FOOD QUESTIONNAIRE


Name
Date

Public reporting burden for this collection of information is estimated to average 40 minutes per response, including the time for reviewing instructions, searching existing data sources, gathering and maintaining the data needed, and completing and reviewing the collection of information. An agency may not conduct or sponsor, and a person is not required to respond to, a collection of information unless it displays a currently valid OMB control number. Send comments regarding this burden estimate or any other aspect of this collection of information, including suggestions for reducing this burden, to: NIH, Project Clearance Branch, 6705 Rockledge Drive, MSC 7974, Bethesda, MD 20892-7974, ATTN: PRA (0925-0414). Do not return the completed form to this address.

## OFFICE USE ONLY

1. Date Completed:


2. Reviewed By:
$100 \quad 200 \quad 300$

(10) 20) (30) (40 $50 \quad 60 \quad(70 \quad 80 \quad 90$
3. Contact Type:
(1) Phone
4. Mail
(3) Visit
(8) Other
5. Visit Type:
(1) Screening
(2) Semi-Annual
(3) Annual
(4) Non Routine
6. Form Administration:
(1) Self
(2) Group
(3) Interview
(4) Assistance
7. Language:
E ${ }^{2}$
Your answers to this questionnaire will help us learn about nutrition and health. It takes about 45 minutes to complete. Please follow these instructions:

- Answer each question as best you can - estimate if you aren't sure. There are no "right" or "wrong" answers.
- Use an ordinary (\#2) pencil. Do not use pen or felt-tipped marker.
- Fill in the ovals completely. Do not use check marks, Xs, or other marks.
- Do not make any other marks or write anything else on this form.
- Answer each question completely. Some questions have more than one part as shown in the example below. Make sure you complete all parts of the question.
Example: This woman ate oil-packed tuna. It was usually prepared as tuna salad or tuna noodle casserole.

4. Did you eat canned tuna during the last three months?
No (Goto Yes question 5.)
4.1 When you ate canned tuna was it usually ...
Water-packed

- Oil-packed
Either one
Don't know
4.2 When you ate canned tuna how was it usually prepared? (Mark one or two.)
Tuna, plain
- Tuna salad with mayonnaise
- Tuna noodle casserole
These questions ask about the foods you ate during the LAST THREE (3) MONTHS.

1. Did you eat chicken or turkey during the last three months?

No (Go to Yes
question 2.)
1.1 When you ate chicken or turkey, how often did you eat the skin?

Almost always
Often
Sometimes
Rarely
Never
1.2 Did you usually choose ...

Light meat
Dark meat
Both
2. Did you eat beef, pork or lamb during the last three months?

No (Go to
question 3.)
2.1 When you ate beef, pork or lamb, how often did you eat the fat?

Almost always
Often
Sometimes
Rarely
Never
3. Did you eat hamburger or other ground meat during the last three months? (Mark one.)
No (Go to
question 4.)
3.1 When you ate hamburger or other ground meat, was it usually...

Regular
Lean
Extra lean
Ground turkey
Don't know
4. Did you eat canned tuna during the last three months?
No (Go to
question 5.)
4.1 When you ate canned tuna was it usually . . .
Water-packed
Oil-packed
Either one
Don't know
4.2 When you ate canned tuna how was it usually prepared? (Mark one or two.)
Tuna, plain
Tuna salad with mayonnaise
Tuna noodle casserole
5. Did you drink milk or beverages made with milk, such as hot chocolate, during the last three months? (Do not include milk used on cereal or in coffee or tea.) (Mark one.)

5.1 When you drank milk or milk beverages, was it usually ... Whole milk 2\% milk 1\% milk or buttermilk Non-fat or skim milk Evaporated or condensed milk Soy milk Don't know
6. Did you use milk, cream or creamer on cereal during the last three months?

| No (Go to |
| :--- | :--- |
| question 7.) |

6.1 When you used milk, cream or creamer on cereal, what type did you usually use? (Mark one or two.)

Cream or half and half Whole milk 2\% milk 1\% milk Non-fat or skim milk Evaporated or condensed milk Soy milk
Non-dairy creamer
Don't know
7. Did you use milk, cream or creamer in coffee or tea during the last three months?
No (Go to
question 8.)

Yes
7.1 When you used milk, cream or creamer in coffee or tea, what type did you usually use? (Mark one or two.)

Cream or half and half
Whole milk
2\% milk
1\% milk
Non-fat or skim milk
Evaporated or condensed milk
Soy milk
Non-dairy creamer
Don't know
8. Did you eat cold cereals during the last three months?

8.1 When you ate cold cereals, what type did you usually eat? (Mark one or two.)

Granola cereals
High-fiber or bran cereals such as FiberOne ${ }^{\circledR}$, Raisin Bran ${ }^{\circledR}$
Whole grain cereals such as Cheerios ${ }^{\circledR}$, Shredded Wheat ${ }^{\circledR}$
Fortified cereals such as Total®, Product 19®
Other cereals such as corn flakes, Frosted Flakes ${ }^{\circledR}$
9. Did you eat okra, squash, or yams during the last three months?
$\left|\begin{array}{l}\text { No (Go to } \\ \text { question 10.) }\end{array}\right|$
9.1 When you ate okra, squash, or yams, how often were they fried? (Do not include potatoes.)

Almost always
Often
Sometimes
Rarely
Never
10. What kinds of fat did you usually use to deep fry, pan fry or sauté foods? (Mark one or two.)

Stick margarine
Tub margarine
Butter
Shortening (Crisco®, lard, bacon fat or drippings, salt pork, ham hock)
Olive or canola oil
Other oils (vegetable, corn, peanut, safflower)
Non-stick spray (Pam® ${ }^{\circledR}$ )
Didn't add fat
11. What kinds of fat did you usually add when cooking beans, rice, vegetables and potatoes? (Mark one or two.)

Low calorie or low fat margarine
Stick margarine
Tub margarine
Butter
Shortening (Crisco ${ }^{\circledR}$, lard, bacon fat or drippings, salt pork, ham hock)
Olive or canola oil
Other oils (vegetable, corn, peanut, safflower)
Non-stick spray (Pam ${ }^{\circledR}$ )
Non-fat margarine or didn't add fat
12. What kinds of fat did you usually add after cooking vegetables, beans, rice and potatoes?
(Mark one or two.)
Low calorie or low fat margarine
Stick margarine
Tub margarine
Butter
Sour cream
Olive or canola oil
Other oils (vegetable, corn, peanut, safflower)
Non-fat margarine or didn't add fat
13. What kinds of fat did you usually use on breads, muffins, tortillas and rolls? (Mark one or two.)

Low calorie or low fat margarine
Stick margarine
Tub margarine
Butter
Olive or canola oil
Other oils (vegetable, corn, peanut, safflower)
Non-fat margarine or didn't add fat
14. Did you make your own tortillas during the last three months?

No (Go to Yes
question 15.)
14.1 When you made tortillas, did you make them with lard, shortening, or other fat?

Yes, made with fat.
No, made without fat.
15. What type of salad dressing did you usually use? (Mark one.)

Regular, such as French or oil and vinegar
Low-fat (diet)
Fat-free (no oil)
Didn't use salad dressing
16. What type of mayonnaise did you usually use? (Mark one.)

Regular
Low-fat (diet)
Fat-free
Didn't use mayonnaise
17. Did you eat popcorn during the last three months?

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No (Go to Yes
    question 18.)
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17.1 What type of popcorn did you usually eat? (Mark one.)

Popped in oil, pre-popped, or at movies
Regular microwave
Air-popped or special "lite" microwave
17.2 When you ate popcorn, how often did you add butter or margarine?

Almost always
Often
Sometimes
Rarely
Never
18. Did you eat cookies during the last three months?

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No (Go to Yes
question 19.)
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18.1 When you ate cookies, how often were they graham crackers, vanilla wafers, fig bars, or special low fat or no fat cookies?

Almost always
Often
Sometimes
Rarely
Never
19. Did you eat cakes or other pastries during the last three months?
No (Go to Yes
19.1 When you ate cakes or other pastries, how often were they angel food cakes, sponge cakes, or special low fat or no fat cakes or pastries?

Almost always
Often
Sometimes
Rarely
Never

The next section is about how often you usually eat specific foods. Please think about what you usually ate during the last THREE (3) MONTHS.

First: Mark the column to show how often, on the average, you ate the food.
Second: Mark your usual serving size as small, medium or large.

## Please note:

- A small serving is about one-half ( $1 / 2$ ) the medium serving size, or less.
- A large serving is about one-and-a-half ( 1 1/2) times the medium serving size, or more.
- If you never ate a food, mark "Never or less than once per month," and omit the serving size altogether.
- Please do not skip any foods.

Example: This person ate a medium serving of rice about twice per month and never ate sausage.

| TYPE OF FOOD | HOW OFTEN DID YOU EAT THE FOOD (Mark one) |  |  |  |  |  |  |  |  | AMOUNT |  |  |  |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
|  | Never or less than once per month | $\begin{gathered} 1 \\ \text { per } \\ \text { month } \end{gathered}$ | $\begin{gathered} 2-3 \\ \text { per } \\ \text { ponth } \end{gathered}$ | $\begin{gathered} 1 \\ \text { per } \\ \text { week } \end{gathered}$ | $\begin{gathered} 2 \\ \text { per } \\ \text { week } \end{gathered}$ | $\begin{gathered} \text { 3-4 } \\ \text { per } \\ \text { week } \end{gathered}$ | $\begin{gathered} 5-6 \\ \text { per } \\ \text { week } \end{gathered}$ | $\begin{gathered} 1 \\ \text { per } \\ \text { day } \end{gathered}$ | $\begin{aligned} & 2+ \\ & \text { per } \\ & \text { day } \end{aligned}$ | Medium Serving Size | Your Serving Size |  |  |
|  |  |  |  |  |  |  |  |  |  |  | S | M | L |
| Rice | $\bigcirc$ | $\bigcirc$ | - | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | 0 | $\bigcirc$ | $\bigcirc$ | 3/4 cup | $\bigcirc$ | - | $\bigcirc$ |
| Sausage | - | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | 2 slices or 2 ounces | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ |

During the last three (3) months . . .

|  | HOW OFTEN DID YOU EAT THE FOOD (Mark one) |  |  |  |  |  |  |  |  | AMOUNT |  |  |  |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| TYPE OF FOOD | Never or less than once per month | $\begin{gathered} 1 \\ \text { per } \\ \text { month } \end{gathered}$ | $\begin{gathered} \text { 2-3 } \\ \text { per } \\ \text { month } \end{gathered}$ | $\begin{gathered} 1 \\ \text { per } \\ \text { week } \end{gathered}$ | $\begin{gathered} 2 \\ \text { per } \\ \text { week } \end{gathered}$ | 3-4 per week | $\begin{gathered} 5-6 \\ \text { per } \\ \text { peek } \end{gathered}$ | $\begin{gathered} 1 \\ \text { per } \\ \text { day } \end{gathered}$ | $\begin{aligned} & \text { 2+ } \\ & \text { per } \\ & \text { day } \end{aligned}$ | Medium Serving Size | Y |  |  |
| FRUITS AND JUICES |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Apples and pears | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | 1 medium or $1 / 2$ cup | $\bigcirc$ | $\bigcirc$ | O |
| Bananas | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | 1 medium | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ |
| Peaches, nectarines and plums (fresh or canned) | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | 1 medium or 1/2 cup | $\bigcirc$ | $\bigcirc$ | O |
| Cantaloupe, orange melon, muskmelon, mango and papaya | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | 1/4 melon or 1 cup | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ |
| Watermelon and red melon | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | 1 medium slice or 1 cup | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ |
| All other melon, such as honeydew | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | 1 medium slice or 1 cup | $\bigcirc$ | $\bigcirc$ | O |
| Apricots (fresh, canned, or dried) | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | 2 medium or 4 halves | $\bigcirc$ | $\bigcirc$ | O |
| Other dried fruit, such as raisins and prunes | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | 1/4 cup | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ |
| Oranges, grapefruit and tangerines (not juice) | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | 1 orange or $1 / 2$ grapefruit | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ |
| Strawberries and kiwi | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | 1/2 cup | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ |
| Any other fruit, such as fruit cocktail, berries, grapes, applesauce, pineapple | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | 1/2 cup | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ |

SERIAL \#


| TYPE OF FOOD | HOW OFTEN DID YOU EAT THE FOOD (Mark one) |  |  |  |  |  |  |  |  | AMOUNT |  |  |  |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
|  | Never or less than once per month |  | 2-3 per <br> month | $\begin{gathered} 1 \\ \text { per } \\ \text { week } \end{gathered}$ | $\begin{gathered} 2 \\ \text { per } \\ \text { week } \end{gathered}$ | $\begin{gathered} 3-4 \\ \text { per } \\ \text { week } \end{gathered}$ | $\begin{array}{\|c\|} \hline \text { 5-6 } \\ \text { per } \\ \text { week } \end{array}$ | $\begin{gathered} 1 \\ \text { per } \\ \text { day } \end{gathered}$ | $\begin{aligned} & 2+ \\ & \text { per } \\ & \text { day } \end{aligned}$ | Medium Serving Size |  | Or Ser Size M | L |
| Lettuce and plain lettuce salad | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | 0 | 1 medium bowl | $\bigcirc$ | $\bigcirc$ | 0 |
| Mixed lettuce or spinach salad with vegetables such as carrots or tomatoes | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | 1 medium bowl | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ |
| Salad dressing, such as Italian, 1000 Island, French (include low-fat and fat-free dressings) | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | tablespoons | $\bigcirc$ | $\bigcirc$ | 0 |
| Plantains, fried | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | 1 cup | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ |
| French fries, fried potatoes, fried rice, fried cassava and fritters | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | 3/4 cup | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ |
| Sweet potatoes and yams | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | 1/2 cup | $\bigcirc$ | $\bigcirc$ | 0 |
| Other potatoes, cassava, and yucca (boiled, baked, or mashed) | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | 1 medium or $1 / 2$ cup | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ |
| Potato, macaroni, or pasta salads made with mayonnaise or oil | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | 1/2 cup | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ |
| Rice, grains and plain noodles | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | 3/4 cup | $\bigcirc$ | $\bigcirc$ | O |
| Butter, margarine, sour cream, oils, or other fat added to vegetables, beans, rice, and potatoes, after cooking | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | 2 pats or 2 teaspoons | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ |
| MEAT, FISH, POULTRY, LUNCH ITEMS |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Ground meat including hamburgers, meatloaf, and picadillo | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | 1 medium or 3 ounces | $\bigcirc$ | $\bigcirc$ | O |
| Beef, pork and lamb as a main dish, such as steak, roast and ham | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | 4 ounces | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ |
| Beef, pork and lamb as a sandwich (steak sandwich, BBQ sandwich) | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | 3 ounces | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ |
| Stew, pot pie and casseroles with meat or chicken | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | 1 cup | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ |
| Chili with meat and beans | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | 1 cup | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ |
| Liver, including chicken liver, and other organ meats | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | 4 ounces | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ |
| Fried chicken | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | 2 small or 1 large piece | $\bigcirc$ | $\bigcirc$ | O |
| Chicken and turkey (roasted, stewed or broiled) | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\begin{gathered} 2 \text { small or } \\ 1 \text { large } \\ \text { piece } \end{gathered}$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ |
| Gravies made with meat drippings and white sauce | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | 1/4 cup | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ |
| Fried fish, fish sandwich, and fried shellfish (shrimp, oysters) | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | 3 ounces or 1 sandwich | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ |


|  | HOW OFTEN DID YOU EAT THE FOOD (Mark one) |  |  |  |  |  |  |  |  | AMOUNT |  |  |  |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| TYPE OF FOOD | Never or less than once per month | $\left\lvert\, \begin{gathered} 1 \\ \text { per } \\ \text { month } \end{gathered}\right.$ | $\begin{gathered} 2-3 \\ \text { per } \\ \text { month } \end{gathered}$ | $\begin{gathered} 1 \\ \text { per } \\ \text { week } \end{gathered}$ | $\begin{gathered} 2 \\ \text { per } \\ \text { week } \end{gathered}$ | $\begin{gathered} 3-4 \\ \text { per } \\ \text { week } \end{gathered}$ | $\begin{gathered} 5-6 \\ \text { per } \\ \text { peek } \end{gathered}$ | $\begin{gathered} 1 \\ \text { per } \\ \text { day } \end{gathered}$ | $\begin{aligned} & 2+ \\ & \text { per } \\ & \text { day } \end{aligned}$ | Medium Serving Size | S | $\begin{aligned} & \text { ur Ser } \\ & \text { Size } \\ & \text { Mater } \end{aligned}$ | L |
| Shellfish, not fried (shrimp, lobster, crab and oysters) | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | 3 ounces or 1/2 cup | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ |
| Canned tuna, tuna salad, and tuna casserole | $\bigcirc$ | $\bigcirc$ | 0 | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | 1/2 cup tuna or 1 cup casserole | $\bigcirc$ | $\bigcirc$ | O |
| White fish (broiled or baked) such as sole, snapper, cod | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | O | $\bigcirc$ | 3 ounces | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ |
| Dark fish (broiled or baked) such as salmon, mackerel, bluefish | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ |  | $\bigcirc$ | 3 ounces | O | $\bigcirc$ | $\bigcirc$ |
| Macaroni and cheese, lasagna, or noodles with a cream sauce | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | 1 cup | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ |
| Spaghetti or other noodles with meat sauce | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | 1 cup | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ |
| Spaghetti or other noodles with tomato sauce (and no meat) | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | O | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | O | $\bigcirc$ | 1 cup | $\bigcirc$ | O | $\bigcirc$ |
| Low-fat pizza | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\begin{gathered} 2 \text { slices of } \\ \text { a 12" } \\ \text { pizza } \\ \hline \end{gathered}$ | $\bigcirc$ | $\bigcirc$ | 0 |
| Pizza | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ |  | - | $\begin{gathered} 2 \text { slices of } \\ \text { a 12" } \\ \text { pizza } \end{gathered}$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ |
| Tamales, with or without meat | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | 1 medium | $\bigcirc$ | $\bigcirc$ | 0 |
| Chilaquiles | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | 1 cup | $\bigcirc$ | $\bigcirc$ | O |
| Soft quesadilla | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ |  | $\bigcirc$ | 1 medium | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ |
| Crispy quesadilla and chili relleno | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | 0 | $\bigcirc$ | 1 medium | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ |
| Soft taco and enchilada baked without oil | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | - | 2 medium | - | $\bigcirc$ | $\bigcirc$ |
| Flauta and crispy rolled taco | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | - | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | 2 medium | O | $\bigcirc$ | $\bigcirc$ |
| Regular burrito and enchilada | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | - | $\bigcirc$ | ```1 burrito or 2 enchiladas``` | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ |
| Taco and tostada | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | 1 medium | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ |
| Lunch meat such as ham, turkey and other special lean meats | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | 2 slices | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ |
| All other lunch meat such as bologna, salami, Spam ${ }^{\circledR}$, potted and canned meat | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | 0 | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | O | $\bigcirc$ | 2 slices | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ |
| Hot dogs, chorizo, and other sausage such as bratwurst | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | - | - | - | 2 hot dogs or 3 ounces | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ |


|  | HOW OFTEN DID YOU EAT THE FOOD (Mark one) |  |  |  |  |  |  |  |  | AMOUNT |  |  |  |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| TYPE OF FOOD | Never or less than once per month | $\begin{gathered} 1 \\ \text { per } \\ \text { month } \end{gathered}$ | 2-3 per month | $\begin{gathered} 1 \\ \text { per } \\ \text { week } \end{gathered}$ | $\begin{gathered} 2 \\ \text { per } \\ \text { week } \end{gathered}$ | $\begin{gathered} \text { 3-4 } \\ \text { per } \\ \text { week } \end{gathered}$ | $\begin{gathered} 5-6 \\ \text { per } \\ \text { peek } \end{gathered}$ | $\begin{aligned} & 1 \\ & \text { per } \\ & \text { day } \end{aligned}$ | $\begin{aligned} & 2+ \\ & \text { per } \\ & \text { day } \end{aligned}$ | Medium Serving Size | Yo S |  | L |
| Cream soups such as chowders, potato, tomato, cheese, ajiaco | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | 0 | 1 cup or 1 medium bowl | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ |
| Bean soups such as pea, lentil, black bean, potajes | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | 1 cup or 1 medium bowl | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ |
| Vegetable soups | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | 1 cup or 1 medium bowl | $\bigcirc$ | $\bigcirc$ | 0 |
| Menudo and tortilla soup | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | 1 cup or 1 medium bowl | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ |
| Other soups such as chicken noodle | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | 1 cup or 1 medium bowl | $\bigcirc$ | $\bigcirc$ | 0 |
| BREADS, SNACKS, SPR=ADS |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Biscuits, muffins, scones, and croissants | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | 2 biscuits or 1 medium | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ |
| White breads, including bagels, rolls, pita bread, and English Muffins | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | 2 slices or 1 medium | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ |
| Dark breads, including dark bagels, rolls, pita bread, and English Muffins | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | 2 slices or 1 medium | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ |
| Corn bread, corn muffins, and cornmeal mush | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | 1 medium or 1/2 cup | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ |
| Tortillas, corn (not including tacos) | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | 2 medium | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ |
| Tortillas, flour or wheat (not including tacos) | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\begin{aligned} & 1-12 \text { inch } \\ & \text { or } \\ & 2-7 \text { inch } \end{aligned}$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ |
| Indian fry bread | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | 1-9 inch | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ |
| Snacks such as potato chips, corn chips, tortilla chips, pork skins, Ritz ${ }^{\circledR}$ and cheese crackers | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | 2 handfuls or 1 cup | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ |
| Saltines, SnackWell's®, fat-free tortilla chips, and fat-free potato chips | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | 5 crackers or 2 handfuls | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ |
| Popcorn | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | 4 handfuls or 2 cups | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ |
| Peanut butter, peanuts, other nuts and seeds | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | 2 <br> tablespoons or 1 handful | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ |
| Butter, margarine or oil, on bread or tortillas | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | 2 pats or 2 teaspoons | $\bigcirc$ | $\bigcirc$ | 0 |
| Mayonnaise and mayonnaise type spreads, on sandwiches and in salads | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | tablespoons | $\bigcirc$ | $\bigcirc$ | 0 |


|  | HOW OFTEN DID YOU EAT THE FOOD (Mark one) |  |  |  |  |  |  |  |  | AMOUNT |  |  |  |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| TYPE OF FOOD | Never or less than once per month | $\begin{gathered} 1 \\ \text { per } \\ \text { month } \end{gathered}$ | $\begin{gathered} 2-3 \\ \text { per } \\ \text { month } \end{gathered}$ | $\begin{gathered} 1 \\ \text { per } \\ \text { week } \end{gathered}$ | $\begin{gathered} 2 \\ \text { per } \\ \text { week } \end{gathered}$ | $\begin{gathered} 3-4 \\ \text { per } \\ \text { week } \end{gathered}$ | $\begin{gathered} 5-6 \\ \text { per } \\ \text { peek } \end{gathered}$ | $\begin{gathered} 1 \\ \text { per } \\ \text { day } \end{gathered}$ | $\begin{aligned} & 2+ \\ & \text { per } \\ & \text { day } \end{aligned}$ | Medium Serving Size | S | $\begin{aligned} & \text { ur Ser } \\ & \text { Size } \\ & \text { Men } \end{aligned}$ | L |
| BREAKFAST FOODS |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Cold cereal | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | O | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | 0 | $\bigcirc$ | 1 cup or <br> 1 medium bowl | O | $\bigcirc$ | $\bigcirc$ |
| Cooked cereals and grits | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | - | 1 cup or 1 medium bowl | $\bigcirc$ | $\bigcirc$ | - |
| Margarine or butter added to cooked cereal or grits | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | O | $\bigcirc$ | 0 | $\bigcirc$ | $\bigcirc$ | - | 2 pats or 2 teaspoons | - | $\bigcirc$ | $\bigcirc$ |
| Milk on cereal (cold and cooked) | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | 1/2 cup | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ |
| Pancakes and waffles | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | O | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | 0 | $\bigcirc$ | $\begin{gathered} 2 \text { pancakes } \\ \text { or } 1 \\ \text { medium } \\ \text { waffle } \end{gathered}$ | - | $\bigcirc$ | - |
| Eggs | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | O | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | 2 eggs | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ |
| Bacon, breakfast sausage, and scrapple | $\bigcirc$ | - | $\bigcirc$ | - | $\bigcirc$ | $\bigcirc$ | - | $\bigcirc$ | $\bigcirc$ | 3 strips or 2 links or 1 slice | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ |
| DAIRY PRODUCTS |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Low-fat cottage cheese | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | O | $\bigcirc$ | 0 | $\bigcirc$ | 0 | $\bigcirc$ | 1/2 cup | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ |
| Cottage cheese and ricotta cheese | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | - | - | $\bigcirc$ | - | $\bigcirc$ | - | 1/2 cup | - | $\bigcirc$ | $\bigcirc$ |
| Non-fat cheeses. Include cheese added to foods and in cooking | $\bigcirc$ | - | $\bigcirc$ | O | $\bigcirc$ | O | $\bigcirc$ | 0 | $\bigcirc$ | 2 slices or 1/4 cup shredded | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ |
| Part-skim or reduced fat cheeses, such as Mexicantype cheeses or mozzarella. Include cheese added to foods and in cooking | $\bigcirc$ | $\bigcirc$ | 0 | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | 0 | $\bigcirc$ | $\bigcirc$ | 2 slices or 1/4 cup shredded | - | $\bigcirc$ | O |
| All other cheeses, such as cheddar, Swiss, or cream cheese. Include cheese added to foods and in cooking | $\bigcirc$ | - | $\bigcirc$ | - | $\bigcirc$ | O | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | 2 slices or 1/4 cup shredded | - | $\bigcirc$ | - |
| Non-fat yogurt (not frozen) | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | - | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | 1 cup | $\bigcirc$ |  | $\bigcirc$ |
| All other yogurt (not frozen) | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | 1 cup | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ |
| SWEFTS |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Ice cream | $\bigcirc$ | - | $\bigcirc$ | O | $\bigcirc$ | 0 | $\bigcirc$ | 0 | $\bigcirc$ | $\begin{aligned} & 1 \text { scoop or } \\ & 3 / 4 \text { cup } \\ & \hline \end{aligned}$ | - | $\bigcirc$ | $\bigcirc$ |
| Pudding, custard, and flan | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | 0 | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | 3/4 cup | $\bigcirc$ |  | $\bigcirc$ |
| Low-fat or non-fat frozen desserts, such as frozen yogurt, sherbet, ice milk, and low-fat milkshakes | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | O | $\bigcirc$ | 0 | $\bigcirc$ | 0 | $\bigcirc$ | 1 scoop or 3/4 cup | $\bigcirc$ | $\bigcirc$ | O |


| TYPE OF FOOD | HOW OFTEN DID YOU EAT THE FOOD (Mark one) |  |  |  |  |  |  |  |  | AMOUNT |  |  |  |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
|  | Never or less than once per month | $\underset{\substack{1 \\ \text { per } \\ \text { month }}}{ }$ | $\begin{gathered} 2-3 \\ \text { per } \\ \text { porth } \end{gathered}$ | $\begin{gathered} 1 \\ \text { per } \\ \text { week } \end{gathered}$ | $\begin{gathered} 2 \\ \text { per } \\ \text { week } \end{gathered}$ | $\begin{gathered} 3-4 \\ \text { per } \\ \text { peek } \end{gathered}$ | $\begin{gathered} 5-6 \\ \text { per } \\ \text { week } \end{gathered}$ | $\begin{aligned} & 1 \\ & \text { per } \\ & \text { day } \end{aligned}$ | $\begin{aligned} & 2+ \\ & \text { per } \\ & \text { day } \end{aligned}$ | Medium Serving Size | $\begin{aligned} & \text { Your Serving } \\ & \text { Size } \end{aligned}$ |  |  |
|  |  |  |  |  |  |  |  |  |  |  | s | M | L |
| Doughnuts, cakes, pastries, Pop-Tarts® ${ }^{\circledR}$, and pan dulce | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | 0 | 1 piece | - | $\bigcirc$ | $\bigcirc$ |
| Cookies | $\bigcirc$ | $\bigcirc$ | O | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | 0 | 3 small or 1 large | $\bigcirc$ | - | $\bigcirc$ |
| Pumpkin and sweet potato pie | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | O | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | O | $\bigcirc$ | $1 \begin{aligned} & \text { medium } \\ & \text { slice }\end{aligned}$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ |
| All other pies, fried pastries, pastelitos and fruit empanadas | $\bigcirc$ | - | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | - | $\bigcirc$ | $\bigcirc$ | 1 medium slice or 1 piece | $\bigcirc$ | - | $\bigcirc$ |
| Chocolate candy and candy bars | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | O | $\bigcirc$ | 1 small bar or 1 ounce | - | $\bigcirc$ | $\bigcirc$ |
| Hard candy, jam, jelly, honey, or syrup | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | O | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | O | - | 3 pieces or 1 tablespoon | - | $\bigcirc$ | $\bigcirc$ |


| BEVERAGES <br> (Please note that the frequency headings are different.) | HOW OFTEN DID YOU EAT THE FOOD (Mark one) |  |  |  |  |  |  |  |  | AMOUNT |  |  |  |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
|  | Never or less than once pe month | $\begin{gathered} 1-3 \\ \text { per } \\ \text { ponth } \end{gathered}$ | $\begin{gathered} 1 \\ \text { per } \\ \text { week } \end{gathered}$ | $\begin{gathered} 2-4 \\ \text { per } \\ \text { week } \end{gathered}$ | $\begin{gathered} 5-6 \\ \text { per } \\ \text { peek } \end{gathered}$ | $\begin{gathered} 1 \\ \text { per } \\ \text { day } \end{gathered}$ | $\begin{aligned} & 2-3 \\ & \text { per } \\ & \text { day } \end{aligned}$ | $\begin{aligned} & 4-5 \\ & \text { per } \\ & \text { day } \end{aligned}$ | $\begin{aligned} & 6+ \\ & \text { per } \\ & \text { day } \end{aligned}$ | Medium Size Size | $\begin{gathered} \text { Your Serving } \\ \text { Size } \end{gathered}$ |  |  |
|  |  |  |  |  |  |  |  |  |  |  | S | M | L |
| Milk, all types (including canned and soy) not on cereal | $\bigcirc$ | $\bigcirc$ | O | $\bigcirc$ | O | $\bigcirc$ | O | $\bigcirc$ | $\bigcirc$ | 8 ounce glass | - | $\bigcirc$ | $\bigcirc$ |
| Regular soft drinks (not diet) | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | 12 ounces or 1 can | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ |
| Beer | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | 12 ounce can or bottle | - | $\bigcirc$ | $\bigcirc$ |
| Wine | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | - | $\bigcirc$ | $\bigcirc$ | 1 medium glass (6 ounces) | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ |
| Liquor | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | - | $\begin{aligned} & 1 \text { shot } \\ & (1 \text { 1/2 } \end{aligned}$ <br> ounces) | $\bigcirc$ | $\bigcirc$ | 0 |
| Coffee or tea (all types) | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | 8 ounce cup | - | $\bigcirc$ | $\bigcirc$ |
| Milk, cream, or creamer in coffee or tea | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | O | $\bigcirc$ | $\bigcirc$ | $\stackrel{1}{\text { tablespoon }}$ | - | $\bigcirc$ | 0 |
| Sugar in coffee or tea and on cereal | $\bigcirc$ | $\bigcirc$ | O | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\begin{gathered} 2 \\ \text { teaspoons } \end{gathered}$ | O | $\bigcirc$ | O |


| SUMMARY QUESTIONS (please note that the frequency headings are different.) $\qquad$ | Less than one per week | $\begin{gathered} 1-2 \\ \text { per } \\ \text { peek } \end{gathered}$ | $\begin{gathered} 3-4 \\ \text { per } \\ \text { week } \end{gathered}$ | $\begin{gathered} 5-6 \\ \text { per } \\ \text { peek } \end{gathered}$ | $\begin{gathered} 1 \\ \text { per } \\ \text { day } \end{gathered}$ | $\begin{aligned} & 2 \\ & \text { per } \\ & \text { day } \end{aligned}$ | $\begin{gathered} \begin{array}{c} 3 \\ \text { per } \\ \text { day } \end{array} \end{gathered}$ | $\begin{gathered} 4 \\ \substack{\text { per } \\ \text { day }} \end{gathered}$ | $\begin{aligned} & \begin{array}{l} \text { 5+ } \\ \text { per } \\ \text { day } \end{array} \end{aligned}$ |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| How often did you use fat to deep-fry, pan fry, or sauté? Count all fat such as margarine, oil, bacon drippings, or lard. | $\bigcirc$ | $\bigcirc$ | - | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ |
| How often did you add fat when cooking beans, rice, vegetables, and potatoes? Count all fat such as margarine, oil, bacon drippings, or lard. | $\bigcirc$ | - | $\bigcirc$ | O | $\bigcirc$ | O | $\bigcirc$ | $\bigcirc$ | O |
| How often did you eat a serving of vegetables? Do not count salad, potatoes or dried beans or peas. | $\bigcirc$ | O | $\bigcirc$ | $\bigcirc$ | - | $\bigcirc$ | $\bigcirc$ | O | - |
| How often did you eat a serving of fruit? Do not count juices. | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | O | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ | O | $\bigcirc$ |

THANK YOU! Please take a moment to fill in any questions you may have skipped.


