

*Data Set Name: basedesc.sas7bdat*

Num	Variable	Type	Len	Format	Informat	Label
1	RAND_ID	Num	8			Random Study ID
2	BIOSPEC_CONSENT	Char	3			Agreed to allow biologic specimen use
3	Q2_MSTAT	Num	8	MSTAT.	6.	Marital status
4	GENDER	Num	8	GEND.	6.	Gender
5	MENP	Num	8	MENPFMT.		Menopausal status: Females only
6	SCRSBP	Num	8			SBPavg from Screening Visits
7	SCRDBP	Num	8			DBPavg from Screening Visits
8	SCRNONHDL	Num	8			Non HDL chol (chol - hdlc)
9	SCRTOHDLRATIO	Num	8			Total to HDL ratio (chol/hdlc)
10	SCRCHOL	Num	8			Total cholesterol
11	SCRHDL	Num	8			HDL cholesterol
12	SCRHDLCAT	Num	8	HCAT.		HDL cholesterol categories
13	SCRDL	Num	8			LDL cholesterol
14	SCRTRIG	Num	8			Triglycerides
15	SCRHOMA	Num	8			HOMA
16	SCRINSULIN	Num	8			Insulin
17	SCRGLUC	Num	8			Fasting blood sugar
18	SCRUSOD_CORR	Num	8			Urine sodium-corrected
19	SCRUPOT_CORR	Num	8			Urine potassium-corrected
20	SCRUCRT_CORR	Num	8			Urine creatinine-corrected
21	SCRUUN_CORR	Num	8			Urine urinary nitrogen-corrected
22	SCRUPHOS_CORR	Num	8			Urine phosphorous-corrected
23	SCRUCAL_CORR	Num	8			Urine calcium corrected
24	SCRCREAT	Num	8			Serum creatinine
25	SCRATNONHDL	Num	8			NON HDL chol cat, >=160 or < 160
26	SCRHDLRAT	Num	8			HDL to total chol ratio; >=4 or < 4
27	SCRATCHOL	Num	8	CHLCAT.		Total cholesterol categories
28	SCRATLDL	Num	8	LDCAT.		LDL cholesterol categories
29	SCRATGLUC	Num	8	GCAT.		Fasting blood sugar categories
30	SCRINSULINGTMED	Num	8	YESNOM.		Insulin greater than the median (7.0)
31	SCRHOMAGTMED	Num	8	YESNOM.		Homa greater than or equal to the median
32	SCRATTRIG	Num	8	TRCAT.		Triglycerides categories
33	AGE	Num	8			Baseline age
34	BMICAT	Num	8	BMIFMT.		BMI categories
35	RACE2	Num	8	RACE2FMT.		Race dichotomy
36	HYPERT	Num	8	YESNO.		Hypertensive: yes/no
37	ALCCONS	Char	3			Consumes alcohol: yes or no

Num	Variable	Type	Len	Format	Informat	Label
38	ALCMNPERWK	Num	8			For alcohol consumers, mean number of drinks per week
39	SMOKE	Char	8			Smoking status categories
40	BMI	Num	8			
41	Q4_INCOME	Num	8	INC.	6.	Total annual household income
42	Q1_EDUCG	Num	8	EDUGF.		Highest level of formal/academic education achieved (grouped: 2=Grade school and/or Some high school, 3=Completed high school, 4=Some college (including CC), 5=Completed college (BA, BS), 6=Postgraduate work)

**Data Set Name: baseffq.sas7bdat**

Num	Variable	Type	Len	Format	Informat	Label
1	calor	Num	8	BEST12.	12.	Calories kcal
2	prot	Num	8	BEST12.	12.	Protein gm
3	afat	Num	8	BEST12.	12.	Animal fat gm
4	vfat	Num	8	BEST12.	12.	Vegetable fat gm
5	tfat	Num	8	BEST12.	12.	Total Fat gm
6	carbo	Num	8	BEST12.	12.	Carbohydrates gm
7	aofib	Num	8	BEST12.	12.	AOAC fiber gm
8	calc	Num	8	BEST12.	12.	Calcium mg
9	iron	Num	8	BEST12.	12.	Iron mg
10	magn	Num	8	BEST12.	12.	Magnesium mg
11	ph	Num	8	BEST12.	12.	Phosphorous mg
12	k	Num	8	BEST12.	12.	Potassium mg
13	zn	Num	8	BEST12.	12.	Zinc mg
14	vitc	Num	8	BEST12.	12.	Vitamin C mg
15	b1	Num	8	BEST12.	12.	Vitamin B1 mg
16	b2	Num	8	BEST12.	12.	Vitamin B2 mg
17	niacin	Num	8	BEST12.	12.	Niacin mg
18	b6	Num	8	BEST12.	12.	Vitamin B6 mg
19	fol98	Num	8	BEST12.	12.	Total Folate post 1998 mcg includes supplements and fortified foods
20	retinol	Num	8	BEST12.	12.	Retinol IU
21	carot	Num	8	BEST12.	12.	Carotene IU
22	vita	Num	8	BEST12.	12.	Vitamin A IU
23	satfat	Num	8	BEST12.	12.	Saturated fat gm
24	monfat	Num	8	BEST12.	12.	Monunsaturated fat gm
25	f181	Num	8	BEST12.	12.	Oleic gm
26	poly	Num	8	BEST12.	12.	Polyunsaturated fat gm
27	f182	Num	8	BEST12.	12.	Linoleic gm
28	chol	Num	8	BEST12.	12.	Cholesterol mg
29	meth	Num	8	BEST12.	12.	Methionine gm
30	vitd	Num	8	BEST12.	12.	Vitamin D IU
31	alco	Num	8	BEST12.	12.	Alcohol gm
32	caff	Num	8	BEST12.	12.	Caffeine mg
33	sach	Num	8	BEST12.	12.	Sacharin mg
34	b12	Num	8	BEST12.	12.	Vitamin B12 mcg
35	panto	Num	8	BEST12.	12.	Pantothenic acid mg
36	sucr	Num	8	BEST12.	12.	Sucrose gm

Num	Variable	Type	Len	Format	Informat	Label
37	sodium	Num	8	BEST12.	12.	Sodium mg
38	aprot	Num	8	BEST12.	12.	Animal Protein gm
39	lact	Num	8	BEST12.	12.	Lactose gm
40	trypto	Num	8	BEST12.	12.	Tryptophan gm
41	mn	Num	8	BEST12.	12.	Manganese mg
42	omega	Num	8	BEST12.	12.	Omega 3 (f205+f226),no alpha-linolenic acid gm
43	iodine	Num	8	BEST12.	12.	Iodine mcg
44	se	Num	8	BEST12.	12.	Selenium mcg
45	cu	Num	8	BEST12.	12.	Copper mg
46	fruct	Num	8	BEST12.	12.	Fructose gm
47	f183	Num	8	BEST12.	12.	Linolenic fatty acid gm
48	f40	Num	8	BEST12.	12.	Butyric fatty acid gm
49	f60	Num	8	BEST12.	12.	Caproic fatty acid gm
50	f80	Num	8	BEST12.	12.	Caprylic fatty acid gm
51	f100	Num	8	BEST12.	12.	Capric fatty acid gm
52	f120	Num	8	BEST12.	12.	Lauric fatty acid gm
53	f140	Num	8	BEST12.	12.	Myristic fatty acid gm
54	f160	Num	8	BEST12.	12.	Palmitic fatty acid gm
55	f180	Num	8	BEST12.	12.	Stearic fatty acid gm
56	f161	Num	8	BEST12.	12.	Palmitoleic fatty acid gm
57	f201	Num	8	BEST12.	12.	Eicosenoic fatty acid gm
58	f204	Num	8	BEST12.	12.	Arachadonic fatty acid gm
59	f205	Num	8	BEST12.	12.	Eicosapentaenoic fatty acid (EPA) gm
60	f225	Num	8	BEST12.	12.	Docosapentaenoic fatty acid (DPA) gm
61	f226	Num	8	BEST12.	12.	Docosahexaenoic fatty acid (DHA) gm
62	glut	Num	8	BEST12.	12.	Glutamate gm
63	asp	Num	8	BEST12.	12.	Asparate gm
64	calc_wo	Num	8	BEST12.	12.	Calcium without vitamin pills mg
65	iron_wo	Num	8	BEST12.	12.	Iron without vitamin pills mg
66	zn_wo	Num	8	BEST12.	12.	Zinc without vitamin pills mg
67	vitc_wo	Num	8	BEST12.	12.	Vitamin C without vitamin pills mg
68	b1_wo	Num	8	BEST12.	12.	Thiamine B1 without vitamin pills mg
69	b2_wo	Num	8	BEST12.	12.	Riboflavin B2 without vitamin pills mg
70	b6_wo	Num	8	BEST12.	12.	Pyridoxine B6 without vitamin pills mg
71	fol98_wo	Num	8	BEST12.	12.	Total Folate without vitamin pills mcg includes fortified foods
72	ret_wo	Num	8	BEST12.	12.	Retinol without vitamin pills IU
73	vita_wo	Num	8	BEST12.	12.	Vitamin A without vitamin pills IU
74	vitd_wo	Num	8	BEST12.	12.	Vitamin D without vitamin pills IU
75	b12_wo	Num	8	BEST12.	12.	Vitamin B12 without vitamin pills mcg

Num	Variable	Type	Len	Format	Informat	Label
76	acar	Num	8	BEST12.	12.	Alpha Carotene mcg
77	bcar	Num	8	BEST12.	12.	Beta Carotene mcg
78	bcryp	Num	8	BEST12.	12.	Beta Cryptoxanthin mcg
79	lyco	Num	8	BEST12.	12.	Lycopene mcg
80	lut	Num	8	BEST12.	12.	Lutein and Zeaxanthin mcg
81	fdfol	Num	8	BEST12.	12.	Natural Food Folate, 2001 mcg
82	folic	Num	8	BEST12.	12.	Folic Acid from supplements and fortified foods, 2001 mcg
83	foleq	Num	8	BEST12.	12.	Folate Equivalents, mcg includes supplements and fortified foods
84	omg00	Num	8	BEST12.	12.	Omega 3 (alpha183+205+225+226) gm 2000
85	lcn3	Num	8	BEST12.	12.	Long Chain N3 Fatty Acid 205+225+226
86	n6	Num	8	BEST12.	12.	Omega 6 (c182s+f204) gm, no gamma-linolenic acid
87	reteq	Num	8	BEST12.	12.	Retinol Equivalents of Vit A mcg
88	rae	Num	8	BEST12.	12.	Retinol Activity Equivalents mcg
89	e02mg	Num	8	BEST12.	12.	Total Vitamin E mg atoco includes supplements and fortified foods
90	es2mg	Num	8	BEST12.	12.	Vitamin E mg atoco from Food Fortification Only synthetic
91	omg00_wo	Num	8	BEST12.	12.	Omega 3 no vitamin pill gm 2000 with alpha-linolenic acid
92	lcn3_wo	Num	8	BEST12.	12.	Long Chain N3 Fatty Acid no vit pills
93	n6_wo	Num	8	BEST12.	12.	Omega 6 w/out suppl gm, no gamma-linolenic acid
94	reteq_wo	Num	8	BEST12.	12.	Retinol Equiv of Vit A w/out suppl mcg
95	rae_wo	Num	8	BEST12.	12.	Retinol Activity Equivalents without supplement mcg
96	e02mg_wo	Num	8	BEST12.	12.	Vitamin E mg atoco w/out vitamin supplementationmcg includes fortified foods
97	car_wo	Num	8	BEST12.	12.	Total Carotene w/out suppl IU
98	bcar_wo	Num	8	BEST12.	12.	Beta Carotene w/out suppl mcg
99	nia_wo	Num	8	BEST12.	12.	Niacin w/out suppl mg
100	cu_wo	Num	8	BEST12.	12.	Copper w/out suppl mg
101	ph_wo	Num	8	BEST12.	12.	Phosphorous w/out suppl mg
102	k_wo	Num	8	BEST12.	12.	Potassium w/out suppl mg
103	magn_wo	Num	8	BEST12.	12.	Magnesium w/out suppl mg
104	mn_wo	Num	8	BEST12.	12.	Manganese w/out suppl mg
105	pant_wo	Num	8	BEST12.	12.	Pantothenic Acid w/out suppl mg
106	nblank	Num	8	BEST12.	12.	Number of Unanswered foods
107	rand_id	Num	8			Random Study ID

**Data Set Name: *bpintervention.sas7bdat***

<b>Num</b>	<b>Variable</b>	<b>Type</b>	<b>Len</b>	<b>Label</b>
1	rand_id	Num	8	Random Study ID
2	biospec_consent	Char	3	Agreed to allow biologic specimen use
3	msbpc	Num	8	Mean SBP for CARB
4	mdbpc	Num	8	Mean DBP for CARB
5	msbpf	Num	8	Mean SBP for UNSAT
6	mdbpf	Num	8	Mean DBP for UNSAT
7	msbpp	Num	8	Mean SBP for PROT
8	mdbpp	Num	8	Mean DBP for PROT
9	pmcs	Num	8	SBP: Protein minus carb
10	pmcd	Num	8	DBP: Protein minus carb
11	fmcs	Num	8	SBP: Unsat fat minus carb
12	fmcd	Num	8	DBP: Unsat fat minus carb
13	pmfs	Num	8	SBP: Protein minus unsat fat
14	pmfd	Num	8	DBP: Protein minus unsat fat

**Data Set Name: dietaccn164.sas7bdat**

Num	Variable	Type	Len	Format	Informat	Label
1	RAND_ID	Num	8			Random Study ID
2	Q1_LIKE	Num	8	6.	6.	Overall rating of how much diet was liked (scale of 1 = disliked extremely to 10 = liked extremely)
3	Q2_HUNGRY	Num	8	6.	6.	Rating of how hungry felt on diet (scale of 1 = not at all hungry to 10 = extremely hungry)
4	FVERS	Num	8			Form Version Number
5	DADATE	Num	8			Diet Acceptability q'aire completion date (Number of Days since the Randomization Date)
6	DAVISIT	Num	8	IVIS.		When Diet Acceptability q'aire was administered - FP1, FP2 or FP3

**Data Set Name: healthq.sas7bdat**

Num	Variable	Type	Len	Format	Informat	Label
1	rand_id	Num	8			Random Study ID
2	Q1A_STROKE	Num	8	YNNA.	6.	Has had a stroke
3	Q1B_HATTCK	Num	8	YNNA.	6.	Has had a heart attack
4	Q1C_HFAIL	Num	8	YNNA.	6.	Has had heart failure
5	Q1D_ANGINA	Num	8	YNNA.	6.	Has had angina
6	Q1E_BYPASS	Num	8	YNNA.	6.	Has had coronary bypass surgery or angioplasty
7	Q1F_NITRRX	Num	8	YNNA.	6.	Has had prescription for nitroglycerin tablets for heart pain
8	Q2_ASTHMA	Num	8	YNNA.	6.	Has asthma, chronic bronchitis, emphysema, or COPD
9	Q2A_ORALRX	Num	8	YNNA.	6.	Uses oral breathing medications
10	Q2B_ERVIS	Num	8	YNNA.	6.	Has been to emergency room/hospitalized for breathing problems within the last 6 months
11	Q3_CANCER	Num	8	YNNA.	6.	Has had cancer
12	Q3A_CANCR2YR	Num	8	YNNA.	6.	Cancer was diagnosed or treated in the past 2 years
13	Q4A_INFLB	Num	8	YNNA.	6.	Has had Inflammatory Bowel Disease, Crohn's Disease, malabsorption
14	Q4B_COLSTMY	Num	8	YNNA.	6.	Has had a colostomy or history of bowel resection
15	Q5_KIDNFAIL	Num	8	YNNA.	6.	Has had kidney failure, a kidney transplant, or dialysis
16	Q6_DIETREQ	Num	8	YNNA.	6.	Has medical conditions or special dietary requirements that may interfere with ability to eat study foods for 19 weeks and attend the clinic for at least one meal five days a week
17	Q7_WGTCHNG	Num	8	YNNA.	6.	Has lost/gained 10 lbs. during past 2 months
18	Q8_OTHPROB	Num	8	YNNA.	6.	Has another serious medical problem not previously mentioned
19	Q9_PREG	Num	8	YNNA.	6.	Is pregnant, planning to become pregnant or breast feeding
20	Q10A_TUMS	Num	8	YNNA.	6.	Regularly takes Tums
21	Q10B_ROLAIDS	Num	8	YNNA.	6.	Regularly takes Roloids
22	Q10C_OANTACID	Num	8	YNNA.	6.	Regularly takes other non-prescription antacid
23	Q10D_VIT	Num	8	YNNA.	6.	Regularly takes vitamins, minerals, or herbal supplements
24	Q10E_METAMUCIL	Num	8	YNNA.	6.	Regularly takes Metamucil
25	Q10F_CALCM	Num	8	YNNA.	6.	Regularly takes calcium, magnesium, or potassium supplements
26	Q10G_FISHOIL	Num	8	YNNA.	6.	Regularly takes Fish Oil pills
27	Q10H_SOYSUPP	Num	8	YNNA.	6.	Regularly takes Soy supplements
28	Q11_STOPMED	Num	8	YNNA.	6.	If regularly uses medicines from question 10, is willing to stop taking them during the study
29	Q12_BPRX	Num	8	YNNA.	6.	Has taken medications to control bp in the past 2 months
30	Q13_LIPRX	Num	8	YNNA.	6.	Has taken medications to control cholesterol in the last 3 weeks
31	Q14A_STEROID	Num	8	YNNA.	6.	Regularly takes steroid or corticosteroid pills
32	Q14B_DIABRX	Num	8	YNNA.	6.	Regularly takes Diabetes pills
33	Q14C_DIGITALIS	Num	8	YNNA.	6.	Regularly takes Digitalis



Num	Variable	Type	Len	Format	Informat	Label
34	Q14D_LITHIUM	Num	8	YNNA.	6.	Regularly takes Lithium
35	Q14E_INSULIN	Num	8	YNNA.	6.	Regularly takes Insulin
36	Q14F_WTLOSSMEDS	Num	8	YNNA.	6.	Regularly takes Diet pills/weight loss medication
37	Q15_PSYCHRX	Num	8	YNNA.	6.	Regularly takes medication for psychological or emotional problems
38	Q15A_CHANGRX	Num	8	YNNA.	6.	Has changed medications or dosage for psychological or emotional problems within the past 2 months
39	Q16_ESTROGEN	Num	8	YNNA.	6.	Regularly takes medication for estrogen replacement therapy Q16A_CHANGRXHas changed medications or dosage for estrogen replacement therapy within the past 2 months
40	Q16A_CHANGRX	Num	8	YNNA.	6.	Q16A_CHANGRX
41	Q17_THYROIDH	Num	8	YNNA.	6.	Regularly takes thyroid hormones Q17A_CHANGRXHas changed medications or dosage of thyroid hormones within the past 2 months
42	Q17A_CHANGRX	Num	8	YNNA.	6.	Q17A_CHANGRX
43	Q18_MOVE	Num	8	YNNA.	6.	Is planning to leave area within the next year
44	Q19_OTHTRIAL	Num	8	YNNA.	6.	Is enrolled in another clinical trial
45	Q20_ALCWK	Num	8	6.	6.	The number of drinks of alcohol consumed per week
46	Q21_ALCFREQ	Num	8	ALC.	6.	The frequency of drinking 6 or more alcoholic drinks on one occasion
47	Q22A_BPRX	Num	8	YNNA.	6.	Is taking bp lowering medications
48	Q22B_LIPID	Num	8	YNNA.	6.	Is taking cholesterol lowering medications
49	Q22C_WTLOSS	Num	8	YNNA.	6.	Is taking weight loss medications
50	Q22D_OTC	Num	8	YNNA.	6.	Is taking over the counter products not allowed
51	Q22E_OTH	Num	8	YNNA.	6.	Is taking any other excluded medications
52	red_hdate	Num	8			Health Q'aire completion date (Number of Days since the Randomization Date)

**Data Set Name: *lipidsintervention.sas7bdat***

Num	Variable	Type	Len	Label
1	rand_id	Num	8	Random Study ID
2	biospec_consent	Char	3	Agreed to allow biologic specimen use
3	mldlc	Num	8	INT Mean LDL Cholesterol for CARB
4	mldlf	Num	8	INT Mean LDL Cholesterol for UNSAT
5	mldlp	Num	8	INT Mean LDL Cholesterol for PROT
6	pmcldl	Num	8	INT Mean LDL Cholesterol: Protein minus carb
7	fmcldl	Num	8	INT Mean LDL Cholesterol: Unsat fat minus carb
8	pmfldl	Num	8	INT Mean LDL Cholesterol: Protein minus unsat fat
9	mhdlc	Num	8	INT Mean HDL Cholesterol for CARB
10	mhdlf	Num	8	INT Mean HDL Cholesterol for UNSAT
11	mhdlp	Num	8	INT Mean HDL Cholesterol for PROT
12	pmchdl	Num	8	INT Mean HDL Cholesterol: Protein minus carb
13	fmchdl	Num	8	INT Mean HDL Cholesterol: Unsat fat minus carb
14	pmfhdl	Num	8	INT Mean HDL Cholesterol: Protein minus unsat fat
15	mtrigc	Num	8	INT Mean Triglycerides for CARB
16	mtrigf	Num	8	INT Mean Triglycerides for UNSAT
17	mtrigp	Num	8	INT Mean Triglycerides for PROT
18	pmctrig	Num	8	INT Mean Triglycerides: Protein minus carb
19	fmctrig	Num	8	INT Mean Triglycerides: Unsat fat minus carb
20	pmftrig	Num	8	INT Mean Triglycerides: Protein minus unsat fat
21	mcholc	Num	8	INT Mean Total Cholesterol for CARB
22	mcholf	Num	8	INT Mean Total Cholesterol for UNSAT
23	mcholp	Num	8	INT Mean Total Cholesterol for PROT
24	pmcch	Num	8	INT Mean Total Cholesterol: Protein minus carb
25	fmcch	Num	8	INT Mean Total Cholesterol: Unsat fat minus carb
26	pmfch	Num	8	INT Mean Total Cholesterol: Protein minus unsat fat
27	mnonhdlc	Num	8	INT Mean NON HDL Cholesterol for CARB
28	mtotldlratioc	Num	8	INT Mean Total-HDL chol ratio for CARB
29	mnonhdlf	Num	8	INT Mean NON HDL Cholesterol for UNSAT
30	mtotldlratiof	Num	8	INT Mean Total-HDL chol ratio for UNSAT
31	mnonhdlp	Num	8	INT Mean NON HDL Cholesterol for PROT
32	mtotldlratiop	Num	8	INT Mean Total-HDL chol ratio for PROT
33	pmcnonhdl	Num	8	INT Mean NON HDL Cholesterol: Protein minus carb
34	fmcnonhdl	Num	8	INT Mean NON HDL Cholesterol: Unsat fat minus carb
35	pmfnonhdl	Num	8	INT Mean NON HDL Cholesterol: Protein minus unsat fat
36	pmctotldlratio	Num	8	INT Mean Total Chol - HDL Cholesterol ratio: Protein minus carb

<b>Num</b>	<b>Variable</b>	<b>Type</b>	<b>Len</b>	<b>Label</b>
37	fmctothdratio	Num	8	INT Mean Total Chol - HDL Cholesterol ratio: Unsat fat minus carb
38	pmfthdratio	Num	8	INT Mean Total Chol - HDL Cholesterol ratio: Protein minus unsat fat

**Data Set Name: medusen164.sas7bdat**

Num	Variable	Type	Len	Format	Informat	Label
1	RAND_ID	Num	8			Random Study ID
2	Q1_RXNUTRSUPP	Num	8	YN.	6.	Regularly take RX or nutritional supplements
3	Q2A_TUMS	Num	8	YN.	6.	Regularly take Tums
4	Q2B_ROLAIDS	Num	8	YN.	6.	Regularly take Roloids
5	Q2C_OANTACID	Num	8	YN.	6.	Regularly take other non RX antacid
6	Q2D_VIT	Num	8	YN.	6.	Regularly take vitamins, minerals, or herbal supplements
7	Q2E_METAMUCIL	Num	8	YN.	6.	Regularly take Metamucil
8	Q2F_CALCM	Num	8	YN.	6.	Regularly take calcium, magnesium, or potassium supplements
9	Q3_CHANGERX	Num	8	YN.	6.	Past month, have you or your MD changed the dosage of any RX you regularly take
10	RXQDATE	Num	8			Medication Q'aire completion date (Number of Days since the Randomization Date)
11	RXVISIT	Num	8	RIVIS.		When medication q'aire administered

**Data Set Name: paq164.sas7bdat**

Num	Variable	Type	Len	Format	Informat	Label
1	RAND_ID	Num	8			Random Study ID
2	Q1_MODALACT	Num	8	ACTIV.	6.	Past month, how often taken part in moderate physical activity
3	Q2_VIGACT	Num	8	ACTIV.	6.	Past month, how often taken part in vigorous physical activity
4	Q3_ACTCOMP	Num	8	ACTV.	6.	How does the amount of activity done in past month compare to usual activity levels
5	PAQDATE	Num	8			Physical Activity q'aire completion date (Number of Days since the Randomization Date)
6	PAQVISIT	Num	8	RIVIS.		When Physical Activity q'aire was administered

**Data Set Name: pathist164.sas7bdat**

Num	Variable	Type	Len	Format	Informat	Label
1	RAND_ID	Num	8			Random Study ID
2	Q2_MSTAT	Num	8	MSTAT.	6.	Marital status
3	Q5_SMOKEH	Num	8	YNNA.	6.	Smoked at least 100 cigarettes in your life
4	Q5_SMOKECURR	Num	8	YNNA.	6.	Current cigarette smoker
5	Q5_CIGNUM	Num	8	YNNA.	6.	On avg., number of cigarettes smoked per day
6	Q6_PIPEH	Num	8	YNNA.	6.	Ever smoked a pipe or cigars regularly
7	Q7_PIPECURR	Num	8	YNNA.	6.	Current pipe/cigar smoker
8	Q8_MDBP	Num	8	YNNA.	6.	MD ever told you that you have high BP
9	Q8A_BPRX	Num	8	YNNA.	6.	Ever taken RX to control your BP
10	Q8B_SODIUM	Num	8	YNNA.	6.	Ever reduced sodium intake to reduce your BP
11	Q8B_WTLOSS	Num	8	YNNA.	6.	Ever lost weight to reduce your BP
12	Q8B_PA	Num	8	YNNA.	6.	Ever increased physical activity to reduce your BP
13	Q8B_ALCR	Num	8	YNNA.	6.	Ever reduced alcohol intake to reduce your BP
14	Q8B_OTHDIET	Num	8	YNNA.	6.	Ever used a special diet to reduce your BP
15	Q9_DASH	Num	8	YNNA.	6.	Participated in previous DASH studies
16	Q10_NOBROTH	Num	8	YNNA.	6.	Participant has no brothers
17	Q10_NOSIS	Num	8	YNNA.	6.	Participant has no sisters
18	Q10_NOCHILD	Num	8	YNNA.	6.	Participant has no children
19	Q10_NOCOND	Num	8	YNNA.	6.	None of the participant's relatives have these medical conditions
20	Q10_FATHBP	Num	8	YNNA.	6.	Participant's father has/had high BP
21	Q10_MOTHBP	Num	8	YNNA.	6.	Participant's mother has/had high BP
22	Q10_BROTHBP	Num	8	YNNA.	6.	Participant's brother has/had high BP
23	Q10_SISBP	Num	8	YNNA.	6.	Participant's sister has/had high BP
24	Q10_CHILDBP	Num	8	YNNA.	6.	Participant's child/children has/had high BP
25	Q10_FATHSTROKE	Num	8	YNNA.	6.	Participant's father has/had a stroke
26	Q10_MOTHSTROKE	Num	8	YNNA.	6.	Participant's mother has/had a stroke
27	Q10_BROTHSTROKE	Num	8	YNNA.	6.	Participant's brother has/had a stroke
28	Q10_SISSTROKE	Num	8	YNNA.	6.	Participant's sister has/had a stroke
29	Q10_CHILDSTROKE	Num	8	YNNA.	6.	Participant's child/children has/had a stroke
30	Q10_FATHHA	Num	8	YNNA.	6.	Participant's father has/had a heart attack or angina
31	Q10_MOTHHA	Num	8	YNNA.	6.	Participant's mother has/had a heart attack or angina
32	Q10_BROTHHA	Num	8	YNNA.	6.	Participant's brother has/had a heart attack or angina
33	Q10_SISHA	Num	8	YNNA.	6.	Participant's sister has/had a heart attack or angina
34	Q10_CHILDHA	Num	8	YNNA.	6.	Participant's child/children has/had a heart attack or angina
35	Q10_FATHKF	Num	8	YNNA.	6.	Participant's father has/had kidney failure
36	Q10_MOTHKF	Num	8	YNNA.	6.	Participant's mother has/had kidney failure

Num	Variable	Type	Len	Format	Informat	Label
37	Q10_BROTHKF	Num	8	YNNA.	6.	Participant's brother has/had kidney failure
38	Q10_SISKF	Num	8	YNNA.	6.	Participant's sister has/had kidney failure
39	Q10_CHILDKF	Num	8	YNNA.	6.	Participant's child/children has/had kidney failure
40	Q10_FATHDB	Num	8	YNNA.	6.	Participant's father has/had diabetes
41	Q10_MOTHDB	Num	8	YNNA.	6.	Participant's mother has/had diabetes
42	Q10_BROTHDB	Num	8	YNNA.	6.	Participant's brother has/had diabetes
43	Q10_SISDB	Num	8	YNNA.	6.	Participant's sister has/had diabetes
44	Q10_CHILDDB	Num	8	YNNA.	6.	Participant's child/children has/had diabetes
45	Q11_MENP	Num	8	YNNA.	6.	Women only: reached menopause
46	Q12_HORMONES	Num	8	YNNA.	6.	Women only: currently take female hormones for any reason
47	PHDATE	Num	8			Date Patient History Q'aire administered (Number of Days since the Randomization Date)
48	Q3_EMPLOYG	Num	8	EMPLOYGF.		Current employment status (grouped: 1=Employed FT, 2=Employed PT, 3=Homemaker, 4=Retired, 5=Disabled (unable to work)/Unemployed/Student)

**Data Set Name: rand.sas7bdat**

Num	Variable	Type	Len	Format	Informat	Label
1	rand_id	Num	8			Random Study ID
2	RASSIGN	Char	3	\$3.	\$3.	Randomization sequence of diets
3	DIET1	Char	50	\$50.	\$50.	FP1 Diet assignment
4	PER1STAT	Num	8	RSTAT.	6.	FP1 Status
5	DIET2	Char	50	\$50.	\$50.	FP2 Diet assignment
6	PER2STAT	Num	8	RSTAT.	6.	FP2 Status
7	DIET3	Char	50	\$50.	\$50.	FP3 Diet assignment
8	PER3STAT	Num	8	RSTAT.	6.	FP3 Status
9	DIETCSTAT	Num	8	RSTAT.	6.	Carb Diet Status
10	DIETPSTAT	Num	8	RSTAT.	6.	Protein Diet Status
11	DIETFSTAT	Num	8	RSTAT.	6.	Unsat Fat Diet Status
12	DROPPER	Num	8	6.	6.	Study Termination FP
13	DROPDIE	Char	1	\$1.	\$1.	Study Termination Diet
14	PINCLUDE	Num	8	YESNO.		Participant included-completed at least 2 feeding periods
15	biospec_consent	Char	3			Agreed to allow biologic specimen use



**Data Set Name: *serumintervention.sas7bdat***

<b>Num</b>	<b>Variable</b>	<b>Type</b>	<b>Len</b>	<b>Label</b>
1	rand_id	Num	8	Random Study ID
2	biospec_consent	Char	3	Agreed to allow biologic specimen use
3	mhomac	Num	8	INT Mean HOMA for CARB
4	mcreatc	Num	8	INT Mean Serum Creatinine for CARB
5	mgluc_mgc	Num	8	INT Mean Serum Glucose (mg) for CARB
6	minsulinc	Num	8	INT Mean Insulin for CARB
7	mhomaf	Num	8	INT Mean HOMA for UNSAT
8	mcreatf	Num	8	INT Mean Serum Creatinine for UNSAT
9	mgluc_mgf	Num	8	INT Mean Serum Glucose (mg) for UNSAT
10	minsulinf	Num	8	INT Mean Insulin for UNSAT
11	mhomap	Num	8	INT Mean HOMA for PROT
12	mcreatp	Num	8	INT Mean Serum Creatinine for PROT
13	mgluc_mgp	Num	8	INT Mean Serum Glucose (mg) for PROT
14	minsulinp	Num	8	INT Mean Insulin for PROT
15	pmchoma	Num	8	INT Mean HOMA: Protein minus carb
16	fmchoma	Num	8	INT Mean HOMA: Unsat fat minus carb
17	pmfhoma	Num	8	INT Mean HOMA: Protein minus unsat fat
18	pmcinsulin	Num	8	INT Mean Insulin: Protein minus carb
19	fmcinsulin	Num	8	INT Mean Insulin: Unsat fat minus carb
20	pmfinsulin	Num	8	INT Mean Insulin: Protein minus unsat fat
21	pmcgluc_mg	Num	8	INT Mean Serum Glucose: Protein minus carb
22	fmcgluc_mg	Num	8	INT Mean Serum Glucose: Unsat fat minus carb
23	pmfgluc_mg	Num	8	INT Mean Serum Glucose: Protein minus unsat fat
24	pmccreat	Num	8	INT Mean Serum Creatinine: Protein minus Carb
25	fmccreat	Num	8	INT Mean Serum Creatinine: Unsat fat minus carb
26	pmfcreat	Num	8	INT Mean Serum Creatinine: Protein minus unsat fat

**Data Set Name: *symptn164.sas7bdat***

Num	Variable	Type	Len	Format	Informat	Label
1	RAND_ID	Num	8			Random Study ID
2	Q1_FATIGUE	Num	8	SYMPT.	6.	Past month, experienced fatigue or low energy level
3	Q2_EXTHIRST	Num	8	SYMPT.	6.	Past month, experienced excessive thirst
4	Q3_POORAPP	Num	8	SYMPT.	6.	Past month, experienced poor appetite
5	Q4_LIGHTHEAD	Num	8	SYMPT.	6.	Past month, experienced lightheadedness when standing up
6	Q5_TASTECH	Num	8	SYMPT.	6.	Past month, experienced change in taste
7	Q6_STNOSE	Num	8	SYMPT.	6.	Past month, experienced stuffy nose
8	Q7_DRYMOUTH	Num	8	SYMPT.	6.	Past month, experienced dry mouth
9	Q8_ITCHYSKIN	Num	8	SYMPT.	6.	Past month, experienced itchy skins or hives
10	Q9_WHEEZ	Num	8	SYMPT.	6.	Past month, experienced wheezing
11	Q10_DIARRH	Num	8	SYMPT.	6.	Past month, experienced diarrhea/loose stools
12	Q11_CONSTIP	Num	8	SYMPT.	6.	Past month, experienced constipation
13	Q12_BLOATING	Num	8	SYMPT.	6.	Past month, experienced bloating uncomfortably full
14	Q13_NAUSEA	Num	8	SYMPT.	6.	Past month, experienced nausea or upset stomach
15	Q14_HEADACHE	Num	8	SYMPT.	6.	Past month, experienced headache
16	Q15_HEARTBURN	Num	8	SYMPT.	6.	Past month, experienced heartburn
17	Q17_FEELING	Num	8	FEEL.	6.	Overall, in the past month, I felt
18	FVERS	Num	8			Form Version Number
19	SYDATE	Num	8			Symptoms q'aire completion date (Number of Days since the Randomization Date)
20	SYVISIT	Num	8	SVIVIS.		When Symptoms q'aire was adminisitered

*Data Set Name: urinefrm.sas7bdat*

Num	Variable	Type	Len	Format	Informat	Label
1	rand_id	Num	8			Random Study ID
2	TIMESUFF	Num	8	YNNA.	12.	Collection time sufficient (22-26 hours)
3	TVOL	Num	8	12.	12.	Urine total volume collected
4	VOLSUFF	Num	8	YNNA.	12.	Collection volume sufficient (>= 500 cc)
5	SAMPCORR	Num	8	YNNA.	12.	Sample obtained correctly
6	DISCINITV	Num	8	YNNA.	12.	Discarded initial void
7	VOIDMISS	Num	8	YNNA.	12.	One or less voids missed
8	NOTMENS	Num	8	YNNA.	12.	Not menstruating
9	ustime	Num	8	HHMM.		Urine Collection start time
10	uetime	Num	8	HHMM.		Urine Collection end time
11	uvisit	Num	8	SVIVIS.		When 24 hour urine was collected
12	usdate	Num	8			Urine Collection start date (Number of Days since the Randomization Date)
13	uedate	Num	8			Urine Collection end date (Number of Days since the Randomization Date)
14	day_of_week	Num	8	DAY_FMT.		Day of the week urine collection was started

**Data Set Name: urineintervention.sas7bdat**

Num	Variable	Type	Len	Label
1	rand_id	Num	8	Random Study ID
2	biospec_consent	Char	3	Agreed to allow biologic specimen use
3	mucrctc	Num	8	INT Mean Urine Creatinine for CARB
4	musodc	Num	8	INT Mean Urine Sodium for CARB
5	mupotc	Num	8	INT Mean Urine Potassium for CARB
6	muunc	Num	8	INT Mean Urine Nitrogen for CARB
7	muphosc	Num	8	INT Mean Urine Phosphorus for CARB
8	mucalc	Num	8	INT Mean Urine Calcium for CARB
9	mucrctf	Num	8	INT Mean Urine Creatinine for UNSAT
10	musodf	Num	8	INT Mean Urine Sodium for UNSAT
11	mupotf	Num	8	INT Mean Urine Potassium for UNSAT
12	muunf	Num	8	INT Mean Urine Nitrogen for UNSAT
13	muphosf	Num	8	INT Mean Urine Phosphorus for UNSAT
14	mucalf	Num	8	INT Mean Urine Calcium for UNSAT
15	mucrtp	Num	8	INT Mean Urine Creatinine for PROT
16	musodp	Num	8	INT Mean Urine Sodium for PROT
17	mupotp	Num	8	INT Mean Urine Potassium for PROT
18	muunp	Num	8	INT Mean Urine Nitrogen for PROT
19	muphosp	Num	8	INT Mean Urine Phosphorus for PROT
20	mucalp	Num	8	INT Mean Urine Calcium for PROT
21	pmcucr	Num	8	INT Mean Urine Creatinine: Protein minus carb
22	fmcucr	Num	8	INT Mean Urine Creatinine: Unsat fat minus carb
23	pmfucr	Num	8	INT Mean Urine Creatinine: Protein minus unsat fat
24	pmcusod	Num	8	INT Mean Urine Sodium: Protein minus carb
25	fmcusod	Num	8	INT Mean Urine Sodium: Unsat fat minus carb
26	pmfusod	Num	8	INT Mean Urine Sodium: Protein minus unsat fat
27	pmcupot	Num	8	INT Mean Urine Potassium: Protein minus carb
28	fmcupot	Num	8	INT Mean Urine Potassium: Unsat fat minus carb
29	pmfupot	Num	8	INT Mean Urine Potassium: Protein minus unsat fat
30	pmcuun	Num	8	INT Mean Urine Nitrogen: Protein minus carb
31	fmcuun	Num	8	INT Mean Urine Nitrogen: Unsat fat minus carb
32	pmfuun	Num	8	INT Mean Urine Nitrogen: Protein minus unsat fat
33	pmcuphos	Num	8	INT Mean Urine Phosphorus: Protein minus carb
34	fmcuphos	Num	8	INT Mean Urine Phosphorus: Unsat fat minus carb
35	pmfuphos	Num	8	INT Mean Urine Phosphorus: Protein minus unsat fat
36	pmcucal	Num	8	INT Mean Urine Calcium: Protein minus carb

<b>Num</b>	<b>Variable</b>	<b>Type</b>	<b>Len</b>	<b>Label</b>
37	fmcucal	Num	8	INT Mean Urine Calcium: Unsat fat minus carb
38	pmfucal	Num	8	INT Mean Urine Calcium: Protein minus unsat fat

**Data Set Name: *weightdiet.sas7bdat***

Num	Variable	Type	Len	Format	Informat	Label
1	ALCBEV	Num	8	YN.	6.	Drink alcoholic beverages yesterday?
2	ALCBEV_OZ	Num	8	6.	6.	Number of ounces of alcoholic beverages consumed
3	EFOOD	Num	8	YN.	6.	Eat any of the energy foods
4	EFOODNUM	Num	8	6.	6.	Number of energy foods eaten
5	LEFTMEALS	Num	8	YN.	6.	Any food left over from meals served
6	EXTRAMEALS	Num	8	YN.	6.	Eat any additional foods not allowed by OMNI
7	ufooddist	Num	8			Number of unit foods distributed
8	calcons	Num	8			Total calories consumed
9	per	Num	8			Which feeding period
10	diet	Char	1			which diet
11	perfadh	Num	8	YESNO.		All diet food eaten, no non-study food eaten
12	rand_id	Num	8			Random Study ID
13	red_ddate	Num	8			Daily Dietary Date (Number of Days since the Randomization Date)
14	red_weight	Num	8			DD Weight in lbs. (Top-coded at 280 lbs)