat corn ?		
30.	How often did you eat of	carrots (fresh, canned, or		O N	0 (00 T0 0) [50]	N 0 4			
	frozen)?	U N		— U N	O (GO TO QUESTIC	IN 34)			
	O NEVER (GO TO CHES	STION 31)		O Y	ES				
	O 1-6 times per year	O 2 times per week							
	O 7-11 times per year	○ 3-4 times per week		\					
	O 1 time per month	○ 5-6 times per week		33a.	How often did you	ı eat f	fresh corn WHEN IN		
	O 2-3 times per month	O time per day			SEASON?				
	O 1 time per week	O 2 or more times			O NEVER				
		per day			O 1-6 times per sea	ason	O 2 times per week		
	30a. Each time you ate carrots , how much did				○ 7-11 times per se	eason	O 3-4 times per week		
	you usually eat?				O 1 time per month		O 5-6 times per week		
	O Less than 1/4 cup or less than 2 baby carrots				O 2-3 times per mo		O 1 time per day		
	○ 1/4 to 1/2 cup or 2 to 5 baby carrots				○ 1 time per week		② 2 or more times		
	•	p or more than 5 baby carrots			O I mile pel week		per day		
$\mathbf{\Psi}$	C 11.010 than 1/2 00	r 5oro train o baby barroto					perday		

Question 31 appears in the next column.

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31. How often did you eat **string beans** or **green beans** (fresh, canned, or frozen)?

	33b. How often did you eat corn (fresh, canned, or		O NEVER (GO TO QUESTION 37)				
	frozen) DURING	THE REST OF THE YEAR?		O 1-6 times per year	O 2 times per week		
	O NEVER			○ 7-11 times per year	O 3-4 times per week		
	ONEVER			O 1 time per month	O 5-6 times per week		
	O 1-6 times per ye	ar O 2 times per week		O 2-3 times per month	O 1 time per day		
	O 7-11 times per y	ear 0 3-4 times per week		O 1 time per week	O 2 or more times		
	O 1 time per month	n ○ 5-6 times per week			per day		
	O 2-3 times per mo	onth O 1 time per day					
	O 1 time per week	O 2 or more times			e mixed vegetables, how		
		per day		much did you usi	•		
	33c. Each time you ato usually eat?	e corn, how much did you		O 1/2 to 1 cup O More than 1 cup			
	O Less than 1 ear	or less than 1/2 cup	V	O Montain 1 cap	,		
	1 ear or 1/2 to 1	cup	37.	How often did you eat	anions?		
	O More than 1 ear	r or more than 1 cup	07.	OMEVER (GO TO COLE			
34.	Over the past 12 month	ns how often did you eat)		
	broccoli (fresh or froze	en)?	N	O 1-6 times per year	O 2 times per week		
	O NEVED (CO TO OUE	CTION 25)	1	O 7-11 times per year	O 3-4 times per week		
	O NEVER (GO TO QUE	STION 35)		O 1 time per month	○ 5-6 times per week		
	○ 1-6 times per year	O 2 times per week		O 2-3 times per month	O 1 time per day		
	7-11 times per year	○ 3-4 times per week	4	Otime per week	O 2 or more times		
	1 time per month	○ 5-6 times per week			per day		
	O 2-3 times per month	O 1 time per day		37a. Each time vou at	e onions , how much did you		
	1 time per week	O 2 of more times		usually eat?	, , , , , , , , , , , , , , , , , , , ,		
	•	per day	7	○ Less than 1 slice	e or less than 1 tablespoon		
	24 - Fack time			1 slice or 1 to 4	·		
	usually eat?	e broccoli, how much dia you	₩		e or more than 4 tablespoons		
	O Less than 1/4 of		38.	Now think about all the	cooked vegetables you		
	O 1/4 to 1 cup	' ~ '		ate in the past 12 mont	•		
Y	O More than 1 cup			prepared. How often w			
35	How often did you eat	cadiflower or brussels		COOKED WITH some spray? (Please do not in			
00.	sprouts (fresh or froze			Spray: (Frease do not h	ncidae polaloes.)		
	O NEVER (GO TO QUE	STION 36)		O NEVER (GO TO QUES	STION 39)		
	○ 1-6 times per year	O 2 times per week		O 1-6 times per year	O 2 times per week		
	O 7-11 times per year	O 3.4 times per week		O 7-11 times per year	O 3-4 times per week		
	O 1 time per month	○ 5-6 times per week		1 time per month	○ 5-6 times per week		
	O 2-3 times per month	○ 1 time per day		O 2-3 times per month	○ 1 time per day		
	O 1 time per week	O 2 or more times		○ 1 time per week	O 2 or more times		
		per day			per day		
		e cauliflower or brussels uch did you usually eat?		2			
	O Less than 1/4cu	р		a de la companya della companya della companya de la companya della companya dell			
	O 1/4 to 1/2 cup						
٧	O More than 1/2 cu	•	\\		00047		
Qu	estion 36 appears in the	next column.	Que	stion 39 appears on the r	next page. 63017		

How often did you eat **mixed vegetables**?



Over the past 12 months... 38a. Which fats were usually added to your vegetables **DURING COOKING**? (Please do not include potatoes. Mark as many as apply.) Margarine (including O Corn oil low-fat) O Canola or rapeseed oil O Butter (including Oil spray, such as low-fat) Pam or others O Lard, or bacon fat Other kinds of oils O Olive oil O None of the above 39. Now, thinking again about all the **cooked** vegetables you ate in the past 12 months, how often was some sort of fat, sauce, or dressing added AFTER COOKING OR AT THE TABLE? (Please do not include potatoes.) O NEVER (GO TO QUESTION 40) O 3-4 times per week ○ 1-6 times per year ○ 7-11 times per year ○ 5-6 times per week O 1 time per month O 1 time per day O 2-3 times per month O 2 times per day ○ 1-2 times per week 3 or more times per d 39a. Which fats, sauces, or dressings were ually added AFTER COOKING OR AT THE TABLE? (Please do not include potatoes. Mark as many as apply.) ○ Margarine (including ◆ low-fat) Cheese sauce O Butter (including O White saud low-fat) O Lard, or back butter, lard, fatback, or bacon fat nargarine. was added to your cooked vegetables **AFTER** COOKING OR AT THE TABLE, how wruch did you usually add? O Did not usually add these O Less than 1 teaspoon O 1 to 3 teaspoons O More than 3 teaspoons 39c. If salad dressing, cheese sauce, or white sauce was added to your cooked vegetables AFTER COOKING OR AT THE TABLE, how

much did you usually add?

O Did not usually add these

O Less than 1 tablespoon

O More than 3 tablespoons

O 1 to 3 tablespoons

Question 40 appears in the next column.

O NEVER (GO TO QUESTION 41) ○ 1-6 times per year O 2 times per week ○ 7-11 times per year O 3-4 times per week 1 time per month ○ 5-6 times per week O 2-3 times per month O 1 time per day O 1 time per week O 2 or more times per day 40a. Each time you ate **sweet peppers**, how much did you usually eat? pepper 1/4 pepper n 1/4 pepper the past 12 months did you eat fresh omatoes (including those in salads)? low often did you eat fresh tomatoes (Including those in salads) WHEN IN SEASON? O NEVER ○ 1-6 times per season O 2 times per week ○ 7-11 times per season O 3-4 times per week 0 1 time per month O 5-6 times per week 2-3 times per month O 1 time per day 1 time per week O 2 or more times per day 41b. How often did you eat fresh tomatoes (including those in salads) **DURING THE REST OF THE YEAR?** O NEVER O 1-6 times per year O 2 times per week ○ 7-11 times per year ○ 3-4 times per week O 1 time per month ○ 5-6 times per week O 2-3 times per month O 1 time per day O 1 time per week O 2 or more times per day 41c. Each time you ate fresh tomatoes, how much did you usually eat? O Less than 1/4 tomato O 1/4 to 1/2 tomato O More than 1/2 tomato

Over the <u>past 12 months</u> how often did you eat **sweet peppers** (green, red, or yellow)?



41.

Over the past 12 months... 42. How often did you eat lettuce salads (with or without other vegetables)? O NEVER (GO TO QUESTION 43) O 1-6 times per year O 2 times per week

○ 1-6 times per year
 ○ 7-11 times per year
 ○ 3-4 times per week
 ○ 1 time per month
 ○ 5-6 times per week
 ○ 2 times per week
 ○ 5-6 times per week
 ○ 1 time per day
 ○ 2 or more times per day

42a. Each time you ate lettuce salads, how much

42a. Each time you ate **lettuce salads**, how much did you usually eat?

- O Less than 1/4 cup
- O 1/4 to 1 1/4 cups
- O More than 1 1/4 cups

43. How often did you eat **salad dressing** (including low-fat) on salads?

O NEVER (GO TO QUESTION 44)

- 1-6 times per year
 7-11 times per year
 1 time per month
 2 times per week
 3-4 times per week
 5-6 times per week
 1 time per day
 1 time per week
 2 times per week
 2 times per week
 5-6 times per week
 1 time per day
 2 times per week
 2 times per week
 2 times per week
 2 times per week
- 43a. Each time you at sailed dressing on sailed how much did you usually eat?
 - O Less than 2 tablespoons
 - O 2 to 4 tablespoon
 - O More than 4 tablespoons

44. How often did you eat sweet potatoes or yams

O NEVER (GO TO QUESTION 45)

- 1-6 times per year
 7-11 times per year
 3-4 times per year
 1 time per month
 5-6 times per year
- O 2-3 times per month O 1 time per day
- 1 time per week 2 or more times

per day

44a. Each time you ate **sweet potatoes** or **yams**, how much did you usually eat?

- 1 small potato or less than 1/4 cup
- O 1 medium potato or 1/4 to 3/4 cup
- O 1 large potato or more than 3/4 cup

Question 45 appears in the next column.

45.	How often did you eat French fries, home fries,
	hash browned potatoes, or tater tots?

O NEVER	(GO TO	QUESTION 46
---------	--------	--------------------

O 1-6 times per year	O 2 times per week
O 7-11 times per year	O 3-4 times per week
1 time per month	○ 5-6 times per week
O 2-3 times per month	○ 1 time per day
○ 1 time per week	O 2 or more times
	per day

45a. Each time you ate **French fries**, **home fries**, **hash browned potatoes**, or **tater tots** how much did you usually eat?

- O Less than 10 ries or less than 1/2 cup
- O 1 to 25 fries or 1/2 to 1 cup

More than 25 fries or more than 1 cup

46. How often did you eat potato salad?

O NEVER (GO TO QUESTION 47)

O 1-6 times per year	O 2 times per week
○ 7-11 times per year	O 3-4 times per week
O 1 time per month	○ 5-6 times per week
O 2-3 times per month	O 1 time per day
O 1 time per week	O 2 or more times
	per day

46a. Each time you ate **potato salad**, how much did you usually eat?

ess than 1/2 cup 1/2 to 1 cup O More than 1 cup

47. How often did you eat **baked**, **boiled**, or **mashed potatoes**?

O NEVER (GO TO QUESTION 48)

○ 1-6 times per year	O 2 times per week
○ 7-11 times per year	○ 3-4 times per week
○ 1 time per month	○ 5-6 times per week
O 2-3 times per month	O 1 time per day
O 1 time per week	O 2 or more times
	per day

47a. Each time you ate **baked**, **boiled**, or **mashed potatoes**, how much did you usually eat?

- 1 small potato or less than 1/2 cup
- O 1 medium potato or 1/2 to 1 cup
- O 1 large potato or more than 1 cup

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Over the past 12 months			47h. Each time cheese or cheese sauce was added to your potatoes, how much was		
47b.	How often was sour cream (including low-fat)		usually added?		
	added to your potatoes, EITHER IN COOKING OR AT THE TABLE?			O Less than 1 table	
	OR AT THE TABLE!			O 1 to 3 tablespoor	
	O Almost never or never (GO TO QUESTION 47d)			O More than 3 table	espoons
	O About 1/4 of the time	48.	How	often did you eat s	salsa?
	O About 1/2 of the time		O NI		TION 40)
	O About 3/4 of the time			EVER (GO TO QUES	•
	Almost always or always			6 times per year	O 2 times per week
				11 times per year	○ 3-4 times per week
47c.	Each time sour cream was added to your		011	time per month	5-6 times per week
	potatoes, how much was usually added?		O 2-	3 times per month	1 time per day
			011	time per week	O 2 or more times per day
	O Less than 1 tablespoon		182	Each time you ate	salsa, how much did you
	O 1 to 3 tablespoons		40a.	usually eat?	saisa, now much did you
	O More than 3 tablespoons				
				Less than 1 table	
47 d	How often was margarine (including low-fat)				
7 47 G.	added to your potatoes, EITHER IN	Y-	/K	More than 5 table	espoons
	COOKING OR AT THE TABLE?			often did	rotohum?
		45	HOW	often did you eat I	retchup?
	O Almost never or never	'	O NE	EVER (GO TO QUES	TION 50)
	O About 1/4 of the time			10,	
	O About 1/2 of the time			6 times per year	O 2 times per week
	O About 3/4 of the time		0/-	11 times per year	O 3-4 times per week
	O Almost always or always		0	time per month	O 5-6 times per week
	• ()	\mathcal{N}	O 2-	3 times per month	○ 1 time per day
47e.	How often was butter (including low-fat)	7	011	time per week	O 2 or more times
	added to your potatoes, EITHER IN	7		·	per day
	COOKING OR AT THE TABLE?				p =
	○ Almost never or never○ About 1/4 of the time		49a.	Facir time you ate usually eat?	ketchup, how much did you
	O About 12 of the time			O Less than 1 teasp	ooon
	O About 3/4 of the time		•	O 1 to 6 teaspoons	
	O Almost always or always			O More than 6 teas	ooons
				O More than 6 teas	
47f.	Each time marganne o butter was added to your potatoes, how much was usual vadded?	50.		often did you eat s	stuffing, dressing, or
	O Never added	_	– O N	EVER (GO TO QUES	STION 51)
	O Less than 1 teaspoon				•
	O 1 to 3 teaspoons			-6 times per year	O 2 times per week
	O More than 3 teaspoons		O 7	-11 times per year	3-4 times per week
			O 1	time per month	5-6 times per week
47g.	How often was cheese or cheese sauce		O 2	-3 times per month	○ 1 time per day
-	added to your potatoes, EITHER IN			time per week	O 2 or more times per day
	COOKING OR AT THE TABLE?				
	0.41		50a.	Each time you ate	e stuffing, dressing, or
	O Almost never or never (GO TO QUESTION 48)			-	much did you usually eat?
	About 1/4 of the timeAbout 1/2 of the time				,
	About 3/4 of the time About 3/4 of the time			O Less than 1/2 cu	۲
\downarrow	O Almost always or always			O 1/2 to 1 cup O More than 1 cup	
<u> </u>	<u> </u>	· •		A DIVIDLE HISH I CHO	

Question 51 appears on the next page.



Question 48 appears in the next column.

Over the past 12 months... 53b. How often were the beans you ate **refried** beans, beans prepared with any type of 51. How often did you eat chili? fat, or with meat added? O NEVER (GO TO QUESTION 52) Almost never or never O About 1/4 of the time O 1-6 times per year O 2 times per week O About 1/2 of the time O About 3/4 of the time ○ 7-11 times per year O 3-4 times per week O Almost always or always O 1 time per month ○ 5-6 times per week O 2-3 times per month O 1 time per day 54. How often did you eat **other kinds of vegetables**? O 1 time per week O 2 or more times per day O NEVER (GO TO QUESTION 55) 51a. Each time you ate **chili**, how much did you usually eat? ○ 1-6 times per year ○ 7-11 times per O Less than 1/2 cup 1 time per month O 1/2 to 1 3/4 cups month O More than 1 3/4 cups 52. How often did you eat **Mexican foods** (such as tacos, tostados, burritos, tamales, fajitas, Each time you ate ther kinds of enchiladas, quesadillas, and chimichangas)? vegetables, how much did you usually eat? O NEVER (GO TO QUESTION 53) O 1-6 times per year O 2 times per week 1/2 cup ○ 7-11 times per year O 3-4 times per week ○ 5-6 times per week O 1 time per month w often did you eat rice or other cooked grains O 1 time per O 2-3 times per month such as bulgur, cracked wheat, or millet)? O 2 or more O 1 time per week imes per day **NEVER (GO TO QUESTION 56)** 52a. Each time you ate Mexican O 1-6 times per year did you usually eat? O 7-11 times per year O Less than 1 tage burrito, etc. Of time per month O 1 to 2 tacos, burritos, nes per month O More than 2 burritos, et O 1 time per week Each time you ate rice or other cooked How often did you eat cooked dried beans (suc grains, how much did you usually eat? as baked bears, pintos, kidrey, blackeyed peas, lima, lentils, soybeans, or ref ied beans)? ∢ O Less than 1/2 cup (Please don't include bean O 1/2 to 1 1/2 cups O NEVER (GO TO O More than 1 1/2 cups ○ 1-6 times per year O 2 times per O 7-11 times per year es per week mes per week O 1 time per month **TABLE?** O 2-3 times per month time per day O 1 time per week O 2 or more times per day

55b. How often was butter, margarine, or oil added to your rice IN COOKING OR AT THE

O Almost never or never O About 1/4 of the time O About 1/2 of the time O About 3/4 of the time O Almost always or always





O 2 times per week

O 3-4 times per week

○ 5-6 times per week

O 2 or more times per day

O 1 time per day

O 2 times per week

O 3-4 times per week

○ 5-6 times per week

O 2 or more times per day

O 1 time per day

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O Less than 1/2 cup O 1/2 to 1 cup O More than 1 cup

usually eat?

53a. Each time you ate beans, how much did you

56.	How often did you eat pancakes, waffles, or French toast?			much was usually added?				
Fielicii toast!		O Less than 1 tablespoon						
	O NEVER (GO TO QUESTION 57)		O 1 to 4 tablespoons					
	○ 1-6 times per year	O 2 times per week		(More than 4 table	espoons		
	O 7-11 times per year	○ 3-4 times per week						
	O 1 time per month	○ 5-6 times per week	57.				a, stuffed shells,	
	2-3 times per month	○ 1 time per day			ed manicotti, rav et include spaghet		tortellini? (Please	
	1 time per week	○ 2 or more times per day		uo no	it include spagner	u or our	ei pasia.)	
	O i time per week			8)				
	56a. Each time you ate p	ancakes, waffles, or			times per year	С	2 times per week	
		much did you usually eat?		O 7-1	1 times per year	C	3-4 times per week	
	O Less than 1 mediu	m nioso		○ 1 tir	me per month	C	5-6 times per week	
	1 to 3 medium piece	•		O 2-3	times per month	C	1 time per day	
	More than 3 mediu			O 1 1	me per week	• C	2 or more times per day	
	O More than 5 media	III pieces						
	56b. How often was mar	narine (including low-fat)		5/a.			na, stuffed shells,	
		akes, waffles, or French	M	1	stuffed manicot	ff, ravio	oli, or tortellini, how	
	toast, AFTER COOKING OR AT THE TABLE?				much did you us	ually eat	[?	
	_				O Less than 1 cup			
	Almost never or neverAbout 1/4 of the time			_4	O to z cups			
	O About 1/2 of the time				More than 2 cup	s		
	O About 3/4 of the time		*		•			
	O Almost always or always			How	often did you eat	macaro	oni and cheese?	
	56c. How often was butter (including to v-fat) added				•			
	to your pancakes, w	affles, or French toast	72	O NE	VER (GO TO QUE	STION 5	9)	
		OR AT THE TABLE?		O 1-6	times per year	O 2	times per week	
		1. (0		0 7-1	times per year	○ 3-	-4 times per week	
	○ Almost never or ne○ About 1/4 of the time	/er		O 1 N	ne per month	○ 5-	-6 times per week	
	O About 1/2 of the lim			023	times per month	O 1	time per day	
	O About 3/4 of the time	e		♦ 0 1 tir	me per week	O 2	or more times per day	
	O Almost always or al	ways						
	56d. Each time margarine or butter was added to						e macaroni and cheese, how	
		les or French toast, how			much did you us	ually eat	t?	
	much was usually added?				O Less than 1 cu	0		
	O Never added				O 1 to 1 1/2 cups			
	O Less than 1 teaspo	on.	\ \		O More than 1 1/2	2 cups		
	O 1 to 3 teaspoons		,			-		
	O More than 3 teaspo	ons	59.	How o	often did you eat r	oasta sa	alad or macaroni	
	O More than o teaspo	Olio		salad	?			
	56e. How often was syru	p added to your pancakes,		O NEV	ER (GO TO QUES	STION 60))	
	waffles, or French toast?				•			
					times per year		times per week	
	•	ver (GO TO QUESTION 57)			times per year		4 times per week	
	O About 1/4 of the tim				ne per month		6 times per week	
	About 1/2 of the timeAbout 3/4 of the time				times per month		time per day	
\bigvee	O About 3/4 of the time			O 1 tim	ne per week	O 2 d	or more times per day	

Question 60 appears on the next page.

56f. Each time **syrup** was added to your

pancakes, waffles, or French toast, how



	59a.	,	pasta salad or macaroni did you usually eat?
		O Less than 1/2 cup O 1/2 to 1 cup O More than 1 cup	
60.	and 5		ed in Questions 57, 58, u eat pasta, spaghetti,
	O NE	VER (GO TO QUEST	ION 61)
	○ 7-1○ 1 tin○ 2-3	times per year 1 times per year me per month times per month me per week	 2 times per week 3-4 times per week 5-6 times per week 1 time per day 2 or more times per day
	60a.		pasta, spaghetti, or other th did you usually eat?
		Less than 1 cup1 to 3 cupsMore than 3 cups	N P
	60b.		eat your pasta, spaghetti, ith tomalo sauce or nade WITH meat?
		ever hae me hne always	
	60c.	other noodles with	eat your pasta, spagnetti, or tomato sauce or nade WITHOUT meat?
		○ Almost never one○ About 1/4 of the ti○ About 1/2 of the ti○ About 3/4 of the ti○ Almost always or all	me me me
	60d.		eat your pasta, spaghetti, ith margarine, butter, oil,
\		○ Almost never or no○ About 1/4 of the ti○ About 1/2 of the ti○ About 3/4 of the ti○ Almost always or a	me me me

61. How often did you eat **bagels** or **English muffins**?

- O N	EVER (GO TO INTRO	DUCTION TO QUESTION 62)			
7-12-	6 times per year 11 times per year time per month 3 times per month time per week	 2 times per week 3-4 times per week 5-6 times per week 1 time per day 2 or more times per day 			
61a.	Each time you ate I how much did you	pagels or English muffins, usually eat?			
61b.		muffin			
	○ Almost rever or n ○ About 1/2 of the ti ○ About 1/2 of the ti ○ About 8/4 of the ti ○ Almost always or	me me me			
61c.	How often was but to your bagels or E	tter (including low-fat) added inglish muffins?			
C'	O Almost never or r O About 1/4 of the t O About 1/2 of the t O About 3/4 of the t O Almost always or	ime ime ime			
6 1d.		ine or butter was added to glish muffins, how much was			
	Never addedLess than 1 teasp1 to 2 teaspoonsMore than 2 teas				
61e.		eam cheese (including our bagels or English			
	O Almost never or no About 1/4 of the ti O About 1/2 of the ti O About 3/4 of the ti O Almost always or	me me			

Question 62 appears on the next page.



Question 63 appears in the next column.

61		espoon		type dressing was sandwich breads of usually added? O Less than 1 teaspoons O More than 3 teaspoons	or rolls, how much was	
				O more than a toda		
	O More than 2 table		62e.		argarine (including low-fat) dwich bread or rolls?	
The next questions ask about your intake of breads other than bagels or English muffins. First, we will ask about bread you ate as part of sandwiches only. Then we will ask about all other bread you ate.				 Almost never or r About 1/4 of the t About 1/2 of the t About 3/4 of the t 	ime ime	
OF		reads or rolls AS PART uding burger and hot dog	O Almost always or always 62f How often was butter (including low-fat)			
	NEVER (GO TO QUES	ΓΙΟΝ 63)	0.2		dwich breads or rolls?	
0.	1-6 times per year	O 2 times per week				
	7-11 times per year	○ 3-4 times per week		○ Almost never or r○ About 1/4 of the t		
	1 time per month	○ 5-6 times per week		O About 12 of the t		
02	2-3 times per month	O 1 time per day		O About 3/4 of the t		
0	1 time per week	O 2 or more times per day		O Almost a ways or	always	
	62a. Each time you ate breads or roles AS PART OF SANDWICHES, how much did you usually eat? O 1 slice or 1/2 roll O 2 slices or 1 roll More than 2 slices or more than 1 rolls			62g. Each time margarine or butter was added to your sandwich breads or rolls, how much was usually added? O Never added O Less than 1 teaspoon 1 to 2 teaspoons O More than 2 teaspoons		
62t	used for your sand	e breads or oils that you wiches white bread and hot dog rolls)?		often did you eat k PART OF SANDWI	oreads or dinner rolls NOT CHES ?	
	O Almost never or n		ONI	EVER (GO TO QUES	TION 64)	
	About 1/4 of theAbout 1/2 of the t		0 1-	6 times per year	O 2 times per week	
	O About 3/4 of the t	ime	O 7-	11 times per year	O 3-4 times per week	
	O Almost always or	always	01	time per month	O 5-6 times per week	
			O 2-	3 times per month	○ 1 time per day	
620		yon raise or mayonnaise- cluding low-fat) added to ads or folls?	01	time per week	O 2 or more times per day	
	•	ever (GO TO QUESTION 62e			breads or dinner rolls F SANDWICHES, how much t?	
	O About 3/4 of the t	ime		O 1 slice or 1 dinne	r roll	
	 Almost always or 	always		O 2 slices or 2 dinner	er rolls	
				O More than 2 slice	s or 2 dinner rolls	
¥ Qu	iestion 62e appears in	the next column.	▼			

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62d. Each time mayonnaise or mayonnaise-

Over the past 12 months			64. How often did you eat jam, jelly, or honey on bagels, muffins, bread, rolls, or crackers?				
63b.	How often were the breads or rolls you ate white bread?		O NEVER (GO TO QUE				
	○ Almost never or never		○ 1-6 times per year	O 2 times per week			
	O About 1/4 of the time		O 7-11 times per year	O 3-4 times per week			
	O About 1/2 of the time		1 time per month	○ 5-6 times per week			
	O About 3/4 of the time		O 2-3 times per month	O 1 time per day			
	Almost always or always		O 1 time per week	O 2 or more times per day			
			O I tillio poi wook	C 2 of more times per day			
63c.	How often was margarine (including low-fat) added to your breads or rolls?		64a. Each time you a much did you us	ite jam, jelly or honey, how sually eat?			
	○ Almost never or never		O Lest then 1 tea	spoon			
	O About 1/4 of the time		O 1 to 3 teaspoon	•			
	O About 1/2 of the time		O More than 3 tea				
	O About 3/4 of the time		XV				
	Almost always or always	65	5. How often did you eat	canut butter or other nut			
604	How often was butter (including law fat)		butter♥				
osu.	How often was butter (including low-fat) added to your breads or rolls?	Y	O NEVER (GO 7000)	TION 66)			
	O Almost never or never	V	O 1-6 times per year	O 2 times per week			
	O About 1/4 of the time		○ 7-11 (mes per year	O 3-4 times per week			
	O About 1/2 of the time		O 1 time per month	○ 5-6 times per week			
	O About 3/4 of the time		O 2-3 times per month	○ 1 time per day			
	O Almost always or always		1 time per week	○ 2 or more times per day			
63e.	Each time margarine or butter was added to your breads or rolls, how tauch was usually added? O Never added O Less than 1 leastoon			ns			
63f.	low-fat) added to your breads or rolls?	66		roast beef or steak IN			
	O Almost never or never (GO TO QUAS/ION 64) O About 1/4 of the time		○ 1-6 times per year	O 2 times per week			
	O About 1/2 of the time		○ 7-11 times per year	O 3-4 times per week			
	O About 3/4 of the time		O 1 time per month	○ 5-6 times per week			
	O Almost always or always		O 2-3 times per month	○ 1 time per day			
	•		O 1 time per week	○ 2 or more times per day			
63g.	Each time cream cheese was added to your breads or rolls, how much was usually added?		66a. Each time you ate	e roast beef or steak IN			
	O Less than 1 tablespoon		SANDWICHES,	now much did you usually eat			
	O Less than 1 tablespoon		O Less than 1 slice	e or less than 2 ounces			
	O 1 to 2 tablespoons		O 1 to 2 slices or 2				
	O More than 2 tablespoons		•	ces or more than 4 ounces			
1			U MOIS HIGH Z SIIS	, oo or more than a cultoo			

Question 64 appears in the next column.

67. How often did you eat **turkey** or **chicken COLD CUTS** (such as loaf, luncheon meat, turkey ham, turkey salami, or turkey pastrami)? (We will ask about other turkey or chicken later.)

O NEVER	CO TO	OLIESTION	68)
UNEVER	IGO IO (ユロヒシ ロロ N	001

Ο	1-6	times	per	year	
---	-----	-------	-----	------	--

O 2 times per week

O 7-11 times per year

O 3-4 times per week

O 1 time per month

O 5-6 times per week

O 2-3 times per month

O 1 time per day

O 1 time per week

O 2 or more times per day

67a. Each time you ate **turkey**, or **chicken COLD CUTS**, how much did you usually eat?

O Less than 1 slice

O 1 to 3 slices

O More than 3 slices

68. How often did you eat **luncheon** or **deli-style** ham? (We will ask about other ham later.)

O NEVER (GO TO QUESTION 69)

- O 1-6 times per year
- O 2 times per wee
- O 7-11 times per year
- O 3-4 times per week
- O 1 time per month
- 0 5 6 times per week
- O 2-3 times per month
- 1 time per week
- 2 or more times per da

68a. Each time you at luncheon or deli-style ham, how much did you usually eat.

Less than I slice

1 to 3 slices

O More than 3 slice

68b. How often was the luncheon or delicityle ham you ate **light**, **low-fat**, or **fat-free**?

- O Almost never or never
- O About 1/4 of the time
- O About 1/2 of the time
- O About 3/4 of the time
- O Almost always or always



Question 69 appears in the next column.

69. How often did you eat other cold cuts or luncheon meats (such as bologna, salami, corned beef, pastrami, or others, including low-fat)? (Please do not include ham, turkey, or chicken cold cuts.)

O NEVER (GO TO QUESTION 70)

O 1-6 times per year

- O 2 times per week
- 7-11 times per year
- 3-4 times per week5-6 times per week

1 time per month2-3 times per month

O 1 time per day

O 1 time per week

O 2 or more times per day

69a. Each time you ate **other cold cuts** or **luncheon meats**. how much did you usually eat?

O Less than 1 slice

O 1 to 3 slices

O More than 3 slices

60b. How often we're the other cold cuts or luncheon meats you ate light, low-fat, or fat-free? (Please do not include ham, turkey, or chicken cold cuts.)

O Almost never or never

O About 1/4 of the time

O About 1/2 of the time

About 3/4 of the time

O Almost always or always

How often did you eat **canned tuna** (including in salads, sandwiches, or casseroles)?

O NZV R (GO TO QUESTION 71)

O 1-6 times per year

O 2 times per week

7-11 times per year

O 3-4 times per week

1 time per month

O 5-6 times per week

O 2-3 times per month

O 1 time per day

O 1 time per week

O 2 or more times per day

70a. Each time you ate **canned tuna**, how much did you usually eat?

O Less than 1/4 cup or less than 2 ounces

1/4 to 1/2 cup or 2 to 3 ounces

O More than 1/2 cup or more than 3 ounces

70b. How often was the canned tuna you ate water-packed tuna?

O Almost never or never

O About 1/4 of the time

O About 1/2 of the time

O About 3/4 of the time

O Almost always or always

Question 71 appears on the next page.

19



72.

- 70c. How often was the canned tuna you ate prepared with mayonnaise or other dressing (including low-fat)? Almost never or never O About 1/4 of the time O About 1/2 of the time O About 3/4 of the time O Almost always or always 71. How often did you eat GROUND chicken or turkey? (We will ask about other chicken and turkey later.) O NEVER (GO TO QUESTION 72) ○ 1-6 times per year O 2 times per week O 7-11 times per year O 3-4 times per week O 1 time per month ○ 5-6 times per week O 2-3 times per month O 1 time per day O 1 time per week O 2 or more times per day 71a. Each time you ate GROUND chicken or turkey, how much did you usually eat? O Less than 2 ounces or less than 1/2 cup O 2 to 4 ounces or 1/2 to 1 cup O More than 4 ounces or more than How often did you eat beef hambur cheeseburgers? O NEVER (GO TO QUEST) O 1-6 times per year times per v O 7-11 times per year ○ 1 time per month per O_{2-3} mes per 0 1 tim per w ore times po 72a. Each time you ate beet hamburger cheeseburgers, how much did you eat? Less than 1 patty or less that O 1 patty or 2 to 4 ounces O More than 1 patty or more than 4 ounces 72b. How often were the beef hamburgers or cheeseburgers you ate made with lean ground beef? O Almost never or never O About 1/4 of the time O About 1/2 of the time
- How often did you eat ground beef in mixtures (such as meatballs, casseroles, chili, or meatloaf)? O NEVER (GO TO QUESTION 74) ○ 1-6 times per year O 2 times per week ○ 7-11 times per year O 3-4 times per week O 1 time per month ○ 5-6 times per week O 2-3 times per month O 1 time per day O 1 time per week O 2 or more times per day 73a. Each time you ate ground beef in mixtures, how much did you usually eat? ounces or less than 1/2 cup & ounces or 1/2 to 1 cup n 8 ounces or more than 1 cup ten did you eat **hot dogs or frankfurters?** 74. do not include sausages or vegetarian hot ESTION 75) 1-6 times p O 2 times per week
 - O 3-4 times per week time per month ○ 5-6 times per week 2-3 times per month O 1 time per day 1 time per week O 2 or more times per day
 - 74a. Each time you ate hot dogs or frankfurters, ow many did you usually eat?
 - Less than 1 hot dog O 1 to 2 hot dogs
 - O More than 2 hot dogs
 - 74b. How often were the hot dogs or frankfurters you ate **light** or **low-fat hot dogs**?
 - O Almost never or never
 - O About 1/4 of the time
 - O About 1/2 of the time
 - O About 3/4 of the time

 - O Almost always or always







O About 3/4 of the time Almost always or always

Over the past 12 months		77b. How often was the steak you ate lean steak?				
75.	75. How often did you eat beef mixtures such as beef stew, beef pot pie, beef and noodles, or beef and vegetables? O NEVER (GO TO QUESTION 76)		 ○ Almost never or never ○ About 1/4 of the time ○ About 1/2 of the time ○ About 3/4 of the time ○ Almost always or always 			
	○ 1-6 times per year	O 2 times per week			J Millost always o	Laways
	○ 7-11 times per year	O 3-4 times per week	78.	Ном	often did vou eat	pork or beef spareribs?
	O 1 time per month	○ 5-6 times per week	70.	11000	onten did you eat	pork of beef sparefibs:
	○ 2-3 times per month	O 1 time per day		O NE	VER (GO TO QUE	STION 79)
	○ 1 time per week	O 2 or more times per day		O 1-6	times per year	O 2 times per week
	O I time per week	O 2 of more times per day		O 7-11	1 times per year	○ 3-4 times per week
	75a. Each time you ate	e beef stew, beef pot pie,		○ 1 tir	me per month	○ 5-6 times per week
		s, or beef and vegetables,		○ 2-3	times per month	○ 1 time per day
	how much did you	u usually eat?		O 1 tį́r	me per week	O 2 or more times per day
	O Less than 1 cup				K'O'	
	O 1 to 2 cups			78a.		pork or beef spareribs,
٧	O More than 2 cup	S			how much did yo	dusually eat?
76.		roast beef or pot roast? roast beef or pot roast in	C		Less than 4 rib4 ato 12 ribsMore than 12 ri	
	O NEVER (GO TO QUE	STION 77)	Y			
	○ 1-6 times per year	O 2 times per week	79.			roast turkey, turkey
	○ 7-11 times per year	O 3-4 times per week		cutlet	or turkey nu g	gets (including in sandwiches)?
	○ 1 time per month	○ 5-6 times per week		NIEV	VER (GO TO QUE	STION 80)
	O 2-3 times per month	O 1 time per day		WL.	VER (GO TO QUE	31101(00)
	O 1 time per week	O 2 or more times per day	M		times per year	O 2 times per week
	·		7		1 times per year	O 3-4 times per week
	76a. Each time you a	te roast beef or pot roast,			ne per month	○ 5-6 times per week
	usually eat?	tures) how much did you			times per month	O 1 time per day
				O 1 ti	ne per week	O 2 or more times per day
\	O Less than 2 our 2 to 3 ourses O More than 5 ou	nces	5	,	cutlets, or turkey you usually eat?	e roast turkey, turkey y nuggets, how much did (Please note: 4-8 turkey
77.	How often did you eat sinclude steak in sandw	steak (beef)? (Do not		r	nuggets=3 ounce	PS.)
	Include Steak III Sendwi	The state of the s			C Less than 2 our	nces
	O NEVER (GO TO QUES	STION 78)			O 2 to 4 ounces	
	O 1-6 times per year	O 2 times per v/eek		(O More than 4 our	nces
	○ 7-11 times per year	O 3 4 times per week	'			
	O 1 time per month	○ 5-6 times per week	. How often did you eat chicken as part			
	O 2-3 times per month	O 1 time per day		sand\ mixtu		oles, stews, or other
	O 1 time per week	O 2 or more times per day			VER (GO TO QUE	STION 81)
	C por 110011	C = 0o. o annoo por day			•	·
		e steak (beef), how much			times per year	O 2 times per week
- 1	did you usually ea	ar /		-0.7-11	1 times per vear	O 3-4 times per week

Question 78 appears in the next column.

O 3 to 7 ounces

O Less than 3 ounces

O More than 7 ounces



 \bigcirc 5-6 times per week

O 2 or more times per day

O 1 time per day

O 1 time per month

O 1 time per week

O 2-3 times per month

	80a.	salads, sandwic	e chicken as part of thes, casseroles, stews, s, how much did you
		○ Less than 1/2 cups ○ 1/2 to 1 1/2 cups	•
		O More than 1 1/2	cups
81.	stew	red, or fried chick	baked, broiled, roasted, en (including nuggets)? chicken in mixtures.)
	O NE	EVER (GO TO QUES	STION 82)
	O 1-6	6 times per year	O 2 times per week
	O 7-	11 times per year	O 3-4 times per week
	O 1 t	ime per month	○ 5-6 times per week
	O 2-3	3 times per month	O 1 time per day
	O 1 t	ime per week	O 2 or more times per day
	81a.	stewed, or fried	e baked, broiled, roas ed chicken (including uch did you usually eat?
	81b.	or thigh, or less 2 drumsticks or or 4 to 8 nugget More than 2 dru or thigh, or more	wings, 1 breast on thigh, is msticks or wings, 1 breast e than 8 nuggets re-shicken you ate tried ig deep fried) on chicken never
		About 1/2 of the About 3/4 of the Almost always	time time r always
	81c.	How often was th meat?	e chicken you ate WHITE
		○ Almost never or○ About 1/4 of the○ About 1/2 of the○ About 3/4 of the○ Almost always of	time time time
	81d.	How often did yo	u eat chicken WITH skin?
\		○ Almost never or○ About 1/4 of the○ About 1/2 of the○ About 3/4 of the○ Almost always of	time time time

82. How often did you eat baked ham or ham steak?

	O NEVER (GO TO QUES	STION 83)
	O 1-6 times per year	O 2 times per week
	O 7-11 times per year	O 3-4 times per week
	O 1 time per month	○ 5-6 times per week
	O 2-3 times per month	○ 1 time per day
	O 1 time per week	O 2 or more times per day
	82a. Each time you ate how much did you	baked ham or ham steak, usually eat?
	O Less than 1 ound O 1 to 3 ounces	ce
V	O More than 3 oun	ces
83.		ork (including chops, roasts Rease do not include ham,

O 1-6 times per year	O 2 times per week
○ 7-11 times per year	O 3-4 times per week
time per month	○ 5-6 times per week
O 2-3 times per month	○ 1 time per day
1 time per week	O 2 or more times per day
•	

83a. Each time you ate pork, how much did you usually eat?

(ess than 2 ounces or less than 1 chop or 5 ounces or 1 chop
	or 5 ounces or 1 chop
	O More than 5 ounces or more than 1 chor

р

How often did you eat gravy on meat, chicken, potatoes, rice, etc?

O NEVER (GO TO QUESTION 85)

O 1-6 times per year	O 2 times per week
○ 7-11 times per year	O 3-4 times per week
O 1 time per month	○ 5-6 times per week
O 2-3 times per month	○ 1 time per day
○ 1 time per week	O 2 or more times per day

84a. Each time you ate **gravy** on meat, chicken, potatoes, or rice, etc., how much did you usually eat?

O Less than 1/8 cup

O 1/8 to 1/2 cup

O More than 1/2 cup

Over the past 12 months... 87a. Each time you ate sausage, how much did you usually eat? 85. How often did you eat liver (all kinds) or O Fewer than 1 patty or 2 links liverwurst? O 1 to 3 patties or 2 to 5 links O NEVER (GO TO QUESTION 86) O More than 3 patties or 5 links ○ 1-6 times per year O 2 times per week 87b. How often was the sausage you ate light, low-fat, or lean sausage? O 7-11 times per year O 3-4 times per week O 1 time per month ○ 5-6 times per week O Almost never or never O About 1/4 of the time O 2-3 times per month O 1 time per day O About 1/2 of the time O 1 time per week O 2 or more times per day O About 3/4 of the time O Almost always or always 85a. Each time you ate liver or liverwurst, how much did you usually eat? How often did you eat fish sticks or fried fish 88. (including med seafood or shellfish)? O Less than 1 ounce O 1 to 4 ounces TO QUESTION 89) O More than 4 ounces 2 times per week es per year 3-4 times per week times per year 86. How often did you eat **bacon** (including low-fat)? ○ 5-6 times per week O NEVER (GO TO QUESTION 87) 2-3 times O 1 time per day O 1 time per O 2 or more times per day O 2 times per week ○ 1-6 times per year O 3-4 times per week O 7-11 times per year ach time you ate fish sticks or fried fish, O 5-6 times per O 1 time per month how much did you usually eat? O 2-3 times per month O 1 time per O Less than 2 ounces or less than 1 fillet O 1 time per week O 2 or more times per day O 2 to 7 ounces or 1 fillet 86a. Each time you ate bacon, O More than 7 ounces or more than 1 fillet you usually eat? 89. How often did you eat fish or seafood that was O Fewer than **IDTERIED** (including shellfish)? O 2 to 3 slice O More than VER (GO TO THE INTRODUCTION TO QUESTION 90) O 1-6 times per year O 2 times per week 86b. How often was the back O 7-11 times per year fat, or lean bacon O 3-4 times per week 1 time per month 5-6 times per week O Almost never o O 2-3 times per month O 1 time per day O About 1/4 of the time O About 1/2 of the time O 1 time per week O 2 or more times per day O About 3/4 of the time Each time you ate fish or seafood that was O Almost always or always not fried, how much did you usually eat? How often did you eat sausage (including low-fat)? O Less than 2 ounces or less than 1 fillet O 2 to 5 ounces or 1 fillet O NEVER (GO TO QUESTION 88) O More than 5 ounces or more than 1 fillet ○ 1-6 times per year O 2 times per week







O 3-4 times per week

○ 5-6 times per week

O 2 or more times per day

O 1 time per day

○ 7-11 times per year

O 2-3 times per month

Question 88 appears in the next column.

1 time per month

1 time per week

Now think about all the meat, poultry, and fish you ate in the past 12 months and how they were prepared.

How often was oil, butter, margarine, or other fat used to FRY, SAUTE, BASTE, OR **MARINATE** any meat, poultry, or fish you ate? (Please do not include deep frying.)

O NEVER	(GO TO QUESTION 91)
---------	---------------------

- O 1-6 times per year
- O 2 times per week
- 7-11 times per year
- 3-4 times per week
- O 1 time per month
- 5-6 times per week
- O 2-3 times per month
- O 1 time per day
- O 1 time per week
- O 2 or more times per day

90a. Which of the following **fats** were regularly used to prepare your meat, poultry, or fish? (Mark all that apply.)

- O Margarine (including O Corn oil
 - low-fat)
- Canola or rapese
- O Butter (including low-fat)
- Oil spray, such as or others
- O Lard, fatback, or bacon fat
- Other kin
- O Olive oil
- Nonehof

91. How often did you eat tofu soya or soy meat-substitutes

O NEVER (GO TO

- O 1-6 times per
- O 2 times

- 1 time per month
- times per week
- O 2-3 th r month
- time per day
- O 1 time per week
- or more times per da

91a. Each time you ate tofu, soy burgers, or soy meat-substitutes, how much did you usually eat?

- nan 2 ounces O Less than 1/4 cup or less
- O 1/4 to 1/2 cup or 2 to 4 sunces
- O More than 1/2 cup or more than 4 ounces



Question 92 appears in the next column.

Over the past 12 months, did you eat **soups**?

O NO (GO TO QUESTION 93)

O YES

92a. How often did you eat soup DURING THE WINTER?

O NEVER

- 1-6 times per winter
 - O 2 times per week
- 7-11 times per winter 3-4 times per week
- 1 time per mon
- 5-6 times per week O 1 time per day
- 2-3 times per month er week
- O 2 or more times per day

ow often did you eat soup DURING THE

- es per year
- O 2 times per week
- 11 times per year
- O 3-4 times per week ○ 5-6 times per week
- O 1 time per month
- O 1 time per day
- O 2-3 times per month O 1 time per week
- O 2 or more times

per day

Each time you ate soup, how much did you sually eat?

- CLess than 1 cup
- O 1 to 2 cups
- O More than 2 cups

92d. How often were the soups you ate bean soups?

- O Almost never or never
- O About 1/4 of the time
- O About 1/2 of the time
- O About 3/4 of the time

O Almost always or always

92e. How often were the soups you ate **cream soups** (including chowders)?

- O Almost never or never
- O About 1/4 of the time
- O About 1/2 of the time
- O About 3/4 of the time
- O Almost always or always

Question 93 appears on the next page.

Ov	Over the <u>past 12 months</u>			94a. Each time you ate crackers , how much did you usually eat?		
	92f. How often were to vegetable soup	the soups you ate tomato or		○ Fewer than 4 cra	ackers	
	vegetable soup	5 !		O 4 to 10 crackers		
	○ Almost never o○ About 1/4 of the			O More than 10 cra	ackers	
	O About 1/2 of the		0.5			
	O About 3/4 of the		95.	How often did you eat c	corn bread or corn muffins?	
	○ Almost always	or always		O NEVER (GO TO QUES	STION 96)	
	92g. How often were t	the soups you ate broth				
		chicken) with or without		○ 1-6 times per year	O 2 times per week	
	noodles or rice?			○ 7-11 times per year	O 3-4 times per week	
				O 1 time per month	O 5-6 times per week	
	○ Almost never o○ About 1/4 of the			O 2-3 times per month	O 1 time per day	
	O About 1/2 of the			○ 1 time per week	O 2 or more times per day	
	O About 3/4 of the			XU		
	Almost always	or always		95a: Each time you ate		
				muπins, now muc	ch did you usually eat?	
93.	How often did you eat	pizza?		O Less than 1 piece	or muffin	
	O NEVER (GO TO QUE	STION 94)		O 1 to 2 pieces or r	muffins	
	O 1-6 times per year	O 2 times per week		O More than 2 piec	es or muffins	
	○ 7-11 times per year	○ 3-4 times per week	1	-40,		
	1 time per month	○ 5-6 times per week	96.	How often did you eat b	paking powder biscuits?	
	O 2-3 times per month	O 1 time per day		V		
	O 1 time per week	O 2 or more times per day		NEVER (GO TO QUES	STION 97)	
	·	* (X)	1	O 1-6 times per year	O 2 times per week	
		te pizza, how much did you	77	O 7-11 times per year	O 3-4 times per week	
	usually eat?			O 1 time per month	○ 5-6 times per week	
	O Less than 1	e or less than 1 min pixxa	'	O 2 3 times per month	○ 1 time per day	
	O 1 to 3 slices or			O1 time per week	O 2 or more times per day	
		tes or more than 1 mini pizza		O		
	60	, 70 ,		9 6a. Each time you ate	baking powder biscuits,	
	93b. How often did yo	ou extraizza with		how many did you	usually eat?	
		sage, or other meat?				
	роррононну			O Fewer than 1 biso	cuit	
	O Almost never o			O 1 to 2 biscuits		
	O About 1/4 of the O About 1/2 of the			O More than 2 biscu	uits	
	O About 3/4 of the		\ \			
04	Almost always		97.	How often did you eat p or corn chips (includin low-salt)?	potato chips, tortilla chips, g low-fat, fat-free, or	
94.	How often did you eat			,		
	- O NEVER (GO TO QUE	STION 95)		O NEVER (GO TO QUES	STION 98)	
	O 1-6 times per year	O 2 times per week		○ 1-6 times per year	○ 2 times per week	
	O 7-11 times per year	O 3-4 times per week		○ 7-11 times per year	○ 3-4 times per week	
	O 1 time per month	O 5-6 times per week		O 1 time per month	○ 5-6 times per week	
	O 2-3 times per month	○ 1 time per day		2-3 times per month	○ 1 time per day	
	O 1 time per week	O 2 or more times per day		1 time per week	○ 2 or more times per day	
V			\\	O I tille bei week	O 2 of filore times per day	

Question 95 appears in the next column.



Over the past 12 months		100.	How often did you eat peanuts, walnuts, seeds, or other nuts ?			
	97a. Each time you ate potato chips, tortilla chips, or corn chips, how much did you usually eat?			O NEVER (GO TO QUE	STION 101)	
		usually eat?			○ 1-6 times per year	O 2 times per week
		O Fewer than 10 cl	hips or less than 1 cup		O 7-11 times per year	O 3-4 times per week
		O 10 to 25 chips or	1 to 2 cups		O 1 time per month	O 5-6 times per week
		O More than 25 ch	ips or more than 2 cups		O 2-3 times per month	1 time per day
					O 1 time per week	O 2 or more times per day
	97b.	How often were the	he chips you ate low-fat,			
		or fat-free chips				te peanuts, walnuts, seeds, ow much did you usually eat?
		Almost never orAbout 1/4 of the				
		O About 1/2 of the			○ Less than 1/2 o	cup
		O About 3/4 of the			More Han 1/2 dup	cun
		O Almost always o	r always	🔻	Wible Hall 1/2 (Jup
98.	How	often did you eat r	popcorn (including low-fat)?	101.	breakfast bars such a	energy, high-protein, or is Fower Bars, Balance,
	O NE	EVER (GO TO QUES	STION 99)	~	Slif, Boost or others?	
	O 1-6	3 times per year	O 2 times per week		O NEVER (CO TO QUE	STION 102)
	O 7-1	11 times per year	O 3-4 times per week		○ 1-6 times per year	O 2 times per week
	O 1 t	ime per month	○ 5-6 times per week		O 7-11 times per year	O 3-4 times per week
	O 2-3	3 times per month	O 1 time per day		time per month	O 5-6 times per week
	O 1 t	ime per week	O 2 or more times per day		2-3 times per month	○ 1 time per day
					time per week	O 2 or more times per day
	98a.	Each time you ato	e popcorn, how much did	M		
		you usually eat?	11/3	7		e energy, high-protein, or
		O Less than 2 cup	s popped		breakfast bars,	how much did you usually eat?
		O 2 to 5 cups, pop	ped		O Less than 1 bar	
\bigvee		O More than 5 sup	s, popped	(0 1 bar	
•			· _O' /		O More than 1 bar	
99.	How	often did you eat r	oretzels?			
_	O NE	EVER (GO TO QUES	(TON 100)	102.	frozen yogurt)?	yogurt (NOT including
	∩ 1-6	6 times per year	2 times per week		O NEVED (00 TO OUE	OTION 400)
		11 times per year	○ 3-4 times per week		O NEVER (GO TO QUE	STION 103)
		ime per month	○ 5-6 times per week		○ 1-6 times per year	O 2 times per week
		3 times per month	○ 1 time per day		○ 7-11 times per year	O 3-4 times per week
		ime per week	O 2 or more times per day		○ 1 time per month	○ 5-6 times per week
		1			O 2-3 times per month	O 1 time per day
	99a.	Each time you ato you usually eat?	e pretzels, how many did		O 1 time per week	O 2 or more times per day
					102a. Each time vou a	te yogurt , how much did
		O Fewer than 5 av			you usually eat?	
		O 5 to 20 average				
		O More than 20 av	erage twists		○ Less than 1/2 o○ 1/2 to 1 cup or	cup or less than 1 container 1 container

Question 100 appears in the next column.



O More than 1 cup or more than 1 container

				or ices (including low-fat or fat-free)?		
103.	03. How often did you eat cottage cheese (including low-fat)?			O NEVER (GO TO QUE	ESTION 106)	
	O NEVER (GO TO QUES	TION 104)		O 1-6 times per year	O 2 times per week	
				O 7-11 times per year	O 3-4 times per week	
	○ 1-6 times per year	O 2 times per week		1 time per month	○ 5-6 times per week	
	○ 7-11 times per year	O 3-4 times per week		O 2-3 times per month	○ 1 time per day	
	O 1 time per month	○ 5-6 times per week		O 1 time per week	○ 2 or more times per day	
	O 2-3 times per month	○ 1 time per day				
	○ 1 time per week	O 2 or more times per day			ate frozen yogurt, sorbet, or hidd you usually eat?	
	103a. Each time you at much did you us	e cottage cheese, how ually eat?		 ○ Less than 1/2 ○ 1/2 to 1 cup or 	cup or less than 1 scoop 1 to 2 scoops	
	O Less than 1/4 cu	qı		O More than 1 cu	up or more than 2 scoops	
	○ 1/4 to 1 cup	•	▼	X'O'		
\	O More than 1 cup		106.	How often did you eat or sherbet (including	ice cream, ice cream bars, ow fat or fat-free)?	
104.		cheese (including low-fat; gers or in sandwiches or	V	O MEVER (GO TO CVE	S ION 107)	
	subs)?			O 1-6 times per year	O 2 times per week	
		OTION 405)		O 7-11 times per year	O 3-4 times per week	
	O NEVER (GO TO QUES	STION 103)		O 1 time per month	○ 5-6 times per week	
	O 1-6 times per year	O 2 times per week		O 2-3 times per month	○ 1 time per day	
	O 7-11 times per year	O 3-4 times per week		1 time per week	O 2 or more times per day	
	O 1 time per month	○ 5-6 times per week				
	O 2-3 times per month	O 1 time per day		106a. Each time you a	ate ice cream, ice cream	
	O 1 time per week	O 2 or more times per day	7.	bars, or sherbe	et, how much did you usually eat?	
				Less than 1/2 of	cup or less than 1 scoop	
		te cheese, how much did you	1	7/2 to 1 1/2 cu	ps or 1 to 2 scoops	
	usually eat?), ~,		More than 1 1/	2 cups or more than 2 scoops	
		unce or less than 1 slice		A		
	Ø 1/2 to 1 1/2 our ○ More than 1 1/2	ces or 1 slice counces or more than 1 slice			the ice cream you ate light, ree ice cream or sherbet?	
	40.4h	Comments Balt on		O Almost never of	or never	
	low-fat cheese?	ne cheese you ate light or		O About 1/4 of th		
		4 V		O About 1/2 of th		
	O Almost never o			○ About 3/4 of th○ Almost always		
	○ About 1/4 of the○ About 1/2 of the		↓	O Almost always	or always	
	O About 3/4 of the		'			
	Almost always	or always	107.	How often did you eat or fat-free)?	cake (including low-fat	
	104c. How often was the cheese?	ne cheese you ate fat-free		O NEVER (GO TO QUE	STION 108)	
				○ 1-6 times per year	O 2 times per week	
	O Almost never o			○ 7-11 times per year	○ 3-4 times per week	
	O About 1/4 of the O About 1/2 of the			○ 1 time per month	○ 5-6 times per week	
	O About 3/4 of the			O 2-3 times per month	○ 1 time per day	
\downarrow	O Almost always			O 1 time per week	O 2 or more times per day	
V			₩	C I time per wook	C 2 or more amore per day	

Question 108 appears on the next page.

105. How often did you eat frozen yogurt, sorbet,



U	Over the past 12 months			109a. Each time you ate doughnuts, sweet rolls,		
	107a. Each time you ate cake , how much did you usually eat?			Danish, or pop usually eat?	tarts, how much did you	
	,			O Less than 1 pie	ece	
	O Less than 1 med	•		O 1 to 2 pieces		
	O 1 medium piece			O More than 2 pie	eces	
	O More than 1 me	dium piece				
	107b. How often was th	ne cake you ate light ,		often did you eat ds (including low-	sweet muffins or dessert fat or fat-free)?	
	low-fat, or fat-fre			(
	0.41		O NE	VER (GO TO QUE	STION 111)	
	Almost never orAbout 1/4 of the		O 1-6	times per year	O 2 times per week	
	O About 1/2 of the			1 times per year	○ 3-4 times per week	
	O About 3/4 of the				·	
	 Almost always o 	or always		me per month	O 5-6 times per week	
				times per month	1 time per day	
108	 How often did you eat c (including low-fat or fat- 		011	me per week	O 2 or more times per day	
Г	O NEVER (GO TO QUES	STION 109)	10a.		te sweet muffins or dessert old did you usually eat?	
	O 1-6 times per year	O 2 times per week		• (/)		
	7-11 times per year	O 3-4 times per week		O Less than 1 me	-	
	○ 1 time per month	○ 5-6 times per week	· ·	Of medium piece		
	O 2-3 times per month	O 1 time per day	1	O More than 1 me	edium piece	
	O 1 time per week	O 2 or more times per day	1106.	How often were	the sweet muffins or dessert	
	O I time per week	O 2 of more writes partially	X		ight, low-fat, or fat-free sweet	
	100a Fach time you at	e cockies or brownies ,		muffins or dess	ert breads?	
	how much did yo		14	○ Almost never or	never	
	-			O About 1/4 of the		
		kies or 1 small brownie		About 1/2 of the		
		1 medium brownie		Shout 3/4 of the		
	O More than 4 coo	kies of 1 large brownie	V C 3	Almost always of	or always	
	108b. How often were t	re cookies or brownies				
	you aterlight, love brownies?	w-fat, of fat free cookies	11. How struc		fruit crisp, cobbler, or	
	O Almost never or					
	O About 1/4 of the		ONE	VER (GO TO QUE	STION 112)	
	O About 1/2 of the		O 1-6	times per year	O 2 times per week	
\forall	About 3/4 of theAlmost always of		O 7-1	1 times per year	○ 3-4 times per week	
•	O Aimost always o	always	○ 1 ti	me per month	○ 5-6 times per week	
400	O Haw after did you got	double and sollo	O 2-3	times per month	O 1 time per day	
109	Danish, or pop tarts?	doughnuts, sweet rolls,		me per week	O 2 or more times per day	
_	— O NEVER (GO TO QUES	STION 110)	1112	Fach time you a	ite fruit crisp, cobbler, or	
		•		•	uch did you usually eat?	
	○ 1-6 times per year○ 7-11 times per year	O 2 times per week				
	○ 7-11 times per year	O 3-4 times per week		O Less than 1/2 o	cup	
	O 1 time per month	○ 5-6 times per week		O 1/2 to 1 cup		
	O 2-3 times per month	O 1 time per day		O More than 1 cu	p	
	1 time per week	O 2 or more times per day	1 1			

Question 110 appears in the next column.



112. How often did you eat pie '	112	. How	often	did	you	eat	pie'
---	-----	-------	-------	-----	-----	-----	------

— O NEVER (GO TO QUES	TION 113)
 1-6 times per year 7-11 times per year 1 time per month 2-3 times per month 1 time per week 	 2 times per week 3-4 times per week 5-6 times per week 1 time per day 2 or more times per day
112a. Each time you ate ı usually eat?	oie, how much did you
○ Less than 1/8 of a○ About 1/8 of a pie○ More than 1/8 of a	
The next four questions a pie you ate. Please read before answering.	
112b. How often were th (such as apple, bl	
Almost never orAbout 1/4 of theAbout 1/2 of theAbout 3/4 of theAlmost always o	time time time
112c. How often were th pudding, custard	e vies you ate cream I or meringue pie?
Almost never or About 1/4 of the About 1/2 of the About 3/4 of the Almost always o	time time time r always
pie? Almost never or r About 1/4 of the t About 3/4 of the t Almost always or	time time time
112e. How often was the	e pie you ate pecan pie ?
○ Almost never or○ About 1/4 of the○ About 1/2 of the○ About 3/4 of the○ Almost always o	time time time

113.	How often	did you eat	chocolate?
------	-----------	-------------	------------

	— O NEVER (GO TO QUES	STION 114)		
	○ 1-6 times per year	O 2 times per week		
	O 7-11 times per year	O 3-4 times per week		
	1 time per month	○ 5-6 times per week		
	O 2-3 times per month	○ 1 time per day		
	O 1 time per week	O 2 or more times per day		
113a. Each time you ate chocolate , how much did you usually eat?				
		rage bar or less than 1 ounce		
	O 1 average bar of			
	~ (A)	erage bar or more than 2 ounces		
1	14. How often did you eat o	(
	- O LEVER (GO TO OUE)	STON 115)		
	Q 1.6 times per year	○ 2 times per week		

07-11 times per year	O 3-4 times per week
○ 1 time per month	○ 5-6 times per week
O 2-3 times per month	○ 1 time per day
○ 11 me per week	O 2 or more times per day

- 4a. Each time you ate **other candy**, how much did you usually eat?
 - O Fewer than 2 pieces
 O 2 to 9 pieces
 More than 9 pieces
- 115. How often did you eat eggs, egg whites, or egg substitutes (NOT including eggs in baked goods and desserts)? (Please include eggs in salads, quiche, and souffles.)

O NEVER (GO TO QUESTION 116)

○ 1-6 times per year	O 2 times per week
○ 7-11 times per year	O 3-4 times per week
O 1 time per month	○ 5-6 times per week
O 2-3 times per month	○ 1 time per day
○ 1 time per week	O 2 or more times per day

115a. Each time you ate **eggs**, how many did you usually eat?

○ 1 egg		
O 2 eggs		

O 3 or more eggs



Over the past 12 months... 115b. How often were the eggs you ate egg substitutes? O Almost never or never O About 1/4 of the time O About 1/2 of the time O About 3/4 of the time O Almost always or always 115c. How often were the eggs you ate egg whites only? O Almost never or never O About 1/4 of the time O About 1/2 of the time O About 3/4 of the time O Almost always or always 115d. How often were the eggs you ate regular whole eggs? O Almost never or never O About 1/4 of the time O About 1/2 of the time O About 3/4 of the time Almost always or always 115e. How often were the eggs you ate cooked oil, butter, or margarine? O Almost never or never O About 1/4 of the time O About 1/2 of the time O About 3/4 of the time Almost always or alway 115f. How often were the salad? Almos O Abou of the time 3/4 of the time 116. How many cups of coffee, ffeinated decaffeinated, did you di O NONE (GO TO QUE O Less than 1 cup per week month O 1-3 cups per month ps per day O 1 cup per week O 4-5 cups per day O 6 or more cups per day O 2-4 cups per week 116a. How often was the coffee you drank decaffeinated?

O Almost never or never O About 1/4 of the time

O About 1/2 of the time

O About 3/4 of the time

Question 117 appears in the next column.

O Almost always or always

11	17.		many glasses of ICEI ffeinated, did you drin	
		O NO	NE (GO TO QUESTION	N 118)
			ss than 1 cup per	○ 5-6 cups per week
		_	onth 	O 1 cup per day
			cups per month	O 2-3 cups per day
			up per week	○ 4-5 cups per day
		∪ 2-4	cups per week	○ 6 or more cups per day
		117a.	How often was the idecaffeinated or he	
			O Almost never or nev	
			O About 1/4 of the time O About 1/2 of the time	
		٨.	O About 3/4 of the tim	ne
1			O Almost always or al	lways
1	18	How	many cups of HOT te	a, caffeinated or
			ffeinated, did you drin	
	7	O NO	NEXGO TO QUESTION	N 119)
			ss than 1 cup per	○ 5-6 cups per week
			onth	O 1 cup per day
		16	cups per month	O 2-3 cups per day
•		7	up per week	O 4-5 cups per day
	1	Q 2-4	cups per week	O 6 or more cups per day
		1182	How often was the h	ot tea vou drank
		oa.	decaffeinated or he	
			Ω Almost nover or τ=	er
		-11	Almost never or nev About 1/4 of the time	
		. 1	O About 1/2 of the time	ne
	1		About 3/4 of the timeAlmost always or all	
1	7			•
11	19.		often did you add suç e or tea?	gar or honey to your
J	_	O NE	VER (GO TO QUESTIC	ON 120)
		○ Les	ss than 1 time per	○ 5-6 times per week
				○ 1 time per day
		O 1-3		○ 2-3 times per day
			•	O 4-5 times per day
			•	○ 6 or more times per day
		119a.	Each time sugar or I your coffee or tea, he added?	honey was added to ow much was usually



O Less than 1 teaspoon

O More than 3 teaspoons

O 1 to 3 teaspoons

Over the past 12 months				ne cream or half and hal o your coffee or tea, how	
120.	How often did you add a your coffee or tea?	rtificial sweetener to	usually a	added?	maon was
	- O NEVER (GO TO QUEST	ΓΙΟΝ 121)		han 1 tablespoon	
	O Less than 1 time per	○ 5-6 times per week		tablespoons	
	month	○ 1 time per day	O More i	than 2 tablespoons	
	○ 1-3 times per month	○ 2-3 times per day	123 How often was	s milk added to your coffe	e or tea?
	O 1 time per week	O 4-5 times per day	120. How often was	, milk added to your cone	or tou:
	O 2-4 times per week	O 6 or more times per day	O NEVER (GO	TO QUESTION 124)	
	120a. What kind of artif usually use?	• •	O Less than 1 ti month	me per	
	acaany acc.		O 1-3 times per	O 2-3 times pe	er day
	O Equal or asparta		○ 1 time per we	eek 0 4-5 times pe	er day
	O Sweet N Low or	saccharin	O 2-4 times per	week 0 6 or more tir	mes per day
\bigvee	O Splenda		XO	,	
121.	How often was non-dai l coffee or tea?	ry creamer added to your	ea, how	ne milk was added to you w much was usually added	
	- O NEVER (GO TO QUEST	TION 122)		han 1 tablespoon	
	O Less than 1 time per	○ 5-6 times per week		table poons	
	month	○ 1 time per day	O More	han 3 tablespoons	
	○ 1-3 times per month	O 2-3 times pet day	Mary Indiana Late	and of welllands and according and	ala al 4aa
	O 1 time per week	O 4-5 times per day	coffee o	nd of milk was usually ad or tea?	ded to your
	O 2-4 times per week	O 6 or more times per day			
	,		O Whole		
		airy creamer was added to	○ 2% fat		
		, how much was usually		nonfat, or 1/2% milk	
	added?	O_{λ}		orated or condensed (canned	d) milk
	O Less than 1 teas		Soy m	•	a) 11111K
	O 1 to 3 teaspoons		O Rice n		
	O More than 3 teas	spoons	O Other		
	121b. What kind of non usually use? O Regular powder	\sim	you ate? (Ple	s sugar or honey added ease do not include sugar erages, or baked goods).	in coffee,
	○ Low-fat on fet-fre ○ Regular liquio	ee powdered	O NEVER (GO QUESTION	TO INTRODUCTION TO 125)	
\downarrow	O Low-fat or fat-fre	ee liquid	O 1-6 times pe	r year O 2 times per v	veek
V		~///	O 7-11 times p	•	
122		or half and half added to	O 1 time per m	•	
	your coffee or tea?	•	O 2-3 times pe	•	
	O NEVER (GO TO QUES	TION 123)	O 1 time per w	·	-
		•			•
	O Less than 1 time per month	5-6 times per week1 time per day		ime sugar or honey was you ate, how much was us	

Question 123 appears in the next column.

O 1-3 times per month

O 2-4 times per week

O 1 time per week

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O Less than 1 teaspoon

O More than 3 teaspoons

O 1 to 3 teaspoons

added?

O 2-3 times per day

O 4-5 times per day

O 6 or more times per day

The following questions are about the kinds of margarine, mayonnaise, sour cream, cream cheese, and salad dressing that you eat. If possible, please check the labels of these foods to help you answer.

125. Over the past 12 months, did you eat margarine?

O NO (GO TO QUESTION 126)
O YES

125a. How often was the margarine you ate regular-fat margarine (stick or tub)?

- O Almost never or never
- O About 1/4 of the time
- O About 1/2 of the time
- O About 3/4 of the time
- O Almost always or always

125b. How often was the margarine you ate light or low-fat margarine (stick or tub)?

- O Almost never or never
- O About 1/4 of the time
- O About 1/2 of the time
- O About 3/4 of the time
- Almost always or always

125c. How often was the margarine you ate

fat-free margarine?

- O Almost never or never
- O About 1/4 of the time
- O About 1/2 of the time
- O About 3/4 of the time
- Almost always or alway

126. Over the past 12 months, did you eat butter?

O NO (GO TO QUESTION 127)

O YES

126a. How often was the butter you ate **light** or **low-fat** butter)?

- O Almost never or never
- O About 1/4 of the time
- O About 1/2 of the time
- O About 3/4 of the time
- O Almost always or always

127. Over the <u>past 12 months</u>, did you eat **mayonnaise** or **mayonnaise-type dressing**?

O NO (GO TO QUESTION 128)

O YES

127a. How often was the mayonnaise you ate regular-fat mayonnaise?

- O Almost never or never
- O About 1/4 of the time
- O About 1/2 of the time
- O About 3/4 of the time
- O Almost always or always

127b. Fow often was the mayonnaise you ate light or low-fat mayonnaise?

- O Almost never or never
- O About 1/4 of the time
- O About 1/2 of the time
- O About 3.4 of the time
- Almost always or always

27c. How often was the mayonnaise you ate fat free mayonnaise?

- O Almost never or never
- O About 1/4 of the time
- O About 1/2 of the time
- O About 3/4 of the time
- Almost always or always

128. Over the past 12 months, did you eat sour cream?

ONO (GO TO QUESTION 129)

O YES

,

128a. How often was the sour cream you ate regular-fat sour cream?

- O Almost never or never
- O About 1/4 of the time
- O About 1/2 of the time
- O About 3/4 of the time
- O Almost always or always

128b. How often was the sour cream you ate **light**, **low-fat** or **fat-free sour cream**?

- O Almost never or never
- O About 1/4 of the time
- O About 1/2 of the time
- O About 3/4 of the time
- O Almost always or always

Question 129 appears on the next page.



cheese?		juices.			
	O NO (GO TO QUESTION 130) O YES	131.		s, how many servings of ng salad or potatoes) did	
			you eat per week or per	day?	
	Y		O Less than 1 per week	O 2 per day	
	129a. How often was the cream cheese you ate		O 1-2 per week	○ 3 per day	
	regular-fat cream cheese?		O 3-4 per week	O 4 per day	
	Almost never or never		○ 5-6 per week	○ 5 or more per day	
	About 1/4 of the time		O 1 per day		
	O About 1/2 of the time	132.	Over the past 12 month	s, how many servings of	
	○ About 3/4 of the time○ Almost always or always			s) did you eat per week	
	O Aimost always of always		or per day?		
	129b. How often was the cream cheese you ate		O Less than 1 per week	O 2 per day	
	light, low-fat or fat-free cream cheese?		○ 12 per week	○ 3 per day	
	○ Almost never or never		O3-4 per week	per day	
	O About 1/4 of the time		5-6 per week	O 5 or more per day	
	O About 1/2 of the time About 3/4 of the time		O 1 per day		
\bigvee	O Almost always or always	133.	Over the past month, w	hich of the following foods	
•		100.	did you eat AT LEAST		
130.	Over the past 12 months, did you eat salad		(Mark as many as app		
	dressing?	<	O Avocado, guacamole	○ Olives	
	O NO (GO TO INTRODUCTION TO QUESTION 131)		C Cheesecake	O Oysters	
	O YES	1	O Chocolate, fudge, or	O Pickles or pickled	
		N	butterscotch toppings or syrups	vegetables or fruit	
	*	7	O Chow mein noodles	O Plantains	
	130a. How often was the salad dressing you ate		O Croissants	O Pork neckbones, hock,	
	regular-fat salad dressing (including oil and vinegar (ressing))		Oried apricots	head, feet O Pudding or custard	
		(O Eng rolls	•	
	 ○ Almost never of never ○ About 1/4 of the time 		O Granola bars	O Veal, venison, lamb	
	O About 1/2 of the time		O Hot peppers	O Whipped cream, regular	
	O About 3/4 of the time		O Jello, gelatin	O Whipped cream,	
	Almost always or always	Ť	Milkshakes or	substitute	
	130b. How ofter was the sarad dressing voy at-		ice-cream sodas	○ NONE	
	light or low-fat salad dressing?	134.	For all of the past 12 mo		
	○ Almost never or never○ About 1/4 of the time	l —	O NO (GO TO INTRODUC	CTION TO QUESTION 135)	
	O About 1/2 of the time		O YES		
	O About 3/4 of the time				
	O Almost always or always		134a. Which of the follo	wing food did you	
	130c. How often was the salad dressing you ate			JDE from your diet?	
	fat-free salad dressing?		O Meat (beef, pork	, lamb, etc.)	
	Almost never or never About 1/4 of the time.		O Poultry (chicken	•	
	○ About 1/4 of the time○ About 1/2 of the time		○ Fish and seafoo	•	
	O About 3/4 of the time		○ Eggs		
V	O Almost always or always	↓	O Dairy products (milk, cheese, etc.)	
Que	stion 131 appears in the next column.	Que	stion 135 appears in the n	63017	

The following two questions ask you to

summarize your usual intake of vegetables and

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The next questions are about your use of fiber supplements or vitamin pills.

135. Over the <u>past 12 months</u>, did you take any of the following types of **fiber** or **fiber supplements** on a regular basis (more than once per week for at least 6 of the last 12 months)? (Mark all that apply.)

O NO, didn't take any fiber supplements on a regular basis (GO TO QUESTION 136)

O YES, psyllium products (such as Metamucil, Prodiem, Correctol)

O YES, Bran (such as wheat bran, oat bran, or bran wafers)

136. Over the <u>past 12 months</u>, did you take any **multivitamins**, such as One-a-Day-, or Centrum-type multivitamins (as pills, liquids, o packets)?

O NO (GO TO INTRODUCTION TO QUESTION 138

O YES

137. How often did you take <u>One a-Day-, or</u> <u>Centrum-type</u> multivitanins?

- O Less than 1 day per month
- O 1-3 days per month
- O 1-3 days per week
- O 4 6 days per week
- O Every da

137a. Does your **multivi amin** usually contain **minerals** (such as iron, zinc, etc.)

O_{NO}

O YES

O Don't know

137b. For how many years have you taken multivitamins?

O Less than 1 year

O 1-4 years

O 5-9 years

O 10 or more years

These last questions are about the vitamins, minerals, or herbal supplements you took that are NOT part of a One-a-Day- or Centrum-type of multivitamin. Please include vitamins taken as part of an antioxidant supplement.

138. How often did you take **Beta-carotene (NOT** as part of a multivitamin in Question 137)?

O NEVER (GO TO QUESTION 139)

O Less than 1 day per month

O 1-3 days per month

O 1-3 days per week

O 4-6 days per week

O Every day

138a. When you took **Beta-carotene**, about how much did you take in one day?

O Less than 10,000 IU

○ **4**0,000 - 14,999 IL

J 15,000 - 19,999 IU

20,000 24,999 IU

25,000 IU or more

Don't know

138b. For how many years have you taken Beta-carotene?

O Less than 1 year

1-4 years

5-9 years

O 10 or more years

139. How often did you take **Vitamin A** (**NOT** as part of a multivitamin in Question 137)?

O NEVER (GO TO QUESTION 140)

O Less than 1 day per month

○ 1-3 days per month

O 1-3 days per week

O 4-6 days per week

O Every day

139a. When you took **Vitamin A**, about how much did you take in one day?

O Less than 8,000 IU

○ 15,000 - 24,999 IU

O 8,000 - 9,999 IU

O 25,000 IU or more

○ 10,000 - 14,999 IU

O Don't know

Question 140 appears on the next page.



Over the past 12 months... 139b. For how many years have you taken Vitamin A? O Less than 1 year O 1-4 years O 5-9 years O 10 or more years 140. How often did you take Vitamin C (NOT as part of a multivitamin in Question 137)? O NEVER (GO TO QUESTION 141) O Less than 1 day per month O 1-3 days per month O 1-3 days per week O 4-6 days per week O Every day 140a. When you took Vitamin C, about how much did you take in one day? O Less than 500 mg O 500-999 mg O 1,000-1,499 mg O 1,500-1,999 mg O 2,000 mg or mor O Don't know 140b. For ho ears have O 10 or more OT as part of 141. How often did you take Vitarnin a multivitamin in Question 1 O NEVER (GO TO QUESTION 142) O Less than 1 day per month

141a.	When you took Vitamin E , about how much did you take in one day?
	○ Less than 400 IU○ 400-799 IU○ 800-999 IU○ 1,000 IU or more○ Don't know
141b.	For how many years have you taken Vitamin E? Less than 1 year 4 years 5 - 9 years 10 or more years
Calciu	ten did you take Salcium supplements or m containing antacids (NOT as part of a tamin in Question 137)?
O NEW	R (GD T) QUESTION 143)
O Less	than 1 day per month
	days per month
1-3 (days per week
O 4-6 d	days per week
O Ever	y day
•	When you took Calcium supplements or Calcium containing antacids, about how much elemental calcium did you take in one day? (If possible, please check label for elemental calcium.)
	○ Less than 500 mg ○ 500-599 mg
	○ 600-999mg
	○ 1,000 mg or more
(○ Don't know
142b.	For how many years have you taken Calcium supplements or calcium-containing antacids?
	O Less than 1 year
	O 1 - 4 years

Question 142 appears in the next column.

1-3 days per month1-3 days per week4-6 days per week

O Every day



○ 5 - 9 years

O 10 or more years

- 143. How often did you take Vitamin D on its own or as part of a calcium supplement (NOT as part of a multivitamin in Question 137)?
 - O NEVER (GO TO QUESTION 144)
 - O Less than 1 day per month
 - O 1-3 days per month
 - O 1-3 days per week
 - O 4-6 days per week
 - O Every day
 - 143a. When you took **Vitamin D**, about how much did you take in one day?
 - O Less than 125 IU
 - O 125-249 IU
 - O 250-399 IU
 - O 400 IU or more
 - O Don't know
 - 143b. For how many years have you taken **Vitamin D**?
 - O Less than 1 year
 - O 1 4 years
 - O 5 9 years
 - O 10 or more years

These last two questions ask about other supplements you took more than once per week

- 144. Please mark any of the following single supplements you took more than once per week (NOT as part of a multivitamin):
 - B-6

- → Folic acid/folate
- O B-Complex
- O Glucosamine
- O Brewer's yeast
-) Hydroxytryptophan
- O Cod liver oil
- Iron
- O Coenzyme Q
- O Niaci
- O Fish oil
- O Selenium
- (Omega-3 fatty acids)



- 145. Please mark any of the following **herbal** or **botanical supplements** you took <u>more than once per week</u>:
 - O Aloe VeraO GingerO Ginko biloba
 - O Bilberry O Ginseng (American or Asian)
 - O Cascara sagrada O Goldenseal
 - O Cat's claw O Grapeseed extract
 - CayenneCranberryMilk thistle
 - O Dong Kuai (Tangkwei) O Saw palmetto
 - O Echinacea O Siberian ginseng
 - O Evening primrose oil O St. John's wort
 O Feverfey O Valerian
 - Carlic Other
- 46. Is there anything else you eat at least once a month? Please write name of food, frequency and amount.

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Thank you very much for completing this questionnaire!

Before sending the questionnaire back to us, please check that you did not accidentally skip any pages.

