Instructions for Completing the Food Frequency Questionnaire

Thank you for participating in this research study. An important part of this study is the Food Frequency Questionnaire, designed to measure your dietary pattern over the past year. Remember, the information we get from the study is only as good as the information you give us. Accuracy is essential!

Please complete this form and bring it with you at the time of your appointment, or complete prior to the time of your home visit.

- 1) Please use a No. 2 pencil, and make sure the circles are completely darkened.
- 2) Please do not leave any questions blank. If the section does not apply to you, please fill in the "never" section.
- 3) Please do not separate, staple or rip the booklet.
- 4) Please do not leave any stray marks. Make sure all erasures are complete.

	Action to the form			DIET AS	SSES	SSME	NT								100		
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ID:			0	0230) © @	000	900	100	000	100	3 3	000	23(36	@ Ø (B) (9	
			0	00000	200	-	900	200	(A)		99	000	330	96	BØ (8)(9	
1. Do you cu	urrently take mul	10000		lease report i	-	Section 11 Control	nins un or less	der qu	estion 6-				3 (3) (960	5 (D) (C)	B) (9	
O No	O Yes → Hy	yes,	per wee			$\rightarrow 0^{2}$			-	or more	. 8		$\times \times 1$	XX	X X I	B) (9 B) (9	
9.				ecific brand o	do				0.0	O' I'IIO'			200	200	200	200	
2. Not count	ting multiple vita	amins.	Name of the	ally use? — e anv of the	follo	wing pr	eparat	ions:	888	111	Sp	ecify ex	cact bra	nd and	туре		
a) Vitamin A	(2)		(How many			0.0.0.0	2-4 yr	e .	0 5-9	ure	01	10+ yrs		O Don	t	
O No	Yes, seasonal of		} If Yes, {	years?								-		-2-		-	
1	O Yes, most mon	nths		What dose per day?	9 → (8,000 10	j'' C	8,000 12,00	o iu	0 22,0	000 to		or more		O Don knov	v.	
b) Vitamin C	_) If [How many years?	v → C) 0-1 yr.	C) 2-4 yr	s.	O 5-9	yrs.	01	0+ yrs	(O Don knov	t V	
O No O Yes, seasonal onl			Yes,	What dose → Cless that per day?			an C	on 0 400 to 700 mg.		O 750 to 1250 mg.			300 m		O Don't		
c) Vitamin B	3,67	1	How many		→ C) 0-1 yr.	C	2-4 yr	s.	O 5-9	yrs.	01	10+ yrs	. (O Don'	't v	
O No	○ Yes → If y	yes.	What dose		→Č	Less the	an C	10 to 39 m	g	O 40 t	0	0.8	30 mg. or more	(O Doni	t	
d) Vitamin E	?	(How many	years? —	→C) 0-1 yr.	C	2-4 VI		05-9	8 8 8	-	0+ yrs	* *	O Don	t	
O No	○Yes → If y	yes,	What dose	per day? —	→Č	Less the		100 to	-	300	to	08	00 IU	(O Don	t	
e) Selenium	2	(How many	veore? ——								-			Don	't	
O No	O	yes,	How many years? → 0-1 yr. What dose per day? → Less tha			an C	0 2-4 yrs. 0 80 to		○ 5-9 yrs.		Marie Control	10+ yrs 260 mc		O Don'			
					2 2 3	80 mcg		130 n	ncg.	250	mcg.	-	or more		knov	V	
f) Iron?			How many		→C	0-1 yr.	-	2-4 yr		05.9	Annahil water	-	0+ yrs	-	O know	٧	
○ No ○ Yes →		yes,	What dose	per day? —		Less the 51 mg.	an C	51 to 200 n	ng.	O 201 400	to mg.		01 mg or more		O Don'		
g) Zinc? No Yes> If yes,		- (How many	vears?	→0) 0-1 yr.	0	2-4 yr	s.	O 5-9	vrs.	01	10+ yrs	. (O know		
		yes,	What dose		\rightarrow \tilde{c}	Less tha		25 to 74 m		O 75 t	0	O 1	101 mg	. (O Don'	t	
· ·	(Include Calcium	m	3 3 3 3 3 3			25 mg.	0000	8 8 3	2 (8) (8)	0.00	mg.		or more	6 6 1	∠ Don'	760.7	
h) Calcium?	in Dolomite) ○ Yes → If y	ves,	What dose				-	0 2-4 yrs. 0 400 to		○ 5-9 yrs. ○ 901 to		() 10+ yrs. () 1301 mg.			Don'	V	
0.00	O les P II	X42, (Wilat dose	perdayi		400 mg	912.00	900 h	ng		0 mg.		or more		knov		
i) Are there other supple- ments that you take on			O Folic acid O Cod liver				Olodine	lodine O Beta-O Other (please specify): -									
	basis? Please		O Vitamin D				Copper										
mark if ye	es:		O B-Compl Vitamins	ex Oor	mega-3 itty-acid) Brew Yeast	er's	ОМ	agnesiur	n						
3. For each t	food listed, fill in	the cir	rcle indicati	ing												1 1725	
how ofter	n <u>on average</u> you	u have		-			-		AVER	AGE U	JSE L	AST	YEAR			0	
specified	during the past	year.				Never or less	1-3 per		2-4 per	5-6 per	1 per	2-3 per	4-5 per	6+ per	0		
		31.	DAIR	Y FOODS		1694	per mon					day	day	day	day	6	
		the state of the state of	ow fat milk (8		223		C	and the same of			0	0	0	0	0	C	
		type to be a first to be a	ilk (8 oz. glas				_ C				l Ö	0	Ö	0	0	0	
	photos di	Gream, e Sour Crea	.g. coffee, wi	nipped (1bs)	333	2223	C				0	0	0	0	0	(
			coffee white	ener (tsp.)	888	3333	C				ŏ	0	0	0	0	1	
			or ice milk (1/2				TČ		_		Ŏ	0	Ŏ	ŏ	Ŏ	C	
	10	ce crean	n (1/2 dup)	*****	888	0000	C) (0	0	0	0	0	C	
	and the second	rogurt (1					_ C				0	0	0	0	0	10	
	-	- Secretario	or ricotta chee neese (1 oz.)	ese (½ cup)	223	2223	9		and the second leaves to the		0	0	0	0	0	(
	the second second			nerican, chedo	dar, etc						2 2 3					1	
	9.97.57	plain or	as part of a c serving)				C	C	(1)	0	0	0	0	0	0	K	
	N N	Vlargarin		to food or bre	ead;	2222	C	0) W	0	0	0	0	0	0	C	
Please turn		Butter (pa		food or bread;	111	3 2 2 3	0) @	0	0	0	0	0	0	6	

	Page 2			1	16						
 (Continued) Please fi during the past year, 	Il in your <u>average</u> use, of each specified food.	Never, or less than once	1-3 per	1 per	2-4 per	5-6 per	1 per	2-3 per	4-5 per	6+ per	00
	FRUITS	per month		week	week	week	day	day	day	day	P
	Raisins (1 oz. or small pack) or grapes	0	0	(W)	0	0	0	0	0	0	0
	Prunes (1/2 cup)	0	0	(W)	0	0	0	0	0	0	0
Please try to	Bananas (1)	0	0	W	0	0	0	0	0	0	0
average your seasonal use	Cantaloupe (Va melon)	0	0	W	0	0	0	0	0	0	0
of foods over	Watermelon (1 slice)	0	0	W	0	0	0	0	0	0	IO
the entire year.	Fresh apples or pears (1)	0	0	W	0	0	(D)	0	0	0	0
For example, if	Apple juice or cider (small glass)	0	0	W	0	0	0	0	0	0	I
a food such as cantaloupe is	Oranges (1)	0	0	W	0	0	0	0	0	0	0
eaten 4 times a	Orange juice (small-glass)	0	0	W	O	0	0	0	O	Ŏ	Č
week during the	Grapefruit (1/b)	0	0	W	O	0	0	0	0	Ŏ	O
approximate 3 months that it is	Grapefruit juice (small glass)	0	0	W	0	0	0	O	Ŏ	Ŏ	I
in season, then	Other fruit juices (small glass)	O	O	W	O	O	0	0	O	Ŏ	Č
the average use	Strawberries, fresh, frozen or canned (1/2 cup)	Ŏ	0	W	O	0	0	O	Ö	Ŏ	ĕ
would be once per week.	Blueberries, fresh, frozen or canned (½ cup)	Ŏ		W	Ŏ	O	0	Ŏ	Ŏ	ŏ	ĕ
poi week.	Peaches, apricots or plums (1 fresh, or ½ cup canned)	O	O	(W)	Ö	Ö	0	Ö	Ŏ	Ŏ	Č
		Never, or less than once	1-3 per	1 per	2-4 per	5-6 per	1 per	2-3 per	4-5 per	6÷ per	000
	VEGETABLES	per month	mo.	week	week	week	day	day	day	day	P
	Tomatoes (1)	10	0	W	0	0	0	0	0	0	0
	Tomato juice (small glass)	0	0	W	0	0	0	0	0	O	O
	Tomato sauce (1/2 cup) e.g., spaghetti sauce	0	0	W	0	0	0	0	0	0	0
	Red chili sauce (1 Tbs)	0	0	W	0	0	0	0	0	O	C
	Tofu or soybeans (3-4 oz.)	0	0	W	0	0	0	0	0	0	0
	String beans (½ cup)	0	0	W	0	0	0	0	0	0	0
	Brocceli (1/2 cup)	0	0	W	0	0	0	0	0	0	C
	Cabbage or cole slaw (½ cup)	0	0	W	0	Õ	0	O	0	O	C
	Cauliflower (1/2 cup)	0	0	W	0	0	0	0	0	0	C
	Brussels sprouts (1/2 cup)	0	0	W	0	O	0	O	0	0	C
	Carrots, raw (1/2 carrot or 2-4 sticks)	0	0	W	0	0	0	0	0	0	C
	Carrots, cooked (1/2 cup)	O	0	W	0	O	0	0	0	0	C
	Corn (1 ear or 1/2 cup frozen or canned)	0	0	W	0	0	0	0	0	0	Č
	Peas, or lima beans (1/2 cup fresh, frozen, canned)	O	0	W	Ŏ	Ŏ	0	Ŏ	O	0	Č
	Mixed vegetables (1/2 cup)	O	10	W	O	Ŏ	0	O	0	0	Č
	Beans or lentils, baked or dried (1/2 cup)	Ŏ	Ŏ	W	Ŏ	ŏ	0	Ŏ	Ö	Ö	To
	Yellow (winter) squash (1/2 cup)	O	0	W	Ö	Ŏ	0	ŏ	0	0	C
		0	10	(W)	ŏ	ŏ	0	ŏ	0	0	10
	Eggplant, zucchini, or other summer squash (1/2 cup)				- ·		-	-		-	
	Yams or sweet potatoes (1/2 cup)	0	0	W	0	0	0	0	0	0	0
	Spinach, cooked (1/2 cup)	Ŏ	0	(0)	Ŏ	Ŏ	0	Ŏ	O	O	Te
	Spinach, raw as in salad	Ŏ	Ŏ	(0)	Ŏ	Ŏ	0	Ö	0	0	Č
	Kale, mustard or chard greens (1/2 cup)	Ö	Ŏ	W	ŏ	ŏ	0	Ŏ	Ö	0	Č
	Iceberg or head lettuce (serving)	Ŏ	Ŏ	W	Ŏ	Ŏ	0	Ö	O	Õ	Č
	Romaine or leaf lettuce (serving)	Ŏ	Ŏ	W	Ŏ	ŏ	0	Ŏ	O	Õ	To
	Celery (4" stick)	Ŏ	ŏ	W	Ŏ	Ŏ	0	Ŏ	0	0	l c
	Beets (1/2 cup)	O	To	W	ŏ	ŏ	0	Ŏ	Ŏ	0	To
	Alfalfa sprouts (1/2 cup)	ŏ	ŏ	(0)	Ö	ŏ	0	ŏ	Ö	0	10
	Garlic, fresh or powdered (1 clove or shake)	ŏ	10	(0)	0	0	0	0	10	0	200
			10	1 9	10					0	C
		Never, or less than once	1-3 per	1 per	2-4 per	5-6 per	1 per	2-3 per	4-5 per	6+ per	00
	EGGS, MEAT, ETC.	per monti	mo.		week	week	day	day	day	day	(6)
	Eggs (1)	0	0	(0)	0	0	0	0	0	0	C
	Chicken or turkey, with skin (4-6 oz.)	0	0	(0)	0	0	0	0	0	0	10
	Chicken or turkey, without skin (4-6 oz.)	0	0	0	0	0	0	.0	0	0	C
Please go	Bacon (2 slices)	0	0	(0)	0	0	0	0	0	0	C
to page 3	Hot dogs (1)	0	10	(0)	0	0	0	0	0	0	10

Please go to page 3

				185378	28 BR	36076					
		Never, or less	1-3 per	1 per	2-4 per	5-6 per	1 per	2-3 per	4-5 per	6÷	1
Г		per month	mo.	week			day	day	day	day	
			0	(W)	0	0	0	0	0	0	H
1280	bologna, etc. (piece or slice)							-	-	100	
		0	0	(W)	0	0	0	0	0	0	Ħ
		0	0		0	-	-	-	0	0	H
	Beef, pork, or lamb as a sandwich or mixed dish, e.g., stew, casserole, lasagne, etc.	Ö	0	(1)	Ö	0	0	Ö.	Ö	Ö	
	Beef, pork, or lamb as a main dish, e.g., steak, roast, ham, etc. (4-6 oz.)	0	0	W	0	0	0	0	0	0	1
1000	Canned tuna fish (3-4 oz.)	0	0	(W)	0	0	(D)	0	0	0	
	Dark meat fish, e.g., mackerel, salmon, sardines bluefish, swordfish (3-5 oz.)	O	Ŏ	W	0	Ö	0	0	Ŏ	O	
SER ST	Other fish (3-5 oz.)	0	0	(W)	0	0	0	0	0	0	Ħ
	Shrimp, lobster, scallops as a main dish	Ö	Ŏ	W	O	Õ	0	0	Ŏ	O	Ħ
		Never, or less than once	1-3 per	1 per	2-4 per	5-6 per	1 per	2-3 per	4-5 per	6+ per	
100		per month.	mo.		week	Week	-	day	day	day	
- 1	Cold breakfast cereal (1 cup)	0	0	W	0	0	0	0	0	0	
1212	Cooked catmeal (1 cup)	0	0	W	0	0	0	0	0	0	
	Other cooked breakfast cereal (1 cup)	0	0	W	0	0	0	0	0	0	1
779.3	White bread (slice), including pita bread	0	0	-	0	0		0	0	0	
300000	Dark bread (slice)	0	0	-	0	0	0	0	0	0	1
	English muffins, bagels, or rolls (1)	0	0	(W)	0	0	0	0	0	0	
7507-6	Muffins or biscuits (1)	0	0	W	0	0	0	0	0	0	
	Brown rice (1 cup)	0	0	W	0	0	0	0	0	0	П
	White rice (1 cup)	0	0	(W)	0	0	(0)	0	0	0	Ħ
ALBOMY -	Pasta, e.g., spaghetti, noodles, etc. (1 cup)	0	0		0	-		0	0	0	1
	Other grains, e.g., bulgar, kasha, couscous, etc. (1 cup)	0	0	W	0	0	0	O	0	0	
	Pancakes or waffles (serving)	0	0	(W)	0	0	(0)	0	0	0	П
		0	0		0	-		0	-	0	H
		O	ŏ		ŏ	-	-	Ŏ	-	0	H
		Ö	0	-	0	0	Contractor of the local division in the loca	0	0	0	
- C		0	8		0	0		0	0	0	13
770-51		0	0		0	0		0	0	0	H
	Pizza (Z slices)		0	W	0	10	(0)	U	0	0	Щ
,	e victoriale de la companya de la co	Never, or less than once	1-3 per mo.	1 per week	2-4 per week	5-6 per	1 per	2-3 per	4-5 per	6+ per	
0.75		permonan	-		77001	-		Ou,	-	-	
	Low calorie cola, e.g., Tab with caffeine	5 9 9 (a) (a) (b)	0	W	Ö	0	0	0	0	0	
Low Calorie			-	W	0	0	0	0	0	0	
Low Calorie (sugar-free)	Low calorie caffeine-free cola, e.g., Pepsi Free	Ö	0		-			1 / 1			
	Other low calonic carbonated beverage, e.g., Fresca, Diet 7-Up, diet ginger ale	0	Ö	(W)	0	0	0	0	0		
(sugar-free) types	Other low calone carbonated beverage, e.g., Fresca, Diet 7-Up, diet ginger ale Coke, Pepsi, or other cola with sugar	0	00 00	(W)	0	0	0	0	0	0	
(sugar-free) types Regular types (not sugar-	Other low calorie carbonated beverage, e.g., Fresca, Diet 7-Up, diet ginger ale Coke, Pepsi, or other cola with sugar Caffeine Free Coke, Pepsi, or other cola with sugar	O	0 00	(8) (8)	0 0 0	0	0	000	0	00	
(sugar-free) types Regular types	Other low calone carbonated beverage, e.g., Fresca, Diet 7-Up, diet ginger ale 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	0000	Ö	(8) (8)	0 00 0	Annual Comment	0 0	000	000	000	
(sugar-free) types Regular types (not sugar-	Other low calorie carbonated beverage, e.g., Fresca, Diet 7-Up, diet ginger ale Coke, Pepsi, or other cola with sugar Caffeine Free Coke, Pepsi; or other cola with sugar Other carbonated beverage with sugar,	O	0 00	(8) (8)	0 00 0	0	0	0000	0	0000	
(sugar-free) types Regular types (not sugar- free)	Other low calone carbonated beverage, e.g., Fresca, Diet 7-Up, diet ginger ale 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 Hawaiian Punch, lemonade, or other non-	O	0 00 0	(8) (8)	0 00 0	0	0 0	00000	0	0000	
(sugar-free) types Regular types (not sugar- free)	Other low calorie carbonated beverage, e.g., Fresca, Diet 7-Up, diet ginger ale 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 Hawaiian Punch, lemonade, or other non-carbonated fruit drinks (1 glass, bottle, can)	0	0 00 0	8 8 8		0	0 0		0	0000	
(sugar-free) types Regular types (not sugar- free)	Other low calorie carbonated beverage, e.g., Fresca, Diet 7-Up, diet ginger ale 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 Hawaiian Punch, lemonade, or other non-carbonated fruit drinks (1 glass, bottle, can) Decaffeinated coffee (1 cup)	0	0 00 0	8 8 8		0 0 0	0 0		0 0	0000	
(sugar-free) types Regular types (not sugar- free)	Other low calorie carbonated beverage, e.g., Fresca, Diet 7-Up, diet ginger ale 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 Hawaiian Punch, lemonade, or other non-carbonated fruit drinks (1 glass, bottle, can) Decaffeinated coffee (1 cup) Coffee (1 cup)	0	0 00 0	8 8 8 8	0	0 0 0 0 0	0 0 0 0		0 0 0	000000000000000000000000000000000000000	
(sugar-free) types Regular types (not sugar- free)	Other low calone carbonated beverage, e.g., Fresca, Diet 7-Up, diet ginger ale 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 Hawaiian Punch, lemonade, or other non- carbonated fruit drinks (1 glass, bottle, can) Decaffeinated coffee (1 cup) Coffee (1 cup), not herbal teas	0	0 00 0	8 8 8 8 8	0	0 0 0 0 0 0	000000000000000000000000000000000000000		0 0 0 0 0 0	00 0 0 00000	
(sugar-free) types Regular types (not sugar- free)	Other low calone carbonated beverage, e.g., Fresca, Diet 7-Up, diet ginger ale 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 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)	0	0 00 0 0000	8 8 8 8 8	0000	0 0 0 0 0 0 0	0 0 0 0 0		0 0 0 0 0	00 0 0 000000	
	ast year, of	Liver (3-4 oz.) Hamburger (1 patty) Beef, pork, or lamb as a sandwich or mixed dish, e.g., stew, casserole, lasagne, etc. Beef, pork, or lamb as a main dish, e.g., steak, roast, harn, etc. (4-6 oz.) Canned tuna fish (3-4 oz.) Dark meat fish, e.g., mackerel, salmon, sardines bluefish, swordfish (3-5 oz.) Other fish (3-5 oz.) Shrimp, lobster, scallops as a main dish. BREADS, CEREALS, STARCHES Coid breakfast dereal (1 cup) Cooked datmeal (1 cup) Other cooked breakfast dereal (1 cup) White bread (slice), including pita bread Dark bread (slice) English muffins, bagels, or rolls (1) Muffins or bisquits (1) Brown rice (1 cup) White rice (1 cup) Pasta, e.g., spaghetti, noodles, etc. (1 cup) Other grains, e.g., bulgar, kasha, couscous, etc. (1 cup) Pancakes or waffles (serving) French fried potatoes (4 oz.) Potatoes, baked, boiled (1) or mashed (1 cup) Potato chips or com chips (small bag or 1 oz.) Crackers, Triskets, Wheat Thins (1) Pizza (2 slices)	MEATS (CONTINUED) Processed meats, e.g., sausage, salami, bologna, etc. (piece or slice) Liver (3-4 oz.) Hamburger (1 patty) Beef, pork, or lamb as a sandwich or mixed dish, e.g., stew, casserole, lasagne, etc. Beef, pork, or lamb as a main dish, e.g., steak, coast, ham, etc. (4-8 oz.) Canned tuna fish (3-4 oz.) Dark meat fish, e.g., msckerel, salmon, sardines bluefish, swordfish (3-5 oz.) Other fish (3-5 oz.) Shrimp, lobster, scallops as a main dish Never, or less than once per menth READS, CEREALS, STARCHES BREADS, CEREALS, STARCHES Cold breakfast dereal (1 cup) Cocked catmeal (1 cup) Other cooked breakfast cereal (1 cup) White bread (slice), including pita bread Dark bread (slice) English muffins, bagels, or rolls (1) Muffins or biscutis (1) Brown rice (1 cup) White rice (1 cup) Other grains, e.g., bulgar, kasha, couscous, etc. (1 cup) Pasta, e.g., paghetti, noodles, etc., (1 cup) Other grains, e.g., bulgar, kasha, couscous, etc. (1 cup) Patatoes, baked, boiled (1) or mashed (1 cup) Potatoes, baked, boiled (1) or mashed (1 cup) Potato chips or corn chips (small bag or 1 oz.) Crackers, Triskets, Wheat Thins (1) Pizza (2 slices)	MEATS (CONTINUED) Processed meats, e.g., sausage, salami, bologna, etc. (piece or slice) Liver (3-4 oz.) Hamburger (1 patty) Beef, pork, or lamb as a sandwich or mixed dish, e.g., stew, casserole, lasagne, etc. Beef, pork, or lamb as a main dish, e.g., steak, roast, harn, etc. (4-6 oz.) Canned tuna fish (3-4 oz.) Dark meat fish, e.g., mackerel, salmon, sardnes bluedfish, swordfish (3-5 oz.) Shrimp, lobster, scallops as a main dish Never, cr less than once par menth sardness bluedfish, swordfish (3-5 oz.) Shrimp, lobster, scallops as a main dish Never, cr less than once par menth cr less than once par menth mo. Never, cr less than once par menth per menth per menth Never, cr less than once par menth per m	### A search specified food. MEATS (CONTINUED)	MEATS (CONTINUED) Processed meats, e.g., sausage, salami, bologna, etc. (piece or sice) Liver (3-4 oz.) Hamburger (1 patty) Beef, pork, or lamb as a sandwich or mixed dish, e.g., stew, casserole, lasagne, etc. Beef, pork, or lamb as a main dish, e.g.; steak, coast, ham, etc. (4-6 oz.) Canned tuna fish (3-4 oz.) Dark meat fish, e.g., mackerel, salmon, sardines bluefish, swordish (3-5 oz.) Other fish (3-5 oz.) Shrimp, lobster, scallops as a main dish Never, crisse per membra. BREADS, CEREALS, STARCHES BREADS, CEREALS, STARCHES Robert per membra. Never, crisse per membra	### A search specified food. MEATS (CONTINUED)	See See	Asst year, of each specified food. MEATS (CONTINUED) Services Services	Asst year, of each specified food.	### Annual Park (Action Continue) Mexit year, of each specified food. Online the processed meats, e.g., susage, selami, bologna, etc. (piece of slice) Online the processed meats, e.g., susage, selami, bologna, etc. (piece of slice) Online the processed meats of the processed meats, e.g., stew, casserole, lasagne, etc. Online the processed meats of the processed meats of the processed meats of the processed meats, e.g., stew, casserole, lasagne, etc. Online the processed meats of the proc

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Guidelines for Review of Willet Food Frequency Questionnaire

The purpose of the Willet Food Frequency Questionnaire is to obtain information about what the participant usually eats and drinks. The questions review specific foods and portion sizes, to find out how often, on average, the specified amount was eaten or drunk during the past year. The Willet Food Frequency Form is completed prior to the participant's clinic visit.

Special arrangements may be made if the participant is illiterate, has problems reading, cannot read English, or is unable to answer the questions accurately due to physical or cognitive disabilities. This may be evident for example, the answer sheet has all circles filled out in the first column or is not filled out at all.

- 1. Check that there are no staples, rips, tears, or writing other than where indicated. If so, the form must be redone.
- 2. Make sure that the form is completed with a #2 pencil.
- 3. Check that circles are filled in completely no Xs, checkmarks, etc.
- 4. Check that a response has been filled in for every line. If never used, fill in that circle.
- 5. Check that there is only one response for every line.
- 6. For vitamins, make sure the brand, the dose and how long taken is written in the spaces provided.
- 7. Make sure that all extra foods are written in the numbered spaces (up to 4 items) with complete information.
- 8. Make sure that what is written in the extra foods section is not something that is already in another part of the questionnaire.
- 9. Make sure to check for completeness of I.D. number.
- 10. Make sure to stamp the date on top when the participant brings in the form.

Instructions for Completing the Food Frequency Questionnaire

Thank you for participating in this research study. An important part of this study is the Food Frequency Questionnaire, designed to measure your dietary pattern over the past year. Remember, the information we get from the study is only as good as the information you give us. Accuracy is essential!

Please complete this form and bring it with you at the time of your appointment, or complete prior to the time of your home visit.

- 1) Please use a No. 2 pencil, and make sure the circles are completely darkened.
- 2) Please do not leave any questions blank. If the section does not apply to you, please fill in the "never" section.
- 3) Please do not separate, staple or rip the booklet
- 4) Please do not leave any stray marks. Make sure all erasures are complete.