

# FOOD FREQUENCY QUESTIONNAIRE

The following food frequency questionnaire is designed to estimate your usual eating pattern. For each food listed, check the box indicating how often during the past year you usually ate the amount specified in the parentheses.

If you ate a food only at certain times of year (ex. summer), average your intake over the year. The pattern you report should reflect usual eating habits not the pattern of a short term diet, some other unusual circumstance, or what you think you should eat.

The boxes include monthly, weekly and daily categories:

- Never or (about) less than once a month (<1/month)
- 1-3 (times) per month
- 1 per week (about once a week)
- 2-4 (times) per week
- 5-7 times a week (or about once a day)
- 2-3 times a day
- 4 + times a day

Note that the "5-7 times a week" category is a frequency pattern of about "once a day".

For example, foods you never or rarely eat would be checked "never". A food eaten only a few times during a particular season would also be checked "never". Foods eaten only a few times during the week or eaten a few times on the weekend would be checked "2-4 times a week". A food eaten more than once a day would be checked "2-3 times a day" or "4 + times a day" depending on your eating pattern.

If you cannot estimate your usual intake of the food for any reason, leave the item blank.

Name _____ Work Phone _____		ID TYPE ID	
Address _____ Home Phone _____		C _____	
		FFREQ	1-5 6-10

  

FOOD AND AMOUNTS PER SERVING	Average Use Last Year							
	Never or < 1 / month	1-3 per month	1 per week	2-4 per week	1 per day	2-3 per day	4 + per day	
(for code use only)	(1)	(2)	(3)	(4)	(5)	(6)	(7)	
<b>Meats and Other Alternatives</b>								
SKINCHIK Chicken or turkey, with the skin (serving)								11
NOSKINCH Chicken or turkey, no skin (serving)								12
LIVER Liver, brains, kidneys, sweetbreads (serving)								13
HOTDOG Hot dog, frankfurter (1)								14
BACON Bacon (2 slices)								15
PROCESSED Processed luncheon meats (sausage, salami, bologna, liverwurst, packaged beef or chicken) (piece or slice)								16
CANNED Canned meats like deviled beef, hash, chili (serving)								17
HAMBURG Hamburger (1)								18
BEEF Beef - chuck, ribs, steak (serving)								19
OTHRBEEF Other beef (round, rump, very lean (serving)								20
VEAL Veal (serving)								21
LAMB Lamb (roast, chops, etc.) (serving)								22
PORK Pork (roast, chops, etc) (serving)								23
STEW Beef, pork or lamb as a sandwich or mixed dish (stew, casserole, etc.) (serving)								24
CANTUNA Canned tuna fish (serving)								25
SALMON Dark meat fish, such as mackerel, salmon, sardines, bluefish, swordfish (serving)								26
LOBSTER Shrimp, lobster, scallops as a main dish (serving)								27
OTHRFISH Other fish (serving)								28
EGGS Eggs (1)								29
SOYNUT Gluten, soy nut or other vegetarian products no used in mixed dishes (serving)								30
VEGROAST Homemade vegetarian roasts, casseroles, etc								31
VEGBURGR Vegetarian links or burgers								32
PIZZA Mixed cheese and tomato dish - pizza, lasagna, etc. (serving)								33

(1)                      (2)                      (3)                      (4)                      (5)                      (6)                      (7)

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	<b>Dairy Foods and Fats</b>								
SKIMMILK	Skim mild or skim buttermilk, powder skim milk (cup)								34
LOWFMILK	Low fat (1-2%) milk (glass)								35
WHOLEMLK	Whole milk (cup)								36
SOYMILK	Imitation or soy milk (cup)								37
CREAM	Half and half, evaporated milk, cream, sour cream (on fruit, cereal, in coffee, etc. (oz)								38
NONDAIRY	Non-dairy creamer (topping or dry coffee creamer) (tsp)								39
YOGURTSK	Yogurt from skim milk (cup)								40
YOGWHOLE	Yogurt from whole milk (cup)								41
SHERBET	Sherbet or ice milk ( ½ cup)								42
ICECREAM	Ice cream (½ cup)								43
CHESWHOL	Whole milk cottage or ricotta cheese (½ cup)								44
CHESLOWF	Low fat cheeses such as skim cottage, skim mozzarella, etc. (slice or oz.)								45
CHESOTHR	Other hard cheese (e.g. American, cheddar, etc.) (slice or oz.)								46
STIKMARG	Margarine, stick form added to breads or foods: exclude use in cooking(tsp)								47
TUBMARG	Margarine, tub form added to breads or foods; exclude use in cooking (tsp)								48
BUTTER	Butter (added to food or bread: excluded use in cooking) (tsp)								49
	<b>Fruits</b>								
APPLE	Fresh apple or pear (1)								50
CIDER	Apple juice or cider (small glass)								51
APPLSAUC	Applesauce (½ cup)								52
ORANGE	Orange or tangerine (1)								53
ORNGJUIC	Orange juice (small glass)								54
GRAPFRUT	Grapefruit (½) or Grapefruit juice (small glass)								55
PEACHES	Peaches, apricots, plums or nectarines (fresh or canned) (1 pc. Or ½ cup)								56
RAISINS	Raisins (1 oz. or small pack) or grapes (small bunch)								57
PRUNES	Prunes or dry apricots (½ cup)								58
DATES	Dates or figs (½ cup)								59
BANANAS	Bananas (1)								60
STRAWBER	Strawberries- fresh, frozen or canned (½ cup)								61
BLACKBER	Blackberries, blueberries, raspberries-fresh, frozen or canned (½ cup)								62
MELON	Cantaloupe or honeydew melon (small slice)								63
WATERMEL	Watermelon (1 slice)								64
PINEAPPL	Pineapple- fresh or canned (½ cup)								65
CHERRIES	Cherries- fresh or canned (½ cup)								66
PAPAYAS	Papayas (½ cup)								67
AVOCADOS	Avocados (¼)								68
	<b>Vegetables</b>								
GREENBEN	Green or string beans or asparagus (½ cup)								69
BROCCOLI	Broccoli (½ cup)								70
CABBAGE	Cabbage, cole slaw or sauerkraut (½ cup)								71
CAULFLWR	Cauliflower (½ cup)								72
BRUSELSP	Brussels sprouts (½ cup)								73

(1) (2) (3) (4) (5) (6) (7)

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CARROTS	Carrots (1 whole or ½ cup cooked)								74
CAROTJUC	Carrot juice (small glass)								75
CORN	Corn (ear or ½ cup frozen, fresh or canned)								76
SPINACH	Spinach- raw or cooked (½ cup)								77
PEPPERS	Green or red peppers (½ cup)								78
KALE	Kale, mustard, chard, beet or other greens (½ cup)								79
ICEBERG	Iceberg or head lettuce (cup)								80
ROMAINE	Escarole, romaine, watercress or leaf lettuce (cup)								81
PEAS	Peas, lima beans or pea pods (½ cup)								82
WINTERSQ	Yellow (winter) squash or pumpkin (½ cup)								83
ZUCCHINI	Eggplant, zucchini, other summer squash (½ cup)								84
YAMS	Yams and sweet potatoes ( ½ cup)								85
TOMATOES	Tomatoes (1 or ½ cup)								86
TOMJUICE	Tomato juice (small glass)								87
CHILSAUC	Red chili sauce (tbsp)								88
TOFU	Tofu or soy bean curd (½ cup)								89
LENTILS	Lentils, chick peas, kidney, pinto or other beans- plain or baked, not used in casseroles, soups, etc (½ cup)								90
<b>Sweets and Baked Goods</b>									
PIEHOME	Pie, homemade (slice)								91
PIEREDY	Pie, ready made (slice)								92
CAKEHOME	Cake, home baked (slice)								93
CAKEDY	Cake, ready made (slice)								94
COOKIESH	Cookies, home baked (1)								95
COOKIESR	Cookies, ready baked (1)								96
BROWNIES	Brownies (1)								97
DOUGHNUT	Doughnut (1)								98
SWEETROL	Sweet roll, coffee cake, pastry, home baked (serving)								99
CRACKERS	Crackers, all kinds (serving)								100
<b>Breads, Cereals, Starches</b>									
CEREAL	Refined uncooked cereals like cornflakes, cheerios (½ cup)								101
OATMEALR	Refined hot cereals like cream of wheat, instant oatmeal, etc (½ cup)								102
BRANU	Unrefined cold cereals like all bran, alpen, granola, shredded wheat, etc (½ cup)								103
OATMEALU	Unrefined cooked cereals like oatmeal, ralston, cracked wheat, etc. (½ cup)								104
ENRBREAD	Enriched breads like white, sourdough, french, italian, corn or "unbleached flour" breads (slice)								105
WHOLGRBR	Whole grain breads like 100% whole wheat, stoneground whole wheat, sprouted wheat, 7 grain bread etc. (slice)								106
OTHRBRED	Other breads- cracked, wheat, rye and other partial whole grains (slice)								107
COMROLLS	Commercial dinner rolls, biscuits, hot dog or hamburger rolls, buns, muffins. etc (1)								108
HOMEROLS	Home made rolls, biscuits, muffins, etc (1)								109
CHIPS	Potato chips, fritos, tortilla chips, pretzels, etc. (oz.)								110
FRNCHFRY	French fried potatoes								111
POTATOSK	Potatoes with skins eaten (1)								112
POTNOSKN	Potatoes without skins except french fries (½ cup)								113

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TURNIPS	Parsnips and turnips (½ cup)								114
PANCAKES	Pancakes or waffles or french toast (slice)								115
BRWNRICE	Brown rice (cup)								116
WHITRICE	White rice (cup)								117
PASTA	Pasta (spaghetti, noodles, etc) (cup)								118
OTHRGRAN	Other grains, e.g. bulger, kasha, barley, couscous (cup)								119
<b>Beverages</b>									
COFFEE	Coffee (cup)								120
TEA	Tea (cup)								121
COCOA	Cocoa (cup)								122
DECAFCOF	Decaffeinated coffee, herbal tea, or Postum (cup)								123
CAFPEPSI	Caffeinated beverages like Pepsi, Coke, etc (glass or can)								124
PEPSIFRE	Decaffeinated beverages like Pepsi-free, 7 Up, Ginger ale, Root Beer, etc (glass or can)								125
DIETPEPS	Caffeinated low-calorie beverages like Diet Pepsi, Diet Coke, etc. (glass or can)								126
DPEPSFRE	Decaffeinated low-calorie beverages like Diet Pepsi-free, Diet 7 Up, Diet ginger ale, etc (glass or can)								127
BEER	Beer (bottle or can)								128
REDWINE	Red wine or sherry (glass)								129
WITWINE	White wine (glass)								130
LIQUOR	Liquor or cordial (1 shot)								131
LEMONADE	Hawaiian punch, lemonade, or not carbonated fruit drinks (glass of can)								132
<b>Miscellaneous</b>									
PEANTBUT	Peanut butter (tbsp)								133
POPCORN	Popcorn (cup)								134
CHOWDER	Chowder or cream soup (cup)								135
BROTH	Broth soup (cup)								136
SALDDRES	Mayonnaise or creamy salad dressing including 1000 island, russian, creamy italian, blue cheese dressing (tbsp)								137
OIL	Oil-Corn, soy, sunflower etc. except olive oil (tbsp)								138
OLIVEOIL	Olive oil (tbsp)								139
SEEDS	Seeds like sunflower seeds, etc. (oz)								140
WALNUTS	Walnuts (5)								141
NUTSSALT	Other Salted nuts (oz)								142
NUTSUNSL	Other unsalted nuts (oz)								143
CUSTARD	Custard (½ cup)								144
PUDDING	Pudding (½ cup)								145
CHOCOLAT	Chocolate (small bar)								146
OTHRCONDY	Candy without chocolate (small bar)								147
JAMS	Jams, jellies, preserves, syrup (tbsp)								148
WHEATGRM	Wheat germ (tsp)								149
YEAST	Brewer's Yeast (tsp)								150
BRAN	Bran (tsp)								151
WHITSAUC	White or cream sauces (tbsp)								152
TOMSAUC	Tomato sauce (tbsp)								153
GRAVY	Gravy-made from meat (tbsp)								154
SUGAR	Sugar of honey (tsp)								155

(1) (2) (3) (4) (5) (6) (7)

Are there any other important foods you eat at least once a week? Please exclude spices and don't list something you have already counted under another category. Consider these foods as possibilities: coconut, tortillas, mango, papaya, and pate. Please state the food item, indicate your usual serving size, and check the box that indicates your average use last year.

Food	Average Use Last Year						
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	(1)	(2)	(3)	(4)	(5)	(6)	(7)
1. _____							
2. _____							
3. _____							
4. _____							
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