

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 (Go to question 5.) Yes

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 question 2.) Yes

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.) Yes

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.) Yes

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.) Yes

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.)

- No (Go to question 6.) Yes

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.) Yes

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?

- No (Go to question 9.) Yes

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®, Raisin Bran®
- Whole grain cereals such as Cheerios®, Shredded Wheat®
- Fortified cereals such as Total®, Product 19®
- Other cereals such as corn flakes, Frosted Flakes®

9. Did you eat okra, squash, or yams during the last three months?

- No (Go to question 10.) Yes

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®)
- Didn't add fat



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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®, lard, bacon fat or drippings, salt pork, ham hock)
 - Olive or canola oil
 - Other oils (vegetable, corn, peanut, safflower)
 - Non-stick spray (Pam®)
 - 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 question 15.) Yes
- 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?
- No (Go to question 18.) Yes
- 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?
- No (Go to question 19.) Yes
- 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 next page.) 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	1 per month	2-3 per month	1 per week	2 per week	3-4 per week	5-6 per week	1 per day	2+ per day	Medium Serving Size	Your Serving Size		
											S	M	L
Rice	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	3/4 cup	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>					
Sausage	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	2 slices or 2 ounces	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

During the last three (3) months . . .

TYPE OF FOOD	HOW OFTEN DID YOU EAT THE FOOD (Mark one)										AMOUNT		
	Never or less than once per month	1 per month	2-3 per month	1 per week	2 per week	3-4 per week	5-6 per week	1 per day	2+ per day	Medium Serving Size	Your Serving Size		
											S	M	L
FRUITS AND JUICES													
Apples and pears	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	1 medium or 1/2 cup	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Bananas	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	1 medium	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Peaches, nectarines and plums (fresh or canned)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	1 medium or 1/2 cup	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Cantaloupe, orange melon, muskmelon, mango and papaya	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	1/4 melon or 1 cup	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Watermelon and red melon	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	1 medium slice or 1 cup	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
All other melon, such as honeydew	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	1 medium slice or 1 cup	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Apricots (fresh, canned, or dried)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	2 medium or 4 halves	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Other dried fruit, such as raisins and prunes	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	1/4 cup	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Oranges, grapefruit and tangerines (not juice)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	1 orange or 1/2 grapefruit	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Strawberries and kiwi	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	1/2 cup	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Any other fruit, such as fruit cocktail, berries, grapes, applesauce, pineapple	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	1/2 cup	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>



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TYPE OF FOOD	HOW OFTEN DID YOU EAT THE FOOD (Mark one)										AMOUNT		
	Never or less than once per month	1 per month	2-3 per month	1 per week	2 per week	3-4 per week	5-6 per week	1 per day	2+ per day	Medium Serving Size	Your Serving Size		
											S	M	L
Orange juice and grapefruit juice	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	6 ounce glass	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Tang®, Kool-Aid®, Hi-C®, and other fruit drinks	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	6 ounce glass	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Other fruit juices such as apple, grape	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	6 ounce glass	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
VEGETABLES													
Green or string beans	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	1/2 cup	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Green or English peas	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	1/2 cup	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Refried beans	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	3/4 cup	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
All other beans such as baked beans, lima beans, black-eyed peas and chili without meat	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	3/4 cup	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Tofu and textured vegetable products	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	3 slices or 3 ounces	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Avocado and guacamole, including added to mixed dishes	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	1/4 medium or 1/4 cup	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Corn and hominy	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	1/2 cup	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Tomatoes, fresh or juice	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	1 medium or 6 ounce glass	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Tomatoes cooked, tomato sauce, salsa and salsa picante	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	1/2 cup	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Green peppers, green chilies, jalapeños, and green chili salsa	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	1/4 cup	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Red peppers and red chilies	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	1/4 cup	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Broccoli	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	1/2 cup	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Cooked greens, such as spinach, mustard greens, turnip greens, collards	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	1/2 cup	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Carrots, including mixed dishes with carrots	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	1/2 cup	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Summer squash, zucchini, nopales, and okra	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	1/2 cup	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Winter squash, such as acorn, butternut, pumpkin	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	1/2 cup	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Coleslaw	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	1/2 cup	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Cauliflower, cabbage, sauerkraut and Brussels sprouts	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	1/2 cup	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Onions and leeks, including in cooking	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	1/4 cup	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

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



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



TYPE OF FOOD	HOW OFTEN DID YOU EAT THE FOOD (Mark one)										AMOUNT		
	Never or less than once per month	1 per month	2-3 per month	1 per week	2 per week	3-4 per week	5-6 per week	1 per day	2+ per day	Medium Serving Size	Your Serving Size		
											S	M	L
Doughnuts, cakes, pastries, Pop-Tarts®, and pan dulce	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	1 piece	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Cookies	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	3 small or 1 large	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Pumpkin and sweet potato pie	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	1 medium slice	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
All other pies, fried pastries, pastelitos and fruit empanadas	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	1 medium slice or 1 piece	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Chocolate candy and candy bars	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	1 small bar or 1 ounce	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Hard candy, jam, jelly, honey, or syrup	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	3 pieces or 1 tablespoon	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

BEVERAGES (Please note that the frequency headings are different.) →	HOW OFTEN DID YOU EAT THE FOOD (Mark one)										AMOUNT		
	Never or less than once per month	1-3 per month	1 per week	2-4 per week	5-6 per week	1 per day	2-3 per day	4-5 per day	6+ per day	Medium Serving Size	Your Serving Size		
											S	M	L
Milk, all types (including canned and soy) not on cereal	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	8 ounce glass	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Regular soft drinks (not diet)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	12 ounces or 1 can	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Beer	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	12 ounce can or bottle	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Wine	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	1 medium glass (6 ounces)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Liquor	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	1 shot (1 1/2 ounces)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Coffee or tea (all types)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	8 ounce cup	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Milk, cream, or creamer in coffee or tea	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	1 tablespoon	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Sugar in coffee or tea and on cereal	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	2 teaspoons	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>



