

# PLEASE USE PENCIL DIET ASSESSMENT

ID: idtype  
id

1. Do you currently take multiple vitamins? (Please report individual vitamins under question 2.)

No  Yes → If yes, **multnit**

a) How many do you take per week? **multbrg** →  2 or less  3-5  6-9  10 or more

b) What specific brand do you usually use? **mulbrnd** Specify exact brand and type

2. Not counting multiple vitamins, do you take any of the following preparations:

a) Vitamin A? **A**  
 No  Yes, seasonal only  Yes, most months } If Yes, How many years? **adur** →  0-1 yr.  2-4 yrs.  5-9 yrs.  10+ yrs.  Don't know  
 What dose per day? **ad** →  Less than 8,000 IU  8,000 to 12,000 IU  13,000 to 22,000 IU  23,000 IU or more  Don't know

b) Vitamin C? **C**  
 No  Yes, seasonal only  Yes, most months } If Yes, How many years? **cdur** →  0-1 yr.  2-4 yrs.  5-9 yrs.  10+ yrs.  Don't know  
 What dose per day? **cd** →  Less than 400 mg.  400 to 700 mg.  750 to 1250 mg.  1300 mg. or more  Don't know

c) Vitamin B<sub>6</sub>? **B6**  
 No  Yes → If yes, How many years? **bdur** →  0-1 yr.  2-4 yrs.  5-9 yrs.  10+ yrs.  Don't know  
 What dose per day? **bd** →  Less than 10 mg.  10 to 39 mg.  40 to 79 mg.  80 mg. or more  Don't know

d) Vitamin E? **E**  
 No  Yes → If yes, How many years? **edur** →  0-1 yr.  2-4 yrs.  5-9 yrs.  10+ yrs.  Don't know  
 What dose per day? **ed** →  Less than 100 IU  100 to 250 IU  300 to 500 IU  600 IU or more  Don't know

e) Selenium? **sel**  
 No  Yes → If yes, How many years? **sedur** →  0-1 yr.  2-4 yrs.  5-9 yrs.  10+ yrs.  Don't know  
 What dose per day? **seld** →  Less than 80 mcg.  80 to 130 mcg.  140 to 250 mcg.  260 mcg. or more  Don't know

f) Iron? **Fe**  
 No  Yes → If yes, How many years? **fedur** →  0-1 yr.  2-4 yrs.  5-9 yrs.  10+ yrs.  Don't know  
 What dose per day? **fed** →  Less than 51 mg.  51 to 200 mg.  201 to 400 mg.  401 mg. or more  Don't know

g) Zinc? **Zn**  
 No  Yes → If yes, How many years? **zndur** →  0-1 yr.  2-4 yrs.  5-9 yrs.  10+ yrs.  Don't know  
 What dose per day? **znd** →  Less than 25 mg.  25 to 74 mg.  75 to 100 mg.  101 mg. or more  Don't know

h) Calcium? **Ca** (Include Calcium in Dolomite)  
 No  Yes → If yes, How many years? **cadur** →  0-1 yr.  2-4 yrs.  5-9 yrs.  10+ yrs.  Don't know  
 What dose per day? **cad** →  Less than 400 mg.  400 to 900 mg.  901 to 1300 mg.  1301 mg. or more  Don't know

i) Are there other supplements that you take on a regular basis? Please mark if yes:

Folic acid **fa**  Cod liver Oil **codliv**  Iodine **iodine**  Beta-Carotene **beacrot**  Others **others**

Vitamin D **d**  Copper **cu**

B-Complex Vitamins **vb**  Omega-3 Fatty-acids **omega3**  Brewer's Yeast **b-y**  Magnesium **mg**

3. For each food listed, fill in the circle indicating how often on average you have used the amount specified during the past year.

	AVERAGE USE LAST YEAR									1 2 P
	Never, or less than once per month	1-3 per mo.	1 per week	2-4 per week	5-6 per week	1 per day	2-3 per day	4-5 per day	6+ per day	
<b>DAIRY FOODS</b>										
Skim or low fat milk (8 oz. glass) <b>Skim milk</b>	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Whole milk (8 oz. glass)	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Cream, e.g. coffee, whipped (Tbs) <b>Cream</b>	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Sour Cream (Tbs) <b>Sour-cr</b>	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Non-dairy coffee whitener (tsp.) <b>cof-whit</b>	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Sherbet or ice milk (1/2 cup) <b>Sherb</b>	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Ice cream (1/2 cup) <b>ice-cr</b>	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Yogurt (1 cup) <b>yog</b>	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Cottage or ricotta cheese (1/2 cup) <b>cot-ch</b>	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Cream cheese (1 oz.) <b>cr-ch</b>	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Other cheese, e.g., American, cheddar, etc., plain or as part of a dish (1 slice or 1 oz. serving) <b>oth-ch</b>	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Margarine (pat), added to food or bread; exclude use in cooking <b>margarin</b>	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Butter (pat), added to food or bread; exclude use in cooking <b>bu</b>	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

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3. (Continued) Please fill in your **average use**, during the past year, of each specified food.

Please try to average your seasonal use of foods over the entire year. For example, if a food such as cantaloupe is eaten 4 times a week during the approximate 3 months that it is in season, then the average use would be once per week.

FRUITS		Never, or less than once per month	1-3 per mo.	1 per week	2-4 per week	5-6 per week	1 per day	2-3 per day	4-5 per day	6+ per day	P
Raisins (1 oz. or small pack) or grapes	rais	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Prunes (1/2 cup)	prun	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Bananas (1)	ban	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Cantaloupe (1/4 melon)	cant	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Watermelon (1 slice)	hzomel	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Fresh apples or pears (1)	apple	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Apple juice or cider (small glass)	a-j	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Oranges (1)	orange	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Orange juice (small glass)	a-j	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Grapefruit (1/2)	gr frt	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Grapefruit juice (small glass)	gr frt-j	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Other fruit juices (small glass)	oth-fr-j	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Strawberries, fresh, frozen or canned (1/2 cup)	straw	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Blueberries, fresh, frozen or canned (1/2 cup)	blue	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Peaches, apricots or plums (1 fresh, or 1/2 cup canned)	peach-cn	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

VEGETABLES		Never, or less than once per month	1-3 per mo.	1 per week	2-4 per week	5-6 per week	1 per day	2-3 per day	4-5 per day	6+ per day	P
Tomatoes (1)	tom	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Tomato juice (small glass)	tom-j	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Tomato sauce (1/2 cup) e.g., spaghetti sauce	tom-s	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Red chili sauce (1 Tbs)	chil-sce	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Tofu or soybeans (3-4 oz.)	tofu	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
String beans (1/2 cup)	st-beans	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Broccoli (1/2 cup)	broc	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Cabbage or cole slaw (1/2 cup)	cabb	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Cauliflower (1/2 cup)	caul	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Brussels sprouts (1/2 cup)	brusl	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Carrots, raw (1/2 carrot or 2-4 sticks)	carrot-r	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Carrots, cooked (1/2 cup)	carrot-c	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Corn (1 ear or 1/2 cup frozen or canned)	corn	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Peas, or lima beans (1/2 cup fresh, frozen, canned)	peas	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Mixed vegetables (1/2 cup)	mix-veg	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Beans or lentils, baked or dried (1/2 cup)	beans	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Yellow (winter) squash (1/2 cup)	yel-sqs	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Eggplant, zucchini, or other summer squash (1/2 cup)	zuke	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Yams or sweet potatoes (1/2 cup)	yams	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Spinach, cooked (1/2 cup)	spin-ckd	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Spinach, raw as in salad	spin-raw	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Kale, mustard or chard greens (1/2 cup)	kale	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Iceberg or head lettuce (serving)	ice-let	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Romaine or leaf lettuce (serving)	rom-let	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Celery (4" stick)	celery	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Beets (1/2 cup)	beet	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Alfalfa sprouts (1/2 cup)	alf-sprt	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Garlic, fresh or powdered (1 clove or shake)	garlic	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

EGGS, MEAT, ETC.		Never, or less than once per month	1-3 per mo.	1 per week	2-4 per week	5-6 per week	1 per day	2-3 per day	4-5 per day	6+ per day	P
Eggs (1)	eggs	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Chicken or turkey, with skin (4-6 oz.)	chix-sk	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Chicken or turkey, without skin (4-6 oz.)	chix-no	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Bacon (2 slices)	bacon	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Hot dogs (1)	hotdog	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

**3. (Continued) Please fill in your average use, during the past year, of each specified food.**

		Never, or less than once per month	1-3 per mo.	1 per week	2-4 per week	5-6 per week	1 per day	2-3 per day	4-5 per day	6+ per day	
<b>MEATS (CONTINUED)</b>											(P)
Processed meats, e.g., sausage, salami, bologna, etc. (piece or slice)	Proc-mnts	○	○	⊗	○	○	⊕	○	○	○	○
Liver (3-4 oz.)	liver	○	○	⊗	○	○	⊕	○	○	○	○
Hamburger (1 patty)	hamb	○	○	⊗	○	○	⊕	○	○	○	○
Beef, pork, or lamb as a sandwich or mixed dish, e.g., stew, casserole, lasagne, etc.	sand-bf	○	○	⊗	○	○	⊕	○	○	○	○
Beef, pork, or lamb as a main dish, e.g., steak, roast, ham, etc. (4-6 oz.)	beef	○	○	⊗	○	○	⊕	○	○	○	○
Canned tuna fish (3-4 oz.)	tuna	○	○	⊗	○	○	⊕	○	○	○	○
Dark meat fish, e.g., mackerel, salmon, sardines bluefish, swordfish (3-5 oz.)	dk-fish	○	○	⊗	○	○	⊕	○	○	○	○
Other fish (3-5 oz.)	oth-fish	○	○	⊗	○	○	⊕	○	○	○	○
Shrimp, lobster, scallops as a main dish	Shrimp	○	○	⊗	○	○	⊕	○	○	○	○

		Never, or less than once per month	1-3 per mo.	1 per week	2-4 per week	5-6 per week	1 per day	2-3 per day	4-5 per day	6+ per day	
<b>BREADS, CEREALS, STARCHES</b>											(P)
Cold breakfast cereal (1 cup)	Cold-cer	○	○	⊗	○	○	⊕	○	○	○	○
Cooked oatmeal (1 cup)	ckd-oats	○	○	⊗	○	○	⊕	○	○	○	○
Other cooked breakfast cereal (1 cup)	ckd-cer	○	○	⊗	○	○	⊕	○	○	○	○
White bread (slice), including pita bread	wh-br	○	○	⊗	○	○	⊕	○	○	○	○
Dark bread (slice)	dk-br	○	○	⊗	○	○	⊕	○	○	○	○
English muffins, bagels, or rolls (1)	eng-muff	○	○	⊗	○	○	⊕	○	○	○	○
Muffins or biscuits (1)	muff	○	○	⊗	○	○	⊕	○	○	○	○
Brown rice (1 cup)	br-rice	○	○	⊗	○	○	⊕	○	○	○	○
White rice (1 cup)	wh-rice	○	○	⊗	○	○	⊕	○	○	○	○
Pasta, e.g., spaghetti, noodles, etc. (1 cup)	pasta	○	○	⊗	○	○	⊕	○	○	○	○
Other grains, e.g., bulgar, kasha, couscous, etc. (1 cup)	grains	○	○	⊗	○	○	⊕	○	○	○	○
Pancakes or waffles (serving)	Pancake	○	○	⊗	○	○	⊕	○	○	○	○
French fried potatoes (4 oz.)	fb-pot	○	○	⊗	○	○	⊕	○	○	○	○
Potatoes, baked, boiled (1) or mashed (1 cup)	mash-pot	○	○	⊗	○	○	⊕	○	○	○	○
Potato chips or corn chips (small bag or 1 oz.)	pot-chip	○	○	⊗	○	○	⊕	○	○	○	○
Crackers, Triskets, Wheat Thins (1)	Crax	○	○	⊗	○	○	⊕	○	○	○	○
Pizza (2 slices)	Pizza	○	○	⊗	○	○	⊕	○	○	○	○

		Never, or less than once per month	1-3 per mo.	1 per week	2-4 per week	5-6 per week	1 per day	2-3 per day	4-5 per day	6+ per day	
<b>BEVERAGES</b>											(P)
<b>CARBONATED BEVERAGES</b>	Low Calorie (sugar-free) types	Low calorie cola, e.g., Tab with caffeine	○	○	⊗	○	○	⊕	○	○	○
		Low calorie caffeine-free cola, e.g., Pepsi Free	○	○	⊗	○	○	⊕	○	○	○
		Other low calorie carbonated beverage, e.g., Fresca, Diet 7-Up, diet ginger ale	○	○	⊗	○	○	⊕	○	○	○
	Regular types (not sugar-free)	Coke, Pepsi, or other cola with sugar	○	○	⊗	○	○	⊕	○	○	○
		Caffeine Free Coke, Pepsi, or other cola with sugar	○	○	⊗	○	○	⊕	○	○	○
	Other carbonated beverage with sugar, e.g., 7-Up, ginger ale	○	○	⊗	○	○	⊕	○	○	○	
<b>OTHER BEVERAGES</b>	Hawaiian Punch, lemonade, or other non-carbonated fruit drinks (1 glass, bottle, can)	○	○	⊗	○	○	⊕	○	○	○	
	Decaffeinated coffee (1 cup)	○	○	⊗	○	○	⊕	○	○	○	
	Coffee (1 cup)	○	○	⊗	○	○	⊕	○	○	○	
	Tea (1 cup), not herbal teas	○	○	⊗	○	○	⊕	○	○	○	
	Beer (1 glass, bottle, can)	○	○	⊗	○	○	⊕	○	○	○	
	Red wine (4 oz. glass)	○	○	⊗	○	○	⊕	○	○	○	
	White wine (4 oz. glass)	○	○	⊗	○	○	⊕	○	○	○	
Liquor, e.g., whiskey, gin, etc. (1 drink or shot)	lig	○	○	⊗	○	○	⊕	○	○	○	

ID:

0	1	2	3	4	5	6	7	8	9	0	1	2	3	4	5	6	7	8	9	0	1	2	3	4	5	6	7	8	9
0	1	2	3	4	5	6	7	8	9	0	1	2	3	4	5	6	7	8	9	0	1	2	3	4	5	6	7	8	9
0	1	2	3	4	5	6	7	8	9	0	1	2	3	4	5	6	7	8	9	0	1	2	3	4	5	6	7	8	9

3. (Continued) Please fill in your average use during the past year, of each specified food.

	Never, or less than once per month	1-3 per mo.	1 per week	2-4 per week	5-6 per week	1 per day	2-3 per day	4-5 per day	6+ per day											
<b>SWEETS, BAKED GOODS, MISCELLANEOUS</b>																				
Chocolate (bars or pieces) e.g., Hershey's, M & M's	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/> W	<input type="radio"/>	<input type="radio"/>	<input type="radio"/> D	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>											
Candy bars, e.g., Snickers, Milky Way, Reeses	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/> W	<input type="radio"/>	<input type="radio"/>	<input type="radio"/> D	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>											
Candy without chocolate (1 oz.) <i>candy</i>	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/> W	<input type="radio"/>	<input type="radio"/>	<input type="radio"/> D	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>											
Cookies, home baked (1) <i>cook-home</i>	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/> W	<input type="radio"/>	<input type="radio"/>	<input type="radio"/> D	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>											
Cookies, ready made (1) <i>cook-com</i>	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/> W	<input type="radio"/>	<input type="radio"/>	<input type="radio"/> D	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>											
Brownies (1) <i>brownie</i>	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/> W	<input type="radio"/>	<input type="radio"/>	<input type="radio"/> D	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>											
Doughnuts (1) <i>donut</i>	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/> W	<input type="radio"/>	<input type="radio"/>	<input type="radio"/> D	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>											
Cake, home baked (slice) <i>cake-hom</i>	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/> W	<input type="radio"/>	<input type="radio"/>	<input type="radio"/> D	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>											
Cake, ready made (slice) <i>cake-com</i>	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/> W	<input type="radio"/>	<input type="radio"/>	<input type="radio"/> D	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>											
Sweet roll, coffee cake or other pastry, home baked (serving) <i>s-roll-h</i>	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/> W	<input type="radio"/>	<input type="radio"/>	<input type="radio"/> D	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>											
Sweet roll, coffee cake or other pastry, ready made (serving) <i>s-roll-c</i>	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/> W	<input type="radio"/>	<input type="radio"/>	<input type="radio"/> D	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>											
Pie, homemade (slice) <i>pie-hom</i>	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/> W	<input type="radio"/>	<input type="radio"/>	<input type="radio"/> D	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>											
Pie, ready made (slice) <i>pie-com</i>	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/> W	<input type="radio"/>	<input type="radio"/>	<input type="radio"/> D	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>											
Jams, jellies, preserves, syrup, or honey (1 Tbs) <i>jam</i>	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/> W	<input type="radio"/>	<input type="radio"/>	<input type="radio"/> D	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>											
Peanut butter (Tbs) <i>P-bu</i>	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/> W	<input type="radio"/>	<input type="radio"/>	<input type="radio"/> D	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>											
Popcorn (1 cup) <i>pop-c</i>	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/> W	<input type="radio"/>	<input type="radio"/>	<input type="radio"/> D	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>											
Nuts (small packet or 1 oz.) <i>nuts</i>	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/> W	<input type="radio"/>	<input type="radio"/>	<input type="radio"/> D	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>											
Bran, added to food (1 Tbs) <i>bran</i>	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/> W	<input type="radio"/>	<input type="radio"/>	<input type="radio"/> D	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>											
Wheat germ (1 Tbs) <i>wh-germ</i>	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/> W	<input type="radio"/>	<input type="radio"/>	<input type="radio"/> D	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>											
Chowder or cream soup (1 cup) <i>chow</i>	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/> W	<input type="radio"/>	<input type="radio"/>	<input type="radio"/> D	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>											
Oil and vinegar dressing, e.g., Italian (1 Tbs) <i>o-and-v</i>	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/> W	<input type="radio"/>	<input type="radio"/>	<input type="radio"/> D	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>											
Mayonnaise or other creamy salad dressing (1 Tbs) <i>mayo</i>	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/> W	<input type="radio"/>	<input type="radio"/>	<input type="radio"/> D	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>											
Mustard, dry or prepared (1 tsp) <i>must-yel</i>	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/> W	<input type="radio"/>	<input type="radio"/>	<input type="radio"/> D	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>											
Pepper (1 shake) <i>P-shake</i>	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/> W	<input type="radio"/>	<input type="radio"/>	<input type="radio"/> D	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>											
Salt (1 shake) <i>S-shake</i>	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/> W	<input type="radio"/>	<input type="radio"/>	<input type="radio"/> D	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>											

4. How much of the visible fat on your meats do you remove before eating? *vb*  
 Remove all visible fat  Remove small part of fat  
 Remove majority  Remove none  
 (Don't eat meat)

5. What kind of fat do you usually use for frying and sautéing? (Exclude "Pam"-type spray)  
 Real butter *bb*  Vegetable oil *bvo*  Lard *bl*  
 Margarine *bm*  Vegetable shortening *bsh*

6. What kind of fat do you usually use for baking?  
 Real butter *bb*  Vegetable oil *bvo*  Lard *bl*  
 Margarine *bm*  Vegetable shortening *bsh*

7. What form of margarine do you usually use?  
 None *mn*  Stick *ms*  Tub *mt*  Spread *mSP*  
 Low-calorie stick *mls*  Low-calorie tub *mit*

8. How often do you eat food that is fried at home? (Exclude the use of "Pam"-type spray) *bfbh*  
 Daily  4-6 times per week  
 1-3 times per week  Less than once a week

9. How often do you eat fried food away from home? (e.g., french fries, fried chicken, fried fish) *bfa*  
 Daily  4-6 times per week  
 1-3 times per week  Less than once a week

10. How many teaspoons of sugar do you add to your beverages or food each day? *sugar* → tsp.

11. What type of cooking oil do you usually use? *oil* → Specify type and brand

12. What kind of cold breakfast cereal do you usually use? *cer* → Specify type and brand

13. Are there any other important foods that you usually eat at least once per week?  
 Include for example: paté, tortillas, yeast, cream sauce, custard, horseradish, parsnips, rhubarb, radishes, fava beans, carrot juice, coconut, avocado, mango, papaya, dried apricots, dates, figs.  
 (Do not include dry spices and do not list something that has been listed in the previous sections.)

	Other foods that you usually use at least once per week	Usual serving size	Servings per week
(a)	other 1 <i>measure 1</i>	<i>bract 1</i>	<i>amount 1</i> <i>freq 1</i>
(b)	other 2 <i>measure 2</i>	<i>bract 2</i>	<i>amount 2</i> <i>freq 2</i>
(c)	other 3 <i>measure 3</i>	<i>bract 3</i>	<i>amount 3</i> <i>freq 3</i>
(d)			

choc  
candy  
candynut