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P R O J E C T



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• These questions ask what you have eaten in the past 3 months.

• Use a pencil. 

• Please average your use of these foods in the past 3 months. For example:
If you use 1/2 glass of milk twice a week, your average would be 1 glass per week and your answer would look like this.

Skim milk (8 oz. glass)

- Never/less than 1 per month
- 1-3 glasses per month
- 1 glass per week
- 2-4 glasses per week
- 5-6 glasses per week
- 1 glass per day
- 2-3 glasses per day
- 4 or more glasses per day

← Don't forget to notice the serving size for each food!

• Your diet may have changed during the past 3 months. Please average over the entire time period.

DAIRY FOODS

1. For each food listed, fill in the circle indicating your average total use of the amount specified in the past 3 months.

Skim milk (8 oz. glass)

1% or 2% milk (8 oz. glass)

Whole milk (8 oz. glass)

- Never/less than 1 per month
- 1-3 glasses per month
- 1 glass per week
- 2-4 glasses per week
- 5-6 glasses per week
- 1 glass per day
- 2-3 glasses per day
- 4 or more glasses per day

- Never/less than 1 per month
- 1-3 glasses per month
- 1 glass per week
- 2-4 glasses per week
- 5-6 glasses per week
- 1 glass per day
- 2-3 glasses per day
- 4 or more glasses per day

- Never/less than 1 per month
- 1-3 glasses per month
- 1 glass per week
- 2-4 glasses per week
- 5-6 glasses per week
- 1 glass per day
- 2-3 glasses per day
- 4 or more glasses per day

PLEASE DO NOT WRITE IN THIS AREA

1. (Continued) Please fill in your average total use, in the past 3 months, of each specified food.

Soy milk (8 oz. glass)

- Never/less than 1 per month
- 1–3 glasses per month
- 1 glass per week
- 2–4 glasses per week
- 5–6 glasses per week
- 1 glass per day
- 2–3 glasses per day
- 4 or more glasses per day

Cream, e.g., in coffee, whipped or sour cream (1 tbs.)

- Never/less than 1 per month
- 1–3 tbs. per month
- 1 tbs. per week
- 2–4 tbs. per week
- 5–6 tbs. per week
- 1 tbs. per day
- 2 or more tbs. per day

Non-dairy coffee whitener (tsp.)

- Never/less than 1 per month
- 1–3 tsp. per month
- 1 tsp. per week
- 2–4 tsp. per week
- 5–6 tsp. per week
- 1 tsp. per day
- 2 or more tsp. per day

Frozen yogurt, sherbet or non-fat ice cream (1/2 cup)

- Never/less than 1 per month
- 1–3 servings per month
- 1 serving per week
- 2–4 servings per week
- 5–6 servings per week
- 1 serving per day
- 2 or more servings per day

Ice cream (1/2 cup)

- Never/less than 1 per month
- 1–3 servings per month
- 1 serving per week
- 2–4 servings per week
- 5–6 servings per week
- 1 serving per day
- 2 or more servings per day

Milkshake or frappe (1)

- Never/less than 1 per month
- 1–3 per month
- 1 per week
- 2–4 per week
- 5–6 per week
- 1 or more per day

Flavored yogurt, without Nutrasweet (1 cup)

- Never/less than 1 per month
- 1–3 cups per month
- 1 cup per week
- 2–4 cups per week
- 5–6 cups per week
- 1 cup per day
- 2 or more cups per day

Yogurt, plain or with Nutrasweet (1 cup)

- Never/less than 1 per month
- 1–3 cups per month
- 1 cup per week
- 2–4 cups per week
- 5–6 cups per week
- 1 cup per day
- 2 or more cups per day

What type of yogurt do you usually eat?

- None
- Regular
- Low fat
- Nonfat

Cottage or ricotta cheese (1/2 cup)

- Never/less than 1 per month
- 1–3 servings per month
- 1 serving per week
- 2–4 servings per week
- 5–6 servings per week
- 1 or more servings per day

Cream cheese (1 oz.)

- Never/less than 1 per month
- 1–3 servings per month
- 1 serving per week
- 2–4 servings per week
- 5–6 servings per week
- 1 serving per day
- 2 or more servings per day

Other cheese, e.g., American, cheddar, etc., plain or as part of a dish (1 slice or 1 oz. serving)

- Never/less than 1 per month
- 1–3 slices per month
- 1 slice per week
- 2–4 slices per week
- 5–6 slices per week
- 1 slice per day
- 2 or more slices per day

What type of cheese do you usually eat?

- None
- Regular
- Low fat or lite
- Nonfat

Butter—not margarine (small pat or tsp.), added to food or bread; exclude use in cooking

- Never/less than 1 per month
- 1–3 pats per month
- 1 pat per week
- 2–4 pats per week
- 5–6 pats per week
- 1 pat per day
- 2–3 pats per day
- 4 or more pats per day

1. (Continued) Please fill in your average total use, in the past 3 months, of each specified food.

**Margarine (small pat or tsp.),
added to food or bread;
exclude use in cooking**

- Never/less than 1 per month
- 1-3 pats per month
- 1 pat per week
- 2-4 pats per week
- 5-6 pats per week
- 1 pat per day
- 2-3 pats per day
- 4 or more pats per day

**What form of margarine do you usually use? (Do not include
"spray" type margarine)**

- None **Form?** Stick
 Tub
 Squeeze (liquid)

- Type?** Regular
 Light spread
 Extra light spread
 Nonfat

What specific **brand** and **type** (e.g. Land O' Lakes Country Morning Blend Light)?



FRUITS

2. Please fill in your average total use, in the past 3 months, of each specified food.

**Raisins (1 oz. or small pack)
or grapes**

- Never/less than 1 per month
- 1-3 servings per month
- 1 serving per week
- 2-4 servings per week
- 5-6 servings per week
- 1 serving per day
- 2 or more servings per day

**Dried fruits, e.g., apricots, pears,
apples (1 oz. or small pack)**

- Never/less than 1 per month
- 1-3 servings per month
- 1 serving per week
- 2-4 servings per week
- 5-6 servings per week
- 1 serving per day
- 1 or more servings per day

**Prunes
(7 prunes or 1/2 cup)**

- Never/less than 1 per month
- 1-3 servings per month
- 1 serving per week
- 2-4 servings per week
- 5-6 servings per week
- 1 serving per day

Bananas (1)

- Never/less than 1 per month
- 1-3 per month
- 1 per week
- 2-4 per week
- 5-6 per week
- 1 per day
- 2 or more per day

**Cantaloupe
(1/4 melon)**

- Never/less than 1 per month
- 1-3 servings per month
- 1 serving per week
- 2-4 servings per week
- 5-6 servings per week
- 1 serving per day
- 2-3 servings per day
- 4 or more servings per day

**Avocado
(1/2 fruit or 1/2 cup)**

- Never/less than 1 per month
- 1-3 servings per month
- 1 serving per week
- 2-4 servings per week
- 5-6 servings per week
- 1 or more servings per day

**Applesauce
(1/2 cup)**

- Never/less than 1 per month
- 1-3 servings per month
- 1 serving per week
- 2-4 servings per week
- 5-6 servings per week
- 1 or more servings per day

**Fresh apples or
pears (1)**

- Never/less than 1 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 or more per day

**Apple juice or cider
(small glass)**

- Never/less than 1 per month
- 1-3 glasses per month
- 1 glass per week
- 2-4 glasses per week
- 5-6 glasses per week
- 1 glass per day
- 2 or more glasses per day

Oranges (1)

- Never/less than 1 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 or more per day

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2. (Continued) Please fill in your average total use, in the past 3 months, of each specified food.

Orange juice with added calcium (small glass)

- Never/less than 1 per month
- 1-3 glasses per month
- 1 glass per week
- 2-4 glasses per week
- 5-6 glasses per week
- 1 glass per day
- 2-3 glasses per day
- 4 or more glasses per day

Orange juice without added calcium (small glass)

- Never/less than 1 per month
- 1-3 glasses per month
- 1 glass per week
- 2-4 glasses per week
- 5-6 glasses per week
- 1 glass per day
- 2-3 glasses per day
- 4 or more glasses per day

Grapefruit (1/2)

- Never/less than 1 per month
- 1-3 servings per month
- 1 serving per week
- 2-4 servings per week
- 5-6 servings per week
- 1 serving per day
- 2-3 servings per day
- 4 or more servings per day

Grapefruit juice (small glass)

- Never/less than 1 per month
- 1-3 glasses per month
- 1 glass per week
- 2-4 glasses per week
- 5-6 glasses per week
- 1 glass per day
- 2 or more glasses per day

Other fruit juices (small glass)

- Never/less than 1 per month
- 1-3 glasses per month
- 1 glass per week
- 2-4 glasses per week
- 5-6 glasses per week
- 1 glass per day
- 2 or more glasses per day

Strawberries, fresh, frozen or canned (1/2 cup)

- Never/less than 1 per month
- 1-3 servings per month
- 1 serving per week
- 2-4 servings per week
- 5-6 servings per week
- 1 or more servings per day

Blueberries, fresh, frozen or canned (1/2 cup)

- Never/less than 1 per month
- 1-3 servings per month
- 1 serving per week
- 2-4 servings per week
- 5 or more servings per week

Peaches, apricots or plums (1 fresh, or 1/2 cup canned)

- Never/less than 1 per month
- 1-3 servings per month
- 1 serving per week
- 2-4 servings per week
- 5-6 servings per week
- 1 or more servings per day

In summary, how many servings of fruit do you usually eat, not counting juices?

- Never/less than 1 per month
- 1-3 servings per month
- 1 serving per week
- 2-4 servings per week
- 5-6 servings per week
- 1 serving per day
- 2-3 servings per day
- 4-5 servings per day
- 6 or more servings per day

VEGETABLES

3. Please fill in your average total use, in the past 3 months, of each specified food.

Tomatoes (1)

- Never/less than 1 per month
- 1-3 per month
- 1 per week
- 2-4 per week
- 5-6 per week
- 1 or more per day

Tomato juice (small glass)

- Never/less than 1 per month
- 1-3 glasses per month
- 1 glass per week
- 2-4 glasses per week
- 5-6 glasses per week
- 1 or more glasses per day

Tomato sauce (1/2 cup) e.g., spaghetti sauce

- Never/less than 1 per month
- 1-3 servings per month
- 1 serving per week
- 2-4 servings per week
- 5 or more servings per week

3. (Continued) Please fill in your average total use, in the past 3 months, of each specified food.**Salsa, picante or taco sauce (1/4 cup)**

- Never/less than 1 per month
 1–3 servings per month
 1 serving per week
 2–4 servings per week
 5–6 servings per week
 1 serving per day
 2 or more servings per day

Tofu or soybeans (3–4 oz.)

- Never/less than 1 per month
 1–3 servings per month
 1 serving per week
 2–4 servings per week
 5–6 servings per week
 1 serving per day
 2 or more servings per day

String beans (1/2 cup)

- Never/less than 1 per month
 1–3 servings per month
 1 serving per week
 2–4 servings per week
 5 or more servings per week

Broccoli (1/2 cup)

- Never/less than 1 per month
 1–3 servings per month
 1 serving per week
 2–4 servings per week
 5–6 servings per week
 1 or more servings per day

Cabbage or cole slaw (1/2 cup)

- Never/less than 1 per month
 1–3 servings per month
 1 serving per week
 2–4 servings per week
 5–6 servings per week
 1 or more servings per day

Cauliflower (1/2 cup)

- Never/less than 1 per month
 1–3 servings per month
 1 serving per week
 2–4 servings per week
 5–6 servings per week
 1 or more servings per day

Brussels sprouts (1/2 cup)

- Never/less than 1 per month
 1–3 servings per month
 1 serving per week
 2 or more servings per week

Carrots, raw (1/2 carrot or 2–4 sticks)

- Never/less than 1 per month
 1–3 servings per month
 1 serving per week
 2–4 servings per week
 5–6 servings per week
 1 serving per day
 2 or more servings per day

Carrots, cooked (1/2 cup) or carrot juice (2–3 oz.)

- Never/less than 1 per month
 1–3 servings per month
 1 serving per week
 2–4 servings per week
 5–6 servings per week
 1 serving per day
 2 or more servings per day

Corn (1 ear or 1/2 cup frozen or canned)

- Never/less than 1 per month
 1–3 servings per month
 1 serving per week
 2–4 servings per week
 5–6 servings per week
 1 or more servings per day

Peas or lima beans (1/2 cup fresh, frozen or canned)

- Never/less than 1 per month
 1–3 servings per month
 1 serving per week
 2–4 servings per week
 5–6 servings per week
 1 or more servings per day

Mixed vegetables (1/2 cup)

- Never/less than 1 per month
 1–3 servings per month
 1 serving per week
 2–4 servings per week
 5–6 servings per week
 1 or more servings per day

Beans or lentils, baked or dried (1/2 cup)

- Never/less than 1 per month
 1–3 servings per month
 1 serving per week
 2–4 servings per week
 5–6 servings per week
 1 or more servings per day

Dark orange (winter) squash (1/2 cup)

- Never/less than 1 per month
 1–3 servings per month
 1 serving per week
 2–4 servings per week
 5–6 servings per week
 1 or more servings per day

Eggplant, zucchini or other summer squash (1/2 cup)

- Never/less than 1 per month
 1–3 servings per month
 1 serving per week
 2–4 servings per week
 5–6 servings per week
 1 or more servings per day

3. (Continued) Please fill in your average total use, in the past 3 months, of each specified food.

**Yams or sweet potatoes
(1/2 cup)**

- Never/less than 1 per month
- 1-3 servings per month
- 1 serving per week
- 2-4 servings per week
- 5-6 servings per week
- 1 or more servings per day

**Spinach, cooked
(1/2 cup)**

- Never/less than 1 per month
- 1-3 servings per month
- 1 serving per week
- 2-4 servings per week
- 5-6 servings per week
- 1 or more servings per day

**Spinach, raw as in salad
(serving)**

- Never/less than 1 per month
- 1-3 servings per month
- 1 serving per week
- 2-4 servings per week
- 5-6 servings per week
- 1 or more servings per day

**Kale, mustard, or chard
greens (1/2 cup)**

- Never/less than 1 per month
- 1-3 servings per month
- 1 serving per week
- 2-4 servings per week
- 5 or more servings per week

**Iceberg or head lettuce
(serving)**

- Never/less than 1 per month
- 1-3 servings per month
- 1 serving per week
- 2-4 servings per week
- 5-6 servings per week
- 1 serving per day
- 2 or more servings per day

**Romaine or leaf lettuce
(serving)**

- Never/less than 1 per month
- 1-3 servings per month
- 1 serving per week
- 2-4 servings per week
- 5-6 servings per week
- 1 serving per day
- 2 or more servings per day

Celery (4" stick)

- Never/less than 1 per month
- 1-3 per month
- 1 per week
- 2-4 per week
- 5-6 per week
- Once per day
- 2 or more per day

**Green peppers
(3 slices or 1/4 pepper)**

- Never/less than 1 per month
- 1-3 servings per month
- 1 serving per week
- 2-4 servings per week
- 5-6 servings per week
- 1 or more servings per day

**Onions as a garnish
or in a salad (1 slice)**

- Never/less than 1 per month
- 1-3 slices per month
- 1 slice per week
- 2-4 slices per week
- 5-6 slices per week
- 1 or more slices per day

**Onions as a vegetable,
rings or soup (1 onion)**

- Never/less than 1 per month
- 1-3 per month
- 1 per week
- 2-4 per week
- 5-6 per week
- 1 or more per day

**In summary, how many servings
of vegetables do you usually eat,
not counting salad or potatoes?**

- Never/less than 1 per month
- 1-3 servings per month
- 1 serving per week
- 2-4 servings per week
- 5-6 servings per week
- 1 serving per day
- 2-3 servings per day
- 4-5 servings per day
- 6 or more servings per day

EGGS, MEAT & FISH

4. Please fill in your average total use, in the past 3 months, of each specified food.

Egg Beaters or egg whites only (1/4 cup or 1 egg)

- Never/less than 1 per month
- 1-3 servings per month
- 1 serving per week
- 2-4 servings per week
- 5-6 servings per week
- 1 serving per day
- 2 or more servings per day

Eggs whole, with yolk (1)

- Never/less than 1 per month
- 1-3 eggs per month
- 1 egg per week
- 2-4 eggs per week
- 5-6 eggs per week
- 1 egg per day
- 2 or more eggs per day

Bacon (2 slices)

- Never/less than 1 per month
- 1-3 servings per month
- 1 serving per week
- 2-4 servings per week
- 5-6 servings per week
- 1 or more servings per day

Chicken or turkey sandwich (1)

- Never/less than 1 per month
- 1-3 per month
- 1 per week
- 2-4 per week
- 5-6 per week
- 1 or more per day

Other chicken or turkey, with skin (4-6 oz.)

- Never/less than 1 per month
- 1-3 servings per month
- 1 serving per week
- 2-4 servings per week
- 5-6 servings per week
- 1 serving per day
- 2 or more servings per day

Other chicken or turkey, without skin (4-6 oz.)

- Never/less than 1 per month
- 1-3 servings per month
- 1 serving per week
- 2-4 servings per week
- 5-6 servings per week
- 1 serving per day
- 2 or more servings per day

Beef or pork hot dog (1)

- Never/less than 1 per month
- 1-3 per month
- 1 per week
- 2-4 per week
- 5-6 per week
- 1 per day
- 2 or more per day

Chicken or turkey hot dog (1)

- Never/less than 1 per month
- 1-3 per month
- 1 per week
- 2-4 per week
- 5-6 per week
- 1 per day
- 2 or more per day

Salami, bologna, or other processed meat sandwich (1)

- Never/less than 1 per month
- 1-3 per month
- 1 per week
- 2-4 per week
- 5 or more per week

Processed meats, e.g., sausage, kielbasa, etc. (2 oz. or 2 small links)

- Never/less than 1 per month
- 1-3 servings per month
- 1 serving per week
- 2-4 servings per week
- 5-6 servings per week
- 1 serving per day
- 2 or more servings per day

Hamburger, lean or extra lean (1 patty)

- Never/less than 1 per month
- 1-3 per month
- 1 per week
- 2-4 per week
- 5-6 per week
- 1 or more per day

Hamburger, regular (1 patty)

- Never/less than 1 per month
- 1-3 per month
- 1 per week
- 2-4 per week
- 5-6 per week
- 1 or more per day

4. (Continued) Please fill in your average total use, in the past 3 months, of each specified food.

Beef, pork, or lamb as a sandwich or mixed dish, e.g., stew, casserole, lasagna, etc.

- Never/less than 1 per month
- 1-3 servings per month
- 1 serving per week
- 2-4 servings per week
- 5-6 servings per week
- 1 or more servings per day

Pork as a main dish, e.g., ham or chops (4-6 oz.)

- Never/less than 1 per month
- 1-3 servings per month
- 1 serving per week
- 2-4 servings per week
- 5-6 servings per week
- 1 or more servings per day

Beef or lamb as a main dish, e.g., steak, roast (4-6 oz.)

- Never/less than 1 per month
- 1-3 servings per month
- 1 serving per week
- 2-4 servings per week
- 5-6 servings per week
- 1 or more servings per day

Liver: beef, calf or pork (4 oz.)

- Never/less than 1 per month
- 1-3 servings per month
- 1 serving per week
- 2 or more servings per week

Liver: chicken or turkey (1 oz.)

- Never/less than 1 per month
- 1-3 servings per month
- 1 serving per week
- 2 or more servings per week

Canned tuna fish (3-4 oz.)

- Never/less than 1 per month
- 1-3 servings per month
- 1 serving per week
- 2-4 servings per week
- 5-6 servings per week
- 1 serving per day
- 2 or more servings per day

Breaded fish cakes, pieces, or fish sticks (1 serving, store bought)

- Never/less than 1 per month
- 1-3 servings per month
- 1 serving per week
- 2-4 servings per week
- 5-6 servings per week
- 1 or more servings per day

Shrimp, lobster, scallops, clams as a main dish (1 serving)

- Never/less than 1 per month
- 1-3 servings per month
- 1 serving per week
- 2-4 servings per week
- 5-6 servings per week
- 1 or more servings per day

Dark meat fish, e.g., mackerel, salmon, sardines, bluefish, swordfish (3-5 oz.)

- Never/less than 1 per month
- 1-3 servings per month
- 1 serving per week
- 2-4 servings per week
- 5-6 servings per week
- 1 or more servings per day

Other fish, e.g., cod, haddock, halibut (3-5 oz.)

- Never/less than 1 per month
- 1-3 servings per month
- 1 serving per week
- 2-4 servings per week
- 5-6 servings per week
- 1 or more servings per day

CEREALS, BREADS & STARCHES

5. Please fill in your average total use, in the past 3 months, of each specified food.

Cold breakfast cereal (1 cup)

- Never/less than 1 per month
- 1-3 cups per month
- 1 cup per week
- 2-4 cups per week
- 5-6 cups per week
- 1 cup per day
- 2-3 cups per day
- 4 or more cups per day

Cooked oatmeal/cooked oat bran (1 cup)

- Never/less than 1 per month
- 1-3 cups per month
- 1 cup per week
- 2-4 cups per week
- 5-6 cups per week
- 1 cup per day
- 2 or more cups per day

Other cooked breakfast cereal (1 cup)

- Never/less than 1 per month
- 1-3 cups per month
- 1 cup per week
- 2-4 cups per week
- 5-6 cups per week
- 1 cup per day
- 2 or more cups per day

What brand and type of cold breakfast cereal do you usually eat?

- Don't eat cold breakfast cereal

→ Specify brand & type (e.g., "Ralston Rice Chex")

White bread (slice), including pita bread

- Never/less than 1 per month
- 1-3 slices per month
- 1 slice per week
- 2-4 slices per week
- 5-6 slices per week
- 1 slice per day
- 2-3 slices per day
- 4-5 slices per day
- 6 or more slices per day

Dark bread (slice), including wheat pita bread

- Never/less than 1 per month
- 1-3 slices per month
- 1 slice per week
- 2-4 slices per week
- 5-6 slices per week
- 1 slice per day
- 2-3 slices per day
- 4-5 slices per day
- 6 or more slices per day

Bagels, English muffins, or rolls (1 whole)

- Never/less than 1 per month
- 1-3 per month
- 1 per week
- 2-4 per week
- 5-6 per week
- 1 per day
- 2 or more per day

Muffins (regular) or biscuits (1)

- Never/less than 1 per month
- 1-3 per month
- 1 per week
- 2-4 per week
- 5-6 per week
- 1 per day
- 2 or more per day

Brown rice (1 cup)

- Never/less than 1 per month
- 1-3 cups per month
- 1 cup per week
- 2-4 cups per week
- 5-6 cups per week
- 1 cup per day
- 2 or more cups per day

White rice (1 cup)

- Never/less than 1 per month
- 1-3 cups per month
- 1 cup per week
- 2-4 cups per week
- 5-6 cups per week
- 1 cup per day
- 2 or more cups per day

0	0	0
1	1	1
2	2	2
3	3	3
4	4	4
5	5	5
6	6	6
7	7	7
8	8	8
9	9	9

5. (Continued) Please fill in your average total use, in the past 3 months, of each specified food.

Pasta, e.g., spaghetti, noodles, etc. (1 cup)

- Never/less than 1 per month
- 1-3 servings per month
- 1 serving per week
- 2-4 servings per week
- 5-6 servings per week
- 1 serving per day
- 2 or more servings per day

Tortillas (1)

- Never/less than 1 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 or more per day

Other grains, e.g., bulgar, kasha, couscous, etc. (1 cup)

- Never/less than 1 per month
- 1-3 cups per month
- 1 cup per week
- 2-4 cups per week
- 5-6 cups per week
- 1 or more cups per day

Pancakes, waffles, or French toast (3 pieces)

- Never/less than 1 per month
- 1-3 servings per month
- 1 serving per week
- 2-4 servings per week
- 5-6 servings per week
- 1 serving per day
- 2 or more servings per day

French fried potatoes (small order or 1/2 cup)

- Never/less than 1 per month
- 1-3 servings per month
- 1 serving per week
- 2-4 servings per week
- 5-6 servings per week
- 1 or more servings per day

Potatoes, baked, boiled (1) or mashed (1 cup)

- Never/less than 1 per month
- 1-3 servings per month
- 1 serving per week
- 2-4 servings per week
- 5-6 servings per week
- 1 serving per day
- 2 or more servings per day

Potato chips or corn chips (small bag or 1 oz.)

- Never/less than 1 per month
- 1-3 servings per month
- 1 serving per week
- 2-4 servings per week
- 5-6 servings per week
- 1 serving per day
- 2 or more servings per day

Graham crackers (1 whole cracker)

- Never/less than 1 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 or more per day

Other Crackers, Triscuits, Wheat Thins (5)

- Never/less than 1 per month
- 1-3 servings per month
- 1 serving per week
- 2-4 servings per week
- 5-6 servings per week
- 1 serving per day
- 2-3 servings per day
- 4 or more servings per day

Pizza (2 slices)

- Never/less than 1 per month
- 1-3 servings per month
- 1 serving per week
- 2-4 servings per week
- 5-6 servings per week
- 1 serving per day
- 2 or more servings per day

BEVERAGES

6. Please fill in your average total use, in the past 3 months, of each specified beverage.

Hawaiian Punch, lemonade, or other non-carbonated fruit drinks (1 glass, bottle, can)

- Never/less than 1 per month
- 1-3 glasses per month
- 1 glass per week
- 2-4 glasses per week
- 5-6 glasses per week
- 1 glass per day
- 2-3 glasses per day
- 4 or more glasses per day

Tap water (1 cup or glass)

- Never/less than 1 per month
- 1-3 glasses per month
- 1 glass per week
- 2-4 glasses per week
- 5-6 glasses per week
- 1 glass per day
- 2-3 glasses per day
- 4-5 glasses per day
- 6 or more glasses per day

Filtered or bottled water, including mineral water and soda water (1 cup or glass)

- Never/less than 1 per month
- 1-3 glasses per month
- 1 glass per week
- 2-4 glasses per week
- 5-6 glasses per week
- 1 glass per day
- 2-3 glasses per day
- 4-5 glasses per day
- 6 or more glasses per day

6. (Continued) Please fill in your average total use, in the past 3 months, of each specified beverage.

CARBONATED BEVERAGES—Consider the serving size as one 12 oz. glass, bottle or can for these carbonated beverages.

LOW-CALORIE (Sugar-free types)

Low-calorie cola, e.g., Diet Coke with caffeine (1 glass, bottle, can)

- Never/less than 1 per month
- 1–3 cans per month
- 1 can per week
- 2–4 cans per week
- 5–6 cans per week
- 1 can per day
- 2–3 cans per day
- 4 or more cans per day

Low-calorie caffeine-free cola, e.g., caffeine free Diet Coke (1 glass, bottle, can)

- Never/less than 1 per month
- 1–3 cans per month
- 1 can per week
- 2–4 cans per week
- 5–6 cans per week
- 1 can per day
- 2–3 cans per day
- 4 or more cans per day

Other low-calorie carbonated beverage, e.g., Diet 7-Up, Fresca, diet ginger ale (1 glass, bottle, can)

- Never/less than 1 per month
- 1–3 cans per month
- 1 can per week
- 2–4 cans per week
- 5–6 cans per week
- 1 can per day
- 2–3 cans per day
- 4 or more cans per day

REGULAR TYPES (not sugar-free)

Coke, Pepsi, or other cola with sugar (1 glass, bottle, can)

- Never/less than 1 per month
- 1–3 cans per month
- 1 can per week
- 2–4 cans per week
- 5–6 cans per week
- 1 can per day
- 2–3 cans per day
- 4 or more cans per day

Caffeine-Free Coke, Pepsi, or other cola with sugar (1 glass, bottle, can)

- Never/less than 1 per month
- 1–3 cans per month
- 1 can per week
- 2–4 cans per week
- 5–6 cans per week
- 1 can per day
- 2–3 cans per day
- 4 or more cans per day

Other carbonated beverage with sugar, e.g., 7-Up, ginger ale (1 glass, bottle, can)

- Never/less than 1 per month
- 1–3 cans per month
- 1 can per week
- 2–4 cans per week
- 5–6 cans per week
- 1 can per day
- 2–3 cans per day
- 4 or more cans per day

OTHER BEVERAGES

Beer, regular (1 glass, bottle, can)

- Never/less than 1 per month
- 1–3 cans per month
- 1 can per week
- 2–4 cans per week
- 5–6 cans per week
- 1 can per day
- 2–3 cans per day
- 4 or more cans per day

Light beer, e.g., Bud Light (1 glass, bottle, can)

- Never/less than 1 per month
- 1–3 cans per month
- 1 can per week
- 2–4 cans per week
- 5–6 cans per week
- 1 can per day
- 2–3 cans per day
- 4 or more cans per day

Liquor, e.g., whiskey, gin, etc. (1 drink or shot)

- Never/less than 1 per month
- 1–3 drinks per month
- 1 drink per week
- 2–4 drinks per week
- 5–6 drinks per week
- 1 drink per day
- 2–3 drinks per day
- 4 or more drinks per day

6. (Continued) Please fill in your average total use, in the past 3 months, of each specified beverage.

White wine (4 oz. glass)

- Never/less than 1 per month
- 1–3 glasses per month
- 1 glass per week
- 2–4 glasses per week
- 5–6 glasses per week
- 1 glass per day
- 2–3 glasses per day
- 4 or more glasses per day

Red wine (4 oz. glass)

- Never/less than 1 per month
- 1–3 glasses per month
- 1 glass per week
- 2–4 glasses per week
- 5–6 glasses per week
- 1 glass per day
- 2–3 glasses per day
- 4 or more glasses per day

Decaffeinated or herbal tea (1 cup)

- Never/less than 1 per month
- 1–3 cups per month
- 1 cup per week
- 2–4 cups per week
- 5–6 cups per week
- 1 cup per day
- 2–3 cups per day
- 4–5 cups per day
- 6 or more cups per day

Tea (1 cup), Not herbal teas

- Never/less than 1 per month
- 1–3 cups per month
- 1 cup per week
- 2–4 cups per week
- 5–6 cups per week
- 1 cup per day
- 2–3 cups per day
- 4–5 cups per day
- 6 or more cups per day

Decaffeinated coffee (1 cup)

- Never/less than 1 per month
- 1–3 cups per month
- 1 cup per week
- 2–4 cups per week
- 5–6 cups per week
- 1 cup per day
- 2–3 cups per day
- 4–5 cups per day
- 6 or more cups per day

Coffee with caffeine (1 cup)

- Never/less than 1 per month
- 1–3 cups per month
- 1 cup per week
- 2–4 cups per week
- 5–6 cups per week
- 1 cup per day
- 2–3 cups per day
- 4–5 cups per day
- 6 or more cups per day

SWEETS, BAKED GOODS & MISCELLANEOUS

7. Please fill in your average total use, in the past 3 months, of each specified food.

Pure chocolate candy bar or packet, (e.g., Hershey's, M&M's)

- Never/less than 1 per month
- 1–3 per month
- 1 per week
- 2–4 per week
- 5–6 per week
- 1 per day
- 2 or more per day

Other mixed candy bar (e.g., Snickers, Milky Way, Reeses)

- Never/less than 1 per month
- 1–3 candy bars per month
- 1 candy bar per week
- 2–4 candy bars per week
- 5–6 candy bars per week
- 1 candy bar per day
- 2 or more candy bars per day

Candy without chocolate (e.g., 1 pack mints, Lifesavers)

- Never/less than 1 per month
- 1–3 per month
- 1 per week
- 2–4 per week
- 5–6 per week
- 1 per day
- 2 or more per day

7. (Continued) Please fill in your average total use, in the past 3 months, of each specified food.

Jams, jellies, preserves, syrup, or honey (1 tbs.)

- Never/less than 1 per month
- 1-3 tbs. per month
- 1 tbs. per week
- 2-4 tbs. per week
- 5-6 tbs. per week
- 1 tbs. per day
- 2-3 tbs. per day
- 4 or more tbs. per day

Peanut butter (1 tbs.)

- Never/less than 1 per month
- 1-3 tbs. per month
- 1 tbs. per week
- 2-4 tbs. per week
- 5-6 tbs. per week
- 1 tbs. per day
- 2-3 tbs. per day
- 4 or more tbs. per day

Popcorn (1 cup)

- Never/less than 1 per month
- 1-3 cups per month
- 1 cup per week
- 2-4 cups per week
- 5-6 cups per week
- 1 cup per day
- 2 or more cups per day

Pretzels (1 oz., or small bag)

- Never/less than 1 per month
- 1-3 servings per month
- 1 serving per week
- 2-4 servings per week
- 5-6 servings per week
- 1 serving per day
- 2 or more servings per day

Cookies, home baked (1)

- Never/less than 1 per month
- 1-3 cookies per month
- 1 cookie per week
- 2-4 cookies per week
- 5-6 cookies per week
- 1 cookie per day
- 2-3 cookies per day
- 4 or more cookies per day

Cookies, ready made (1)

- Never/less than 1 per month
- 1-3 cookies per month
- 1 cookie per week
- 2-4 cookies per week
- 5-6 cookies per week
- 1 cookie per day
- 2-3 cookies per day
- 4 or more cookies per day

Brownies (1)

- Never/less than 1 per month
- 1-3 per month
- 1 per week
- 2-4 per week
- 5-6 per week
- 1 or more per day

Doughnuts (1)

- Never/less than 1 per month
- 1-3 per month
- 1 per week
- 2-4 per week
- 5-6 per week
- 1 per day
- 2 or more per day

Cake, home baked (slice)

- Never/less than 1 per month
- 1-3 slices per month
- 1 slice per week
- 2-4 slices per week
- 5 or more slices per week

Cake, ready made (slice)

- Never/less than 1 per month
- 1-3 slices per month
- 1 slice per week
- 2-4 slices per week
- 5 or more slices per week

Pie, homemade (slice)

- Never/less than 1 per month
- 1-3 slices per month
- 1 slice per week
- 2-4 slices per week
- 5 or more slices per week

Pie, ready made (slice)

- Never/less than 1 per month
- 1-3 slices per month
- 1 slice per week
- 2-4 slices per week
- 5 or more slices per week

7. (Continued) Please fill in your average total use, in the past 3 months, of each specified food.

Sweet roll, coffee cake or other pastry, home baked (serving)

- Never/less than 1 per month
- 1-3 servings per month
- 1 serving per week
- 2-4 servings per week
- 5-6 servings per week
- 1 or more servings per day

Sweet roll, coffee cake or other pastry, ready made (serving)

- Never/less than 1 per month
- 1-3 servings per month
- 1 serving per week
- 2-4 servings per week
- 5-6 servings per week
- 1 or more servings per day

Peanuts (small packet or 1 oz.)

- Never/less than 1 per month
- 1-3 servings per month
- 1 serving per week
- 2-4 servings per week
- 5-6 servings per week
- 1 or more servings per day

Other nuts (small packet or 1 oz.)

- Never/less than 1 per month
- 1-3 servings per month
- 1 serving per week
- 2-4 servings per week
- 5-6 servings per week
- 1 or more servings per day

Wheat germ (1 tbs.)

- Never/less than 1 per month
- 1-3 tbs. per month
- 1 tbs. per week
- 2-4 tbs. per week
- 5-6 tbs. per week
- 1 tbs. per day
- 2 or more tbs. per day

Oat bran, added to food (1 tbs.)

- Never/less than 1 per month
- 1-3 tbs. per month
- 1 tbs. per week
- 2-4 tbs. per week
- 5-6 tbs. per week
- 1 or more tbs. per day

Other bran, added to food (1 tbs.)

- Never/less than 1 per month
- 1-3 tbs. per month
- 1 tbs. per week
- 2-4 tbs. per week
- 5-6 tbs. per week
- 1 or more tbs. per day

Chowder or cream soup (1 cup)

- Never/less than 1 per month
- 1-3 cups per month
- 1 cup per week
- 2-4 cups per week
- 5-6 cups per week
- 1 or more cups per day

Clear soup with rice, noodles, vegetables (1 cup)

- Never/less than 1 per month
- 1-3 cups per month
- 1 cup per week
- 2-4 cups per week
- 5-6 cups per week
- 1 or more cups per day

Ketchup or red chili sauce (1 tbs.)

- Never/less than 1 per month
- 1-3 tbs. per month
- 1 tbs. per week
- 2-4 tbs. per week
- 5-6 tbs. per week
- 1 tbs. per day
- 2 or more tbs. per day

Salt added at table (1 shake)

- Never/less than 1 per month
- 1-3 shakes per month
- 1 shake per week
- 2-4 shakes per week
- 5-6 shakes per week
- 1 shake per day
- 2-3 shakes per day
- 4-5 shakes per day
- 6 or more shakes per day

How many teaspoons of sugar do you add to your beverages or food each day?

Teaspoons

0	0
1	1
2	2
3	3
4	4
5	5
6	6
7	7
8	8
9	9

7. (Continued) Please fill in your average total use, in the past 3 months, of each specified food.

**Nutrasweet or Equal
(1 packet) NOT Sweet 'N Low**

- Never/less than 1 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 or more per day

Garlic (1 clove or 4 shakes)

- Never/less than 1 per month
- 1-3 servings per month
- 1 serving per week
- 2-4 servings per week
- 5-6 servings per week
- 1 serving per day
- 2-3 servings per day
- 4-5 servings per day
- 6 or more servings per day

**Low fat mayonnaise/fat
free mayonnaise (2 tbs.)**

- Never/less than 1 per month
- 1-3 servings per month
- 1 serving per week
- 2-4 servings per week
- 5-6 servings per week
- 1 serving per day
- 2 or more servings per day

**Regular mayonnaise
(2 tbs.)**

- Never/less than 1 per month
- 1-3 servings per month
- 1 serving per week
- 2-4 servings per week
- 5-6 servings per week
- 1 serving per day
- 2 or more servings per day

Salad dressing (2 tbs.) →

- Never/less than 1 per month
- 1-3 servings per month
- 1 serving per week
- 2-4 servings per week
- 5-6 servings per week
- 1 serving per day
- 2-3 servings per day
- 4 or more servings per day

Type of salad dressing:

- Nonfat
- Low fat
- Olive oil dressing
- Regular

**Olive oil added to food or
bread (1 tbs.); exclude use
in cooking**

- Never/less than 1 per month
- 1-3 tbs. per month
- 1 tbs. per week
- 2-4 tbs. per week
- 5-6 tbs. per week
- 1 tbs. per day
- 2-3 tbs. per day
- 4 or more tbs. per day

8. How much of the visible fat on your beef, pork or lamb do you remove before eating?

- Don't eat meat
- Remove all visible fat
- Remove most fat
- Remove small part of fat
- Remove no fat

9. What kind of fat is usually used for frying and sautéing at home?

- Don't fry
- Real butter
- Margarine
- Olive oil
- Vegetable oil
- Vegetable shortening
- Lard/bacon fat
- Pam type spray

10. What kind of fat is usually used for baking at home?

- Don't bake
- Real butter
- Margarine
- Olive oil
- Vegetable oil
- Vegetable shortening
- Lard/bacon fat
- Pam type spray

11. How often do you eat food fried, stir-fried in oil, or sautéed at home?

- Never/less than once per week
- Once per week
- 2-4 times per week
- 5-6 times per week
- Daily

12. How often do you eat deep fried food away from home or as take out (e.g., french fries, egg rolls, fried chicken, fish, clams, shrimp, etc.)?

- Never/less than once per week
- Once per week
- 2-4 times per week
- 5-6 times per week
- Daily

13. What type of cooking oil is usually used at home (e.g., Wesson Corn Oil)?

(Specify brand and type)

14. Are there any other foods not mentioned above that you usually eat at least once per week?

Include for example: instant breakfast drink, high protein drinks, pudding or custard, fava beans, coconut, mango, papaya, horseradish, V-8 juice. (Do not include dry spices and do not list something that has been listed in the previous sections.)

Other foods that you usually eat at least once per week	Servings per week
(a)	
(b)	
(c)	

8

9

10

11

12

13

0 0 0

1 1 1

2 2 2

3 3 3

4 4 4

5 5 5

6 6 6

7 7 7

8 8 8

9 9 9

14

a

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1 1 1 1 1

2 2 2 2 2

3 3 3 3 3

4 4 4 4 4

5 5 5 5 5

6 6 6 6 6

7 7 7 7 7

8 8 8 8 8

9 9 9 9 9

b

0 0 0 0 0

1 1 1 1 1

2 2 2 2 2

3 3 3 3 3

4 4 4 4 4

5 5 5 5 5

6 6 6 6 6

7 7 7 7 7

8 8 8 8 8

9 9 9 9 9

c

0 0 0 0 0

1 1 1 1 1

2 2 2 2 2

3 3 3 3 3

4 4 4 4 4

5 5 5 5 5

6 6 6 6 6

7 7 7 7 7

8 8 8 8 8

9 9 9 9 9

VITAMINS AND SUPPLEMENTS

15. Please fill in your average use in the past 3 months of each specified vitamin and supplement. Please indicate the number of tablets you have taken per week and the brand and/or dose of each tablet. You may check the bottle or prescription if you are unsure about the brand or dose.

Prenatal vitamins

- Never
2 or fewer tablets per week
3 to 5 tablets per week
6 to 9 tablets per week
10 or more tablets per week

Brand: []
(e.g., "ESI Lederle Prenatal Plus")

Other Multivitamins (not prenatal)

- Never
2 or fewer tablets per week
3 to 5 tablets per week
6 to 9 tablets per week
10 or more tablets per week

Brand: []
(e.g., "One A Day Women's Formula")

Grid for recording frequency of use for Prenatal vitamins and Other Multivitamins.

For the following items, please consider only the vitamins/supplements you take separate from a prenatal or multivitamin.

Calcium

- Never
2 or fewer tablets per week
3 to 5 tablets per week
6 to 9 tablets per week
10 or more tablets per week

Dose per tablet: []
Brand: []
(e.g., "Tums Extra Strength")

Iron

- Never
2 or fewer tablets per week
3 to 5 tablets per week
6 to 9 tablets per week
10 or more tablets per week

Dose per tablet: []
Brand: []
(e.g., "CVS Ferrous Sulfate")

Grid for recording frequency of use for Calcium and Iron.

Vitamin A

- Never
2 or fewer tablets per week
3 to 5 tablets per week
6 to 9 tablets per week
10 or more tablets per week

Dose per tablet: []

0 1 2 3 4 5 6 7 8 9

Vitamin B6

- Never
2 or fewer tablets per week
3 to 5 tablets per week
6 to 9 tablets per week
10 or more tablets per week

Dose per tablet: []

0 1 2 3 4 5 6 7 8 9

Vitamin C (ascorbic acid)

- Never
2 or fewer tablets per week
3 to 5 tablets per week
6 to 9 tablets per week
10 or more tablets per week

Dose per tablet: []

0 1 2 3 4 5 6 7 8 9

Thank you!

***Please check to make sure you have not
accidentally skipped any pages.***

***Please call at (617) 421-6067 if you have
any questions.***

