Project FIRST Diet History Questionnaire

GENERAL INSTRUCTIONS

• Answer each question as best you can. Estimate if you are not sure. A guess is better than leaving a blank.
• This questionnaire asks you about the foods you have eaten in the past month
• Do not fold, staple, or tear the pages.
• Put an X in the box next to your answer.
• If you make any changes, cross out the incorrect answer and put an X in the box next to the correct answer. Also draw a circle around the correct answer.
• If you mark NEVER, NO, or DON’T KNOW for a question, please follow any arrows or instructions that direct you to the next question.

BEFORE TURNING THE PAGE, PLEASE COMPLETE THE FOLLOWING QUESTIONS.

Today's date:

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In what month were you born?

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In what year were you born?

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Are you male or female?

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R867-99D
OMB No. 0910-0558
Expiration Date: 12/31/2007
1. Over the past month, how often did you drink tomato juice or vegetable juice?

- NEVER (GO TO QUESTION 2)
- 1 time per month
- 2–3 times per month
- 1–2 times per week
- 3–4 times per week
- 5–6 times per week

1a. Each time you drank tomato juice or vegetable juice, how much did you usually drink?

- Less than ¾ cup (6 ounces)
- ¾ to 1¼ cups (6 to 10 ounces)
- More than 1¼ cups (10 ounces)

2. Over the past month, how often did you drink orange juice or grapefruit juice?

- NEVER (GO TO QUESTION 3)
- 1 time per month
- 2–3 times per month
- 1–2 times per week
- 3–4 times per week
- 5–6 times per week

2a. Each time you drank orange juice or grapefruit juice, how much did you usually drink?

- Less than ¾ cup (6 ounces)
- ¾ to 1¼ cups (6 to 10 ounces)
- More than 1¼ cups (10 ounces)

2b. How often were your orange juice or grapefruit juice calcium-fortified?

- Almost never or never
- About ¼ of the time
- About ½ of the time
- About ¾ of the time
- Almost always or always

2c. How often were your orange juice or grapefruit juice fortified with vitamin D?

- Almost never or never
- About ¼ of the time
- About ½ of the time
- About ¾ of the time
- Almost always or always

3. Over the past month, how often did you drink other 100% fruit juice or 100% fruit juice mixtures (such as apple, grape, pineapple, or others)?

- NEVER (GO TO QUESTION 4)
- 1 time per month
- 2–3 times per month
- 1–2 times per week
- 3–4 times per week
- 5–6 times per week

3a. Each time you drank other fruit juice or fruit juice mixtures, how much did you usually drink?

- Less than ¾ cup (6 ounces)
- ¾ to 1¼ cups (6 to 12 ounces)
- More than 1¼ cups (12 ounces)

3b. How often were your other fruit juice or fruit juice mixtures calcium-fortified?

- Almost never or never
- About ¼ of the time
- About ½ of the time
- About ¾ of the time
- Almost always or always

3c. How often were your other fruit juice or fruit juice mixtures fortified with vitamin D?

- Almost never or never
- About ¼ of the time
- About ½ of the time
- About ¾ of the time
- Almost always or always

4. Over the past month, how often did you drink other fruit drinks (such as cranberry cocktail, Hi-C, lemonade, or Kool-Aid, diet or regular)?

- NEVER (GO TO QUESTION 5)
- 1 time per month
- 2–3 times per month
- 1–2 times per week
- 3–4 times per week
- 5–6 times per week

4a. Each time you drank fruit drinks, how much did you usually drink?

- Less than 1 cup (8 ounces)
- 1 to 2 cups (8 to 16 ounces)
- More than 2 cups (16 ounces)
Over the past month...

4b. How often were your fruit drinks diet or sugar-free drinks?
- [ ] Never or almost never
- [ ] About ¼ of the time
- [ ] About ½ of the time
- [ ] About ¾ of the time
- [ ] Always or always

4c. How often were your fruit drinks calcium-fortified?
- [ ] Never or almost never
- [ ] About ¼ of the time
- [ ] About ½ of the time
- [ ] About ¾ of the time
- [ ] Always or always

4d. How often were your fruit drinks fortified with vitamin D?
- [ ] Never or almost never
- [ ] About ¼ of the time
- [ ] About ½ of the time
- [ ] About ¾ of the time
- [ ] Always or always

5. How often did you drink milk as a beverage (NOT in coffee, NOT in cereal)? (Please include chocolate milk and hot chocolate.)
- [ ] Never (GO TO QUESTION 6)
- [ ] 1 time per month
- [ ] 1–2 times per month
- [ ] 3–4 times per month
- [ ] 5–6 times per month
- [ ] 1 time per day
- [ ] 2–3 times per day
- [ ] 4–5 times per day
- [ ] 6 or more times per day

5a. Each time you drank milk as a beverage, how much did you usually drink?
- [ ] Less than 1 cup (8 ounces)
- [ ] 1 to 1½ cups (8 to 12 ounces)
- [ ] More than 1½ cups (12 ounces)

5b. What kind of milk did you usually drink?
- [ ] Whole milk
- [ ] 2% fat milk
- [ ] 1 % fat milk
- [ ] Skim, nonfat, or ½% fat milk
- [ ] Soy milk
- [ ] Rice milk
- [ ] Raw, unpasteurized milk
- [ ] Other

6. How often did you drink meal replacement, energy, or high-protein beverages such as Instant Breakfast, Ensure, Slimfast, Sustacal or others?
- [ ] Never (GO TO QUESTION 7)
- [ ] 1 time per month
- [ ] 1–2 times per month
- [ ] 3–4 times per week
- [ ] 5–6 times per week
- [ ] 1 time per day
- [ ] 2–3 times per day
- [ ] 4–5 times per day
- [ ] 6 or more times per day

6a. Each time you drank meal replacement beverages, how much did you usually drink?
- [ ] Less than 1 cup (8 ounces)
- [ ] 1 to 1½ cups (8 to 12 ounces)
- [ ] More than 1½ cups (12 ounces)

7. How often did you drink soft drinks, soda, or pop?
- [ ] Never (GO TO QUESTION 8)
- [ ] 1 time per month
- [ ] 1–2 times per month
- [ ] 3–4 times per week
- [ ] 5–6 times per week
- [ ] 1 time per day
- [ ] 2–3 times per day
- [ ] 4–5 times per day
- [ ] 6 or more times per day

7a. Each time you drank soft drinks, soda, or pop, how much did you usually drink?
- [ ] Less than 12 ounces or less than 1 can or bottle
- [ ] 12 to 16 ounces or 1 can or bottle
- [ ] More than 16 ounces or more than 1 can or bottle

7b. How often were these soft drinks, soda, or pop diet or sugar-free?
- [ ] Never or almost never
- [ ] About ¼ of the time
- [ ] About ½ of the time
- [ ] About ¾ of the time
- [ ] Always or always

7c. How often were these soft drinks, soda, or pop caffeine-free?
- [ ] Never or almost never
- [ ] About ¼ of the time
- [ ] About ½ of the time
- [ ] About ¾ of the time
- [ ] Always or always
Over the past month...

8. How often did you drink **beer**?

   - □ NEVER (GO TO QUESTION 9)
   - □ 1 time per month
   - □ 2–3 times per month
   - □ 1–2 times per week
   - □ 3–4 times per week
   - □ 5–6 times per week

8a. Each time you drank beer, how much did you usually drink?

   - □ Less than a 12-ounce can or bottle
   - □ 1 to 3 12-ounce cans or bottles
   - □ More than 3 12-ounce cans or bottles

9. How often did you drink **wine** or **wine coolers**?

   - □ NEVER (GO TO QUESTION 10)
   - □ 1 time per month
   - □ 2–3 times per month
   - □ 1–2 times per week
   - □ 3–4 times per week
   - □ 5–6 times per week

9a. Each time you drank wine or wine coolers, how much did you usually drink?

   - □ Less than 5 ounces or less than 1 glass
   - □ 5 to 12 ounces or 1 to 2 glasses
   - □ More than 12 ounces or more than 2 glasses

10. How often did you drink **liquor** or **mixed drinks**?

    - □ NEVER (GO TO QUESTION 11)
    - □ 1 time per month
    - □ 2–3 times per month
    - □ 1–2 times per week
    - □ 3–4 times per week
    - □ 5–6 times per week

10a. Each time you drank liquor or mixed drinks, how much did you usually drink?

    - □ Less than 1 shot of liquor
    - □ 1 to 3 shots of liquor
    - □ More than 3 shots of liquor

11. How often did you eat **oatmeal, grits, or other cooked cereal**?

    - □ NEVER (GO TO QUESTION 12)
    - □ 1 time per month
    - □ 2–3 times per month
    - □ 1 time per week
    - □ 2 times per week

11a. Each time you ate oatmeal, grits, or other cooked cereal, how much did you usually eat?

    - □ Less than ¾ cup
    - □ ¾ to 1 ¼ cups
    - □ More than 1 ¼ cups

12. How often did you eat **cold cereal**?

    - □ NEVER (GO TO QUESTION 13)
    - □ 1 time per month
    - □ 2–3 times per month
    - □ 1 time per week
    - □ 2 times per week

12a. Each time you ate cold cereal, how much did you usually eat?

    - □ Less than 1 cup
    - □ 1 to 2½ cups
    - □ More than 2½ cups

12b. How often was the cold cereal you ate **Total**, **Product 19**, or **Right Start**?

    - □ Almost never or never
    - □ About ¼ of the time
    - □ About ½ of the time
    - □ About ¾ of the time
    - □ Almost always or always

12c. How often was the cold cereal you ate **All Bran**, **Fiber One**, **100% Bran**, or **Bran Buds**?

    - □ Almost never or never
    - □ About ¼ of the time
    - □ About ½ of the time
    - □ About ¾ of the time
    - □ Almost always or always

Question 11 appears in the next column

Question 13 appears on the next page
Over the past month...

12d. How often was the cold cereal you ate some other bran or fiber cereal (such as Cheerios, Shredded Wheat, Raisin Bran, Bran Flakes, Grape-Nuts, Granola, Wheaties, or Healthy Choice)?

- Almost never or never
- About ¼ of the time
- About ½ of the time
- About ¾ of the time
- Almost always or always

12e. How often was the cold cereal you ate any other type of cold cereal (such as Corn Flakes, Rice Krispies, Frosted Flakes, Special K, Froot Loops, Cap'n Crunch, or others)?

- Almost never or never
- About ¼ of the time
- About ½ of the time
- About ¾ of the time
- Almost always or always

12f. Was milk added to your cold cereal?

- NO (GO TO QUESTION 13)
- YES

12g. What kind of milk was usually added?

- Whole milk
- 2% fat milk
- 1% fat milk
- Skim, nonfat, or ½% fat milk
- Soy milk
- Rice milk
- Raw, unpasteurized milk
- Other

12h. Each time milk was added to your cold cereal, how much was usually added?

- Less than ½ cup
- ½ to 1 cup
- More than 1 cup

13. How often did you eat applesauce?

- NEVER (GO TO QUESTION 14)

13a. Each time you ate applesauce, how much did you usually eat?

- Less than ½ cup
- ½ to 1 cup
- More than 1 cup

14. How often did you eat apples?

- NEVER (GO TO QUESTION 15)

14a. Each time you ate apples, how many did you usually eat?

- Less than 1 apple
- 1 apple
- More than 1 apple

15. How often did you eat pears (fresh, canned, or frozen)?

- NEVER (GO TO QUESTION 16)

15a. Each time you ate pears, how many did you usually eat?

- Less than 1 pear
- 1 pear
- More than 1 pear

16. How often did you eat bananas?

- NEVER (GO TO QUESTION 17)

16a. Each time you ate bananas, how many did you usually eat?

- 3–4 times per week
- 5–6 times per week
- 1 time per day
- 2 or more times per day

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Question 14 appears in the next column

Question 17 appears on the next page
Over the past month...

16a. Each time you ate **bananas**, how many did you usually eat?

- [ ] Less than 1 banana
- [ ] 1 banana
- [ ] More than 1 banana

17. How often did you eat **dried fruit**, such as prunes or raisins (not including dried apricots)?

- [ ] NEVER (GO TO QUESTION 18)
- [ ] 1 time per month
- [ ] 2–3 times per month
- [ ] 1 time per week
- [ ] 2 times per week

17a. Each time you ate **dried fruit**, how much did you usually eat (not including dried apricots)?

- [ ] Less than 2 tablespoons
- [ ] 2 to 5 tablespoons
- [ ] More than 5 tablespoons

18. How often did you eat **peaches, nectarines**, or **plums** (fresh, canned, or frozen)?

- [ ] NEVER (GO TO QUESTION 19)
- [ ] 1 time per month
- [ ] 2–3 times per month
- [ ] 1 time per week
- [ ] 2 times per week

18a. Each time you ate **peaches, nectarines**, or **plums**, how much did you usually eat?

- [ ] Less than 1 fruit or less than ½ cup
- [ ] 1 to 2 fruits or ½ to ¾ cup
- [ ] More than 2 fruits or more than ¾ cup

19. How often did you eat **grapes**?

- [ ] NEVER (GO TO QUESTION 20)
- [ ] 1 time per month
- [ ] 2–3 times per month
- [ ] 1 time per week
- [ ] 2 times per week

19a. Each time you ate **grapes**, how much did you usually eat?

- [ ] Less than ½ cup or less than 10 grapes
- [ ] ½ to 1 cup or 10 to 30 grapes
- [ ] More than 1 cup or more than 30 grapes

20. How often did you eat **fresh or frozen cantaloupe**?

- [ ] NEVER (GO TO QUESTION 21)
- [ ] 1 time per month
- [ ] 2–3 times per month
- [ ] 1 time per week
- [ ] 2 times per week

20a. Each time you ate **cantaloupe**, how much did you usually eat?

- [ ] Less than ¼ melon or less than ½ cup
- [ ] ¼ melon or ½ to 1 cup
- [ ] More than ¼ melon or more than 1 cup

21. How often did you eat **fresh or frozen melon, other than cantaloupe** (such as watermelon or honeydew)?

- [ ] NEVER (GO TO QUESTION 22)
- [ ] 1 time per month
- [ ] 3–4 times per week
- [ ] 2–3 times per month
- [ ] 5–6 times per week
- [ ] 1 time per week
- [ ] 2 times per week
- [ ] 2 or more times per day

21a. Each time you ate **melon other than cantaloupe**, how much did you usually eat?

- [ ] Less than ½ cup or 1 small wedge
- [ ] ½ to 2 cups or 1 medium wedge
- [ ] More than 2 cups or 1 large wedge

22. How often did you eat **fresh or frozen strawberries**?

- [ ] NEVER (GO TO QUESTION 23)
- [ ] 1 time per month
- [ ] 2–3 times per month
- [ ] 1 time per week
- [ ] 2 times per week

22a. Each time you ate **strawberries**, how much did you usually eat?

- [ ] Less than ¼ cup or less than 3 berries
- [ ] ¼ to ½ cup or 3 to 8 berries
- [ ] More than ¼ cup or more than 8 berries

*Question 20 appears in the next column*

*Question 23 appears on the next page*
Over the past month...

23. How often did you eat oranges, tangerines, or tangelos (fresh or canned)?

☐ NEVER (GO TO QUESTION 24)
☐ 1 time per month
☐ 2–3 times per month
☐ 1 time per week
☐ 2 times per week

23a. Each time you ate oranges, tangerines, or tangelos, how many did you usually eat?

☐ Less than 1 fruit
☐ 1 fruit
☐ More than 1 fruit

24. How often did you eat grapefruit (fresh or canned)?

☐ NEVER (GO TO QUESTION 25)
☐ 1 time per month
☐ 2–3 times per month
☐ 1 time per week
☐ 2 times per week

24a. Each time you ate grapefruit, how much did you usually eat?

☐ Less than ½ grapefruit
☐ ½ grapefruit
☐ More than ½ grapefruit

25. How often did you eat other kinds of fruit?

☐ NEVER (GO TO QUESTION 26)
☐ 1 time per month
☐ 2–3 times per month
☐ 1 time per week
☐ 2 times per week

25a. Each time you ate other kinds of fruit, how much did you usually eat?

☐ Less than ¼ cup
☐ ¼ to ¼ cup
☐ More than ¼ cup

26. How often did you eat COOKED greens (such as spinach, turnip, collard, mustard, chard, or kale)?

☐ NEVER (GO TO QUESTION 27)
☐ 1 time per month
☐ 2–3 times per month
☐ 1 time per week
☐ 2 times per week

26a. Each time you ate COOKED greens, how much did you usually eat?

☐ Less than ½ cup
☐ ½ to 1 cup
☐ More than 1 cup

27. How often did you eat RAW greens (such as spinach, turnip, collard, mustard, chard, or kale)? (We will ask about lettuce later.)

☐ NEVER (GO TO QUESTION 28)
☐ 1 time per month
☐ 2–3 times per month
☐ 1 time per week
☐ 2 times per week

27a. Each time you ate RAW greens, how much did you usually eat?

☐ Less than ½ cup
☐ ½ to 1 cup
☐ More than 1 cup

28. How often did you eat coleslaw?

☐ NEVER (GO TO QUESTION 29)
☐ 1 time per month
☐ 2–3 times per month
☐ 1 time per week
☐ 2 times per week

28a. Each time you ate coleslaw, how much did you usually eat?

☐ Less than ¼ cup
☐ ¼ to ¼ cup
☐ More than ¼ cup
Over the past month...

29. How often did you eat sauerkraut or cabbage (other than coleslaw)?

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29a. Each time you ate sauerkraut or cabbage, how much did you usually eat?

- Less than ¼ cup
- ¼ to 1 cup
- More than 1 cup

30. How often did you eat carrots (fresh, canned, or frozen)?

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30a. Each time you ate carrots, how much did you usually eat?

- Less than ¼ cup or less than 2 baby carrots
- ¼ to ½ cup or 2 to 5 baby carrots
- More than ½ cup or more than 5 baby carrots

31. How often did you eat string beans or green beans (fresh, canned, or frozen)?

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31a. Each time you ate string beans or green beans, how much did you usually eat?

- Less than ½ cup
- ½ to 1 cup
- More than 1 cup

32. How often did you eat peas (fresh, canned, or frozen)?

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32a. Each time you ate peas, how much did you usually eat?

- Less than ¼ cup
- ¼ to ½ cup
- More than ¼ cup

33. How often did you eat corn (fresh, canned, or frozen)?

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33a. Each time you ate corn, how much did you usually eat?

- Less than 1 ear or less than ½ cup
- 1 ear or ½ to 1 cup
- More than 1 ear or more than 1 cup

34. Over the past month, how often did you eat broccoli (fresh or frozen)?

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34a. Each time you ate broccoli, how much did you usually eat?

- Less than ¼ cup
- ¼ to 1 cup
- More than 1 cup
Over the past month...

35. How often did you eat cauliflower or Brussels sprouts (fresh or frozen)?

☐ NEVER (GO TO QUESTION 36)
☐ 1 time per month
☐ 2–3 times per month
☐ 1 time per week
☐ 2 times per week
☐ 3–4 times per week
☐ 5–6 times per week
☐ 1 time per day
☐ 2 or more times per day

35a. Each time you ate cauliflower or Brussels sprouts, how much did you usually eat?

☐ Less than ¼ cup
☐ ¼ to ½ cup
☐ More than ½ cup

36. How often did you eat mixed vegetables?

☐ NEVER (GO TO QUESTION 37)
☐ 1 time per month
☐ 2–3 times per month
☐ 1 time per week
☐ 2 times per week
☐ 3–4 times per week
☐ 5–6 times per week
☐ 1 time per day
☐ 2 or more times per day

36a. Each time you ate mixed vegetables, how much did you usually eat?

☐ Less than ½ cup
☐ ½ to 1 cup
☐ More than 1 cup

37. How often did you eat onions?

☐ NEVER (GO TO QUESTION 38)
☐ 1 time per month
☐ 2–3 times per month
☐ 1 time per week
☐ 2 times per week
☐ 3–4 times per week
☐ 5–6 times per week
☐ 1 time per day
☐ 2 or more times per day

37a. Each time you ate onions, how much did you usually eat?

☐ Less than 1 slice or less than 1 tablespoon
☐ 1 slice or 1 to 4 tablespoons
☐ More than 1 slice or more than 4 tablespoons

38. Now think about all the cooked vegetables you ate in the past month and how they were prepared. How often were your vegetables COOKED WITH some sort of fat, including oil spray? (Please do not include potatoes.)

☐ NEVER (GO TO QUESTION 39)
☐ 1 time per month
☐ 2–3 times per month
☐ 1 time per week
☐ 2 times per week
☐ 3–4 times per week
☐ 5–6 times per week
☐ 1 time per day
☐ 2 or more times per day

38a. Which fats were usually added to your vegetables DURING COOKING? (Please do not include potatoes. Mark all that apply.)

☐ Margarine (including low-fat)
☐ Canola or rapeseed oil
☐ Butter (including low-fat)
☐ Oil spray, such as Pam or others
☐ Lard, fatback, or bacon fat
☐ Other kinds of oils
☐ None of the above

39. Now, thinking again about all the cooked vegetables you ate in the past month, how often was some sort of fat, sauce, or dressing added AFTER COOKING OR AT THE TABLE? (Please do not include potatoes.)

☐ NEVER (GO TO QUESTION 40)
☐ 1 time per month
☐ 2–3 times per month
☐ 1–2 times per week
☐ 3–4 times per week
☐ 5–6 times per week
☐ 1 time per day
☐ 2 times per day
☐ 3 or more times per day

39a. Which fats, sauces, or dressings were usually added AFTER COOKING OR AT THE TABLE? (Please do not include potatoes. Mark all that apply.)

☐ Margarine (including low-fat)
☐ Salad dressing
☐ Cheese sauce
☐ Butter (including low-fat)
☐ White sauce
☐ Lard, fatback, or bacon fat
☐ Other

Question 38 appears in the next column

Question 40 appears on the next page
Over the past month...

39b. If margarine, butter, lard, fatback, or bacon fat was added to your cooked vegetables AFTER COOKING OR AT THE TABLE, how much did you usually add?

- Did not usually add these
- Less than 1 teaspoon
- 1 to 3 teaspoons
- More than 3 teaspoons

39c. If salad dressing, cheese sauce, or white sauce was added to your cooked vegetables AFTER COOKING OR AT THE TABLE, how much did you usually add?

- Did not usually add these
- Less than 1 tablespoon
- 1 to 3 tablespoons
- More than 3 tablespoons

40. Over the past month, how often did you eat sweet peppers (green, red, or yellow)?

- NEVER (GO TO QUESTION 41)
- 1 time per month
- 2–3 times per month
- 1 time per week
- 2 times per week

40a. Each time you ate sweet peppers, how much did you usually eat?

- Less than ⅛ pepper
- ⅛ to ¼ pepper
- More than ¼ pepper

41. How often did you eat fresh tomatoes (including those in salads)?

- NEVER (GO TO QUESTION 42)
- 1 time per month
- 2–3 times per month
- 1 time per week
- 2 times per week

41a. Each time you ate fresh tomatoes, how much did you usually eat?

- Less than ¼ tomato
- ¼ to ½ tomato
- More than ½ tomato

42. How often did you eat lettuce salads (with or without other vegetables)?

- NEVER (GO TO QUESTION 43)
- 1 time per month
- 2–3 times per month
- 1 time per week
- 2 times per week

42a. Each time you ate lettuce salads, how much did you usually eat?

- Less than ¼ cup
- ¼ to 1¼ cups
- More than 1¼ cups

43. How often did you eat salad dressing (including low-fat) on salads?

- NEVER (GO TO QUESTION 44)
- 1 time per month
- 2–3 times per month
- 1 time per week
- 2 times per week

43a. Each time you ate salad dressing on salads, how much did you usually eat?

- Less than 2 tablespoons
- 2 to 4 tablespoons
- More than 4 tablespoons

44. How often did you eat sweet potatoes or yams?

- NEVER (GO TO QUESTION 45)
- 1 time per month
- 2–3 times per month
- 1 time per week
- 2 times per week

44a. Each time you ate sweet potatoes or yams, how much did you usually eat?

- 1 small potato or less than ¼ cup
- 1 medium potato or ¼ to ½ cup
- 1 large potato or more than ¼ cup
Over the past month...

45. How often did you eat French fries, home fries, hash browned potatoes, or tater tots?

☐ NEVER (GO TO QUESTION 46)
☐ 1 time per month  ☐ 3–4 times per week
☐ 2–3 times per month  ☐ 5–6 times per week
☐ 1 time per week  ☐ 1 time per day
☐ 2 times per week  ☐ 1 time per day
☐ 2 or more times per day

45a. Each time you ate French fries, home fries, hash browned potatoes, or tater tots how much did you usually eat?

☐ Less than 10 fries or less than ½ cup
☐ 10 to 25 fries or ½ to 1 cup
☐ More than 25 fries or more than 1 cup

45b. How often were the French fries, home fries, hash browned potatoes, or tater tots you ate prepared at restaurants including fast-food restaurants?

☐ Almost never or never
☐ About ¼ of the time
☐ About ½ of the time
☐ About ¾ of the time
☐ Almost always or always

46. How often did you eat potato salad?

☐ NEVER (GO TO QUESTION 47)
☐ 1 time per month  ☐ 3–4 times per week
☐ 2–3 times per month  ☐ 5–6 times per week
☐ 1 time per week  ☐ 1 time per day
☐ 2 times per week  ☐ 1 time per day
☐ 2 or more times per day  ☐ 2 or more times per day

46a. Each time you ate potato salad, how much did you usually eat?

☐ Less than ½ cup
☐ ½ to 1 cup
☐ More than 1 cup

47. How often did you eat baked, boiled, or mashed potatoes?

☐ NEVER (GO TO QUESTION 48)
☐ 1 time per month  ☐ 3–4 times per week
☐ 2–3 times per month  ☐ 5–6 times per week
☐ 1 time per week  ☐ 1 time per day
☐ 2 times per week  ☐ 1 time per day
☐ 2 or more times per day  ☐ 2 or more times per day

47a. Each time you ate baked, boiled, or mashed potatoes, how much did you usually eat?

☐ 1 small potato or less than ½ cup
☐ 1 medium potato or ½ to 1 cup
☐ 1 large potato or more than 1 cup

47b. How often were these potatoes baked?

☐ Almost never or never
☐ About ¼ of the time
☐ About ½ of the time
☐ About ¾ of the time
☐ Almost always or always

47c. How often was sour cream (including low-fat) added to your potatoes, EITHER IN COOKING OR AT THE TABLE?

☐ Almost never or never (GO TO QUESTION 47e)
☐ About ¼ of the time
☐ About ½ of the time
☐ About ¾ of the time
☐ Almost always or always

47d. Each time sour cream was added to your potatoes, how much was usually added?

☐ Less than 1 tablespoon
☐ 1 to 3 tablespoons
☐ More than 3 tablespoons

47e. How often was margarine (including low-fat) added to your potatoes, EITHER IN COOKING OR AT THE TABLE?

☐ Almost never or never
☐ About ¼ of the time
☐ About ½ of the time
☐ About ¾ of the time
☐ Almost always or always

47f. How often was butter (including low-fat) added to your potatoes, EITHER IN COOKING OR AT THE TABLE?

☐ Almost never or never
☐ About ¼ of the time
☐ About ½ of the time
☐ About ¾ of the time
☐ Almost always or always

47g. Each time margarine or butter was added to your potatoes, how much was usually added?

☐ Never added
☐ Less than 1 teaspoon
☐ 1 to 3 teaspoons
☐ More than 3 teaspoons

Question 48 appears on the next page

Continue to the next page
Over the past month...

47h. How often was cheese or cheese sauce added to your potatoes, EITHER IN COOKING OR AT THE TABLE?

☐ Almost never or never (GO TO QUESTION 48)
☐ About ¼ of the time
☐ About ½ of the time
☐ About ¾ of the time
☐ Almost always or always

47i. Each time cheese or cheese sauce was added to your potatoes, how much was usually added?

☐ Less than 1 tablespoon
☐ 1 to 3 tablespoons
☐ More than 3 tablespoons

48. How often did you eat salsa?

☐ NEVER (GO TO QUESTION 49)

☐ 1 time per month
☐ 2–3 times per month
☐ 1 time per week
☐ 2 times per week

48a. Each time you ate salsa, how much did you usually eat?

☐ Less than 1 tablespoon
☐ 1 to 3 tablespoons
☐ More than 3 tablespoons

49. How often did you eat catsup?

☐ NEVER (GO TO QUESTION 50)

☐ 1 time per month
☐ 2–3 times per month
☐ 1 time per week
☐ 2 times per week

49a. Each time you ate catsup, how much did you usually eat?

☐ Less than 1 teaspoon
☐ 1 to 6 teaspoons
☐ More than 6 teaspoons

50. How often did you eat stuffing, dressing, or dumplings?

☐ NEVER (GO TO QUESTION 51)

☐ 1 time per month
☐ 2–3 times per month
☐ 1 time per week
☐ 2 times per week

50a. Each time you ate stuffing, dressing, or dumplings, how much did you usually eat?

☐ Less than ½ cup
☐ ½ to 1 cup
☐ More than 1 cup

51. How often did you eat chili?

☐ NEVER (GO TO QUESTION 52)

☐ 1 time per month
☐ 2–3 times per month
☐ 1 time per week
☐ 2 times per week

51a. Each time you ate chili, how much did you usually eat?

☐ Less than ½ cup
☐ ½ to 1⅓ cups
☐ More than 1⅓ cups

52. How often did you eat Mexican foods (such as tacos, tostados, burritos, tamales, fajitas, enchiladas, quesadillas, and chimichangas)?

☐ NEVER (GO TO QUESTION 53)

☐ 1 time per month
☐ 2–3 times per month
☐ 1 time per week
☐ 2 times per week

52a. Each time you ate Mexican foods, how much did you usually eat?

☐ Less than 1 taco, burrito, etc.
☐ 1 to 2 tacos, burritos, etc.
☐ More than 2 tacos, burritos, etc.
Over the past month…

53. How often did you eat cooked dried beans (such as baked beans, pintos, kidney, black-eyed peas, lima, lentils, soybeans, or refried beans)? (Please don’t include bean soups or chili.)

- NEVER (GO TO QUESTION 54)
  - 1 time per month
  - 2–3 times per month
  - 1 time per week
  - 2 times per week

53a. Each time you ate beans, how much did you usually eat?

- Less than ½ cup
- ½ to 1 cup
- More than 1 cup

53b. How often were the beans you ate refried beans, beans prepared with any type of fat, or with meat added?

- Almost never or never
- About ¼ of the time
- About ½ of the time
- About ¾ of the time
- Almost always or always

54. How often did you eat other kinds of vegetables?

- NEVER (GO TO QUESTION 55)
  - 1 time per month
  - 2–3 times per month
  - 1 time per week
  - 2 times per week

54a. Each time you ate other kinds of vegetables, how much did you usually eat?

- Less than ¼ cup
- ¼ to ½ cup
- More than ½ cup

55. How often did you eat rice or other cooked grains (such as bulgur, cracked wheat, or millet)?

- NEVER (GO TO QUESTION 56)
  - 1 time per month
  - 2–3 times per month
  - 1 time per week
  - 2 times per week

55a. Each time you ate rice or other cooked grains, how much did you usually eat?

- Less than ½ cup
- ½ to 1 ½ cups
- More than 1 ½ cups

55b. How often was butter, margarine, or oil added to your rice IN COOKING OR AT THE TABLE?

- Almost never or never
- About ¼ of the time
- About ½ of the time
- About ¾ of the time
- Almost always or always

56. How often did you eat pancakes, waffles, or French toast?

- NEVER (GO TO QUESTION 57)
  - 1 time per month
  - 2–3 times per month
  - 1 time per week
  - 2 times per week

56a. Each time you ate pancakes, waffles, or French toast, how much did you usually eat?

- Less than 1 medium piece
- 1 to 3 medium pieces
- More than 3 medium pieces

56b. How often was margarine (including low-fat) added to your pancakes, waffles, or French toast AFTER COOKING OR AT THE TABLE?

- Almost never or never
- About ¼ of the time
- About ½ of the time
- About ¾ of the time
- Almost always or always

56c. How often was butter (including low-fat) added to your pancakes, waffles, or French toast AFTER COOKING OR AT THE TABLE?

- Almost never or never
- About ¼ of the time
- About ½ of the time
- About ¾ of the time
- Almost always or always
Over the past month...

56d. Each time margarine or butter was added to your pancakes, waffles, or French toast, how much was usually added?
- Never added
- Less than 1 teaspoon
- 1 to 3 teaspoons
- More than 3 teaspoons

56e. How often was syrup added to your pancakes, waffles, or French toast?
- Almost never or never (GO TO QUESTION 57)
- About ¼ of the time
- About ½ of the time
- About ¾ of the time
- Almost always or always

56f. Each time syrup was added to your pancakes, waffles, or French toast, how much was usually added?
- Less than 1 tablespoon
- 1 to 4 tablespoons
- More than 4 tablespoons

56g. Each time margarine or butter was added to your pancakes, waffles, or French toast, how much was usually added?
- Never added
- Less than 1 teaspoon
- 1 to 3 teaspoons
- More than 3 teaspoons

56h. How often was syrup added to your pancakes, waffles, or French toast?
- Almost never or never (GO TO QUESTION 57)
- About ¼ of the time
- About ½ of the time
- About ¾ of the time
- Almost always or always

56i. Each time syrup was added to your pancakes, waffles, or French toast, how much was usually added?
- Less than 1 tablespoon
- 1 to 4 tablespoons
- More than 4 tablespoons

56j. How often was syrup added to your pancakes, waffles, or French toast?
- Almost never or never (GO TO QUESTION 57)
- About ¼ of the time
- About ½ of the time
- About ¾ of the time
- Almost always or always

56k. Each time syrup was added to your pancakes, waffles, or French toast, how much was usually added?
- Less than 1 tablespoon
- 1 to 4 tablespoons
- More than 4 tablespoons

57. How often did you eat lasagna, stuffed shells, stuffed manicotti, ravioli, or tortellini? (Please do not include spaghetti or other pasta.)
- NEVER (GO TO QUESTION 58)
- 1 time per month
- 2–3 times per month
- 1 time per week
- 2 times per week

58. How often did you eat macaroni and cheese?
- NEVER (GO TO QUESTION 59)
- 1 time per month
- 2–3 times per month
- 1 time per week
- 2 times per week

59. How often did you eat pasta salad or macaroni salad?
- NEVER (GO TO QUESTION 60)
- 1 time per month
- 2–3 times per month
- 1 time per week
- 2 times per week

60. Other than the pastas listed in Questions 57, 58, and 59, how often did you eat pasta, spaghetti, or other noodles?
- NEVER (GO TO QUESTION 61)
- 1 time per month
- 2–3 times per month
- 1 time per week
- 2 times per week

60a. Each time you ate pasta, spaghetti, or other noodles, how much did you usually eat?
- Less than 1 cup
- 1 to 3 cups
- More than 3 cups

60b. How often did you eat your pasta, spaghetti, or other noodles with tomato sauce or spaghetti sauce made WITH meat?
- Almost never or never
- About ¼ of the time
- About ½ of the time
- About ¾ of the time
- Almost always or always
Over the past month...

60c. How often did you eat your pasta, spaghetti, or other noodles with tomato sauce or spaghetti sauce made WITHOUT meat?

- [ ] Almost never or never
- [ ] About ¼ of the time
- [ ] About ½ of the time
- [ ] About ¾ of the time
- [ ] Almost always or always

60d. How often did you eat your pasta, spaghetti, or other noodles with margarine, butter, oil, or cream sauce?

- [ ] Almost never or never
- [ ] About ¼ of the time
- [ ] About ½ of the time
- [ ] About ¾ of the time
- [ ] Almost always or always

61. How often did you eat bagels or English muffins?

- [ ] NEVER (GO TO INTRODUCTION TO QUESTION 62)
- [ ] 1 time per month
- [ ] 2–3 times per month
- [ ] 1 time per week
- [ ] 2 times per week
- [ ] 3–4 times per week
- [ ] 5–6 times per week
- [ ] 1 time per day
- [ ] 2 or more times per day

61a. Each time you ate bagels or English muffins, how many did you usually eat?

- [ ] Less than 1 bagel or English muffin
- [ ] 1 bagel or English muffin
- [ ] More than 1 bagel or English muffin

61b. How often were your bagels or English muffins toasted?

- [ ] Almost never or never
- [ ] About ¼ of the time
- [ ] About ½ of the time
- [ ] About ¾ of the time
- [ ] Almost always or always

61c. How often was margarine (including low-fat) added to your bagels or English muffins?

- [ ] Almost never or never
- [ ] About ¼ of the time
- [ ] About ½ of the time
- [ ] About ¾ of the time
- [ ] Almost always or always

61d. How often was butter (including low-fat) added to your bagels or English muffins?

- [ ] Almost never or never
- [ ] About ¼ of the time
- [ ] About ½ of the time
- [ ] About ¾ of the time
- [ ] Almost always or always

61e. Each time margarine or butter was added to your bagels or English muffins, how much was usually added?

- [ ] Almost never or never
- [ ] Less than 1 teaspoon
- [ ] 1 to 2 teaspoons
- [ ] More than 2 teaspoons

61f. How often was cream cheese (including low-fat) spread on your bagels or English muffins?

- [ ] Almost never or never (GO TO INTRODUCTION TO QUESTION 62)
- [ ] About ¼ of the time
- [ ] About ½ of the time
- [ ] About ¾ of the time
- [ ] Almost always or always

61g. Each time cream cheese was added to your bagels or English muffins, how much was usually added?

- [ ] Less than 1 tablespoon
- [ ] 1 to 2 tablespoons
- [ ] More than 2 tablespoons

The next questions ask about your intake of breads other than bagels or English muffins. First, we will ask about bread you ate as part of sandwiches only. Then we will ask about all other bread you ate.

62. How often did you eat breads or rolls AS PART OF SANDWICHES (including burger and hot dog rolls)?

- [ ] NEVER (GO TO QUESTION 63)
- [ ] 1 time per month
- [ ] 2–3 times per month
- [ ] 1 time per week
- [ ] 2 times per week
- [ ] 3–4 times per week
- [ ] 5–6 times per week
- [ ] 1 time per day
- [ ] 2 or more times per day
Over the past month...

62a. Each time you ate breads or rolls AS PART OF SANDWICHES, how many did you usually eat?

☐ 1 slice or ½ roll
☐ 2 slices or 1 roll
☐ More than 2 slices or more than 1 roll

62b. How often were the breads or rolls that you used for your sandwiches white bread (including burger and hot dog rolls)?

☐ Almost never or never
☐ About ¼ of the time
☐ About ½ of the time
☐ About ¾ of the time
☐ Almost always or always

62c. How often were your sandwich breads or rolls toasted?

☐ Almost never or never
☐ About ¼ of the time
☐ About ½ of the time
☐ About ¾ of the time
☐ Almost always or always

62d. How often was mayonnaise or mayonnaise-type dressing (including low-fat) added to your sandwich bread or rolls?

☐ Almost never or never (GO TO QUESTION 62f)
☐ About ¼ of the time
☐ About ½ of the time
☐ About ¾ of the time
☐ Almost always or always

62e. Each time mayonnaise or mayonnaise-type dressing was added to your sandwich breads or rolls, how much was usually added?

☐ Less than 1 teaspoon
☐ 1 to 3 teaspoons
☐ More than 3 teaspoons

62f. How often was margarine (including low-fat) added to your sandwich bread or rolls?

☐ Almost never or never
☐ About ¼ of the time
☐ About ½ of the time
☐ About ¾ of the time
☐ Almost always or always

62g. How often was butter (including low-fat) added to your sandwich bread or rolls?

☐ Almost never or never
☐ About ¼ of the time
☐ About ½ of the time
☐ About ¾ of the time
☐ Almost always or always

62h. Each time margarine or butter was added to your sandwich breads or rolls, how much was usually added?

☐ Never added
☐ Less than 1 teaspoon
☐ 1 to 2 teaspoons
☐ More than 2 teaspoons

63. How often did you eat breads or dinner rolls, NOT AS PART OF SANDWICHES?

☐ NEVER (GO TO QUESTION 64)

☐ 1 time per month
☐ 2–3 times per month
☐ 1 time per week
☐ 2 times per week
☐ 3–4 times per week
☐ 5–6 times per week
☐ 1 time per day
☐ 2 or more times per day

63a. Each time you ate breads or dinner rolls, NOT AS PART OF SANDWICHES, how much did you usually eat?

☐ 1 slice or 1 dinner roll
☐ 2 slices or 2 dinner rolls
☐ More than 2 slices or 2 dinner rolls

63b. How often were the breads or rolls you ate white bread?

☐ Almost never or never
☐ About ¼ of the time
☐ About ½ of the time
☐ About ¾ of the time
☐ Almost always or always

63c. How often were your breads or rolls toasted?

☐ Almost never or never
☐ About ¼ of the time
☐ About ½ of the time
☐ About ¾ of the time
☐ Almost always or always
Over the past month...

63d. How often was margarine (including low-fat) added to your breads or rolls?

☐ Almost never or never
☐ About ¼ of the time
☐ About ½ of the time
☐ About ¾ of the time
☐ Almost always or always

63e. How often was butter (including low-fat) added to your breads or rolls?

☐ Almost never or never
☐ About ¼ of the time
☐ About ½ of the time
☐ About ¾ of the time
☐ Almost always or always

63f. Each time margarine or butter was added to your breads or rolls, how much was usually added?

☐ Never added
☐ Less than 1 teaspoon
☐ 1 to 2 teaspoons
☐ More than 2 teaspoons

63g. How often was cream cheese (including low-fat) added to your breads or rolls?

☐ Almost never or never (GO TO QUESTION 64)
☐ About ¼ of the time
☐ About ½ of the time
☐ About ¾ of the time
☐ Almost always or always

63h. Each time cream cheese was added to your breads or rolls, how much was usually added?

☐ Less than 1 tablespoon
☐ 1 to 2 tablespoons
☐ More than 2 tablespoons

64. How often did you eat jam, jelly, or honey on bagels, muffins, bread, rolls, or crackers?

☐ NEVER (GO TO QUESTION 65)

☐ 1 time per month
☐ 2–3 times per month
☐ 1 time per week
☐ 2 times per week
☐ 3–4 times per week
☐ 1 time per day
☐ 2 or more times per day

64a. Each time you ate jam, jelly, or honey, how much did you usually eat?

☐ Less than 1 teaspoon
☐ 1 to 3 teaspoons
☐ More than 3 teaspoons

65. How often did you eat peanut butter or other nut butter?

☐ NEVER (GO TO QUESTION 66)

☐ 1 time per month
☐ 2–3 times per month
☐ 1 time per week
☐ 2 times per week
☐ 3–4 times per week
☐ 1 time per day
☐ 2 or more times per day

65a. Each time you ate peanut butter or other nut butter, how much did you usually eat?

☐ Less than 1 tablespoon
☐ 1 to 2 tablespoons
☐ More than 2 tablespoons

66. How often did you eat roast beef or steak in sandwiches?

☐ NEVER (GO TO QUESTION 67)

☐ 1 time per month
☐ 2–3 times per month
☐ 1 time per week
☐ 2 times per week
☐ 3–4 times per week
☐ 1 time per day
☐ 2 or more times per day

66a. Each time you ate roast beef or steak in sandwiches, how much did you usually eat?

☐ Less than 1 slice or less than 2 ounces
☐ 1 to 2 slices or 2 to 4 ounces
☐ More than 2 slices or more than 4 ounces
Over the past month...

67. How often did you eat turkey or chicken COLD CUTS (such as loaf, luncheon meat, turkey ham, turkey salami, or turkey pastrami)? (We will ask about other turkey or chicken later.)

☐ NEVER (GO TO QUESTION 68)

☐ 1 time per month
☐ 2–3 times per month
☐ 1 time per week
☐ 2 times per week
☐ 3–4 times per week
☐ 5–6 times per week
☐ 1 time per day
☐ 2 or more times per day

67a. Each time you ate turkey or chicken COLD CUTS, how much did you usually eat?

☐ Less than 1 slice
☐ 1 to 3 slices
☐ More than 3 slices

67b. How often were the turkey or chicken COLD CUTS you ate eaten straight from the package or wrapper, that is without cooking or heating?

☐ Almost never or never
☐ About ¼ of the time
☐ About ½ of the time
☐ About ¾ of the time
☐ Almost always or always

68. How often did you eat luncheon or deli-style ham? (We will ask about other ham later.)

☐ NEVER (GO TO QUESTION 69)

☐ 1 time per month
☐ 2–3 times per month
☐ 1 time per week
☐ 2 times per week
☐ 3–4 times per week
☐ 5–6 times per week
☐ 1 time per day
☐ 2 or more times per day

68a. Each time you ate luncheon or deli-style ham, how much did you usually eat?

☐ Less than 1 slice
☐ 1 to 3 slices
☐ More than 3 slices

68b. How often was the luncheon or deli-style ham you ate light, low-fat, or fat-free cold cuts or luncheon meats? (Please do not include ham, turkey, or chicken cold cuts.)

☐ Almost never or never
☐ About ¼ of the time
☐ About ½ of the time
☐ About ¾ of the time
☐ Almost always or always

69. How often did you eat other cold cuts or luncheon meats (such as bologna, salami, corned beef, pastrami, or others, including low-fat)? (Please do not include ham, turkey, or chicken cold cuts.)

☐ NEVER (GO TO QUESTION 70)

☐ 1 time per month
☐ 2–3 times per month
☐ 1 time per week
☐ 2 times per week
☐ 3–4 times per week
☐ 5–6 times per week
☐ 1 time per day
☐ 2 or more times per day

69a. Each time you ate other cold cuts or luncheon meats, how much did you usually eat?

☐ Less than 1 slice
☐ 1 to 3 slices
☐ More than 3 slices

69b. How often were the other cold cuts or luncheon meats you ate light, low-fat, or fat-free cold cuts or luncheon meats? (Please do not include ham, turkey, or chicken cold cuts.)

☐ Almost never or never
☐ About ¼ of the time
☐ About ½ of the time
☐ About ¾ of the time
☐ Almost always or always

69c. How often were the other cold cuts or luncheon meats you ate eaten straight from the package or wrapper, that is without cooking or heating? (Please do not include ham, turkey, or chicken cold cuts.)

☐ Almost never or never
☐ About ¼ of the time
☐ About ½ of the time
☐ About ¾ of the time
☐ Almost always or always
Over the past month...

70. How often did you eat **canned tuna or tuna in foil pouches** (including in salads, sandwiches, or casseroles)?

- NEVER (GO TO QUESTION 71)
- 1 time per month
- 2–3 times per month
- 1 time per week
- 2 times per week

70a. Each time you ate **canned tuna or tuna in foil pouches**, how much did you usually eat?

- Less than ¼ cup or less than 2 ounces
- ¼ to ½ cup or 2 to 3 ounces
- More than ½ cup or more than 3 ounces

70b. How often was the canned tuna or tuna in foil pouches you ate **water-packed tuna**?

- Almost never or never
- About ¼ of the time
- About ½ of the time
- About ¾ of the time
- Almost always or always

70c. How often was the canned tuna or tuna in foil pouches you ate **white “meat” tuna including albacore**?

- Almost never or never
- About ¼ of the time
- About ½ of the time
- About ¾ of the time
- Almost always or always

70d. How often was the canned tuna or tuna in foil pouches you ate **prepared with mayonnaise or other dressing** (including low-fat)?

- Almost never or never
- About ¼ of the time
- About ½ of the time
- About ¾ of the time
- Almost always or always

71. How often did you eat **GROUND chicken or turkey**? *(We will ask about other chicken and turkey later.)*

- NEVER (GO TO QUESTION 72)
- 1 time per month
- 2–3 times per month
- 1 time per week
- 2 times per week

71a. Each time you ate **GROUND chicken or turkey**, how much did you usually eat?

- Less than 2 ounces or less than ½ cup
- 2 to 4 ounces or ½ to 1 cup
- More than 4 ounces or more than 1 cup

72. How often did you eat **beef hamburgers or cheeseburgers**?

- NEVER (GO TO QUESTION 73)
- 1 time per month
- 2–3 times per month
- 1 time per week
- 2 times per week

72a. Each time you ate **beef hamburgers or cheeseburgers**, how much did you usually eat?

- Less than 1 patty or less than 2 ounces
- 1 patty or 2 to 4 ounces
- More than 1 patty or more than 4 ounces

72b. How often were the beef hamburgers or cheeseburgers you ate made with **lean ground beef**?

- Almost never or never
- About ¼ of the time
- About ½ of the time
- About ¾ of the time
- Almost always or always

73. How often did you eat **ground beef in mixtures** (such as meatballs, casseroles, chili, or meatloaf)?

- NEVER (GO TO QUESTION 74)
- 1 time per month
- 2–3 times per month
- 1 time per week
- 2 times per week

73a. Each time you ate **ground beef in mixtures**, how much did you usually eat?

- Less than 3 ounces or less than ½ cup
- 3 to 8 ounces or ½ to 1 cup
- More than 8 ounces or more than 1 cup
Over the past month...

74. How often did you eat hot dogs or frankfurters? (Please do not include sausages or vegetarian hot dogs.)

☐ NEVER (GO TO QUESTION 75)
☐ 1 time per month
☐ 2–3 times per month
☐ 1 time per week
☐ 2 times per week

☐ 3–4 times per week
☐ 5–6 times per week
☐ 1 time per day
☐ 2 or more times per day

74a. Each time you ate hot dogs or frankfurters, how many did you usually eat?

☐ Less than 1 hot dog
☐ 1 to 2 hot dogs
☐ More than 2 hot dogs

74b. How often were the hot dogs or frankfurters you ate light or low-fat hot dogs?

☐ Almost never or never
☐ About ¼ of the time
☐ About ½ of the time
☐ About ¾ of the time
☐ Almost always or always

74c. How often were the hot dogs or frankfurters you ate eaten straight from the package, that is without cooking or heating?

☐ Almost never or never
☐ About ¼ of the time
☐ About ½ of the time
☐ About ¾ of the time
☐ Almost always or always

75. How often did you eat beef mixtures such as beef stew, beef pot pie, beef and noodles, or beef and vegetables?

☐ NEVER (GO TO QUESTION 76)
☐ 1 time per month
☐ 2–3 times per month
☐ 1 time per week
☐ 2 times per week

☐ 3–4 times per week
☐ 5–6 times per week
☐ 1 time per day
☐ 2 or more times per day

75a. Each time you ate beef stew, beef pot pie, beef and noodles, or beef and vegetables, how much did you usually eat?

☐ Less than 1 cup
☐ 1 to 2 cups
☐ More than 2 cups

76. How often did you eat roast beef or pot roast? (Please do not include roast beef or pot roast in sandwiches.)

☐ NEVER (GO TO QUESTION 77)
☐ 1 time per month
☐ 2–3 times per month
☐ 1 time per week
☐ 2 times per week

☐ 3–4 times per week
☐ 5–6 times per week
☐ 1 time per day
☐ 2 or more times per day

76a. Each time you ate roast beef or pot roast (including in mixtures), how much did you usually eat?

☐ Less than 2 ounces
☐ 2 to 5 ounces
☐ More than 5 ounces

77. How often did you eat steak (beef)? (Do not include steak in sandwiches)

☐ NEVER (GO TO QUESTION 78)
☐ 1 time per month
☐ 2–3 times per month
☐ 1 time per week
☐ 2 times per week

☐ 3–4 times per week
☐ 5–6 times per week
☐ 1 time per day
☐ 2 or more times per day

77a. Each time you ate steak (beef), how much did you usually eat?

☐ Less than 3 ounces
☐ 3 to 7 ounces
☐ More than 7 ounces

77b. How often was the steak you ate lean steak?

☐ Almost never or never
☐ About ¼ of the time
☐ About ½ of the time
☐ About ¾ of the time
☐ Almost always or always
Over the past month...

78. How often did you eat pork or beef spareribs?

☑ NEVER (GO TO QUESTION 79)
☐ 1 time per month
☐ 2–3 times per month
☐ 1 time per week
☐ 2 times per week
☐ 3–4 times per week
☐ 5–6 times per week
☐ 1 time per day
☐ 2 or more times per day

78a. Each time you ate pork or beef spareribs, how much did you usually eat?

☐ Less than 4 ribs
☐ 4 to 12 ribs
☐ More than 12 ribs

79. How often did you eat roast turkey, turkey cutlets, or turkey nuggets (including in sandwiches)?

☐ NEVER (GO TO QUESTION 80)
☐ 1 time per month
☐ 2–3 times per month
☐ 1 time per week
☐ 2 times per week
☐ 3–4 times per week
☐ 5–6 times per week
☐ 1 time per day
☐ 2 or more times per day

79a. Each time you ate roast turkey, turkey cutlets, or turkey nuggets, how much did you usually eat? (Please note: 4 to 8 turkey nuggets = 3 ounces.)

☐ Less than 2 ounces
☐ 2 to 4 ounces
☐ More than 4 ounces

80. How often did you eat chicken as part of salads, sandwiches, casseroles, stews, or other mixtures?

☐ NEVER (GO TO QUESTION 81)
☐ 1 time per month
☐ 2–3 times per month
☐ 1 time per week
☐ 2 times per week
☐ 3–4 times per week
☐ 5–6 times per week
☐ 1 time per day
☐ 2 or more times per day

80a. Each time you ate chicken as part of salads, sandwiches, casseroles, stews, or other mixtures, how much did you usually eat?

☐ Less than ½ cup
☐ ½ to 1½ cups
☐ More than 1½ cups

81. How often did you eat baked, broiled, roasted, stewed, or fried chicken (including nuggets)? (Please do not include chicken in mixtures.)

☐ NEVER (GO TO QUESTION 82)
☐ 1 time per month
☐ 2–3 times per month
☐ 1 time per week
☐ 2 times per week
☐ 3–4 times per week
☐ 5–6 times per week
☐ 1 time per day
☐ 2 or more times per day

81a. Each time you ate baked, broiled, roasted, stewed, or fried chicken (including nuggets), how much did you usually eat?

☐ Less than 2 drumsticks or wings, less than 1 breast or thigh, or less than 4 nuggets
☐ 2 drumsticks or wings, 1 breast or thigh, or 4 to 8 nuggets
☐ More than 2 drumsticks or wings, more than 1 breast or thigh, or more than 8 nuggets

81b. How often was the chicken you ate fried chicken (including deep fried) or chicken nuggets?

☐ Almost never or never
☐ About ¼ of the time
☐ About ½ of the time
☐ About ¾ of the time
☐ Almost always or always

81c. How often was the chicken you ate WHITE meat?

☐ Almost never or never
☐ About ¼ of the time
☐ About ½ of the time
☐ About ¾ of the time
☐ Almost always or always

81d. How often did you eat chicken WITH skin?

☐ Almost never or never
☐ About ¼ of the time
☐ About ½ of the time
☐ About ¾ of the time
☐ Almost always or always

82. How often did you eat baked ham or ham steak?

☐ NEVER (GO TO QUESTION 83)
☐ 1 time per month
☐ 2–3 times per month
☐ 1 time per week
☐ 2 times per week
☐ 3–4 times per week
☐ 5–6 times per week
☐ 1 time per day
☐ 2 or more times per day

Question 81 appears in the next column

Question 83 appears on the next page
Over the past month...

82a. Each time you ate **baked ham** or **ham steak**, how much did you usually eat?

- Less than 1 ounce
- 1 to 3 ounces
- More than 3 ounces

83. How often did you eat **pork** (including chops, roasts, and in mixed dishes)? *(Please do not include ham, ham steak, or sausage.)*

- NEVER (GO TO QUESTION 84)
- 1 time per month
- 2–3 times per month
- 1 time per week
- 2 times per week

83a. Each time you ate **pork**, how much did you usually eat?

- Less than 2 ounces or less than 1 chop
- 2 to 5 ounces or 1 chop
- More than 5 ounces or more than 1 chop

84. How often did you eat **gravy** on meat, chicken, potatoes, rice, etc.?

- NEVER (GO TO QUESTION 85)
- 1 time per month
- 2–3 times per month
- 1 time per week
- 2 times per week

84a. Each time you ate **gravy** on meat, chicken, potatoes, rice, etc., how much did you usually eat?

- Less than ¼ cup
- ¼ to ½ cup
- More than ½ cup

85. How often did you eat **liver** (all kinds) or **liverwurst**?

- NEVER (GO TO QUESTION 86)
- 1 time per month
- 2–3 times per month
- 1 time per week
- 2 times per week

85a. Each time you ate **liver** or **liverwurst**, how much did you usually eat?

- Less than 1 ounce
- 1 to 4 ounces
- More than 4 ounces

86. How often did you eat **bacon** (including low-fat)?

- NEVER (GO TO QUESTION 87)
- 1 time per month
- 2–3 times per month
- 1 time per week
- 2 times per week

86a. Each time you ate **bacon**, how much did you usually eat?

- Fewer than 2 slices
- 2 to 3 slices
- More than 3 slices

86b. How often was the bacon you ate **light, low-fat**, or **lean bacon**?

- Almost never or never
- About ¼ of the time
- About ½ of the time
- About ¾ of the time
- Almost always or always

87. How often did you eat **sausage** (including low-fat)?

- NEVER (GO TO QUESTION 88)
- 1 time per month
- 2–3 times per month
- 1 time per week
- 2 times per week

87a. Each time you ate **sausage**, how much did you usually eat?

- Less than 1 patty or 2 links
- 1 to 3 patties or 2 to 5 links
- More than 3 patties or 5 links

87b. How often was the sausage you ate **light, low-fat**, or **lean sausage**?

- Almost never or never
- About ¼ of the time
- About ½ of the time
- About ¾ of the time
- Almost always or always
Over the past month...

88. How often did you eat shellfish such as shrimp, oysters, clams, crab, crayfish, lobsters?

☐ NEVER (GO TO QUESTION 89)

☐ 1 time per month
☐ 2–3 times per month
☐ 1 time per week
☐ 2 times per week
☐ 3–4 times per week
☐ 5–6 times per week
☐ 1 time per day
☐ 2 or more times per day

88a. Each time you ate shellfish, how much did you usually eat?

☐ Less than 2 ounces
☐ 2 to 5 ounces
☐ More than 5 ounces

88b. How often was the shellfish you ate shrimp?

☐ Almost never or never
☐ About ¼ of the time
☐ About ½ of the time
☐ About ¾ of the time
☐ Almost always or always

88c. How often was the shellfish you ate fried?

☐ Almost never or never
☐ About ¼ of the time
☐ About ½ of the time
☐ About ¾ of the time
☐ Almost always or always

89. How often did you eat fish sticks or other fried fish? (NOT including shrimp or other shellfish)

☐ NEVER (GO TO QUESTION 90)

☐ 1 time per month
☐ 2–3 times per month
☐ 1 time per week
☐ 2 times per week
☐ 3–4 times per week
☐ 5–6 times per week
☐ 1 time per day
☐ 2 or more times per day

89a. Each time you ate fish sticks or other fried fish, how much did you usually eat?

☐ Less than 2 ounces or less than 2 fish sticks
☐ 2 to 7 ounces or 2 to 3 fish sticks
☐ More than 7 ounces or more than 3 fish sticks

90. How often did you eat fish that was NOT FRIED? (not including shrimp or other shellfish and not including canned tuna or tuna in foil pouches)

☐ NEVER (GO TO QUESTION 91)

☐ 1 time per month
☐ 2–3 times per month
☐ 1 time per week
☐ 2 times per week
☐ 3–4 times per week
☐ 5–6 times per week
☐ 1 time per day
☐ 2 or more times per day

90a. Each time you ate fish that was NOT FRIED, how much did you usually eat?

☐ Less than 2 ounces or less than 1 fillet
☐ 2 to 5 ounces or 1 fillet
☐ More than 5 ounces or more than 1 fillet

90b. When you ate fish that was NOT fried, how often was that fish salmon?

☐ Almost never or never
☐ About ¼ of the time
☐ About ½ of the time
☐ About ¾ of the time
☐ Almost always or always

90c. When you ate fish that was NOT fried, how often was that fish tuna steaks or other fresh tuna? (not including canned tuna or tuna in foil pouches)

☐ Almost never or never
☐ About ¼ of the time
☐ About ½ of the time
☐ About ¾ of the time
☐ Almost always or always

90d. When you ate fish that was NOT fried, how often was that fish swordfish, shark, tilefish, or king mackerel?

☐ Almost never or never
☐ About ¼ of the time
☐ About ½ of the time
☐ About ¾ of the time
☐ Almost always or always
Now think about all the meat, poultry, and fish you ate in the past month and how they were prepared.

91. How often was oil, butter, margarine, or other fat used to FRY, SAUTE, BASTE, OR MARINATE any meat, poultry, or fish you ate? (Please do not include deep frying.)

- NEVER (GO TO QUESTION 92)
- 1 time per month
- 2–3 times per month
- 1 time per week
- 2 times per week

91a. Which of the following fats were regularly used to prepare your meat, poultry, or fish? (Mark all that apply.)

- Margarine (including low-fat)
- Butter (including low-fat)
- Lard, fatback, or bacon fat
- Olive oil
- Corn oil
- Canola or rapeseed oil
- Oil spray, such as Pam or others
- Other kinds of oils
- None of the above

92. How often did you eat tofu, soy burgers, or soy meat-substitutes?

- NEVER (GO TO QUESTION 93)
- 1 time per month
- 2–3 times per month
- 1 time per week
- 2 times per week

92a. Each time you ate tofu, soy burgers, or soy meat-substitutes, how much did you usually eat?

- Less than ¼ cup or less than 2 ounces
- ¼ to ½ cup or 2 to 4 ounces
- More than ½ cup or more than 4 ounces

93. How often did you eat soups?

- NEVER (GO TO QUESTION 94)
- 1 time per month
- 2–3 times per month
- 1 time per week
- 2 times per week

93a. Each time you ate soup, how much did you usually eat?

- Less than 1 cup
- 1 to 2 cups
- More than 2 cups

93b. How often were the soups you ate bean soups?

- Almost never or never
- About ⅛ of the time
- About ⅛ of the time
- About ⅜ of the time
- Almost always or always

93c. How often were the soups you ate cream soups (including chowders)?

- Almost never or never
- About ⅛ of the time
- About ⅛ of the time
- About ⅜ of the time
- Almost always or always

93d. How often were the soups you ate tomato or vegetable soups?

- Almost never or never
- About ⅛ of the time
- About ⅛ of the time
- About ⅜ of the time
- Almost always or always

93e. How often were the soups you ate broth soups (including chicken) with or without noodles or rice?

- Almost never or never
- About ⅛ of the time
- About ⅛ of the time
- About ⅜ of the time
- Almost always or always

94. How often did you eat pizza?

- NEVER (GO TO QUESTION 95)
- 1 time per month
- 2–3 times per month
- 1 time per week
- 2 times per week

94a. Each time you ate pizza, how much did you usually eat?

- Less than 1 slice or less than 1 mini pizza
- 1 to 3 slices or 1 mini pizza
- More than 3 slices or more than 1 mini pizza
Over the past month...

94b. How often did you eat pizza with pepperoni, sausage, or other meat?

- □ Almost never or never
- □ About ¼ of the time
- □ About ½ of the time
- □ About ¾ of the time
- □ Almost always or always

95. How often did you eat crackers?

- □ NEVER (GO TO QUESTION 96)
- □ 1 time per month
- □ 2–3 times per month
- □ 1 time per week
- □ 2 times per week

95a. Each time you ate crackers, how many did you usually eat?

- □ Fewer than 4 crackers
- □ 4 to 10 crackers
- □ More than 10 crackers

96. How often did you eat corn bread or corn muffins?

- □ NEVER (GO TO QUESTION 97)
- □ 1 time per month
- □ 2–3 times per month
- □ 1 time per week
- □ 2 times per week

96a. Each time you ate corn bread or corn muffins, how much did you usually eat?

- □ Less than 1 piece or muffin
- □ 1 to 2 pieces or muffins
- □ More than 2 pieces or muffins

97. How often did you eat biscuits?

- □ NEVER (GO TO QUESTION 98)
- □ 1 time per month
- □ 2–3 times per month
- □ 1 time per week
- □ 2 times per week

97a. Each time you ate biscuits, how many did you usually eat?

- □ Fewer than 1 biscuit
- □ 1 to 2 biscuits
- □ More than 2 biscuits

98. How often did you eat potato chips, tortilla chips, or corn chips (including low-fat, fat-free, or low-salt)?

- □ NEVER (GO TO QUESTION 99)
- □ 1 time per month
- □ 2–3 times per month
- □ 1 time per week
- □ 2 times per week

98a. Each time you ate potato chips, tortilla chips, or corn chips, how much did you usually eat?

- □ Fewer than 10 chips or less than 1 cup
- □ 10 to 25 chips or 1 to 2 cups
- □ More than 25 chips or more than 2 cups

98b. How often were the chips you ate low-fat or fat-free chips?

- □ Almost never or never
- □ About ¼ of the time
- □ About ½ of the time
- □ About ¾ of the time
- □ Almost always or always

99. How often did you eat popcorn (including low-fat)?

- □ NEVER (GO TO QUESTION 100)
- □ 1 time per month
- □ 2–3 times per month
- □ 1 time per week
- □ 2 times per week

99a. Each time you ate popcorn, how much did you usually eat?

- □ Less than 2 cups, popped
- □ 2 to 5 cups, popped
- □ More than 5 cups, popped
Over the past month...

100. How often did you eat pretzels?

[☐] NEVER (GO TO QUESTION 101)

☐ 1 time per month
☐ 2–3 times per month
☐ 1 time per week
☐ 2 times per week
☐ 3–4 times per week
☐ 5–6 times per week
☐ 1 time per day
☐ 2 or more times per day

100a. Each time you ate pretzels, how many did you usually eat?

[☐] Fewer than 5 average twists
[☐] 5 to 20 average twists
[☐] More than 20 average twists

101. How often did you eat peanuts, walnuts, seeds, or other nuts?

[☐] NEVER (GO TO QUESTION 102)

☐ 1 time per month
☐ 2–3 times per month
☐ 1 time per week
☐ 2 times per week
☐ 3–4 times per week
☐ 5–6 times per week
☐ 1 time per day
☐ 2 or more times per day

101a. Each time you ate peanuts, walnuts, seeds, or other nuts, how much did you usually eat?

[☐] Less than ¼ cup
[☐] ¼ to ½ cup
[☐] More than ½ cup

101b. How often were the nuts or seeds you ate almonds that were toasted or roasted?

[☐] Almost never or never
[☐] About ¼ of the time
[☐] About ½ of the time
[☐] About ¾ of the time
[☐] Almost always or always

102. How often did you eat energy, high-protein, or breakfast bars such as Power Bars, Balance, Clif, or others?

[☐] NEVER (GO TO QUESTION 103)

☐ 1 time per month
☐ 2–3 times per month
☐ 1 time per week
☐ 2 times per week
☐ 3–4 times per week
☐ 5–6 times per week
☐ 1 time per day
☐ 2 or more times per day

102a. Each time you ate energy, high protein, or breakfast bars, how much did you usually eat?

[☐] Less than 1 bar
[☐] 1 bar
[☐] More than 1 bar

103. How often did you eat yogurt (NOT including frozen yogurt)?

[☐] NEVER (GO TO QUESTION 104)

☐ 1 time per month
☐ 2–3 times per month
☐ 1 time per week
☐ 2 times per week
☐ 3–4 times per week
☐ 5–6 times per week
☐ 1 time per day
☐ 2 or more times per day

103a. Each time you ate yogurt, how much did you usually eat?

[☐] Less than ½ cup or less than 1 container
[☐] ½ to 1 cup or 1 container
[☐] More than 1 cup or more than 1 container

104. How often did you eat cottage cheese (including low-fat)?

[☐] NEVER (GO TO QUESTION 105)

☐ 1 time per month
☐ 2–3 times per month
☐ 1 time per week
☐ 2 times per week
☐ 3–4 times per week
☐ 5–6 times per week
☐ 1 time per day
☐ 2 or more times per day

104a. Each time you ate cottage cheese, how much did you usually eat?

[☐] Less than ¼ cup
[☐] ¼ to 1 cup
[☐] More than 1 cup

105. How often did you eat cheese (including low-fat; including on cheeseburgers or in sandwiches or subs)?

[☐] NEVER (GO TO QUESTION 106)

☐ 1 time per month
☐ 2–3 times per month
☐ 1 time per week
☐ 2 times per week
☐ 3–4 times per week
☐ 5–6 times per week
☐ 1 time per day
☐ 2 or more times per day

Question 103 appears in the next column

Question 106 appears on the next page
Over the past month…

105a. Each time you ate cheese, how much did you usually eat?
- Less than ½ ounce or less than 1 slice
- ½ to 1½ ounces or 1 slice
- More than 1½ ounces or more than 1 slice

105b. How often was the cheese you ate light or low-fat cheese?
- Almost never or never
- About ¼ of the time
- About ½ of the time
- About ¾ of the time
- Almost always or always

105c. How often was the cheese you ate fat-free cheese?
- Almost never or never
- About ¼ of the time
- About ½ of the time
- About ¾ of the time
- Almost always or always

106. How often did you eat frozen yogurt, sorbet, or ices (including low-fat or fat-free)?
- NEVER (GO TO QUESTION 107)
- 1 time per month
- 2–3 times per month
- 1 time per week
- 2 times per week

106a. Each time you ate frozen yogurt, sorbet, or ices, how much did you usually eat?
- Less than ½ cup or less than 1 scoop
- ½ to 1 cup or 1 to 2 scoops
- More than 1 cup or more than 2 scoops

107. How often did you eat ice cream, ice cream bars, or sherbet (including low-fat or fat-free)?
- NEVER (GO TO QUESTION 108)
- 1 time per month
- 2–3 times per month
- 1 time per week
- 2 times per week

107a. Each time you ate ice cream, ice cream bars, or sherbet, how much did you usually eat?
- Less than ½ cup or less than 1 scoop
- ½ to 1½ cups or 1 to 2 scoops
- More than 1½ cups or more than 2 scoops

107b. How often was the ice cream you ate light, low-fat, or fat-free ice cream or sherbet?
- Almost never or never
- About ¼ of the time
- About ½ of the time
- About ¾ of the time
- Almost always or always

108. How often did you eat cake (including low-fat or fat-free)?
- NEVER (GO TO QUESTION 109)
- 1 time per month
- 2–3 times per month
- 1 time per week
- 2 times per week

108a. Each time you ate cake, how much did you usually eat?
- Less than 1 medium piece
- 1 medium piece
- More than 1 medium piece

108b. How often was the cake you ate light, low-fat, or fat-free cake?
- Almost never or never
- About ¼ of the time
- About ½ of the time
- About ¾ of the time
- Almost always or always

109. How often did you eat cookies or brownies (including low-fat or fat-free)?
- NEVER (GO TO QUESTION 110)
- 1 time per month
- 2–3 times per month
- 1 time per week
- 2 times per week

109a. Each time you ate cookies or brownies, how much did you usually eat?
- Less than 2 cookies or 1 small brownie
- 2 to 4 cookies or 1 medium brownie
- More than 4 cookies or 1 large brownie
Over the past month...

109b. How often were the cookies or brownies you ate light, low-fat, or fat-free cookies or brownies?
- □ Almost never or never
- □ About ¼ of the time
- □ About ½ of the time
- □ About ¾ of the time
- □ Almost always or always

110. How often did you eat doughnuts, sweet rolls, Danish, or pop-tarts?
- □ NEVER (GO TO QUESTION 111)
- □ 1 time per month
- □ 2–3 times per month
- □ 1 time per week
- □ 2 times per week

110a. Each time you ate doughnuts, sweet rolls, Danish, or pop-tarts, how much did you usually eat?
- □ Less than 1 piece
- □ 1 to 2 pieces
- □ More than 2 pieces

111. How often did you eat sweet muffins or dessert breads (including low-fat or fat-free)?
- □ NEVER (GO TO QUESTION 112)
- □ 1 time per month
- □ 2–3 times per month
- □ 1 time per week
- □ 2 times per week

111a. Each time you ate sweet muffins or dessert breads, how much did you usually eat?
- □ Less than 1 medium piece
- □ 1 medium piece
- □ More than 1 medium piece

111b. How often were the sweet muffins or dessert breads you ate light, low-fat, or fat-free sweet muffins or dessert breads?
- □ Almost never or never
- □ About ¼ of the time
- □ About ½ of the time
- □ About ¾ of the time
- □ Almost always or always

112. How often did you eat fruit crisp, cobbler, or strudel?
- □ NEVER (GO TO QUESTION 113)
- □ 1 time per month
- □ 2–3 times per month
- □ 1 time per week
- □ 2 times per week
- □ 3–4 times per week
- □ 5–6 times per week
- □ 1 time per day
- □ 2 or more times per day

112a. Each time you ate fruit crisp, cobbler, or strudel, how much did you usually eat?
- □ Less than ½ cup
- □ ½ to 1 cup
- □ More than 1 cup

113. How often did you eat pie?
- □ NEVER (GO TO QUESTION 114)
- □ 1 time per month
- □ 2–3 times per month
- □ 1 time per week
- □ 2 times per week
- □ 3–4 times per week
- □ 5–6 times per week
- □ 1 time per day
- □ 2 or more times per day

113a. Each time you ate pie, how much did you usually eat?
- □ Less than ⅛ of a pie
- □ About ⅛ of a pie
- □ More than ⅛ of a pie

The next four questions ask about the kinds of pie you ate. Please read all four questions before answering.

113b. How often were the pies you ate fruit pie (such as apple, blueberry, others)?
- □ Almost never or never
- □ About ¼ of the time
- □ About ½ of the time
- □ About ¾ of the time
- □ Almost always or always

113c. How often were the pies you ate cream, pudding, custard, or meringue pie?
- □ Almost never or never
- □ About ¼ of the time
- □ About ½ of the time
- □ About ¾ of the time
- □ Almost always or always
Over the past month...

113d. How often were the pies you ate pumpkin or sweet potato pie?
- [ ] Almost never or never
- [ ] About ¼ of the time
- [ ] About ½ of the time
- [ ] About ¾ of the time
- [ ] Almost always or always

113e. How often were the pies you ate pecan pie?
- [ ] Almost never or never
- [ ] About ¼ of the time
- [ ] About ½ of the time
- [ ] About ¾ of the time
- [ ] Almost always or always

114. How often did you eat chocolate candy?
- [ ] NEVER (GO TO QUESTION 115)
  - [ ] 1 time per month
  - [ ] 2–3 times per month
  - [ ] 1 time per week
  - [ ] 2 times per week

114a. Each time you ate chocolate candy, how much did you usually eat?
- [ ] Less than 1 average bar or less than 1 ounce
- [ ] 1 average bar or 1 to 2 ounces
- [ ] More than 1 average bar or more than 2 ounces

115. How often did you eat other candy?
- [ ] NEVER (GO TO QUESTION 116)
  - [ ] 1 time per month
  - [ ] 2–3 times per month
  - [ ] 1 time per week
  - [ ] 2 times per week

115a. Each time you ate other candy, how much did you usually eat?
- [ ] Fewer than 2 pieces
- [ ] 2 to 9 pieces
- [ ] More than 9 pieces

116. How often did you eat eggs, egg whites, or egg substitutes (NOT counting eggs in baked goods and desserts)? (Please include eggs in salads, quiche, and soufflés.)
- [ ] NEVER (GO TO QUESTION 117)
  - [ ] 1 time per month
  - [ ] 2–3 times per month
  - [ ] 1 time per week
  - [ ] 2 times per week

116a. Each time you ate eggs, how many did you usually eat?
- [ ] 1 egg
- [ ] 2 eggs
- [ ] 3 or more eggs

116b. How often were the eggs you ate egg substitutes?
- [ ] Almost never or never
- [ ] About ¼ of the time
- [ ] About ½ of the time
- [ ] About ¾ of the time
- [ ] Almost always or always

116c. How often were the eggs you ate egg whites only?
- [ ] Almost never or never
- [ ] About ¼ of the time
- [ ] About ½ of the time
- [ ] About ¾ of the time
- [ ] Almost always or always

116d. How often were the eggs you ate regular whole eggs?
- [ ] Almost never or never
- [ ] About ¼ of the time
- [ ] About ½ of the time
- [ ] About ¾ of the time
- [ ] Almost always or always

116e. How often were the eggs you ate cooked in oil, butter, or margarine?
- [ ] Almost never or never
- [ ] About ¼ of the time
- [ ] About ½ of the time
- [ ] About ¾ of the time
- [ ] Almost always or always
Over the past month...

116f. How often were the eggs you ate part of egg salad?

☐ Almost never or never
☐ About ¼ of the time
☐ About ½ of the time
☐ About ¾ of the time
☐ Almost always or always

117. How many cups of coffee, caffeinated or decaffeinated, did you drink?

☐ NEVER (GO TO QUESTION 118)

☐ 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

117a. How often was the coffee you drank decaffeinated?

☐ Almost never or never
☐ About ¼ of the time
☐ About ½ of the time
☐ About ¾ of the time
☐ Almost always or always

118. How many glasses of iced tea, caffeinated or decaffeinated, did you drink?

☐ NEVER (GO TO QUESTION 119)

☐ 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

118a. How often was the iced tea you drank decaffeinated or herbal tea?

☐ Almost never or never
☐ About ¼ of the time
☐ About ½ of the time
☐ About ¾ of the time
☐ Almost always or always

119. How many cups of hot tea, caffeinated or decaffeinated, did you drink?

☐ NEVER (GO TO QUESTION 120)

☐ 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

119a. How often was the hot tea you drank decaffeinated or herbal tea?

☐ Almost never or never
☐ About ¼ of the time
☐ About ½ of the time
☐ About ¾ of the time
☐ Almost always or always

120. How often did you add sugar or honey to your coffee or tea?

☐ NEVER (GO TO QUESTION 121)

☐ 1–3 times per month
☐ 1 time per week
☐ 2–4 times per week
☐ 5–6 times per week
☐ 1 time per day
☐ 2–3 times per day
☐ 4–5 times per day
☐ 6 or more times per day

120a. Each time sugar or honey was added to your coffee or tea, how much was usually added?

☐ Less than 1 teaspoon
☐ 1 to 3 teaspoons
☐ More than 3 teaspoons

121. How often did you add artificial sweetener to your coffee or tea?

☐ NEVER (GO TO QUESTION 122)

☐ 1–3 times per month
☐ 1 time per week
☐ 2–4 times per week
☐ 5–6 times per week
☐ 1 time per day
☐ 2–3 times per day
☐ 4–5 times per day
☐ 6 or more times per day

121a. What kind of artificial sweetener did you usually use?

☐ Equal or aspartame
☐ Sweet N Low or saccharin
☐ Splenda or sucralose
Over the past month...

122. How often was non-dairy creamer added to your coffee or tea?

☐ NEVER (GO TO QUESTION 123)
☐ 1–3 times per month  ☐ 1 time per day
☐ 1 time per week  ☐ 2–3 times per day
☐ 2–4 times per week  ☐ 4–5 times per day
☐ 5–6 times per week  ☐ 6 or more times per day

122a. Each time non-dairy creamer was added to your coffee or tea, how much was usually used?

☐ Less than 1 teaspoon
☐ 1 to 3 teaspoons
☐ More than 3 teaspoons

122b. What kind of non-dairy creamer did you usually use?

☐ Regular powdered
☐ Low-fat or fat-free powdered
☐ Regular liquid
☐ Low-fat or fat-free liquid

123. How often was cream or half and half added to your coffee or tea?

☐ NEVER (GO TO QUESTION 124)
☐ 1–3 times per month  ☐ 1 time per day
☐ 1 time per week  ☐ 2–3 times per day
☐ 2–4 times per week  ☐ 4–5 times per day
☐ 5–6 times per week  ☐ 6 or more times per day

123a. Each time cream or half and half was added to your coffee or tea, how much was usually added?

☐ Less than 1 tablespoon
☐ 1 to 2 tablespoons
☐ More than 2 tablespoons

124. How often was milk added to your coffee or tea?

☐ NEVER (GO TO QUESTION 125)
☐ 1–3 times per month  ☐ 1 time per day
☐ 1 time per week  ☐ 2–3 times per day
☐ 2–4 times per week  ☐ 4–5 times per day
☐ 5–6 times per week  ☐ 6 or more times per day

124a. Each time milk was added to your coffee or tea, how much was usually added?

☐ Less than 1 tablespoon
☐ 1 to 3 tablespoons
☐ More than 3 tablespoons

124b. What kind of milk was usually added to your coffee or tea?

☐ Whole milk
☐ 2% milk
☐ 1% milk
☐ Skim, nonfat, or ½% milk
☐ Evaporated or condensed (canned) milk
☐ Soy milk
☐ Rice milk
☐ Raw, unpasteurized milk
☐ Other

125. How often was sugar or honey added to foods you ate? (Please do not include sugar in coffee, tea, other beverages, or baked goods.)

☐ NEVER (GO TO INTRODUCTION TO QUESTION 126)
☐ 1 time per month  ☐ 3–4 times per week
☐ 2–3 times per month  ☐ 5–6 times per week
☐ 1 time per week  ☐ 1 time per day
☐ 2 times per week  ☐ 2 or more times per day

125a. Each time sugar or honey was added to foods you ate, how much was usually added?

☐ Less than 1 teaspoon
☐ 1 to 3 teaspoons
☐ More than 3 teaspoons
The following questions are about the kinds of margarine, mayonnaise, sour cream, cream cheese, and salad dressing that you eat. If possible, please check the labels of these foods to help you answer.

126. Over the past month, did you eat margarine?

☐ NO (GO TO QUESTION 127)

☐ YES

126a. How often was the margarine you ate regular-fat margarine (stick or tub)?

☐ Almost never or never
☐ About ¼ of the time
☐ About ½ of the time
☐ About ¾ of the time
☐ Almost always or always

126b. How often was the margarine you ate light or low-fat margarine (stick or tub)?

☐ Almost never or never
☐ About ¼ of the time
☐ About ½ of the time
☐ About ¾ of the time
☐ Almost always or always

126c. How often was the margarine you ate fat-free margarine?

☐ Almost never or never
☐ About ¼ of the time
☐ About ½ of the time
☐ About ¾ of the time
☐ Almost always or always

127. Over the past month, did you eat butter?

☐ NO (GO TO QUESTION 128)

☐ YES

127a. How often was the butter you ate light or low-fat butter?

☐ Almost never or never
☐ About ¼ of the time
☐ About ½ of the time
☐ About ¾ of the time
☐ Almost always or always

128. Over the past month, did you eat mayonnaise or mayonnaise-type dressing?

☐ NO (GO TO QUESTION 129)

☐ YES

128a. How often was the mayonnaise you ate regular-fat mayonnaise?

☐ Almost never or never
☐ About ¼ of the time
☐ About ½ of the time
☐ About ¾ of the time
☐ Almost always or always

128b. How often was the mayonnaise you ate light or low-fat mayonnaise?

☐ Almost never or never
☐ About ¼ of the time
☐ About ½ of the time
☐ About ¾ of the time
☐ Almost always or always

128c. How often was the mayonnaise you ate fat-free mayonnaise?

☐ Almost never or never
☐ About ¼ of the time
☐ About ½ of the time
☐ About ¾ of the time
☐ Almost always or always

129. Over the past month, did you eat sour cream?

☐ NO (GO TO QUESTION 130)

☐ YES

129a. How often was the sour cream you ate regular-fat sour cream?

☐ Almost never or never
☐ About ¼ of the time
☐ About ½ of the time
☐ About ¾ of the time
☐ Almost always or always

129b. How often was the sour cream you ate light, low-fat, or fat-free sour cream?

☐ Almost never or never
☐ About ¼ of the time
☐ About ½ of the time
☐ About ¾ of the time
☐ Almost always or always

Question 128 appears in the next column

Question 130 appears on the next page
Over the past month…

130. Over the past month, did you eat cream cheese?

☐ NO (GO TO QUESTION 131)

☐ YES

130a. How often was the cream cheese you ate regular-fat cream cheese?

☐ Almost never or never
☐ About ¼ of the time
☐ About ½ of the time
☐ About ¾ of the time
☐ Almost always or always

130b. How often was the cream cheese you ate light, low-fat, or fat-free cream cheese?

☐ Almost never or never
☐ About ¼ of the time
☐ About ½ of the time
☐ About ¾ of the time
☐ Almost always or always

131. Over the past month, did you eat salad dressing?

☐ NO (GO TO INTRODUCTION TO QUESTION 132)

☐ YES

131a. How often was the salad dressing you ate regular-fat salad dressing (including oil and vinegar dressing)?

☐ Almost never or never
☐ About ¼ of the time
☐ About ½ of the time
☐ About ¾ of the time
☐ Almost always or always

131b. How often was the salad dressing you ate light or low-fat salad dressing?

☐ Almost never or never
☐ About ¼ of the time
☐ About ½ of the time
☐ About ¾ of the time
☐ Almost always or always

131c. How often was the salad dressing you ate fat-free salad dressing?

☐ Almost never or never
☐ About ¼ of the time
☐ About ½ of the time
☐ About ¾ of the time
☐ Almost always or always

The following two questions ask you to summarize your usual intake of vegetables and fruits. Please do not include salads, potatoes, or juices.

132. Over the past month, how many servings of vegetables (not including salad or potatoes) did you eat per week or per day?

☐ Less than 1 per week ☐ 2 per day
☐ 1–2 per week ☐ 3 per day
☐ 3–4 per week ☐ 4 per day
☐ 5–6 per week ☐ 5 or more per day
☐ 1 per day

133. Over the past month, how many servings of fruit (not including juices) did you eat per week or per day?

☐ Less than 1 per week ☐ 2 per day
☐ 1–2 per week ☐ 3 per day
☐ 3–4 per week ☐ 4 per day
☐ 5–6 per week ☐ 5 or more per day
☐ 1 per day

The following question asks you to summarize your usual intake of seafood, including fish and shellfish. Please include canned tuna or tuna in foil pouches.

134. Over the past month, how many servings of seafood, including fish and shellfish (including canned tuna or tuna in foil pouches) did you eat per week or per day?

☐ NONE (GO TO QUESTION 135)

☐ Less than 1 per week ☐ 5–6 per week
☐ 1–2 per week ☐ 1 per day
☐ 3–4 per week ☐ 2 or more per day

134a. Was any of the seafood you ate, including fish and shellfish, refrigerated smoked seafood, such as nova-style, lox, kippered, smoked or jerky?

☐ NO
☐ YES

134b. Was any of the seafood you ate, including fish and shellfish, caught in local waters by family or friends?

☐ NO
☐ YES
Over the past month...

135. Over the past month, which of the following foods did you eat AT LEAST THREE TIMES? (Mark all that apply.)

- Avocado, guacamole
- Cheesecake
- Chocolate, fudge, or butterscotch toppings or syrups
- Chow mein noodles
- Croissants
- Dried apricots
- Egg rolls
- Granola bars
- Hot peppers
- Jello, gelatin
- Milkshakes or ice-cream sodas
- Olives
- Oysters
- Pickles or pickled vegetables or fruit
- Plantains
- Pork neckbones, hock, head, feet
- Pudding or custard
- Veal, venison, lamb
- Whipped cream, regular
- Whipped cream, substitute
- NONE

136. For ALL of the past month, have you followed any type of vegetarian diet?

- NO (GO TO INTRODUCTION TO QUESTION 137)
- YES

136a. Which of the following foods did you TOTALLY EXCLUDE from your diet? (Mark all that apply.)

- Meat (beef, pork, lamb, etc.)
- Poultry (chicken, turkey, duck)
- Fish and seafood
- Eggs
- Dairy products (milk, cheese, etc.)

The next questions are about your use of fiber supplements or vitamin pills.

137. Over the past month, did you take any of the following types of fiber or fiber supplements on a regular basis (more than once per week)? (Mark all that apply.)

- NO, didn't take any fiber supplements on a regular basis
- YES, psyllium products (such as Metamucil, Fiberall, Serutan, Perdiem, Correctol)
- YES, methylcellulose/cellulose products (such as Citrucel, Unifiber)
- YES, Fibercon
- YES, Bran (such as wheat bran, oat bran, or bran wafers)

138. Over the past month, did you take any multivitamins, such as prenatal vitamins, One-a-Day-, Theragran-, or Centrum-type multivitamins (as pills, liquids, or packets)?

- NO (GO TO INTRODUCTION TO QUESTION 141)
- YES

139. How often did you take prenatal vitamins?

- NEVER
- 1–3 days per month
- 1–3 days per week
- 4–6 days per week
- Every day

140. How often did you take other multivitamins, including, One-a-day-, Theragran-, or Centrum-type multivitamins?

- NEVER (GO TO QUESTION 140b)
- 1–3 days per month
- 1–3 days per week
- 4–6 days per week
- Every day

140a. Does your other multivitamin usually contain minerals (such as iron, zinc, etc.)?

- NO
- YES
- Don't know

140b. For how many years have you taken multivitamins?

- Less than 1 year
- 1–4 years
- 5–9 years
- 10 or more years

These last questions are about the vitamins, minerals, or herbal supplements you took over the past month that are NOT part of a Prenatal, One-a-day-, Theragran-, or Centrum-type of multivitamin.

Please include vitamins taken as part of an antioxidant supplement.

141. How often did you take Beta-carotene (NOT as part of a multivitamin in Question 139 or 140)?

- NEVER (GO TO QUESTION 142)
- 1–3 days per month
- 1–3 days per week
- 4–6 days per week
- Every day

Continue to the next column

Question 142 appears on the next page
Over the past month...

141a. When you took Beta-carotene, about how much did you take in one day?
- Less than 10,000 IU
- 10,000–14,999 IU
- 15,000–19,999 IU
- 20,000–24,999 IU
- 25,000 IU or more
- Don't know

141b. For how many years have you taken Beta-carotene?
- Less than 1 year
- 1–4 years
- 5–9 years
- 10 or more years

142. How often did you take Vitamin A (NOT as part of a multivitamin in Question 139 or 140)?
- NEVER (GO TO QUESTION 143)
- 1–3 days per month
- 1–3 days per week
- 4–6 days per week
- Every day

142a. When you took Vitamin A, about how much did you take in one day?
- Less than 8,000 IU
- 8,000–9,999 IU
- 10,000–14,999 IU
- 15,000–24,999 IU
- 25,000 IU or more
- Don't know

142b. For how many years have you taken Vitamin A?
- Less than 1 year
- 1–4 years
- 5–9 years
- 10 or more years

143. How often did you take Vitamin C (NOT as part of a multivitamin in Question 139 or 140)?
- NEVER (GO TO QUESTION 144)
- 1–3 days per month
- 1–3 days per week
- 4–6 days per week
- Every day

143a. When you took Vitamin C, about how much did you take in one day?
- Less than 500 mg
- 500–999 mg
- 1,000–1,499 mg
- 1,500–1,999 mg
- 2,000 mg or more
- Don't know

143b. For how many years have you taken Vitamin C?
- Less than 1 year
- 1–4 years
- 5–9 years
- 10 or more years

144. How often did you take Vitamin E (NOT as part of a multivitamin in Question 139 or 140)?
- NEVER (GO TO QUESTION 145)
- 1–3 days per month
- 1–3 days per week
- 4–6 days per week
- Every day

144a. When you took Vitamin E, about how much did you take in one day?
- Less than 400 IU
- 400–799 IU
- 800–999 IU
- 1,000 IU or more
- Don't know

144b. For how many years have you taken Vitamin E?
- Less than 1 year
- 1–4 years
- 5–9 years
- 10 or more years

145. How often did you take Calcium or Calcium-containing antacids (NOT as part of a multivitamin in Question 139 or 140)?
- NEVER (GO TO QUESTION 146)
- 1–3 days per month
- 1–3 days per week
- 4–6 days per week
- Every day

145a. When you took Calcium or Calcium-containing antacids, about how much elemental calcium did you take in one day? (If possible, please check the label for elemental calcium.)
- Less than 500 mg
- 500–599 mg
- 600–999 mg
- 1,000 mg or more
- Don't know

Question 144 appears in the next column

Question 146 appears on the next page
Over the past month...

145b. For how many years have you taken Calcium or Calcium-containing antacids?
- Less than 1 year
- 1–4 years
- 5–9 years
- 10 or more years

146. How often did you take Vitamin D, including vitamin D taken as part of a Calcium supplement or Calcium-containing antacid (NOT as part of a multivitamin in Question 139 or 140)?
- NEVER (GO TO QUESTION 147)
- 1–3 days per month
- 1–3 days per week
- 4–6 days per week
- Every day

146a. When you took Vitamin D, about how much did you take in one day?
- Less than 400 IU
- 400-799 IU
- 800-999 mg
- 1,000 IU or more
- Don’t know

146b. For how many years have you taken Vitamin D?
- Less than 1 year
- 1–4 years
- 5–9 years
- 10 or more years

148. Please mark any of the following herbal or botanical supplements you took once per week or more. (Include only supplements and teas, not use of the herb in food.)
- Aloe Vera
- Bilberry
- Cayenne
- Cranberry
- Dong Quai (Tangkwei)
- Echinacea
- Evening primrose oil
- Feverfew
- Garlic
- Ginger
- Ginkgo biloba
- Ginseng (American or Asian)
- Goldenseal extract
- Guarana
- Kava, kava
- Licorice
- Milk thistle
- Siberian ginseng
- St. John’s wort
- Valerian
- Wild yam
- Yohimbe
- NONE

149. Please mark any of the following herbal or botanical supplements you took once per week or more. (Include only supplements and teas, not use of the herb in food.)
- Alfalfa
- Althea root
- Anise seed
- Blessed thistle
- Bitter orange
- Black cohosh
- Blue cohosh
- Chamomile
- Coriander
- Fenugreek
- Goat’s rue
- Lemongrass leaf
- Lemon verbena leaf
- Nettles
- Pennyroyal
- Peppermint oil
- Red raspberry leaf
- Sage pills
- Spearmint leaf
- Star anise
- Other
- NONE

The last three questions ask you about other supplements you took once per week or more.

147. Please mark any of the following single supplements you took once per week or more (NOT as part of a multivitamin in Question 139 or 140):
- B-6
- B-complex
- Brewer’s yeast
- Cod liver oil
- Coenzyme Q
- Omega-3 fatty acids (Fish oil or DHA including Expecta or Neuramins)
- Folic acid/folate
- Glucosamine
- Hydroxytryptophan (HTP)
- Iron
- Niacin
- Selenium
- Zinc
- Bee pollen
- Chondroitin
- Creatine
- Flaxseed oil
- Kelp
- Lecithin
- Lutein
- Lycopen
- Melatonin
- MSM, methylsulfonylmethane
- Royal jelly
- Soy or Isoflavones
- NONE

Thank you very much for completing this questionnaire! Because we want to be able to use all the information you have provided, we would greatly appreciate it if you would please take a moment to review each page making sure that you:

- Did not skip any pages and
- Crossed out the incorrect answer and circled the correct answer if you made any changes.

Continue to next column