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FRAMINGHAM HEART STUDY - CODING MANUAL

FRAMINGHAM FOOD FREQUENCY QUESTIONAIRE

COHORT: OFFSPRING

DATA COLLECTION TIME FRAME: EXAM 3

SAS DATASET NAME: Q_FFREQ_EX03_1_0302D.SAS7BDAT

#RECORDS: 3730

The value ranges and observation number stated in the manual are based on the original data set. In some cases, observations may be deleted due to participant consent form restrictions. If observations have been deleted from this data set, the ranges or observation number may differ from those stated in this manual.

FRAMINGHAM FOOD FREQUENCY QUESTIONAIRE ADMINISTERED AT EXAM 3 OF THE FRAMINGHAM OFFSPRING STUDY REFLECTING AVERAGE USE IN THE PAST YEAR. THIS IS BASED ON A MODIFIED WILLETT QUESTIONAIRE.

"FIELD" REFERS TO THE ITEM NUMBER ON THE QUESTIONAIRE

VARIABLE	FIELD #	DESCRIPTION
IDTYPE		FRAMINGHAM HEART STUDY COHORT IDENTIFIER 1 = OFFSPRING
ID	1-5	FRAMINGHAM HEART STUDY PARTICIPANT ID NUMBER **DELETED TO PRESERVE CONFIDENTIALITY, USE RANDOM ID (PID)
PID		RANDOM ID **RANDOM ID REPLACES FRAMINGHAM ID TO PRESERVE CONFIDENTIALITY
SKINCHIK	11	CHICKEN OR TURKEY WITH SKIN (SERVING) 1 = NEVER OR < 1 PER MONTH 2 = 1-3 TIMES PER MONTH 3 = 1 PER WEEK [ABOUT ONCE A WEEK] 4 = 2-4 TIMES PER WEEK 5 = 5-7 TIMES PER WEEK [ABOUT ONCE A DAY] 6 = 2-3 TIMES PER DAY 7 = 4 + TIMES PER DAY . = UNKNOWN

NOSKINCH	12	CHICKEN OR TURKEY NO SKIN (SERVING) 1 = NEVER OR < 1 PER MONTH 2 = 1-3 TIMES PER MONTH 3 = 1 PER WEEK [ABOUT ONCE A WEEK] 4 = 2-4 TIMES PER WEEK 5 = 5-7 TIMES PER WEEK [ABOUT ONCE A DAY] 6 = 2-3 TIMES PER DAY 7 = 4 + TIMES PER DAY . = UNKNOWN
LIVER	1	LIVER, BRAINS, KIDNEYS, SWEETBREADS (SERVING) 1 = NEVER OR < 1 PER MONTH 2 = 1-3 TIMES PER MONTH 3 = 1 PER WEEK [ABOUT ONCE A WEEK] 4 = 2-4 TIMES PER WEEK 5 = 5-7 TIMES PER WEEK [ABOUT ONCE A DAY] 6 = 2-3 TIMES PER DAY 7 = 4 + TIMES PER DAY . = UNKNOWN
HOTDOG	14	HOT DOG FRANKFURTER (1) 1 = NEVER OR < 1 PER MONTH 2 = 1-3 TIMES PER MONTH 3 = 1 PER WEEK [ABOUT ONCE A WEEK] 4 = 2-4 TIMES PER WEEK 5 = 5-7 TIMES PER WEEK [ABOUT ONCE A DAY] 6 = 2-3 TIMES PER DAY 7 = 4 + TIMES PER DAY . = UNKNOWN
BACON	15	BACON 2 SLICES 1 = NEVER OR < 1 PER MONTH 2 = 1-3 TIMES PER MONTH 3 = 1 PER WEEK [ABOUT ONCE A WEEK] 4 = 2-4 TIMES PER WEEK 5 = 5-7 TIMES PER WEEK [ABOUT ONCE A DAY] 6 = 2-3 TIMES PER DAY 7 = 4 + TIMES PER DAY . = UNKNOWN
PROCESSD	16	PROCESSED LUNCHEON MEATS (PIECE OR SLICE) 1 = NEVER OR < 1 PER MONTH 2 = 1-3 TIMES PER MONTH 3 = 1 PER WEEK [ABOUT ONCE A WEEK] 4 = 2-4 TIMES PER WEEK 5 = 5-7 TIMES PER WEEK [ABOUT ONCE A DAY] 6 = 2-3 TIMES PER DAY 7 = 4 + TIMES PER DAY . = UNKNOWN

CANNED 17 CANNED MEATS-DEVILED BEEF,HASH,CHILI (SERVING)

1 = NEVER OR < 1 PER MONTH
2 = 1-3 TIMES PER MONTH
3 = 1 PER WEEK [ABOUT ONCE A WEEK]
4 = 2-4 TIMES PER WEEK
5 = 5-7 TIMES PER WEEK [ABOUT ONCE A DAY]
6 = 2-3 TIMES PER DAY
7 = 4 + TIMES PER DAY
. = UNKNOWN

HAMBURG 18 ONE HAMBURGER

1 = NEVER OR < 1 PER MONTH
2 = 1-3 TIMES PER MONTH
3 = 1 PER WEEK [ABOUT ONCE A WEEK]
4 = 2-4 TIMES PER WEEK
5 = 5-7 TIMES PER WEEK [ABOUT ONCE A DAY]
6 = 2-3 TIMES PER DAY
7 = 4 + TIMES PER DAY
. = UNKNOWN

BEEF 19 CHUCK, RIBS, STEAK (SERVING)

1 = NEVER OR < 1 PER MONTH
2 = 1-3 TIMES PER MONTH
3 = 1 PER WEEK [ABOUT ONCE A WEEK]
4 = 2-4 TIMES PER WEEK
5 = 5-7 TIMES PER WEEK [ABOUT ONCE A DAY]
6 = 2-3 TIMES PER DAY
7 = 4 + TIMES PER DAY
. = UNKNOWN

OTHRBEEF 20 OTHER BEEF-ROUND, RUMP, VERY LEAN (SERVING)

1 = NEVER OR < 1 PER MONTH
2 = 1-3 TIMES PER MONTH
3 = 1 PER WEEK [ABOUT ONCE A WEEK]
4 = 2-4 TIMES PER WEEK
5 = 5-7 TIMES PER WEEK [ABOUT ONCE A DAY]
6 = 2-3 TIMES PER DAY
7 = 4 + TIMES PER DAY
. = UNKNOWN

VEAL 21 VEAL (SERVING)

1 = NEVER OR < 1 PER MONTH
2 = 1-3 TIMES PER MONTH
3 = 1 PER WEEK [ABOUT ONCE A WEEK]
4 = 2-4 TIMES PER WEEK
5 = 5-7 TIMES PER WEEK [ABOUT ONCE A DAY]
6 = 2-3 TIMES PER DAY
7 = 4 + TIMES PER DAY
. = UNKNOWN

LAMB	22	LAMB ROASTS, CHOPS, ETC. (SERVING) 1 = NEVER OR < 1 PER MONTH 2 = 1-3 TIMES PER MONTH 3 = 1 PER WEEK [ABOUT ONCE A WEEK] 4 = 2-4 TIMES PER WEEK 5 = 5-7 TIMES PER WEEK [ABOUT ONCE A DAY] 6 = 2-3 TIMES PER DAY 7 = 4 + TIMES PER DAY . = UNKNOWN
PORK	23	PORK ROASTS, CHOPS, ETC. (SERVING) 1 = NEVER OR < 1 PER MONTH 2 = 1-3 TIMES PER MONTH 3 = 1 PER WEEK [ABOUT ONCE A WEEK] 4 = 2-4 TIMES PER WEEK 5 = 5-7 TIMES PER WEEK [ABOUT ONCE A DAY] 6 = 2-3 TIMES PER DAY 7 = 4 + TIMES PER DAY . = UNKNOWN
STEW	24	BEEF, PORK, LAMB AS SANDWICH, STEW, CASSEROLE (SERVING) 1 = NEVER OR < 1 PER MONTH 2 = 1-3 TIMES PER MONTH 3 = 1 PER WEEK [ABOUT ONCE A WEEK] 4 = 2-4 TIMES PER WEEK 5 = 5-7 TIMES PER WEEK [ABOUT ONCE A DAY] 6 = 2-3 TIMES PER DAY 7 = 4 + TIMES PER DAY . = UNKNOWN
CANTUNA	25	CANNED TUNAFISH (SERVING) 1 = NEVER OR < 1 PER MONTH 2 = 1-3 TIMES PER MONTH 3 = 1 PER WEEK [ABOUT ONCE A WEEK] 4 = 2-4 TIMES PER WEEK 5 = 5-7 TIMES PER WEEK [ABOUT ONCE A DAY] 6 = 2-3 TIMES PER DAY 7 = 4 + TIMES PER DAY . = UNKNOWN
SALMON	26	DARK MEAT FISH-MACKERAL, SALMON, BLUE (SERVING) 1 = NEVER OR < 1 PER MONTH 2 = 1-3 TIMES PER MONTH 3 = 1 PER WEEK [ABOUT ONCE A WEEK] 4 = 2-4 TIMES PER WEEK 5 = 5-7 TIMES PER WEEK [ABOUT ONCE A DAY] 6 = 2-3 TIMES PER DAY 7 = 4 + TIMES PER DAY . = UNKNOWN

LOBSTER	27	SHRIMP,LOBSTER SCALLOPS MAIN DISH (SERVING) 1 = NEVER OR < 1 PER MONTH 2 = 1-3 TIMES PER MONTH 3 = 1 PER WEEK [ABOUT ONCE A WEEK] 4 = 2-4 TIMES PER WEEK 5 = 5-7 TIMES PER WEEK [ABOUT ONCE A DAY] 6 = 2-3 TIMES PER DAY 7 = 4 + TIMES PER DAY . = UNKNOWN
OTHRFISH	28	OTHER FISH (SERVING) 1 = NEVER OR < 1 PER MONTH 2 = 1-3 TIMES PER MONTH 3 = 1 PER WEEK [ABOUT ONCE A WEEK] 4 = 2-4 TIMES PER WEEK 5 = 5-7 TIMES PER WEEK [ABOUT ONCE A DAY] 6 = 2-3 TIMES PER DAY 7 = 4 + TIMES PER DAY . = UNKNOWN
EGGS	29	EGGS (1) 1 = NEVER OR < 1 PER MONTH 2 = 1-3 TIMES PER MONTH 3 = 1 PER WEEK [ABOUT ONCE A WEEK] 4 = 2-4 TIMES PER WEEK 5 = 5-7 TIMES PER WEEK [ABOUT ONCE A DAY] 6 = 2-3 TIMES PER DAY 7 = 4 + TIMES PER DAY . = UNKNOWN
SOYNUT	30	GLUTEN, SOY NUT OTHER VEG. PRODUCTS (SERVING) 1 = NEVER OR < 1 PER MONTH 2 = 1-3 TIMES PER MONTH 3 = 1 PER WEEK [ABOUT ONCE A WEEK] 4 = 2-4 TIMES PER WEEK 5 = 5-7 TIMES PER WEEK [ABOUT ONCE A DAY] 6 = 2-3 TIMES PER DAY 7 = 4 + TIMES PER DAY . = UNKNOWN
VEGROAST	31	HOMEMADE VEGETARIAN ROASTS, CASSEROLES 1 = NEVER OR < 1 PER MONTH 2 = 1-3 TIMES PER MONTH 3 = 1 PER WEEK [ABOUT ONCE A WEEK] 4 = 2-4 TIMES PER WEEK 5 = 5-7 TIMES PER WEEK [ABOUT ONCE A DAY] 6 = 2-3 TIMES PER DAY 7 = 4 + TIMES PER DAY . = UNKNOWN

VEGBURGR	32	VEGETARIAN LINKS OR BURGERS 1 = NEVER OR < 1 PER MONTH 2 = 1-3 TIMES PER MONTH 3 = 1 PER WEEK [ABOUT ONCE A WEEK] 4 = 2-4 TIMES PER WEEK 5 = 5-7 TIMES PER WEEK [ABOUT ONCE A DAY] 6 = 2-3 TIMES PER DAY 7 = 4 + TIMES PER DAY . = UNKNOWN
PIZZA	33	MIXED CHEESE & TOMATO-PIZZA, LASAGNA (SERVING) 1 = NEVER OR < 1 PER MONTH 2 = 1-3 TIMES PER MONTH 3 = 1 PER WEEK [ABOUT ONCE A WEEK] 4 = 2-4 TIMES PER WEEK 5 = 5-7 TIMES PER WEEK [ABOUT ONCE A DAY] 6 = 2-3 TIMES PER DAY 7 = 4 + TIMES PER DAY . = UNKNOWN
SKIMMILK	34	SKIM MILK OR SKIM BUTTERMILK (CUP) 1 = NEVER OR < 1 PER MONTH 2 = 1-3 TIMES PER MONTH 3 = 1 PER WEEK [ABOUT ONCE A WEEK] 4 = 2-4 TIMES PER WEEK 5 = 5-7 TIMES PER WEEK [ABOUT ONCE A DAY] 6 = 2-3 TIMES PER DAY 7 = 4 + TIMES PER DAY . = UNKNOWN
LOWFMILK	35	1-2% LOW FAT MILK (GLASS) 1 = NEVER OR < 1 PER MONTH 2 = 1-3 TIMES PER MONTH 3 = 1 PER WEEK [ABOUT ONCE A WEEK] 4 = 2-4 TIMES PER WEEK 5 = 5-7 TIMES PER WEEK [ABOUT ONCE A DAY] 6 = 2-3 TIMES PER DAY 7 = 4 + TIMES PER DAY . = UNKNOWN
WHOLEMLK	36	CUP OF WHOLE MILK 1 = NEVER OR < 1 PER MONTH 2 = 1-3 TIMES PER MONTH 3 = 1 PER WEEK [ABOUT ONCE A WEEK] 4 = 2-4 TIMES PER WEEK 5 = 5-7 TIMES PER WEEK [ABOUT ONCE A DAY] 6 = 2-3 TIMES PER DAY 7 = 4 + TIMES PER DAY . = UNKNOWN

SOYMILK	37	IMITATION OR SOY MILK (CUP) 1 = NEVER OR < 1 PER MONTH 2 = 1-3 TIMES PER MONTH 3 = 1 PER WEEK [ABOUT ONCE A WEEK] 4 = 2-4 TIMES PER WEEK 5 = 5-7 TIMES PER WEEK [ABOUT ONCE A DAY] 6 = 2-3 TIMES PER DAY 7 = 4 + TIMES PER DAY . = UNKNOWN
CREAM	38	1 OZ. HALF & HALF, EVAP.,CREAM,SOUR CREAM 1 = NEVER OR < 1 PER MONTH 2 = 1-3 TIMES PER MONTH 3 = 1 PER WEEK [ABOUT ONCE A WEEK] 4 = 2-4 TIMES PER WEEK 5 = 5-7 TIMES PER WEEK [ABOUT ONCE A DAY] 6 = 2-3 TIMES PER DAY 7 = 4 + TIMES PER DAY . = UNKNOWN
NONDAIRY	39	NON-DAIRY CREAMER (TSP.) 1 = NEVER OR < 1 PER MONTH 2 = 1-3 TIMES PER MONTH 3 = 1 PER WEEK [ABOUT ONCE A WEEK] 4 = 2-4 TIMES PER WEEK 5 = 5-7 TIMES PER WEEK [ABOUT ONCE A DAY] 6 = 2-3 TIMES PER DAY 7 = 4 + TIMES PER DAY . = UNKNOWN
YOGURTSK	40	CUP YOGURT FROM SKIM MILK 1 = NEVER OR < 1 PER MONTH 2 = 1-3 TIMES PER MONTH 3 = 1 PER WEEK [ABOUT ONCE A WEEK] 4 = 2-4 TIMES PER WEEK 5 = 5-7 TIMES PER WEEK [ABOUT ONCE A DAY] 6 = 2-3 TIMES PER DAY 7 = 4 + TIMES PER DAY . = UNKNOWN
YOGWHOLE	41	CUP YOGURT FROM WHOLE MILK 1 = NEVER OR < 1 PER MONTH 2 = 1-3 TIMES PER MONTH 3 = 1 PER WEEK [ABOUT ONCE A WEEK] 4 = 2-4 TIMES PER WEEK 5 = 5-7 TIMES PER WEEK [ABOUT ONCE A DAY] 6 = 2-3 TIMES PER DAY 7 = 4 + TIMES PER DAY . = UNKNOWN

SHERBET	42	SHERBET OR ICE MILK (1/2 CUP) 1 = NEVER OR < 1 PER MONTH 2 = 1-3 TIMES PER MONTH 3 = 1 PER WEEK [ABOUT ONCE A WEEK] 4 = 2-4 TIMES PER WEEK 5 = 5-7 TIMES PER WEEK [ABOUT ONCE A DAY] 6 = 2-3 TIMES PER DAY 7 = 4 + TIMES PER DAY . = UNKNOWN
ICECREAM	43	1/2 CUP OF ICE CREAM 1 = NEVER OR < 1 PER MONTH 2 = 1-3 TIMES PER MONTH 3 = 1 PER WEEK [ABOUT ONCE A WEEK] 4 = 2-4 TIMES PER WEEK 5 = 5-7 TIMES PER WEEK [ABOUT ONCE A DAY] 6 = 2-3 TIMES PER DAY 7 = 4 + TIMES PER DAY . = UNKNOWN
CHESWHOL	44	1/2 CUP WHOLE MILK COTTAGE OR RICOTTA CHEESE 1 = NEVER OR < 1 PER MONTH 2 = 1-3 TIMES PER MONTH 3 = 1 PER WEEK [ABOUT ONCE A WEEK] 4 = 2-4 TIMES PER WEEK 5 = 5-7 TIMES PER WEEK [ABOUT ONCE A DAY] 6 = 2-3 TIMES PER DAY 7 = 4 + TIMES PER DAY . = UNKNOWN
CHESLOWF	45	LOW FAT CHEESES-SKIM COTTAGE, MOZARELLA 1 = NEVER OR < 1 PER MONTH 2 = 1-3 TIMES PER MONTH 3 = 1 PER WEEK [ABOUT ONCE A WEEK] 4 = 2-4 TIMES PER WEEK 5 = 5-7 TIMES PER WEEK [ABOUT ONCE A DAY] 6 = 2-3 TIMES PER DAY 7 = 4 + TIMES PER DAY . = UNKNOWN
CHESOTHR	46	OTHER HARD CHEESE 1 = NEVER OR < 1 PER MONTH 2 = 1-3 TIMES PER MONTH 3 = 1 PER WEEK [ABOUT ONCE A WEEK] 4 = 2-4 TIMES PER WEEK 5 = 5-7 TIMES PER WEEK [ABOUT ONCE A DAY] 6 = 2-3 TIMES PER DAY 7 = 4 + TIMES PER DAY . = UNKNOWN

STIKMARG	47	TSP. MARGARINE STICK ADDED TO FOOD (NOT COOKING) 1 = NEVER OR < 1 PER MONTH 2 = 1-3 TIMES PER MONTH 3 = 1 PER WEEK [ABOUT ONCE A WEEK] 4 = 2-4 TIMES PER WEEK 5 = 5-7 TIMES PER WEEK [ABOUT ONCE A DAY] 6 = 2-3 TIMES PER DAY 7 = 4 + TIMES PER DAY . = UNKNOWN
TUBMARG	48	TSP. MARGARINE TUB FORM ADDED TO FOODS (NOT COOKING) 1 = NEVER OR < 1 PER MONTH 2 = 1-3 TIMES PER MONTH 3 = 1 PER WEEK [ABOUT ONCE A WEEK] 4 = 2-4 TIMES PER WEEK 5 = 5-7 TIMES PER WEEK [ABOUT ONCE A DAY] 6 = 2-3 TIMES PER DAY 7 = 4 + TIMES PER DAY . = UNKNOWN
BUTTER	49	TSP. BUTTER ADDED TO FOOD (NOT COOKING) 1 = NEVER OR < 1 PER MONTH 2 = 1-3 TIMES PER MONTH 3 = 1 PER WEEK [ABOUT ONCE A WEEK] 4 = 2-4 TIMES PER WEEK 5 = 5-7 TIMES PER WEEK [ABOUT ONCE A DAY] 6 = 2-3 TIMES PER DAY 7 = 4 + TIMES PER DAY . = UNKNOWN
APPLE	50	FRESH APPLE OR PEAR (1) 1 = NEVER OR < 1 PER MONTH 2 = 1-3 TIMES PER MONTH 3 = 1 PER WEEK [ABOUT ONCE A WEEK] 4 = 2-4 TIMES PER WEEK 5 = 5-7 TIMES PER WEEK [ABOUT ONCE A DAY] 6 = 2-3 TIMES PER DAY 7 = 4 + TIMES PER DAY . = UNKNOWN
CIDER	51	SMALL GLASS APPLE JUICE OR CIDER 1 = NEVER OR < 1 PER MONTH 2 = 1-3 TIMES PER MONTH 3 = 1 PER WEEK [ABOUT ONCE A WEEK] 4 = 2-4 TIMES PER WEEK 5 = 5-7 TIMES PER WEEK [ABOUT ONCE A DAY] 6 = 2-3 TIMES PER DAY 7 = 4 + TIMES PER DAY . = UNKNOWN

APPLSAUC	52	HALF CUP APPLE SAUCE 1 = NEVER OR < 1 PER MONTH 2 = 1-3 TIMES PER MONTH 3 = 1 PER WEEK [ABOUT ONCE A WEEK] 4 = 2-4 TIMES PER WEEK 5 = 5-7 TIMES PER WEEK [ABOUT ONCE A DAY] 6 = 2-3 TIMES PER DAY 7 = 4 + TIMES PER DAY . = UNKNOWN
ORANGE	53	ORANGE OR TANGERINE (1) 1 = NEVER OR < 1 PER MONTH 2 = 1-3 TIMES PER MONTH 3 = 1 PER WEEK [ABOUT ONCE A WEEK] 4 = 2-4 TIMES PER WEEK 5 = 5-7 TIMES PER WEEK [ABOUT ONCE A DAY] 6 = 2-3 TIMES PER DAY 7 = 4 + TIMES PER DAY . = UNKNOWN
ORNGJUIC	54	SMALL GLASS ORANGE JUICE 1 = NEVER OR < 1 PER MONTH 2 = 1-3 TIMES PER MONTH 3 = 1 PER WEEK [ABOUT ONCE A WEEK] 4 = 2-4 TIMES PER WEEK 5 = 5-7 TIMES PER WEEK [ABOUT ONCE A DAY] 6 = 2-3 TIMES PER DAY 7 = 4 + TIMES PER DAY . = UNKNOWN
GRAPFRUT	55	HALF GRAPEFRUIT OR GLASS JUICE 1 = NEVER OR < 1 PER MONTH 2 = 1-3 TIMES PER MONTH 3 = 1 PER WEEK [ABOUT ONCE A WEEK] 4 = 2-4 TIMES PER WEEK 5 = 5-7 TIMES PER WEEK [ABOUT ONCE A DAY] 6 = 2-3 TIMES PER DAY 7 = 4 + TIMES PER DAY . = UNKNOWN
PEACHES	56	PEACHES, APRICOTS, PLUMS, NECTARINES (PIECE OR 1/2 CUP) 1 = NEVER OR < 1 PER MONTH 2 = 1-3 TIMES PER MONTH 3 = 1 PER WEEK [ABOUT ONCE A WEEK] 4 = 2-4 TIMES PER WEEK 5 = 5-7 TIMES PER WEEK [ABOUT ONCE A DAY] 6 = 2-3 TIMES PER DAY 7 = 4 + TIMES PER DAY . = UNKNOWN

RAISINS	57	SMALL PACK OF RAISINS OR SMALL BUNCH OF GRAPES 1 = NEVER OR < 1 PER MONTH 2 = 1-3 TIMES PER MONTH 3 = 1 PER WEEK [ABOUT ONCE A WEEK] 4 = 2-4 TIMES PER WEEK 5 = 5-7 TIMES PER WEEK [ABOUT ONCE A DAY] 6 = 2-3 TIMES PER DAY 7 = 4 + TIMES PER DAY . = UNKNOWN
PRUNES	58	HALF CUP PRUNES OR DRY APRICOTS 1 = NEVER OR < 1 PER MONTH 2 = 1-3 TIMES PER MONTH 3 = 1 PER WEEK [ABOUT ONCE A WEEK] 4 = 2-4 TIMES PER WEEK 5 = 5-7 TIMES PER WEEK [ABOUT ONCE A DAY] 6 = 2-3 TIMES PER DAY 7 = 4 + TIMES PER DAY . = UNKNOWN
DATES	59	HALF CUP DATES OR FIGS 1 = NEVER OR < 1 PER MONTH 2 = 1-3 TIMES PER MONTH 3 = 1 PER WEEK [ABOUT ONCE A WEEK] 4 = 2-4 TIMES PER WEEK 5 = 5-7 TIMES PER WEEK [ABOUT ONCE A DAY] 6 = 2-3 TIMES PER DAY 7 = 4 + TIMES PER DAY . = UNKNOWN
BANANAS	60	BANANAS (1) 1 = NEVER OR < 1 PER MONTH 2 = 1-3 TIMES PER MONTH 3 = 1 PER WEEK [ABOUT ONCE A WEEK] 4 = 2-4 TIMES PER WEEK 5 = 5-7 TIMES PER WEEK [ABOUT ONCE A DAY] 6 = 2-3 TIMES PER DAY 7 = 4 + TIMES PER DAY . = UNKNOWN
STRAWBER	61	1/2 CUP FRESH, FROZEN OR CANNED STRAWBERRIES 1 = NEVER OR < 1 PER MONTH 2 = 1-3 TIMES PER MONTH 3 = 1 PER WEEK [ABOUT ONCE A WEEK] 4 = 2-4 TIMES PER WEEK 5 = 5-7 TIMES PER WEEK [ABOUT ONCE A DAY] 6 = 2-3 TIMES PER DAY 7 = 4 + TIMES PER DAY . = UNKNOWN

BLACKBER 62 1/2 CUP BLACKBERRIES, BLUEBERRIES, RASPBERRIES

1 = NEVER OR < 1 PER MONTH
2 = 1-3 TIMES PER MONTH
3 = 1 PER WEEK [ABOUT ONCE A WEEK]
4 = 2-4 TIMES PER WEEK
5 = 5-7 TIMES PER WEEK [ABOUT ONCE A DAY]
6 = 2-3 TIMES PER DAY
7 = 4 + TIMES PER DAY
. = UNKNOWN

MELON 63 CANTELOUPE OR HONEYDEW MELON (SMALL SLICE)

1 = NEVER OR < 1 PER MONTH
2 = 1-3 TIMES PER MONTH
3 = 1 PER WEEK [ABOUT ONCE A WEEK]
4 = 2-4 TIMES PER WEEK
5 = 5-7 TIMES PER WEEK [ABOUT ONCE A DAY]
6 = 2-3 TIMES PER DAY
7 = 4 + TIMES PER DAY
. = UNKNOWN

WATERMEL 64 SLICE OF WATERMELON

1 = NEVER OR < 1 PER MONTH
2 = 1-3 TIMES PER MONTH
3 = 1 PER WEEK [ABOUT ONCE A WEEK]
4 = 2-4 TIMES PER WEEK
5 = 5-7 TIMES PER WEEK [ABOUT ONCE A DAY]
6 = 2-3 TIMES PER DAY
7 = 4 + TIMES PER DAY
. = UNKNOWN

PINEAPPL 65 FRESH OR CANNED PINEAPPLE (1/2 CUP)

1 = NEVER OR < 1 PER MONTH
2 = 1-3 TIMES PER MONTH
3 = 1 PER WEEK [ABOUT ONCE A WEEK]
4 = 2-4 TIMES PER WEEK
5 = 5-7 TIMES PER WEEK [ABOUT ONCE A DAY]
6 = 2-3 TIMES PER DAY
7 = 4 + TIMES PER DAY
. = UNKNOWN

CHERRIES 66 1/2 CUP FRESH OR CANNED CHERRIES

1 = NEVER OR < 1 PER MONTH
2 = 1-3 TIMES PER MONTH
3 = 1 PER WEEK [ABOUT ONCE A WEEK]
4 = 2-4 TIMES PER WEEK
5 = 5-7 TIMES PER WEEK [ABOUT ONCE A DAY]
6 = 2-3 TIMES PER DAY
7 = 4 + TIMES PER DAY
. = UNKNOWN

PAPAYAS 67 HALF CUP PAPAYAS

1 = NEVER OR < 1 PER MONTH
2 = 1-3 TIMES PER MONTH
3 = 1 PER WEEK [ABOUT ONCE A WEEK]
4 = 2-4 TIMES PER WEEK
5 = 5-7 TIMES PER WEEK [ABOUT ONCE A DAY]
6 = 2-3 TIMES PER DAY
7 = 4 + TIMES PER DAY
. = UNKNOWN

AVOCADOS 68 ONE QUARTER OF AN AVOCADO

1 = NEVER OR < 1 PER MONTH
2 = 1-3 TIMES PER MONTH
3 = 1 PER WEEK [ABOUT ONCE A WEEK]
4 = 2-4 TIMES PER WEEK
5 = 5-7 TIMES PER WEEK [ABOUT ONCE A DAY]
6 = 2-3 TIMES PER DAY
7 = 4 + TIMES PER DAY
. = UNKNOWN

GREENBEN 69 GREEN OR STRING BEANS OR ASPARAGUS

1 = NEVER OR < 1 PER MONTH
2 = 1-3 TIMES PER MONTH
3 = 1 PER WEEK [ABOUT ONCE A WEEK]
4 = 2-4 TIMES PER WEEK
5 = 5-7 TIMES PER WEEK [ABOUT ONCE A DAY]
6 = 2-3 TIMES PER DAY
7 = 4 + TIMES PER DAY
. = UNKNOWN

BROCCOLI 70 HALF CUP BROCCOLI

1 = NEVER OR < 1 PER MONTH
2 = 1-3 TIMES PER MONTH
3 = 1 PER WEEK [ABOUT ONCE A WEEK]
4 = 2-4 TIMES PER WEEK
5 = 5-7 TIMES PER WEEK [ABOUT ONCE A DAY]
6 = 2-3 TIMES PER DAY
7 = 4 + TIMES PER DAY
. = UNKNOWN

CABBAGE 71 1/2 CUP CABBAGE COLE SLAW OR SAUERKRAUT

1 = NEVER OR < 1 PER MONTH
2 = 1-3 TIMES PER MONTH
3 = 1 PER WEEK [ABOUT ONCE A WEEK]
4 = 2-4 TIMES PER WEEK
5 = 5-7 TIMES PER WEEK [ABOUT ONCE A DAY]
6 = 2-3 TIMES PER DAY
7 = 4 + TIMES PER DAY
. = UNKNOWN

CAULFLWR	72	CAULIFLOWER, HALF CUP 1 = NEVER OR < 1 PER MONTH 2 = 1-3 TIMES PER MONTH 3 = 1 PER WEEK [ABOUT ONCE A WEEK] 4 = 2-4 TIMES PER WEEK 5 = 5-7 TIMES PER WEEK [ABOUT ONCE A DAY] 6 = 2-3 TIMES PER DAY 7 = 4 + TIMES PER DAY . = UNKNOWN
BRUSELSP	73	HALF CUP BRUSSEL SPROUTS 1 = NEVER OR < 1 PER MONTH 2 = 1-3 TIMES PER MONTH 3 = 1 PER WEEK [ABOUT ONCE A WEEK] 4 = 2-4 TIMES PER WEEK 5 = 5-7 TIMES PER WEEK [ABOUT ONCE A DAY] 6 = 2-3 TIMES PER DAY 7 = 4 + TIMES PER DAY . = UNKNOWN
CARROTS	74	ONE WHOLE OR HALF CUP COOKED CARROTS 1 = NEVER OR < 1 PER MONTH 2 = 1-3 TIMES PER MONTH 3 = 1 PER WEEK [ABOUT ONCE A WEEK] 4 = 2-4 TIMES PER WEEK 5 = 5-7 TIMES PER WEEK [ABOUT ONCE A DAY] 6 = 2-3 TIMES PER DAY 7 = 4 + TIMES PER DAY . = UNKNOWN
CAROTJUC	75	SMALL GLASS CARROT JUICE 1 = NEVER OR < 1 PER MONTH 2 = 1-3 TIMES PER MONTH 3 = 1 PER WEEK [ABOUT ONCE A WEEK] 4 = 2-4 TIMES PER WEEK 5 = 5-7 TIMES PER WEEK [ABOUT ONCE A DAY] 6 = 2-3 TIMES PER DAY 7 = 4 + TIMES PER DAY . = UNKNOWN
CORN	76	EAR OR HALF CUP CORN, (FROZEN, FRESH, CANNED) 1 = NEVER OR < 1 PER MONTH 2 = 1-3 TIMES PER MONTH 3 = 1 PER WEEK [ABOUT ONCE A WEEK] 4 = 2-4 TIMES PER WEEK 5 = 5-7 TIMES PER WEEK [ABOUT ONCE A DAY] 6 = 2-3 TIMES PER DAY 7 = 4 + TIMES PER DAY . = UNKNOWN

SPINACH	77	HALF CUP SPINACH RAW OR COOKED 1 = NEVER OR < 1 PER MONTH 2 = 1-3 TIMES PER MONTH 3 = 1 PER WEEK [ABOUT ONCE A WEEK] 4 = 2-4 TIMES PER WEEK 5 = 5-7 TIMES PER WEEK [ABOUT ONCE A DAY] 6 = 2-3 TIMES PER DAY 7 = 4 + TIMES PER DAY . = UNKNOWN
PEPPERS	78	GREEN OR RED PEPPERS-HALF CUP 1 = NEVER OR < 1 PER MONTH 2 = 1-3 TIMES PER MONTH 3 = 1 PER WEEK [ABOUT ONCE A WEEK] 4 = 2-4 TIMES PER WEEK 5 = 5-7 TIMES PER WEEK [ABOUT ONCE A DAY] 6 = 2-3 TIMES PER DAY 7 = 4 + TIMES PER DAY . = UNKNOWN
KALE	79	1/2 CUP KALE,MUSTARD,CHARD,BEET OR OTHER GREENS 1 = NEVER OR < 1 PER MONTH 2 = 1-3 TIMES PER MONTH 3 = 1 PER WEEK [ABOUT ONCE A WEEK] 4 = 2-4 TIMES PER WEEK 5 = 5-7 TIMES PER WEEK [ABOUT ONCE A DAY] 6 = 2-3 TIMES PER DAY 7 = 4 + TIMES PER DAY . = UNKNOWN
ICEBERG	80	CUP OF ICEBERG OR HEAD LETTUCE 1 = NEVER OR < 1 PER MONTH 2 = 1-3 TIMES PER MONTH 3 = 1 PER WEEK [ABOUT ONCE A WEEK] 4 = 2-4 TIMES PER WEEK 5 = 5-7 TIMES PER WEEK [ABOUT ONCE A DAY] 6 = 2-3 TIMES PER DAY 7 = 4 + TIMES PER DAY . = UNKNOWN
ROMAINE	81	CUP OF ESCAROLE, ROMAINE, WATERCRESS OR LEAF LETTUCE 1 = NEVER OR < 1 PER MONTH 2 = 1-3 TIMES PER MONTH 3 = 1 PER WEEK [ABOUT ONCE A WEEK] 4 = 2-4 TIMES PER WEEK 5 = 5-7 TIMES PER WEEK [ABOUT ONCE A DAY] 6 = 2-3 TIMES PER DAY 7 = 4 + TIMES PER DAY . = UNKNOWN

PEAS	82	PEAS, LIMA BEANS OR PEA PODS (1/2 CUP) 1 = NEVER OR < 1 PER MONTH 2 = 1-3 TIMES PER MONTH 3 = 1 PER WEEK [ABOUT ONCE A WEEK] 4 = 2-4 TIMES PER WEEK 5 = 5-7 TIMES PER WEEK [ABOUT ONCE A DAY] 6 = 2-3 TIMES PER DAY 7 = 4 + TIMES PER DAY . = UNKNOWN
WINTERSQ	83	1/2 CUP YELLOW WINTER SQUASH OR PUMPKINS 1 = NEVER OR < 1 PER MONTH 2 = 1-3 TIMES PER MONTH 3 = 1 PER WEEK [ABOUT ONCE A WEEK] 4 = 2-4 TIMES PER WEEK 5 = 5-7 TIMES PER WEEK [ABOUT ONCE A DAY] 6 = 2-3 TIMES PER DAY 7 = 4 + TIMES PER DAY . = UNKNOWN
ZUCCHINI	84	1/2 CUP EGGPLANT, ZUCCHINI, OTHER SUMMER SQUASH 1 = NEVER OR < 1 PER MONTH 2 = 1-3 TIMES PER MONTH 3 = 1 PER WEEK [ABOUT ONCE A WEEK] 4 = 2-4 TIMES PER WEEK 5 = 5-7 TIMES PER WEEK [ABOUT ONCE A DAY] 6 = 2-3 TIMES PER DAY 7 = 4 + TIMES PER DAY . = UNKNOWN
YAMS	85	HALF CUP YAMS OR SWEET POTATOES 1 = NEVER OR < 1 PER MONTH 2 = 1-3 TIMES PER MONTH 3 = 1 PER WEEK [ABOUT ONCE A WEEK] 4 = 2-4 TIMES PER WEEK 5 = 5-7 TIMES PER WEEK [ABOUT ONCE A DAY] 6 = 2-3 TIMES PER DAY 7 = 4 + TIMES PER DAY . = UNKNOWN
TOMATOES	86	ONE TOMATO OR HALF CUP 1 = NEVER OR < 1 PER MONTH 2 = 1-3 TIMES PER MONTH 3 = 1 PER WEEK [ABOUT ONCE A WEEK] 4 = 2-4 TIMES PER WEEK 5 = 5-7 TIMES PER WEEK [ABOUT ONCE A DAY] 6 = 2-3 TIMES PER DAY 7 = 4 + TIMES PER DAY . = UNKNOWN

TOMJUICE	87	SMALL GLASS TOMATO JUICE 1 = NEVER OR < 1 PER MONTH 2 = 1-3 TIMES PER MONTH 3 = 1 PER WEEK [ABOUT ONCE A WEEK] 4 = 2-4 TIMES PER WEEK 5 = 5-7 TIMES PER WEEK [ABOUT ONCE A DAY] 6 = 2-3 TIMES PER DAY 7 = 4 + TIMES PER DAY . = UNKNOWN
CHILSAUC	88	TBSP. OF RED CHILI SAUCE 1 = NEVER OR < 1 PER MONTH 2 = 1-3 TIMES PER MONTH 3 = 1 PER WEEK [ABOUT ONCE A WEEK] 4 = 2-4 TIMES PER WEEK 5 = 5-7 TIMES PER WEEK [ABOUT ONCE A DAY] 6 = 2-3 TIMES PER DAY 7 = 4 + TIMES PER DAY . = UNKNOWN
TOFU	89	HALF CUP TOFU OR SOY BEAN CURD 1 = NEVER OR < 1 PER MONTH 2 = 1-3 TIMES PER MONTH 3 = 1 PER WEEK [ABOUT ONCE A WEEK] 4 = 2-4 TIMES PER WEEK 5 = 5-7 TIMES PER WEEK [ABOUT ONCE A DAY] 6 = 2-3 TIMES PER DAY 7 = 4 + TIMES PER DAY . = UNKNOWN
LENTILS	90	1/2 CUP LENTILS, CHICK PEAS, KIDNEY, PINTO BEANS 1 = NEVER OR < 1 PER MONTH 2 = 1-3 TIMES PER MONTH 3 = 1 PER WEEK [ABOUT ONCE A WEEK] 4 = 2-4 TIMES PER WEEK 5 = 5-7 TIMES PER WEEK [ABOUT ONCE A DAY] 6 = 2-3 TIMES PER DAY 7 = 4 + TIMES PER DAY . = UNKNOWN
PIEHOME	91	HOMEMADE PIES (SLICE) 1 = NEVER OR < 1 PER MONTH 2 = 1-3 TIMES PER MONTH 3 = 1 PER WEEK [ABOUT ONCE A WEEK] 4 = 2-4 TIMES PER WEEK 5 = 5-7 TIMES PER WEEK [ABOUT ONCE A DAY] 6 = 2-3 TIMES PER DAY 7 = 4 + TIMES PER DAY . = UNKNOWN

PIEREADY	92	READY MADE PIES (SLICE) 1 = NEVER OR < 1 PER MONTH 2 = 1-3 TIMES PER MONTH 3 = 1 PER WEEK [ABOUT ONCE A WEEK] 4 = 2-4 TIMES PER WEEK 5 = 5-7 TIMES PER WEEK [ABOUT ONCE A DAY] 6 = 2-3 TIMES PER DAY 7 = 4 + TIMES PER DAY . = UNKNOWN
CAKEHOME	93	HOME BAKED CAKE (SLICE) 1 = NEVER OR < 1 PER MONTH 2 = 1-3 TIMES PER MONTH 3 = 1 PER WEEK [ABOUT ONCE A WEEK] 4 = 2-4 TIMES PER WEEK 5 = 5-7 TIMES PER WEEK [ABOUT ONCE A DAY] 6 = 2-3 TIMES PER DAY 7 = 4 + TIMES PER DAY . = UNKNOWN
CAKREADY	94	READY MADE CAKES (SLICE) 1 = NEVER OR < 1 PER MONTH 2 = 1-3 TIMES PER MONTH 3 = 1 PER WEEK [ABOUT ONCE A WEEK] 4 = 2-4 TIMES PER WEEK 5 = 5-7 TIMES PER WEEK [ABOUT ONCE A DAY] 6 = 2-3 TIMES PER DAY 7 = 4 + TIMES PER DAY . = UNKNOWN
COOKIESH	95	HOME BAKED COOKIES (1) 1 = NEVER OR < 1 PER MONTH 2 = 1-3 TIMES PER MONTH 3 = 1 PER WEEK [ABOUT ONCE A WEEK] 4 = 2-4 TIMES PER WEEK 5 = 5-7 TIMES PER WEEK [ABOUT ONCE A DAY] 6 = 2-3 TIMES PER DAY 7 = 4 + TIMES PER DAY . = UNKNOWN
COOKIESR	96	READY MADE COOKIES (1) 1 = NEVER OR < 1 PER MONTH 2 = 1-3 TIMES PER MONTH 3 = 1 PER WEEK [ABOUT ONCE A WEEK] 4 = 2-4 TIMES PER WEEK 5 = 5-7 TIMES PER WEEK [ABOUT ONCE A DAY] 6 = 2-3 TIMES PER DAY 7 = 4 + TIMES PER DAY . = UNKNOWN

BROWNIES	97	ONE BROWNIE 1 = NEVER OR < 1 PER MONTH 2 = 1-3 TIMES PER MONTH 3 = 1 PER WEEK [ABOUT ONCE A WEEK] 4 = 2-4 TIMES PER WEEK 5 = 5-7 TIMES PER WEEK [ABOUT ONCE A DAY] 6 = 2-3 TIMES PER DAY 7 = 4 + TIMES PER DAY . = UNKNOWN
DOUGHNUT	98	ONE DOUGHNUT 1 = NEVER OR < 1 PER MONTH 2 = 1-3 TIMES PER MONTH 3 = 1 PER WEEK [ABOUT ONCE A WEEK] 4 = 2-4 TIMES PER WEEK 5 = 5-7 TIMES PER WEEK [ABOUT ONCE A DAY] 6 = 2-3 TIMES PER DAY 7 = 4 + TIMES PER DAY . = UNKNOWN
SWEETROL	99	HOMEBAKED SWEET ROLL, COFFEE CAKE,PASTRY (SERVING) 1 = NEVER OR < 1 PER MONTH 2 = 1-3 TIMES PER MONTH 3 = 1 PER WEEK [ABOUT ONCE A WEEK] 4 = 2-4 TIMES PER WEEK 5 = 5-7 TIMES PER WEEK [ABOUT ONCE A DAY] 6 = 2-3 TIMES PER DAY 7 = 4 + TIMES PER DAY . = UNKNOWN
CRACKERS	100	ALL KINDS OF CRACKERS (SERVING) 1 = NEVER OR < 1 PER MONTH 2 = 1-3 TIMES PER MONTH 3 = 1 PER WEEK [ABOUT ONCE A WEEK] 4 = 2-4 TIMES PER WEEK 5 = 5-7 TIMES PER WEEK [ABOUT ONCE A DAY] 6 = 2-3 TIMES PER DAY 7 = 4 + TIMES PER DAY . = UNKNOWN
CEREAL	101	REFINED, UNCOOKED CEREALS (CHEERIOS ETC) 1/2 CUP 1 = NEVER OR < 1 PER MONTH 2 = 1-3 TIMES PER MONTH 3 = 1 PER WEEK [ABOUT ONCE A WEEK] 4 = 2-4 TIMES PER WEEK 5 = 5-7 TIMES PER WEEK [ABOUT ONCE A DAY] 6 = 2-3 TIMES PER DAY 7 = 4 + TIMES PER DAY . = UNKNOWN

OATMEALR	102	1/2 CUP REFINED HOT CEREALS LIKE INSTANT OATMEAL 1 = NEVER OR < 1 PER MONTH 2 = 1-3 TIMES PER MONTH 3 = 1 PER WEEK [ABOUT ONCE A WEEK] 4 = 2-4 TIMES PER WEEK 5 = 5-7 TIMES PER WEEK [ABOUT ONCE A DAY] 6 = 2-3 TIMES PER DAY 7 = 4 + TIMES PER DAY . = UNKNOWN
BRANU	103	1/2 CUP UNREFINED COLD CEREALS LIKE BRAN, GRANOLA 1 = NEVER OR < 1 PER MONTH 2 = 1-3 TIMES PER MONTH 3 = 1 PER WEEK [ABOUT ONCE A WEEK] 4 = 2-4 TIMES PER WEEK 5 = 5-7 TIMES PER WEEK [ABOUT ONCE A DAY] 6 = 2-3 TIMES PER DAY 7 = 4 + TIMES PER DAY . = UNKNOWN
OATMEALU	104	1/2 CUP UNREFINED COOKED CEREALS LIKE OATMEAL 1 = NEVER OR < 1 PER MONTH 2 = 1-3 TIMES PER MONTH 3 = 1 PER WEEK [ABOUT ONCE A WEEK] 4 = 2-4 TIMES PER WEEK 5 = 5-7 TIMES PER WEEK [ABOUT ONCE A DAY] 6 = 2-3 TIMES PER DAY 7 = 4 + TIMES PER DAY . = UNKNOWN
ENRBREAD	105	SLICE ENRICH BREADS LIKE WHITE, FRENCH, ITAL. 1 = NEVER OR < 1 PER MONTH 2 = 1-3 TIMES PER MONTH 3 = 1 PER WEEK [ABOUT ONCE A WEEK] 4 = 2-4 TIMES PER WEEK 5 = 5-7 TIMES PER WEEK [ABOUT ONCE A DAY] 6 = 2-3 TIMES PER DAY 7 = 4 + TIMES PER DAY . = UNKNOWN
WHOLGRBR	106	SLICE OF WHOLE GRAIN BREAD LIKE 100% WHOLE WHEAT 1 = NEVER OR < 1 PER MONTH 2 = 1-3 TIMES PER MONTH 3 = 1 PER WEEK [ABOUT ONCE A WEEK] 4 = 2-4 TIMES PER WEEK 5 = 5-7 TIMES PER WEEK [ABOUT ONCE A DAY] 6 = 2-3 TIMES PER DAY 7 = 4 + TIMES PER DAY . = UNKNOWN

OTHRBRED	107	OTHER BREADS-CRACKED WHEAT, RYE (SLICE) 1 = NEVER OR < 1 PER MONTH 2 = 1-3 TIMES PER MONTH 3 = 1 PER WEEK [ABOUT ONCE A WEEK] 4 = 2-4 TIMES PER WEEK 5 = 5-7 TIMES PER WEEK [ABOUT ONCE A DAY] 6 = 2-3 TIMES PER DAY 7 = 4 + TIMES PER DAY . = UNKNOWN
COMROLLS	108	ONE COMMERCIAL ROLL, BISCUIT, HOTDOG ROLL 1 = NEVER OR < 1 PER MONTH 2 = 1-3 TIMES PER MONTH 3 = 1 PER WEEK [ABOUT ONCE A WEEK] 4 = 2-4 TIMES PER WEEK 5 = 5-7 TIMES PER WEEK [ABOUT ONCE A DAY] 6 = 2-3 TIMES PER DAY 7 = 4 + TIMES PER DAY . = UNKNOWN
HOMEROLS	109	HOMEMADE ROLLS, BISCUITS, MUFFINS (1) 1 = NEVER OR < 1 PER MONTH 2 = 1-3 TIMES PER MONTH 3 = 1 PER WEEK [ABOUT ONCE A WEEK] 4 = 2-4 TIMES PER WEEK 5 = 5-7 TIMES PER WEEK [ABOUT ONCE A DAY] 6 = 2-3 TIMES PER DAY 7 = 4 + TIMES PER DAY . = UNKNOWN
CHIPS	110	1 OZ. POTATO CHIPS, FRITOS, PRETZELS 1 = NEVER OR < 1 PER MONTH 2 = 1-3 TIMES PER MONTH 3 = 1 PER WEEK [ABOUT ONCE A WEEK] 4 = 2-4 TIMES PER WEEK 5 = 5-7 TIMES PER WEEK [ABOUT ONCE A DAY] 6 = 2-3 TIMES PER DAY 7 = 4 + TIMES PER DAY . = UNKNOWN
FRNCHFRY	111	FRENCH FRIED POTATOES (20) 1 = NEVER OR < 1 PER MONTH 2 = 1-3 TIMES PER MONTH 3 = 1 PER WEEK [ABOUT ONCE A WEEK] 4 = 2-4 TIMES PER WEEK 5 = 5-7 TIMES PER WEEK [ABOUT ONCE A DAY] 6 = 2-3 TIMES PER DAY 7 = 4 + TIMES PER DAY . = UNKNOWN

POTATOSK	112	POTATOES WITH SKINS EATEN (ONE) 1 = NEVER OR < 1 PER MONTH 2 = 1-3 TIMES PER MONTH 3 = 1 PER WEEK [ABOUT ONCE A WEEK] 4 = 2-4 TIMES PER WEEK 5 = 5-7 TIMES PER WEEK [ABOUT ONCE A DAY] 6 = 2-3 TIMES PER DAY 7 = 4 + TIMES PER DAY . = UNKNOWN
POTNOSKN	113	POTATOES WITHOUT SKINS, NOT FRENCH FRIES (1/2 CUP) 1 = NEVER OR < 1 PER MONTH 2 = 1-3 TIMES PER MONTH 3 = 1 PER WEEK [ABOUT ONCE A WEEK] 4 = 2-4 TIMES PER WEEK 5 = 5-7 TIMES PER WEEK [ABOUT ONCE A DAY] 6 = 2-3 TIMES PER DAY 7 = 4 + TIMES PER DAY . = UNKNOWN
TURNIPS	114	1/2 CUP PARSNIPS OR TURNIPS 1 = NEVER OR < 1 PER MONTH 2 = 1-3 TIMES PER MONTH 3 = 1 PER WEEK [ABOUT ONCE A WEEK] 4 = 2-4 TIMES PER WEEK 5 = 5-7 TIMES PER WEEK [ABOUT ONCE A DAY] 6 = 2-3 TIMES PER DAY 7 = 4 + TIMES PER DAY . = UNKNOWN
PANCAKES	115	PANCAKES, WAFFLES, FRENCH TOAST (SLICE) 1 = NEVER OR < 1 PER MONTH 2 = 1-3 TIMES PER MONTH 3 = 1 PER WEEK [ABOUT ONCE A WEEK] 4 = 2-4 TIMES PER WEEK 5 = 5-7 TIMES PER WEEK [ABOUT ONCE A DAY] 6 = 2-3 TIMES PER DAY 7 = 4 + TIMES PER DAY . = UNKNOWN
BRWNRICE	116	CUP OF BROWN RICE 1 = NEVER OR < 1 PER MONTH 2 = 1-3 TIMES PER MONTH 3 = 1 PER WEEK [ABOUT ONCE A WEEK] 4 = 2-4 TIMES PER WEEK 5 = 5-7 TIMES PER WEEK [ABOUT ONCE A DAY] 6 = 2-3 TIMES PER DAY 7 = 4 + TIMES PER DAY . = UNKNOWN

WHITRICE	117	CUP OF WHITE RICE 1 = NEVER OR < 1 PER MONTH 2 = 1-3 TIMES PER MONTH 3 = 1 PER WEEK [ABOUT ONCE A WEEK] 4 = 2-4 TIMES PER WEEK 5 = 5-7 TIMES PER WEEK [ABOUT ONCE A DAY] 6 = 2-3 TIMES PER DAY 7 = 4 + TIMES PER DAY . = UNKNOWN
PASTA	118	CUP OF PASTA: SPAGHETTI, NOODLES ETC. 1 = NEVER OR < 1 PER MONTH 2 = 1-3 TIMES PER MONTH 3 = 1 PER WEEK [ABOUT ONCE A WEEK] 4 = 2-4 TIMES PER WEEK 5 = 5-7 TIMES PER WEEK [ABOUT ONCE A DAY] 6 = 2-3 TIMES PER DAY 7 = 4 + TIMES PER DAY . = UNKNOWN
OTHRGRAN	119	OTHER GRAINS KASHA, BARLEY, COUSCOUS (1 CUP) 1 = NEVER OR < 1 PER MONTH 2 = 1-3 TIMES PER MONTH 3 = 1 PER WEEK [ABOUT ONCE A WEEK] 4 = 2-4 TIMES PER WEEK 5 = 5-7 TIMES PER WEEK [ABOUT ONCE A DAY] 6 = 2-3 TIMES PER DAY 7 = 4 + TIMES PER DAY . = UNKNOWN
COFFEE	120	CUP OF COFFEE 1 = NEVER OR < 1 PER MONTH 2 = 1-3 TIMES PER MONTH 3 = 1 PER WEEK [ABOUT ONCE A WEEK] 4 = 2-4 TIMES PER WEEK 5 = 5-7 TIMES PER WEEK [ABOUT ONCE A DAY] 6 = 2-3 TIMES PER DAY 7 = 4 + TIMES PER DAY . = UNKNOWN
TEA	121	CUP OF TEA 1 = NEVER OR < 1 PER MONTH 2 = 1-3 TIMES PER MONTH 3 = 1 PER WEEK [ABOUT ONCE A WEEK] 4 = 2-4 TIMES PER WEEK 5 = 5-7 TIMES PER WEEK [ABOUT ONCE A DAY] 6 = 2-3 TIMES PER DAY 7 = 4 + TIMES PER DAY . = UNKNOWN

COCOA	122	CUP OF COCOA 1 = NEVER OR < 1 PER MONTH 2 = 1-3 TIMES PER MONTH 3 = 1 PER WEEK [ABOUT ONCE A WEEK] 4 = 2-4 TIMES PER WEEK 5 = 5-7 TIMES PER WEEK [ABOUT ONCE A DAY] 6 = 2-3 TIMES PER DAY 7 = 4 + TIMES PER DAY . = UNKNOWN
DECAFCOF	123	CUP DECAFFEINATED COFFEE, HERBAL TEA,POSTUM 1 = NEVER OR < 1 PER MONTH 2 = 1-3 TIMES PER MONTH 3 = 1 PER WEEK [ABOUT ONCE A WEEK] 4 = 2-4 TIMES PER WEEK 5 = 5-7 TIMES PER WEEK [ABOUT ONCE A DAY] 6 = 2-3 TIMES PER DAY 7 = 4 + TIMES PER DAY . = UNKNOWN
CAFPEPSI	124	CAFFEINATED BEVERAGES-COKE, PEPSI (CAN OR GLASS) 1 = NEVER OR < 1 PER MONTH 2 = 1-3 TIMES PER MONTH 3 = 1 PER WEEK [ABOUT ONCE A WEEK] 4 = 2-4 TIMES PER WEEK 5 = 5-7 TIMES PER WEEK [ABOUT ONCE A DAY] 6 = 2-3 TIMES PER DAY 7 = 4 + TIMES PER DAY . = UNKNOWN
PEPSIFRE	125	DECAFFEINATED BEVERAGES LIKE PEPSIFREE (CAN) 1 = NEVER OR < 1 PER MONTH 2 = 1-3 TIMES PER MONTH 3 = 1 PER WEEK [ABOUT ONCE A WEEK] 4 = 2-4 TIMES PER WEEK 5 = 5-7 TIMES PER WEEK [ABOUT ONCE A DAY] 6 = 2-3 TIMES PER DAY 7 = 4 + TIMES PER DAY . = UNKNOWN
DIETPEPS	126	CAFFEINATED DIET DRINKS LIKE DIET PEPSI, COKE (CAN) 1 = NEVER OR < 1 PER MONTH 2 = 1-3 TIMES PER MONTH 3 = 1 PER WEEK [ABOUT ONCE A WEEK] 4 = 2-4 TIMES PER WEEK 5 = 5-7 TIMES PER WEEK [ABOUT ONCE A DAY] 6 = 2-3 TIMES PER DAY 7 = 4 + TIMES PER DAY . = UNKNOWN

DPEPSFRE	127	DECAF.LOW CAL DRINKS-DIET PEPSI FREE (CAN) 1 = NEVER OR < 1 PER MONTH 2 = 1-3 TIMES PER MONTH 3 = 1 PER WEEK [ABOUT ONCE A WEEK] 4 = 2-4 TIMES PER WEEK 5 = 5-7 TIMES PER WEEK [ABOUT ONCE A DAY] 6 = 2-3 TIMES PER DAY 7 = 4 + TIMES PER DAY . = UNKNOWN
BEER	128	BOTTLE OR CAN OF BEER 1 = NEVER OR < 1 PER MONTH 2 = 1-3 TIMES PER MONTH 3 = 1 PER WEEK [ABOUT ONCE A WEEK] 4 = 2-4 TIMES PER WEEK 5 = 5-7 TIMES PER WEEK [ABOUT ONCE A DAY] 6 = 2-3 TIMES PER DAY 7 = 4 + TIMES PER DAY . = UNKNOWN
REDWINE	129	GLASS OF RED WINE OR SHERRY 1 = NEVER OR < 1 PER MONTH 2 = 1-3 TIMES PER MONTH 3 = 1 PER WEEK [ABOUT ONCE A WEEK] 4 = 2-4 TIMES PER WEEK 5 = 5-7 TIMES PER WEEK [ABOUT ONCE A DAY] 6 = 2-3 TIMES PER DAY 7 = 4 + TIMES PER DAY . = UNKNOWN
WITEWINE	130	GLASS OF WHITE WINE 1 = NEVER OR < 1 PER MONTH 2 = 1-3 TIMES PER MONTH 3 = 1 PER WEEK [ABOUT ONCE A WEEK] 4 = 2-4 TIMES PER WEEK 5 = 5-7 TIMES PER WEEK [ABOUT ONCE A DAY] 6 = 2-3 TIMES PER DAY 7 = 4 + TIMES PER DAY . = UNKNOWN
LIQUOR	131	A SHOT OF LIQUOR OR CORDIAL 1 = NEVER OR < 1 PER MONTH 2 = 1-3 TIMES PER MONTH 3 = 1 PER WEEK [ABOUT ONCE A WEEK] 4 = 2-4 TIMES PER WEEK 5 = 5-7 TIMES PER WEEK [ABOUT ONCE A DAY] 6 = 2-3 TIMES PER DAY 7 = 4 + TIMES PER DAY . = UNKNOWN

LEMONADE	132	NON-CARBONATED FRUIT DRINKS-LEMONADE (CAN OR GLASS) 1 = NEVER OR < 1 PER MONTH 2 = 1-3 TIMES PER MONTH 3 = 1 PER WEEK [ABOUT ONCE A WEEK] 4 = 2-4 TIMES PER WEEK 5 = 5-7 TIMES PER WEEK [ABOUT ONCE A DAY] 6 = 2-3 TIMES PER DAY 7 = 4 + TIMES PER DAY . = UNKNOWN
PEANTBUT	133	ONE TABLESPOON OF PEANUT BUTTER 1 = NEVER OR < 1 PER MONTH 2 = 1-3 TIMES PER MONTH 3 = 1 PER WEEK [ABOUT ONCE A WEEK] 4 = 2-4 TIMES PER WEEK 5 = 5-7 TIMES PER WEEK [ABOUT ONCE A DAY] 6 = 2-3 TIMES PER DAY 7 = 4 + TIMES PER DAY . = UNKNOWN
POPCORN	134	ONE CUP OF POPCORN 1 = NEVER OR < 1 PER MONTH 2 = 1-3 TIMES PER MONTH 3 = 1 PER WEEK [ABOUT ONCE A WEEK] 4 = 2-4 TIMES PER WEEK 5 = 5-7 TIMES PER WEEK [ABOUT ONCE A DAY] 6 = 2-3 TIMES PER DAY 7 = 4 + TIMES PER DAY . = UNKNOWN
CHOWDER	135	CUP OF CHOWDER OR CREAMED SOUP 1 = NEVER OR < 1 PER MONTH 2 = 1-3 TIMES PER MONTH 3 = 1 PER WEEK [ABOUT ONCE A WEEK] 4 = 2-4 TIMES PER WEEK 5 = 5-7 TIMES PER WEEK [ABOUT ONCE A DAY] 6 = 2-3 TIMES PER DAY 7 = 4 + TIMES PER DAY . = UNKNOWN
BROTH	136	ONE CUP OF BROTH 1 = NEVER OR < 1 PER MONTH 2 = 1-3 TIMES PER MONTH 3 = 1 PER WEEK [ABOUT ONCE A WEEK] 4 = 2-4 TIMES PER WEEK 5 = 5-7 TIMES PER WEEK [ABOUT ONCE A DAY] 6 = 2-3 TIMES PER DAY 7 = 4 + TIMES PER DAY . = UNKNOWN

SALDDRES	137	TBSP. MAYONNAISE OR CREAMY SALAD DRESSING 1 = NEVER OR < 1 PER MONTH 2 = 1-3 TIMES PER MONTH 3 = 1 PER WEEK [ABOUT ONCE A WEEK] 4 = 2-4 TIMES PER WEEK 5 = 5-7 TIMES PER WEEK [ABOUT ONCE A DAY] 6 = 2-3 TIMES PER DAY 7 = 4 + TIMES PER DAY . = UNKNOWN
OIL	138	ONE TBSP. CORN, SOY, SUNFLOWER OIL 1 = NEVER OR < 1 PER MONTH 2 = 1-3 TIMES PER MONTH 3 = 1 PER WEEK [ABOUT ONCE A WEEK] 4 = 2-4 TIMES PER WEEK 5 = 5-7 TIMES PER WEEK [ABOUT ONCE A DAY] 6 = 2-3 TIMES PER DAY 7 = 4 + TIMES PER DAY . = UNKNOWN
OLIVEOIL	139	ONE TBSP. OF OLIVE OIL 1 = NEVER OR < 1 PER MONTH 2 = 1-3 TIMES PER MONTH 3 = 1 PER WEEK [ABOUT ONCE A WEEK] 4 = 2-4 TIMES PER WEEK 5 = 5-7 TIMES PER WEEK [ABOUT ONCE A DAY] 6 = 2-3 TIMES PER DAY 7 = 4 + TIMES PER DAY . = UNKNOWN
SEEDS	140	1 OZ. SEEDS LIKE SUNFLOWER SEEDS 1 = NEVER OR < 1 PER MONTH 2 = 1-3 TIMES PER MONTH 3 = 1 PER WEEK [ABOUT ONCE A WEEK] 4 = 2-4 TIMES PER WEEK 5 = 5-7 TIMES PER WEEK [ABOUT ONCE A DAY] 6 = 2-3 TIMES PER DAY 7 = 4 + TIMES PER DAY . = UNKNOWN
WALNUTS	141	FIVE WALNUTS 1 = NEVER OR < 1 PER MONTH 2 = 1-3 TIMES PER MONTH 3 = 1 PER WEEK [ABOUT ONCE A WEEK] 4 = 2-4 TIMES PER WEEK 5 = 5-7 TIMES PER WEEK [ABOUT ONCE A DAY] 6 = 2-3 TIMES PER DAY 7 = 4 + TIMES PER DAY . = UNKNOWN

NUTSSALT 142 OTHER SALTED NUTS-1 OZ.

1 = NEVER OR < 1 PER MONTH
2 = 1-3 TIMES PER MONTH
3 = 1 PER WEEK [ABOUT ONCE A WEEK]
4 = 2-4 TIMES PER WEEK
5 = 5-7 TIMES PER WEEK [ABOUT ONCE A DAY]
6 = 2-3 TIMES PER DAY
7 = 4 + TIMES PER DAY
. = UNKNOWN

NUTSUNSL 143 OTHER UNSALTED NUTS-1 OZ.

1 = NEVER OR < 1 PER MONTH
2 = 1-3 TIMES PER MONTH
3 = 1 PER WEEK [ABOUT ONCE A WEEK]
4 = 2-4 TIMES PER WEEK
5 = 5-7 TIMES PER WEEK [ABOUT ONCE A DAY]
6 = 2-3 TIMES PER DAY
7 = 4 + TIMES PER DAY
. = UNKNOWN

CUSTARD 144 ONE HALF CUP OF CUSTARD

1 = NEVER OR < 1 PER MONTH
2 = 1-3 TIMES PER MONTH
3 = 1 PER WEEK [ABOUT ONCE A WEEK]
4 = 2-4 TIMES PER WEEK
5 = 5-7 TIMES PER WEEK [ABOUT ONCE A DAY]
6 = 2-3 TIMES PER DAY
7 = 4 + TIMES PER DAY
. = UNKNOWN

PUDDING 145 ONE HALF CUP OF PUDDING

1 = NEVER OR < 1 PER MONTH
2 = 1-3 TIMES PER MONTH
3 = 1 PER WEEK [ABOUT ONCE A WEEK]
4 = 2-4 TIMES PER WEEK
5 = 5-7 TIMES PER WEEK [ABOUT ONCE A DAY]
6 = 2-3 TIMES PER DAY
7 = 4 + TIMES PER DAY
. = UNKNOWN

CHOCOLAT 146 SMALL BAR OF CHOCOLATE

1 = NEVER OR < 1 PER MONTH
2 = 1-3 TIMES PER MONTH
3 = 1 PER WEEK [ABOUT ONCE A WEEK]
4 = 2-4 TIMES PER WEEK
5 = 5-7 TIMES PER WEEK [ABOUT ONCE A DAY]
6 = 2-3 TIMES PER DAY
7 = 4 + TIMES PER DAY
. = UNKNOWN

OTHRCNDY	147	CANDY WITHOUT CHOCOLATE-SMALL BAR 1 = NEVER OR < 1 PER MONTH 2 = 1-3 TIMES PER MONTH 3 = 1 PER WEEK [ABOUT ONCE A WEEK] 4 = 2-4 TIMES PER WEEK 5 = 5-7 TIMES PER WEEK [ABOUT ONCE A DAY] 6 = 2-3 TIMES PER DAY 7 = 4 + TIMES PER DAY . = UNKNOWN
JAMS	148	ONE TBSP. JAMS, JELLIES, PRESERVES, SYRUP 1 = NEVER OR < 1 PER MONTH 2 = 1-3 TIMES PER MONTH 3 = 1 PER WEEK [ABOUT ONCE A WEEK] 4 = 2-4 TIMES PER WEEK 5 = 5-7 TIMES PER WEEK [ABOUT ONCE A DAY] 6 = 2-3 TIMES PER DAY 7 = 4 + TIMES PER DAY . = UNKNOWN
WHEATGRM	149	ONE TSP. OF WHEAT GERM 1 = NEVER OR < 1 PER MONTH 2 = 1-3 TIMES PER MONTH 3 = 1 PER WEEK [ABOUT ONCE A WEEK] 4 = 2-4 TIMES PER WEEK 5 = 5-7 TIMES PER WEEK [ABOUT ONCE A DAY] 6 = 2-3 TIMES PER DAY 7 = 4 + TIMES PER DAY . = UNKNOWN
YEAST	150	ONE TSP. BREWERS YEAST 1 = NEVER OR < 1 PER MONTH 2 = 1-3 TIMES PER MONTH 3 = 1 PER WEEK [ABOUT ONCE A WEEK] 4 = 2-4 TIMES PER WEEK 5 = 5-7 TIMES PER WEEK [ABOUT ONCE A DAY] 6 = 2-3 TIMES PER DAY 7 = 4 + TIMES PER DAY . = UNKNOWN
BRAN	151	ONE TSP. BRAN 1 = NEVER OR < 1 PER MONTH 2 = 1-3 TIMES PER MONTH 3 = 1 PER WEEK [ABOUT ONCE A WEEK] 4 = 2-4 TIMES PER WEEK 5 = 5-7 TIMES PER WEEK [ABOUT ONCE A DAY] 6 = 2-3 TIMES PER DAY 7 = 4 + TIMES PER DAY . = UNKNOWN

WHITSAUC	152	ONE TBSP. WHITE OR CREAM SAUCES 1 = NEVER OR < 1 PER MONTH 2 = 1-3 TIMES PER MONTH 3 = 1 PER WEEK [ABOUT ONCE A WEEK] 4 = 2-4 TIMES PER WEEK 5 = 5-7 TIMES PER WEEK [ABOUT ONCE A DAY] 6 = 2-3 TIMES PER DAY 7 = 4 + TIMES PER DAY . = UNKNOWN
TOMSAUC	153	ONE TBSP. TOMATO SAUCE 1 = NEVER OR < 1 PER MONTH 2 = 1-3 TIMES PER MONTH 3 = 1 PER WEEK [ABOUT ONCE A WEEK] 4 = 2-4 TIMES PER WEEK 5 = 5-7 TIMES PER WEEK [ABOUT ONCE A DAY] 6 = 2-3 TIMES PER DAY 7 = 4 + TIMES PER DAY . = UNKNOWN
GRAVY	154	ONE TBSP. GRAVY MADE FROM MEAT 1 = NEVER OR < 1 PER MONTH 2 = 1-3 TIMES PER MONTH 3 = 1 PER WEEK [ABOUT ONCE A WEEK] 4 = 2-4 TIMES PER WEEK 5 = 5-7 TIMES PER WEEK [ABOUT ONCE A DAY] 6 = 2-3 TIMES PER DAY 7 = 4 + TIMES PER DAY . = UNKNOWN
SUGAR	155	ONE TSP. SUGAR OR HONEY 1 = NEVER OR < 1 PER MONTH 2 = 1-3 TIMES PER MONTH 3 = 1 PER WEEK [ABOUT ONCE A WEEK] 4 = 2-4 TIMES PER WEEK 5 = 5-7 TIMES PER WEEK [ABOUT ONCE A DAY] 6 = 2-3 TIMES PER DAY 7 = 4 + TIMES PER DAY . or 0 = UNKNOWN