



# National Health and Nutrition Examination Survey (NHANES)

## Phone Follow-Up Dietary Interviewer Procedures Manual



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# Overview of the National Health and Nutrition Examination Survey

# 1

This chapter provides a general history and description of the National Health and Nutrition Examination Survey (NHANES) and an overview of the tasks that staff perform during the survey.

## 1.1 History

The National Health Survey Act, passed in 1956, provided the legislation authorizing for a survey to provide current statistical data on the amount, distribution, and effects of illness and disability in the United States. NHANES was created to fulfill the purpose of this act. The NHANES 1999–2004 study was the eighth in a series of national examination studies conducted in the United States since 1960, but effective in 2005, NHANES has become a continuous field survey with year-round data collection.

To fulfill the purposes of this act, it was recognized that data collection would involve at least three sources: (1) direct interviews with Americans of all ages; (2) clinical tests, measurements, and physical examinations on sample persons (SPs); and (3) facilities, such as hospitals, clinics, and doctors' offices, where persons received medical care.

To comply with the 1956 act, the National Center for Health Statistics (NCHS), a branch of the U.S. Public Health Service in the U.S. Department of Health and Human Services, has conducted seven separate examination surveys to collect interview and physical examination data.

The first three of these national health examination surveys were conducted in the 1960s:

1. 1960-62—National Health Examination Survey I (NHES I);
2. 1963-65—National Health Examination Survey II (NHES II); and
3. 1966-70—National Health Examination Survey III (NHES III).

NHES I focused on selected chronic disease of adults aged 18-79. NHES II and NHES III focused on the growth and development of children. The NHES II sample included children aged 6-11,

while NHES III focused on youths aged 12-17. All three surveys had an approximate sample size of 7,500 individuals.

Beginning in 1970, a new emphasis was introduced. The study of nutrition and its relationship to health status gained importance as researchers began to discover links between dietary habits and disease. In response to this concern, under a directive from the Secretary of the Department of Health, Education and Welfare, NCHS instituted the National Nutrition Surveillance System. The purpose of this system was to measure the nutritional status of the U.S. population and changes over time. A special task force recommended that a continuing surveillance system include clinical observation and professional assessment as well as the recording of dietary intake patterns. Thus, the National Nutrition Surveillance System was combined with the National Health Examination Survey to form the National Health and Nutrition Examination Survey (NHANES). Four surveys of this type have been conducted since 1970:

1. 1971-75—National Health and Nutrition Examination Survey I (NHANES I);
2. 1976-80—National Health and Nutrition Examination Survey II (NHANES II);
3. 1982-84—Hispanic Health and Nutrition Examination Survey (HHANES); and
4. 1988-94—National Health and Nutrition Examination Survey III (NHANES III).

NHANES I, the first cycle of the NHANES studies, was conducted between 1971 and 1975. This survey was based on a national sample of about 28,000 persons between the ages of 1-74. Extensive data on health and nutrition were collected by interview, physical examination, and a battery of clinical measurements and tests from all members of the sample.

NHANES II began in 1976 with the goal of interviewing and examining 28,000 persons between the ages of 6 months and 74 years. This survey was completed in 1980. To establish a baseline for assessing changes over time, data collection for NHANES II was made comparable to NHANES I. This means that in both surveys, many of the same measurements were taken in the same way, on the same age segment of the U.S. population.

While the NHANES I and NHANES II studies provided extensive information about the health and nutritional status of the general U.S. population, comparable data were not available for many of the ethnic groups within the United States. HHANES, conducted from 1982 to 1984, aimed at producing estimates of health and nutritional status for the three largest Hispanic subgroups in the United States—Mexican Americans, Cuban Americans, and Puerto Ricans—that were comparable

to the estimates available for the general population. HHANES was similar in design to the previous HANES studies, interviewing and examining about 16,000 people in various regions across the country with large Hispanic populations.

NHANES III, conducted between 1988 and 1994, included about 40,000 people selected from households in 81 counties across the United States. As previously mentioned, the health status and characteristics of minority groups can be very different from that of nonminority groups. Thus, black Americans and Mexican Americans were selected in large proportions in NHANES III. Each of these groups separately constituted 30 percent of the sample. It was the first survey to include infants as young as 2 months of age and to include adults with no upper age limit. For the first time a home examination was developed for those persons who were unable or unwilling to come into the examination center but would agree to an abbreviated examination in their homes. To obtain reliable estimates, infants and young children (1-5 years) and older persons (60+ years) were sampled at a higher rate. NHANES III also placed an additional emphasis on the effects of the environment upon health. Data were gathered to measure the levels of pesticide exposure, the presence of certain trace elements in the blood, and the amounts of carbon monoxide present in the blood.

NHANES 99, conducted between 1999 and 2005, was the first of the series of surveys designed with the goal of becoming a continuous, annual survey. Each single year, and any combination of consecutive years of data collection, constitutes a nationally representative sample of the U.S. population. This new design allows annual statistical estimates for broad groups and specific race-ethnicity groups as well as flexibility in the content of the questionnaires and exam components. New technologic innovations in computer-assisted interviewing and data processing result in rapid and accurate data collection, data processing, and publication of results.

The number of people examined in a 12-month period is about the same as in previous NHANES—about 5,000 a year from 15 different locations across the Nation. The data from the NHANES are used by government agencies, state and community organizations, private researchers, consumer groups, companies, and health care providers.

In addition to NHANES I, NHANES II, Hispanic HANES, and NHANES III, several other HANES projects have been underway since 1982. These projects have been a part of the HANES Epidemiological Followup Survey, a multiphase project that has been conducting followup interviews with the NHANES I survey population in order to provide a longitudinal picture of the health of the U.S. population.

## 1.2 Goals of the Survey

NHANES 2015, the current version of the survey, was designed to continue the collection of information about the health and diet of people in the United States. These data are used to fulfill specific goals. The overall goals of NHANES 2015 are to:

- Estimate the number and percent of persons in the U.S. population and designated subgroups with selected diseases and risk factors;
- Monitor trends in the prevalence, awareness, treatment, and control of selected diseases;
- Monitor trends in risk behaviors and environmental exposures;
- Analyze risk factors for selected diseases;
- Study the relationship between diet, nutrition, and health;
- Explore emerging public health issues and new technologies; and
- Establish a national probability sample for the Asian population in the United States.

## 1.3 NHANES Data Accomplishments

NHANES data have been used to influence policy and improve the health of the U.S. population in many ways since the survey series was established. For the past 50 years, the U.S. Public Health Service has been interviewing and examining tens of thousands of Americans. Currently, teams of doctors, nutritionists, and health technologists are conducting the National Health and Nutrition Examination Survey (NHANES) in communities across the United States. Information from the survey will be updated annually.

Some of the contributions of the NHANES data include:

- **Pediatric growth charts.** Developed by the National Health and Nutrition Examination Survey, the NHANES growth charts are found on the walls of pediatricians' offices and clinics not only across the United States, but also around the world. With new information on younger babies, the current charts have been expanded and improved.
- **Vitamins and minerals.** The earlier NHANES showed that low iron levels were a serious problem for many people, including women of childbearing age, preschool children, and the elderly. As a result, the government decided to fortify grain and cereal

with iron to correct this deficiency. The surveys also showed the need for folate to eliminate another deficiency and prevent birth defects. Today, we have a wealth of information at our fingertips and, indeed, on our food labels to help us make better choices about our diets. Much of that information comes directly from the National Health and Nutrition Examination Survey.

- **Cholesterol levels.** The first survey in the 1960s led public health officials to sound the alarm about the link between high cholesterol levels and the risk of heart disease. When NHANES started testing, one-third of adults had high cholesterol. Today, fewer than 1 in 5 adults have high cholesterol. Changes in diet and lifestyle, all built on information from the national survey, have sharply reduced our risk of dying from a heart attack. These strategies have also helped doctors find ways to better treat heart attack patients and speed their recovery.
- **Lead-free gasoline.** It was NHANES that gave the first clear-cut evidence that Americans had too much lead in their blood. This led Congress, the Environmental Protection Agency, and others to phase out the use of lead as an additive in gasoline, and the results have been remarkable. By the 1990s, NHANES found that only 4 percent of Americans had elevated lead in their blood. But it remains a problem for certain groups, especially poor children living in old houses, in cities where lead paint was once common. The survey helps public health agencies pinpoint where lead still remains a problem.

As the NHANES survey continues to collect and update health information, there are other ways in which the information will be of use, including:

- **Osteoporosis.** This condition, in which bones get weaker as people grow old, is blamed for many of the fractures among the elderly. The National Health and Nutrition Examination Survey measures bone density of participants.
- **Environmental smoke.** Recent NHANES data found that nearly 9 out of 10 nonsmoking Americans were exposed to smoke either at home or on the job.
- **Obesity.** Despite the public health gains in recent years, more Americans are overweight than ever before. Today, more than half of the adults in the United States are overweight, and the number of overweight children and teens has doubled in the past decade. This has led public health experts to look for ways to improve both diet and fitness.
- **Changes in food/diet.** Today consumers can find a wide range of low-fat and light foods in their grocery stores, from dinner entrees to snacks. As the food we eat changes, NHANES helps monitor whether these new foods and dietary changes actually are in the best interest of our health.
- **Immunizations.** The National Health and Nutrition Examination Survey has turned up important information about the extent of hepatitis B infections and led to the recommendation that all infants and children be vaccinated against it. Although babies

and children are the primary targets for immunizations, the survey also has alerted doctors to the importance of tetanus shots for older people.

## 1.4 National Center for Health Statistics

The Division of Health and Nutrition Examination Surveys (DHANES) is one of the survey divisions at the CDC's National Center for Health Statistics (NCHS).

DHANES is responsible for planning, operations, informatics, analysis, and reporting activities related to the family of health and nutrition examination surveys. These surveys range from the capstone cross-sectional National Health and Nutrition Examination Survey, to longitudinal studies, and more recent efforts with community-based studies. DHANES is composed of more than 60 Federal employees who have training and expertise in diverse areas including public health, informatics, survey methodology, and statistics. The Federal staff are augmented by contractor staff working both on site and off site.

The Division consists of four branches and the Office of the Division Director. The DHANES Office of the Director coordinates the major activities in the Division. Each of the four branches consists of a multidisciplinary team with specific duties and responsibilities.

## 1.5 Sample Selection

A sample is defined as a representative part of a larger group. Since it is impossible to interview and examine everyone in the United States for NHANES, a representative sample is taken of the U.S. population. By studying a representative sample of the population, it is assumed that the findings would not have been too different had every person in the United States been studied. Because generalizations about the population will be made, it is extremely important that the sample be selected in a way that accurately represents the whole population. Statisticians calculate the size of the sample needed and take into consideration the geographic distribution and demographic characteristics of the population, such as age, gender, race, and income.

An introductory letter is sent to each household in the sample. A few weeks after the letter goes out, interviewers visit each listed household and use carefully designed screening procedures to determine whether any residents are eligible for the survey. If eligible residents are present, the

interviewer then proceeds to introduce the study, presents the sample person (SP) with a survey brochure, and obtains a signed consent for the household interview. The brochure contains detailed information on the survey, the household interview, and the MEC examination.

A signed consent form must be obtained from each eligible individual before the household interview can be conducted. A refusal to sign the consent form is considered a refusal to participate in the survey. After the interview is completed, the interviewer then explains the MEC exam, obtains another signed consent form for the MEC exam, and contacts the field office to schedule a MEC appointment for the SP. All SPs aged 12 years and older must sign the Examination Consent forms to participate in the MEC examination. Parental consent is also required for SPs under 18 years of age. SPs aged 7-11 years old are asked to sign the Examination Assent form. An additional consent form is required for consent to future general research testing for both adults (ages 18+) and parents of children under 18 years. This consent form gives permission to store a small sample of blood and urine for future specimen testing. A refusal to sign the MEC consent or assent form is considered a refusal to participate in the examination phase of the survey. Examinations will not be performed on SPs who do not sign a consent form.

## 1.6 Field Organization for NHANES

There are two levels of field organization for this study—the home office staff and the field staff.

- **Home office staff from Westat.** Project staff from Westat are responsible for overseeing the field teams and field work.
- **Field office (FO) staff.** For this survey, an office will be opened at every survey location (stand). Each field office will have a Study Manager (SM), Office Manager (OM), a Field Manager (FM), and one Assistant Office Manager (AOM).
  - The **Study Manager (SM)** is responsible for the overall management of operations at a stand.
  - The **Office Manager (OM)** is responsible for the stand office operations and is the main conduit for the flow of work and information between the MEC and the household interviewing staff. She or he will supervise one or more local office clerks hired to assist with office activities. The OM reports to the SM.
  - The **Field Manager (FM)** has primary responsibility for the supervision of the household interviewers. The FM also assists the SM and supervises the activities of the Assistant Office Managers. She or he will deal with administrative issues,

problems with the Integrated Survey Information System (ISIS), and preparations for the next stand.

- The **Assistant Office Managers (AOMs)** are primarily responsible for data entry into ISIS, editing data collection materials, and verification of interviewer work. The AOMs report to the FM and also work closely with the OM.
- **Facilities Specialist (FES).** One Facilities and Equipment Specialist will travel with each field office team and caravan to oversee the maintenance and operation of the trailers.
- **Household interviewers.** These staff members are primarily responsible for identifying and enrolling the survey participants, conducting the household interviews, and appointing the study participants for the MEC exam. Specifically, household interviewers will locate occupied residential dwelling units, administer the Screener to select eligible SPs, obtain signed consents to the household interview, conduct the interviews, set up examination appointments, obtain consents for the MEC exam, conduct field reminders for MEC appointments, and assist in rescheduling broken, canceled, and no-show appointments.

Several times a week, household interviewers visit the field office and report to the field manager. During the course of the study, interviewers also interact on a daily basis with other field office staff and home office staff.

- **MEC staff.** These health professionals conduct the health exams. The survey includes two exam teams. There are 16 individuals on each traveling team: 1 MEC manager, 1 MEC coordinator, 1 licensed physician, 1 licensed dentist, 3 medical technologists, 4 health technologists, 2 MEC interviewers, 2 dietary interviewers, and 1 phlebotomist. In addition, local assistants are recruited, trained, and employed at each stand to assist the exam staff.

The following section describes the steps that are always completed before the opening of a stand and provides an overview of the tasks that interviewers are expected to perform.

Steps completed prior to interviewing include:

1. Statisticians scientifically select certain segments in the sampling area. A segment is an area with definite boundaries, such as a city block or group of blocks containing a cluster of households.
2. Segments are listed by NHANES staff. Listing is the systematic recording on special forms of the address of every dwelling unit (DU) located within the segment. Commercial buildings and other structures not intended as living quarters are not listed.
3. A sample of dwelling units is selected from the listing forms. This sample is the group of addresses that interviewers visit in order to conduct interviews.

4. Immediately before data collection begins, an advance letter is sent to each dwelling unit with a mailing address. This letter briefly describes the study and informs the household that an interviewer will contact them in the near future.

Steps followed by the interviewers at a stand include:

1. Obtain assignment of sampled dwelling units to contact from the field manager.
2. Locate dwelling units using addresses on the Household Folders and listing/mapping materials in the Segment Folder.
3. Contact an adult who lives in the selected household (occupied residential dwelling unit) and administer the Screener interview using a laptop computer.
  - The Screener interview lists all the individuals who live in the household, divides the household into families, and collects all the demographic characteristics necessary to immediately determine if there are persons in the household eligible for further interviewing.
  - All instructions necessary to determine eligibility and to select SPs are programmed in the CAPI Screener.
4. If all persons in a household are ineligible, no further work is done with the case. If eligible household members are identified, interviewers continue to conduct all the necessary tasks associated with the case.
5. In eligible households, obtain a signed interview consent form prior to completing the medical history and/or the family questionnaire.
6. Administer the appropriate medical history CAPI interview to eligible respondents. The questions asked depend on the age of the SP.
7. Administer the Family questionnaire to one adult family member from each eligible family in the household.
8. Schedule a MEC appointment for each SP, coordinating the MEC schedule and the SP schedule.
9. Obtain signed consent form(s) for each SP for the examination, confirm the examination appointment(s) with the field office, and give each SP an appointment slip.
10. If there is more than one eligible family in a household, repeat this process with each additional family.
11. Record the result of each contact or attempted contact with the household on the Call Record located in the Household Folder.

Interviewers also support the survey by conducting field reminders prior to MEC appointments and reschedule broken, canceled, or no-show MEC appointments. When an interview has been completed, interviewers edit their work, carefully reviewing all forms for completeness and legibility. Interviewers report in person to the field manager at the stand office for regularly scheduled conferences, usually every other day. During these conferences, interviewers discuss completed cases, discuss problems with incomplete cases, receive new case assignments, and report time, expenses, and production.

To ensure the accuracy and completeness of the survey, all interviewer work is edited by the field office staff and then validated by recontacting respondents. After this review, supervisors provide interviewers with feedback concerning the quality of the work.

## **1.7 Exams and Interviews in the Mobile Examination Center (MEC)**

Examinations and interviews are conducted in the MEC, which is composed of four specially equipped trailers. Each trailer is approximately 52 feet long and 8 feet wide. The trailers are set up side-by-side and connected by enclosed passageways. During the main survey, detachable truck tractors drive the trailers from one geographic location to another.

Exhibit 1-1 shows a floor plan for the MEC. The interior of the MEC is designed specifically for this survey. For example, the trailers are divided into specialized rooms to ensure the privacy of each study participant during exams and interviews. Many customized features have been incorporated, including an audiometry room that uses a soundproof booth, a wheelchair lift, and a wheelchair-accessible bathroom available to assist participants with mobility problems. Exhibit 1-2 shows the locations of the various exams within the MEC.

### **1.7.1 Exam Sessions**

The MEC operates 5 days a week and includes weekday, evening, and weekend sessions. Two 4-hour sessions are scheduled each day with approximately 10-12 SPs per session. During a stand, workweeks rotate to offer a variety of MEC appointments on weekday mornings, afternoons, and evenings, and every weekend.

Exhibit 1-1. Mobile examination center layout

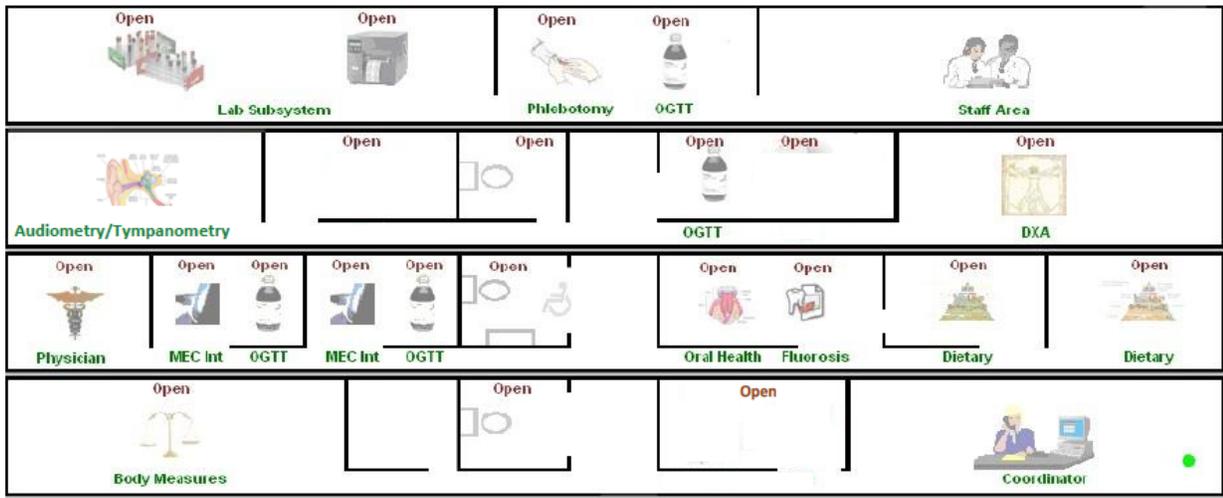


Exhibit 1-2. MEC exams and rooms

Trailer	Room	Room use
Trailer 1	Coordinator	Welcoming and waiting area for SPs
	Anthropometry	Body measurements
Trailer 2	Physician	Physician examination
	MEC Interview 1	Health interview, OGTT Trutol administration, proxy exam
	MEC Interview 2	Health interview, OGTT Trutol administration, proxy exam
	Dietary Interview 1	Dietary interview
	Dietary Interview 2	Dietary interview
	Oral health	Dental examination, fluorosis
Trailer 3	Bone density (DXA)	Bone density scans
	OGTT	OGTT
	Audiometry/Tympanometry	Hearing tests
Trailer 4	Phlebotomy/OGTT	Drawing of blood samples Oral glucose tolerance Trutol administration
	Laboratory	Processing of biological samples
	Label/shipping area	Lab area for labeling and shipping specimens
	Staff area	Staff area that houses main computer system

## 1.7.2 Exam Team Responsibilities

There are 16 individuals on each exam team. In addition, a local assistant will be hired to assist the staff in managing examinee flow. The duties of the exam team members are summarized below:

- One MEC manager supervises the exam staff, oversees exam flow, and supports exam operations.
- One coordinator directs the flow of SPs through the MEC examination process. The coordinator manages all SP appointments, verifies that all components are completed for each SP, and exits SPs from the MEC.
- One physician conducts the medical examination and records results, reviews the results of the complete blood count and pregnancy test, and serves as the safety officer for the MEC.
- One dentist conducts the oral health exam, oversees the fluorosis component, and obtains the HPV specimen.
- Two health (MEC) interviewers administer questionnaires for physical and mental health information. The interviewers are also trained to administer the proxy exam, the OGTT exam, and assist with interpretation of exams for Spanish-speaking SPs.
- Two dietary interviewers administer the dietary questionnaire. The interviewers record a 24-hour dietary recall of the types and amounts of foods consumed by the SP in the last 24 hours. They are also trained to administer the OGTT and assist with interpretation of exams for Spanish-speaking SPs.
- Four health technologists (some with radiologic technology and/or other health training) take and record body measurements, conduct bone density (DXA) scans, record for the oral health exam, conduct audiometry testing, administer the Trutol solution for the glucose tolerance test, and perform urine collection for 3-5 year olds.
- Three medical technologists conduct clinical laboratory tests on biological and environmental specimens, record the results of the tests, and prepare and ship specimens to various laboratories.
- One phlebotomist conducts the phlebotomy interview, administers the fasting questionnaire, and draws blood for laboratory tests and special studies such as the volatile organic compound special study. The phlebotomist is also responsible for administering the Trutol and drawing a second blood sample for the GTT test. Phlebotomists are trained as backup examiners for other MEC components such as body measures.

Each staff member is part of a team of professional persons with specific assignments that must be completed in order to accomplish the overall objective of the survey. Each individual must be aware

of and respect the job demands placed upon other staff members, maintain an attitude of tolerance and consideration for fellow members of the team, and willingly perform extra tasks that may be assigned to support other staff members in the performance of their duties. MEC staff members may be requested to perform tasks not directly related to their specific professional skills in order to implement the overall data collection plan.

### 1.7.3 Examination Components

The full examination for an adult takes approximately 3½ hours, but the actual length depends on the SP’s age. Some exams are done only on certain age groups so the exam profiles vary, even among adult SPs. The exam components are summarized in Exhibit 1-3.

**Exhibit 1-3. MEC exam components by age**

Examination	Age group
Audiometry/Tympanometry	20-69 yrs
Body composition (DXA)	8+
Body measures	All ages
Dietary interview	All ages
Fluorosis	6-19 yrs
Glucose tolerance	12+
Laboratory	1+
Urine sample	6+
MEC (Health) Interview	8+
Pubertal maturation	8-19 yrs
Oral health	2+
Phlebotomy	1+
Physician	All ages
Blood pressure	8+
HPV for men and women	14-69 yrs
Urine collection, 3-5 year olds	3-5 yrs

The specific tests an SP will receive depend on his or her age and gender and selection into various subsamples. Exhibit 1-3, shown earlier, lists all of the MEC exam components and indicates which components are given to each age group. The major exam modules are described briefly here.

- **Audiometry.** The goals of the hearing exam are to obtain normative data on the hearing status of the adolescent U.S. population and to evaluate certain covariates that

may be related to hearing loss, such as noise exposure. The hearing component tests adults aged 20-69 years by performing pure tone air conduction audiometry and tympanometry. Because air conduction thresholds alone cannot detect middle ear disease, tympanometry is conducted to identify potentially medically correctible conditions which may be contributing to hearing impairment.

- **Body composition.** The DXA component will use dual energy x-ray absorptiometry to evaluate body composition for SPs aged 8-59 years. A whole body scan will be used to assess body composition changes that occur with age by measuring fat mass, lean mass, and percent body fat. Body composition by DXA is a more accurate representation of a person's body fat than scale weight or body mass index (BMI), because it does not rely on height and weight alone to measure fat mass and lean mass. Excess body fat or body composition with a high fat-to-lean ratio can increase the risk of cardiovascular disease, Type II diabetes, metabolic syndrome, and certain cancers. Excess body fat, especially at levels considered obese, can also put stress on the joints and interfere with mobility and the ability to perform everyday activities.
- **Body measures or anthropometry.** All SPs will have body measurements taken. The exam will include height, weight, and other body measurements such as arm girth, waist circumference, and sagittal abdominal diameter. These measurements will be used to assess growth, obesity, and body fat distribution, and will provide information that can be used as a reference for later studies. Measurements of height and weight will allow for a revision of the child growth charts now in widespread use. Measuring body fat is important because excess body fat is associated with hypertension, adult diabetes, cardiovascular disease, gallstones, arthritis, and some forms of cancer. Furthermore, obesity and overweight can have an effect on the mental, physical, and social well-being of individuals.
- **Dietary interview.** Dietary information has been collected in NHANES since the 1970s. Researchers and policymakers rely on NHANES data for detailed information about the foods and beverages that are consumed by the U.S. population. In addition to providing important national reference data on food and nutrient intakes that are obtained on all survey participants, the data help us to learn about food patterns of ethnic subgroups, the adequacy of diets consumed by young children and older persons, and the contribution of food to total nutrient intakes. Total nutrient intakes from food and dietary supplements can be computed by combining NHANES Dietary Recall data with the dietary interview supplement and antacid recall information. Many Federal agencies use NHANES data to evaluate Federal regulations in the areas of food fortification and human risk assessment analyses that are used to measure human exposure to contaminants that are found in food.

The goal of the dietary component is to estimate total intake of foods, food energy and nutrients, nonnutrient food components, and plain drinking water by the U.S. population; and assess dietary behaviors and the relationship of diet to health. Quantitative dietary intake data are obtained for all subjects by means of a 24-hour dietary recall interview using a computer-assisted dietary data entry system.

Two dietary interviews will be administered to all SPs. The primary dietary interview is administered in person in the MEC (the MEC In-Person interview). At the end of the MEC dietary interview, the interviewers will schedule the SPs for a Phone Follow-up (PFU) 4-11 days later. The PFU is a follow-up dietary interview conducted by telephone by dietary interviewers from the home office.

- **Oral glucose tolerance test (OGTT or GTT).** The purpose of this test is to reassess the prevalence of diabetes and impaired glucose tolerance (IGT) in the U.S. population. Persons with impaired glucose tolerance (IGT)—15.6 percent of the U.S. population—are at high risk for developing diabetes. Also, IGT is an important risk factor for a number of other adverse health conditions and mortality. IGT is defined on the basis of an abnormal oral glucose tolerance test (OGTT). Persons without diabetes but with an OGTT 2-hour value of 140-199 mg/dl are considered to have IGT. Recent national and international randomized controlled trials have shown that diabetes can be delayed or prevented among persons with IGT.
  - The GTT will allow estimation of the prevalence of IGT and, thus, prediabetes in the U.S. population, surveillance of trends in the prevalence and awareness of these conditions, study of the risk factors for IGT and prediabetes, and examination of IGT as a risk factor for health conditions and mortality. Timely data on IGT and prediabetes are particularly important as the Nation initiates efforts to prevent diabetes among persons with prediabetes. These data on IGT and prediabetes are critical to targeting, designing, and evaluating prevention efforts.
  - A fasting glucose blood test is performed on all participants 12 years and older who are examined in the morning session after a 9-hour fast. After the venipuncture, participants are asked to drink 75 milligrams of Trutol® and to have a second venipuncture 2 hours (plus or minus 15 minutes) after consuming the Trutol. The blood glucose level from the second venipuncture will be used to determine if an SP has IGT.
- **Laboratory.** The laboratory component includes the collection and processing of various biological and environmental specimens including blood for subjects 1 year and older, and urine for subjects 3 years and older. On-site pregnancy testing excludes pregnant women from other examination components such as DXA. Complete blood counts (CBCs) are also performed in the MEC laboratory. All other specimen testing is performed by Federal, private, and university-based laboratories under contract to NCHS.

Urine is collected from SPs age 3 and older to assess kidney function, measure levels of mercury, heavy metals, iodine and arsenic, and assess environmental exposures to pesticides such as organophosphates, phthalates, polycyclic aromatic hydrocarbons, phytoestrogens, and perchlorates.
- **MEC (Health) Interview.** Participants aged 8 and older will have a private health interview in the MEC. Generally, the questions asked in the MEC are considered to be more sensitive than the questions asked in the household. The MEC environment is

believed to be a more appropriate setting for the administration of these questions. Depending upon the age of the survey participant, the interview may consist of questions about reproductive health (birth control practices, pregnancy, and reproductive history), sexual activity, pubertal maturation, health behaviors (physical activity, weight history, tobacco, drug, and alcohol use), current health status, urinary conditions, and mental health, as well as recent exposure to certain environmental chemicals. Children 8-11 years are asked questions only about weight history and pubertal maturation. Participants who are 8-69 years old answer the most sensitive of their questions when the interviewer steps out of the room. In complete privacy, they use earphones that enable them to both hear and see the written questions on the screen. They enter responses by touching the responses on the computer screen.

- **Oral health.** SPs aged 1 years and older will receive an oral health exam. Depending upon the age of the SP, persons will be checked for tooth loss, cavities, restorations, dental sealants, and dental fluorosis. Examinees 30 years and older will receive a periodontal examination.
  - Oral and dental diseases affect many in the United States. Dental caries and tooth loss remain significant problems affecting the Nation’s oral health. Although average dental caries rates for school-aged children have declined, nearly half of all children still have caries. Additionally, more than 90 percent of adults in the United States have experienced caries. Dental sealants, an effective caries prevention measure, have been underutilized in the United States, with less than one-quarter of children aged 5-17 having them. This oral health examination will meet a critical need to continue monitoring trends in dental health status and will produce oral health data to monitor key oral health objectives for the *Healthy People* national health promotion initiative.
- **Fluorosis.** SPs aged 12-19 years will also be assessed for fluorosis with digital imaging from a camera that utilizes quantitative light fluorescence (QLF). Images of the six front teeth will be taken and read remotely by expert reviewers and the findings will be compared to the dental fluorosis assessment performed during the oral health exam. Current data from the U.S. indicate an increase in dental fluorosis prevalence in adolescents aged 12-15 years, and a relationship has been shown between the extent of fluorosis and water fluoride concentration. The need to routinely and accurately assess for dental fluorosis has recently gained importance. Water fluoridation is a key disease prevention activity for CDC, and community water fluoridation has been identified as one of the 10 most significant public health achievements in the United States in the past century.
- **Phlebotomy.** SPs aged 1 and older will have blood drawn. The amount drawn will depend on the person’s age. It is important to draw blood from study participants for a number of reasons:
  - Knowledge can be gained about how healthy a person is by measuring for various substances in his or her blood.

- Blood tests can provide early warnings of potential health problems, perhaps before physical signs appear. For example, a blood test for lead might indicate exposure to unsafe lead levels before an individual shows any physical signs of lead poisoning. Also, diabetes mellitus will be assessed by measures of plasma glucose, insulin, and glycohemoglobin in examinees ages 12 years and older. Diabetes is a large, growing, and costly public health problem in the United States and disproportionately affects racial and ethnic minorities. About 17 million Americans have diabetes and more than 1 million new cases of diabetes are diagnosed each year. Alarmingly, type 2 diabetes (formerly considered an adult disease) is now being diagnosed in children and adolescents, and there has been a large increase in diagnosed diabetes among adults under 40 years of age.
  - Blood tests will also indicate the presence of sexually transmitted diseases (STDs), such as hepatitis, herpes, and HIV infection.
  - Blood tests help in monitoring nutritional status, one of the key goals of NHANES. What researchers discover from this data can lead to health policy recommendations—the need for more vitamin fortification, for example.
  - The blood testing also provides information about the levels of cholesterol and other blood lipids, another important study goal.
- **Physician.** All SPs see the physician. The physician measures blood pressure and pulse of all participants over 8 years of age, explains to male and female SPs how the HPV examination will be completed and explains the meaning of the STD/HIV test results to eligible SPs. The physician explains how SPs receive the results of STD/HIV tests so that the results remain totally confidential to the SP. Beginning in 2007, the physician began screening participants who qualify for the bronchodilator with spirometry exam, obtaining consent for them, and administering the bronchodilator. The physician must be present on the MEC before any exams can be conducted, and the physician is in charge of any medical emergency that occurs on the MEC.
  - **Urine collection.** All participants ages 3 and older will be asked to provide a urine specimen. The health technologists will assist in the urine collection for the 3-5 year old children. It is important that NHANES know how long it has been since participants last voided so we will be asking that question when they come to the MEC.
    - Urine tests for women of child bearing age will be used to test for pregnancy.
    - Urine tests can also indicate the presence of STDs such as chlamydia infection.
    - Dozens of chemical exposures are measured in the urine samples collected by NHANES.
    - Characteristics of the urine indicate whether participants may have early signs of chronic kidney disease.

### 1.7.4 Sample Person Remuneration

All examinees receive remuneration for the MEC visit as well as payment for transportation expenses. The MEC visit remuneration is age-related and may include an extra fasting incentive if the SP is eligible. SPs who complete the dietary phone interview and the Consumer Behavior Questionnaire also receive an incentive.

### 1.7.5 Report of Exam Findings

Examinees receive the results of many of the tests and exams conducted in the MEC, although some results are used only for research and are not reported.

One report, a Preliminary Report of Findings, is produced on the day of the SP's examination and includes results that are immediately available and require no further evaluation or interpretation. Before the examinee's departure from the MEC, the coordinator prints a report that can include height, weight, complete blood count, blood pressure and heart rate, and results from the oral health and audiometry examinations. The MEC physician reviews the blood pressure and complete blood count test results for abnormalities and discusses any problems with the SP (or his or her parent.) Approximately 12-16 weeks after the exam, NCHS mails the remainder of the examination results to the SP after appropriate clinical or quality reviews are completed. This Final Report of Findings will include all the results from the Preliminary Report of Findings and may include laboratory tests like liver and kidney function tests and lipids, as well as bone density scan results. Seriously abnormal results are reported to the SP via telephone by NCHS before the remaining findings are mailed.

Certain tests, such as those for sexually transmitted diseases (chlamydia, herpes simplex, and human papillomavirus) and human immunodeficiency virus (HIV), are released only to the sample person using a specially devised procedure requiring a unique password.

To further assist sample persons, an in-house NCHS survey response team is available to answer calls from NHANES participants regarding the results from the Report of Findings System. The response team effort works both as a triage mechanism and a surveillance system. A receipt and control record is kept on all sample person inquiries. Also available at no cost to sample persons is an 800 toll-free telephone number that can be accessed during regularly scheduled business hours. The response team members include a physician, a nurse with a doctorate degree, and other staff who are trained to answer specific questions.

Tests and procedures conducted in the MEC are not considered diagnostic exams and are not a substitute for an evaluation by a medical professional. No clinical treatments or health interventions of any type are performed in the MEC. If a health problem is discovered during the course of the MEC exam, the physician offers to contact the examinee's personal health care provider or recommend a local physician or clinic for follow-up care. If a sample person is found to have a serious condition requiring immediate attention, the local rescue squad may be summoned or the SP will be advised to seek immediate medical treatment.

### **1.7.6 Dry Run Day**

At the beginning of the examination period, one-half-day is devoted to calibrating instruments, practicing MEC procedures, and collecting biological specimens that serve as blind quality control samples. A dry run day is scheduled immediately before the first exam day of every stand to make sure that all equipment is operational, supplies are adequate, and the facility is working properly. All procedures in the dry run are completed as though the actual exam session were being conducted, although not all examinations or laboratory procedures are performed. The main difference is that the examinees are volunteers who are not part of the sample for the survey. Volunteers may include local residents, local officials, field employees, or guests of NCHS.

## **1.8 Integrated Survey Information System (ISIS)**

The Integrated Survey Information System (ISIS) is a computer-based infrastructure designed to support all survey operations including sample management, data collection, data editing, quality control, analysis, and delivery of NHANES data. With a collection of customized subsystems, the ISIS links the field office, mobile examination center, Westat home office, and NCHS during field operations. Each component in NHANES such as Dietary Interview has a computer application for direct data entry. Data collected in the Dietary Interview room of the mobile examination center are directly entered in the ISIS system computers. In addition, data from biomedical equipment such as the Dual Energy X-Ray Absorptiometry (DXA) scanner for body composition are directly downloaded to the ISIS system, where they are displayed on the computer screen and stored in the system database.

## 1.9 Confidentiality and Professional Ethics

All information regarding this study must be kept strictly confidential except as required by law. This includes location of survey sites. Since this study is being conducted under a contract with the National Center for Health Statistics, the privacy of all information collected is protected by two public laws: Section 308(d) of the Public Health Service Act (42 U.S.C.242m) and the Privacy Act of 1974 (5 U.S.C. 552a).

Each person working on the study must be continuously aware of the responsibility to safeguard the rights of all the individuals participating in the study. Each participant should be treated courteously, not as a sample number. Never divulge names or any other information about study participants except to the research team. Refrain from any discussions about study participants, in or out of the MEC, that might be overheard by people not on the survey staff. All of the members of the research team are under the same legal, moral, and ethical obligations to protect the privacy of the SPs participating in the survey. No participant names will be included in any reports prepared about the survey and neither NCHS nor the contractor is allowed to release information that would identify study participants without the consent of the participants.

Cooperation from the public is essential to the success of survey research. A great deal of effort is expended in obtaining cooperation from many national, regional, state, and local officials and the general public. It is the responsibility of every field employee to build on the integrity of the survey to encourage continued access to study participants during current and future surveys. Professional conduct, both on and off the job, is extremely important.

Each staff member has a responsibility for promoting good public relations. The Public Health Service and the contractor will be judged by the actions of the staff both on and off duty; consequently, staff must be discreet in speech and action. Personal appearance and behavior must be governed by these same considerations. Please be aware of the audience at all times and avoid statements or actions that could shed an unfavorable light on the survey.

Staff will be asked to sign a pledge of confidentiality before the survey begins. This pledge states that they are prohibited by law from disclosing any information while working on the survey to anyone except authorized staff of NCHS and the contractor, and that they agree to abide by the contractor's Assurance of Confidentiality.

# Introduction to the Dietary Interview

# 2

## 2.1 Dietary Interview Component in the National Health and Nutrition Examination Survey (NHANES)

Dietary information has been collected in NHANES since the 1970s. Researchers and policymakers rely on NHANES data for detailed information about the foods and beverages that are consumed by the U.S. population. In addition to providing important national reference data on food and nutrient intakes that are obtained on all survey participants, the data help us to learn about food patterns of ethnic subgroups, the adequacy of diets consumed by young children and older persons, and the contribution of food to total nutrient intakes. Total nutrient intakes from food and dietary supplements can be computed by combining NHANES Dietary Recall data with household interview dietary supplement information. Many Federal agencies use NHANES data to evaluate Federal regulations in the areas of food fortification and human risk assessment analyses, the latter being used to measure human exposure to contaminants that are found in food. All of these monitoring and research applications are dependent on the quality and completeness of the dietary interview data.

In the current survey, two dietary interviews will be administered to all sample persons (SPs). The primary dietary interview is administered in person in the mobile examination center (MEC) (the MEC In-Person interview). A follow-up dietary interview is conducted by telephone from the home office and is called “the Phone Follow-Up (PFU) interview.”

The MEC In-Person interview will be administered during the MEC exam along with the other exam components. At the end of the MEC dietary interview, the interviewers will schedule the SPs for a PFU interview 3-10 days later. Dietary telephone interviewers at the Westat home office will conduct the PFU interviews.

The dietary interview consists of three sections—the Dietary Recall section, the Supplement and antacid use section, and the Post-Recall section. The same computer-assisted dietary interview system and similar quality control procedures are used for the MEC In-person and PFU dietary interviews. The computerized Dietary Recall interview and data processing systems we currently use were implemented into the survey at the beginning of 2002. These systems were developed by

Westat under contract to the Agricultural Research Service (ARS) of the U.S. Department of Agriculture (USDA). Although the two dietary interviews collect similar data, there are some differences, which are described below.

**MEC In-Person interview.** The MEC in-person interview collects 24-hour recall data in the Dietary Recall section, supplement and antacid use in the past 24 hours, and a short set of Post-Recall questions. A set of 3-dimensional measuring guides, including glasses, bowls, mugs, mounds, circles, thickness sticks, spoons, a ruler, and water bottles, along with some 2-dimensional tools, such as a grid, two wedges, and pictures of shapes, chicken pieces, and spreads, are used in the MEC in-person interview to help the respondent estimate the portion size. In addition, the MEC dietary interviewers will schedule the PFU interview, dispense a set of measuring guides, and instruct the respondents on how to use the guides during the PFU interview.

**PFU interview.** The PFU interview collects Dietary Recall data, supplements and antacids, and a subset of the Post-Recall questions. The PFU interviewers are located at the Westat home office in the same area as the NHANES dietary coders. Each SP will receive a reminder call prior to the scheduled interview. The measuring guides used for PFU were given to the SP by the MEC interviewer at the end of the MEC in-person interview. The guides consist of a set of measuring cups, measuring spoons, a set of household spoons, a 12-inch ruler, a two-dimensional Food Model Booklet (FMB), and a set of supplement/antacid cards. The FMB is a spiral booklet that contains pictures of glasses, bowls, mugs, pats/spreads, mounds of food, circles, a grid, a wedge, thickness blocks, and pictures of shapes and chicken pieces. Each SP will receive \$30 for participating in the PFU interview.

Other data related to the Dietary Recall interview are collected in the household interview. These dietary behavior and food security status assessment data include questions on dietary practices, participation in food assistance programs, infant feeding practices, type of home water supply, history of anemia, height and weight history, lifestyle eating habits, vitamin/mineral supplement and antacid usage, household food sufficiency, and food security status. In addition to the dietary assessment, the NHANES nutritional assessment components include anthropometric and body composition measurements, nutritional biochemistry and hematology tests, clinical examinations, and physical fitness and physical functioning assessments. These nutritional assessment components of the survey were designed by a team of researchers from NCHS and other government agencies. While the survey was being planned, government agencies were invited to submit research proposals for topics and interview questions that would meet their specific nutrition information needs. The dietary interview system and questionnaire specifications that NCHS provided to Westat reflect

these information needs. NCHS and Westat staff will have primary responsibility for monitoring the quality of data that are obtained during the course of the survey.

## 2.2 The Role of the PFU Dietary Interviewer

The PFU dietary interviewer will be responsible for administering the telephone follow-up dietary interview with all SPs. The information will be collected and recorded in an automated Dietary Recall system. In collecting the data for NHANES, the dietary interviewer will be the liaison between the respondent and the dietary coding system.

The primary goal of the 24-hour recall is to collect a detailed list of all the foods and beverages the SP consumed within a 24-hour period, time and place of consumption, name of meal or snack, and details needed for accurate food coding. Food models will be used to aid respondents in estimating the amount of intake. The dietary interviewer establishes a rapport with the respondent; obtains the most accurate, objective, and complete data; and enters these data into the automated system.

Throughout the interview, it is important that the dietary interviewers maintain his or her professionalism while creating an environment in which the SP feels comfortable to respond freely.

The 24-hour Dietary Recall interview consists of three parts—the 24-hour recall, the supplement and antacid use section, and a short set of post-Dietary Recall questions. Information collected from the 24-hour recall interview will be coded and linked to a database of the nutrient composition of foods. Calculations of total daily intakes of energy and 51 dietary components, including 19 individual fatty acids, will be derived from these data. At the end of the Dietary Recall section, a question is asked to collect information on respondents' usual intake. Following the Dietary Recall section, you will administer the Supplement and antacids use questions, and then complete a set of observation questions.

The dietary interviewer may conduct the interview in English, Spanish, or other assessed language. Proxy interviews (Exhibit 2-1) will be conducted for children less than 6 years old and other SPs who cannot report for themselves because of age or disability. Children who are 6-11 years old will be asked to provide their own data, assisted by an adult household member. The preferred proxy is the person responsible for preparing the SP's meals.

**Exhibit 2-1. Table of proxy and assisted interviews**

<b>Age of SP</b>	<b>Main respondent</b>
<b>Under 6 years</b>	<b>Proxy</b>
<b>6 years to 11 years</b>	<b>SP with Proxy Assistant</b>
<b>12 years+</b>	<b>SP*</b>

\* Proxy is used if necessary.

## 2.3 Observers and Visitors

NCHS and Westat staff will conduct the quality control monitoring and data review activities for the component. Representatives from NCHS and Westat will visit the Telephone Research Center to talk to the survey staff, observe interviews, and monitor the examination protocols and time requirements.

During the course of the survey there will also be scheduled visits by collaborators and contract staff who are involved with various components of the survey. Collaborators from other Government agencies including the U.S. Department of Agriculture (USDA), the Environmental Protection Agency (EPA), the National Institutes of Health (NIH), and the Food and Drug Administration (FDA) may schedule visits to the Telephone Research Center (through Westat) and request meetings with the dietary interviewers. You will be notified in advance of any visits by outside groups. Generally speaking, collaborators are interested in learning how the survey “works.” For example, they may ask how survey participants respond to a telephone-administered Dietary Recall interview and if they are able to remember what they ate the day before. Some researchers are interested in a particular aspect of dietary methodology such as estimating food portion sizes, while others are interested in how particular questions are being answered because they may want to use the same (or similar) instrument in another survey or plan to analyze the data. Interviewers should speak from their own experiences, offering what they have observed while collecting the information, rather than offering opinions as to the importance or relevance of the information. If the visitors have specific questions you are not able to answer, they should be referred to NCHS.

Visitors may also ask about the dietary interview system that you use to record the Dietary Recall information. You may be asked to describe the screens and the approach used to record information. A brief description of the interview format, data entry, the food probe screens, data entry fields, online food and brand lists, and data editing is useful. Copies of training manuals, a list of the measurement aids that are used, and other specific information about the component can be

requested through NCHS. If someone requests a hard copy of a screen, it is best to refer him or her to the supervisor. The supervisor in the Telephone Research Center can provide that person with a copy of some “sample screens” that were used in the dietary training manual. *Never share papers with SP information.* The survey has strict confidentiality rules.

# General Interviewing Techniques

## 3

### 3.1 Before Beginning the Interview

Before beginning the interview, take some time to make sure you are thoroughly prepared. Thoroughly review your manual and other materials provided to you during training until you fully understand all aspects of your job. Practice doing the interview until you are comfortable using the automated system and probing. This practice will help in building your confidence so that you can deal with any situations you may encounter when you begin interviewing. Your ability to work comfortably will help keep your respondents interested in the interview and will help your interviews go smoothly. Respondents will quickly lose interest if you are constantly stopping, losing track of your place, and stumbling over questions or probes.

Check to make sure you have all your materials and that they are organized in an orderly way.

### 3.2 Beginning the Interview

When you first make contact with a respondent, your initial task will be to establish a friendly but professional relationship. Your own confident and professional manner will reassure the respondent and set a tone that will enable you to complete the interview in an efficient manner. Experience with past surveys has indicated that there are three main factors that increase the likelihood that a respondent will consent to be interviewed. They include: establishing rapport, convincing the sample person (SP) of the importance of the survey, and convincingly responding to the SP's questions and objections.

**Establishing rapport.** “Rapport” is the term used to describe the personal relationship between you and the respondent. Rapport provides the foundation for good interviewing. Your introductory remarks and the way you answer any questions the respondent may ask will strongly influence the rapport that develops between you. What you say and how you say it should set the tone for the friendly, cooperative, but businesslike relationship that will continue to develop throughout the interview. You must make a concerted effort to engage the SP during the interview. It could be very easy to become so absorbed in the computer screen that you forget you are dealing with a person.

**Responding to the respondent's questions and objections.** Even respondents who are convinced of the importance of the study may, for a variety of reasons, be reluctant to grant the interview. Your friendly manner, your introductory statements, and your success and confidence in answering the respondents' questions will help you sell both yourself and the survey to the respondents. Your effectiveness will be increased by your knowledge that your job is legitimate and important, and by your thorough understanding of what you are doing and how to do it.

Your own state of mind—your conviction that the interview is important—will strongly influence the respondent's cooperation. Your belief that the information you obtain will be significant and useful will help motivate the respondent to answer fully and accurately. Most people want to be heard and are happy that you have asked their opinions. Those who are reluctant to give specific information will often do so willingly, if they are convinced that good use will be made of it and that their privacy will be protected.

### 3.3 Administering the Interview

Your task is to collect accurate information. You must have a thorough understanding of the general principles for administering the interview and comprehend fully its confidential nature. The material in the following sections of this manual will acquaint you with the general principles and procedures to follow when collecting survey data.

#### 3.3.1 Asking the Questions

Collecting accurate and reliable data requires that every respondent hears exactly the same questions read in exactly the same way. Even small changes in the way you ask a question can affect the way a respondent answers and, in the long run, affect the results when researchers combine the answers given by large numbers of respondents. The basic rules for asking survey questions, discussed below, are all designed to ensure uniformity in the way questions are asked of respondents.

**Always remain neutral.** During the entire interview, you must always maintain a completely neutral attitude. As an interviewer, you must never allow anything in your words or manner to express criticism, surprise, approval, or disapproval of the questions you ask or of the answers respondents give.

An important part of your role as an interviewer is to get the respondent actively involved in the interview, to encourage him or her to talk comfortably and freely in response to your questions. While encouraging the respondents to talk freely, however, you must carefully avoid saying or doing anything to influence the content of the respondent's answers. No matter what topics you ask about, no matter how strongly you agree or disagree with the respondent's answers, and no matter how interesting, unusual, or discouraging you might find those answers to be, you must always maintain the same neutral and professional stance during the interview. You are there to ask for and record the respondent's answers, not to influence or advise in any way.

At times, particularly if your respondent is talking freely, you may feel that he or she has already answered a question before you get to it. Do not skip over the question, but confirm the response that you heard.

To be a good interviewer, you must be comfortable with the questions you ask. If you feel uncomfortable with certain questions, such as the food security questions, it is likely that you will transmit something of that feeling to the respondent and influence the answers you receive. If you are uneasy with some questions, you should practice them repeatedly until you can ask them in a simple, straightforward, matter-of-fact way. Occasionally you will find a respondent who refuses to answer some questions, but usually you will find that as long as you can deal with all of your questions in the same relaxed and professional manner, your respondents will answer without hesitation.

**Ask all questions as worded.** You must read each question completely and exactly as it is worded to ensure the SP understands the meaning. For the answers obtained by different interviewers to be combined, there must be no doubt that each respondent heard exactly the same question before responding. However, there may be situations when you will just confirm a response. For example, when an SP reports the time of an occasion during the QL pass, you can confirm that time during the Time and Occasion pass. If you must repeat a question because the respondent did not hear you the first time, or did not understand the question, reread the entire question.

**Even though you feel that the question could be worded much more simply, do not improvise. Every word is there for a purpose.** Emphasize only those words that are underlined or in bold type. Pause at commas or, when answer categories are included in the question, after each answer category. Read everything in a natural, even-toned manner.

**Provide an explanation.** At times, respondents may ask you to define words or to explain some part of a question. We have provided many definitions and explanations in the Question-by-Question Specifications. However, there may be situations when the SP requests clarification about foods or probes that you will need to answer. Use your good judgment in these situations. Do not provide information that will bias the SP, but do provide clarification that will help SPs respond more accurately.

**Discourage unrelated conversation.** Occasionally, a question may lead a respondent to begin reminiscing or to relate a lengthy story having little or no relevance to the survey. As an interviewer, your task is to discourage such irrelevant conversation and keep the discussion focused on the interview. In some ways, this requires that you subtly teach the respondent how to be a good respondent. Maintain a businesslike attitude, acknowledge answers with neutral comments such as “I see,” or “OK,” and tactfully interrupt rambling and irrelevant answers to bring the conversation back to the question you have asked. The respondent will soon learn how to provide the kinds of answers you need. If you must interrupt a respondent, do it politely, taking care not to antagonize him or her. You might say something like:

- “That sounds very interesting, but what I need to ask is...”
- “I see what you mean, but let me repeat that last question...”

### 3.3.2 Maintaining Rapport

You began your rapport-building process with your introduction and it must be continued throughout the interview. Through accepting and understanding behavior and your interest in the respondent, you can create a friendly atmosphere in which the respondent can talk freely and fully.

Occasionally rapport may be broken during the interview for some reason; for example, the respondent may feel that a particular question is “too personal,” such as the food security questions. If this happens, take time to reassure the respondent that he or she may speak freely without fear. Restating the confidential nature of the interview and the impersonal nature of the survey may help to comfort the respondent. If a respondent refuses to answer a question after you have reassured him or her of confidentiality, do not press the respondent; enter a refusal response. The procedure will be explained later in the manual.

### 3.3.3 Difficult Situations

If the respondent agrees to be interviewed but maintains a hostile demeanor that impacts on the data you collect, you must document this in the observation section of the interview. This procedure is described further in Chapter 6.

### 3.3.4 Incomplete Information

Respondents may not always be able to provide complete information about the food consumed. This is very common with proxy interviews. If the SP and the proxy respondent cannot provide complete information about a meal or food, and the SP is less than 12 years old or an adult who requires proxy assistance, you must attempt data retrieval. This procedure is described in detail in Chapter 8.

If the respondent cannot provide complete information because he or she can't remember, follow the procedures for documenting unknown foods (Chapter 8).

## 3.4 Probing

The quality of the interview depends a great deal on your ability to probe meaningfully and successfully. During training, we will discuss and demonstrate appropriate probing techniques for each specific part of the dietary interview. The following section is a brief introduction to probing.

### 3.4.1 What Is Probing and Why Is it Necessary

Probing is the technique you will use to stimulate discussion and obtain more complete information. We probe when a respondent's answer is not meaningful or is incomplete; i.e., when it does not adequately answer the question. There are a number of reasons why respondents sometimes do not answer the question to our satisfaction.

In everyday social conversation, people normally speak in vague and loose terms. It is understandable that respondents will at first answer our questions in a way that is not clear or

specific. It is important to encourage the respondent to express himself or herself more concretely, in very specific terms.

Sometimes respondents will think that they are answering a question when all they are doing is simply repeating an answer that was already given, or simply repeating parts of the question. A respondent can talk a great deal and still be just repeating the question in different words.

Respondents will sometimes miss the point of the question. Many times they will give responses that seem to answer the question, but when you look further, are not to the point of the question and are therefore irrelevant. It is easy to be “taken in” by a respondent who is talkative and gives a lengthy and detailed response that is actually quite beside the point; it is not the answer to the question asked. In most cases, a respondent gives an irrelevant response because he or she has missed an important word or phrase in the question.

Probing, therefore, has two major functions. First, probing motivates respondents to enlarge, clarify, or explain the reasons for their answers. Second, probing focuses the respondent’s answer so that irrelevant and unnecessary information can be eliminated. All this must be done, however, without introducing bias or antagonizing the respondent.

Some examples of answers that, for different reasons, fail to answer the questions properly are given next. Because of the answers given, each requires probing.

#### **Examples of Answers That Require Probing:**

**Question:** Did you have anything to eat or drink between your last eating occasion and midnight last night?

**Answer:** Most of the times I have a glass of milk before bed.

**Question:** Was the amount of food that (you/NAME) ate yesterday much more than usual, usual, or much less than usual?

**Answer:** Well, I usually don’t have pancakes at breakfast.

### 3.4.2 Probing Inappropriate Responses

Sometimes a respondent will answer using words different from those in the answer categories you read. When this happens, do not make assumptions about what the respondent intends. If the respondent's answer does not clearly fit one of the provided answer categories, you must probe for a response you can code. Sometimes the best probe is repeating the original question. At other times, the best approach might be to ask, "Well, which comes closest?" and repeat all the answer categories.

At times a respondent will feel that none of the responses are suitable, or that under certain conditions he or she would choose one answer and under different conditions another. In this situation, you should try to get the respondent to generalize by repeating the question and saying, "Just generally speaking, is it this way or that?," or "Most of the time," or "In most cases," etc. If the respondent insists that he or she can't choose, be sure to enter exactly what is said, and let the home office decide how it should be coded.

**Question:** How much of this tap water did (you/NAME) actually drink?

**Answer:** Well, not very much.

**Probe:** I see. But can you tell me, looking at the glasses in the booklet, about how much tap water (you/NAME) drank?

**Answer:** Well, I really can't.

### 3.4.3 Probing Methods Should Be Neutral

It is very important to always use neutral probes. By this, we mean you should not imply to the respondent that you expect a specific answer or that you are dissatisfied with an answer.

Remember, the reason for probing is to motivate the respondent to answer more fully or to focus the answer, without introducing bias. The potential for bias is great in the use of probes. Under the pressure of the interviewing situation, the interviewer may quite unintentionally imply that some answers are more acceptable than others or may hint that a respondent might want to consider this or include that in giving responses. You must be careful not to do this.

The following example consists of a response from the SP and two possible probes. The first of these probes is neutral; the other is not.

**Example:**

**SP:** I had a cup of coffee at 9:00 a.m.

**Neutral probe:** Did you add anything to your coffee?

**Non-neutral probe:** So you probably added cream and sugar?

The non-neutral probe suggests a specific answer to the respondent and thus leads the respondent toward that answer, rather than leaving the range of possible responses completely open for the respondent to specify.

### 3.4.4 Kinds of Probes

There are several different neutral probes appearing as part of a normal conversation that can be used to stimulate a fuller, clearer response.

**An expression of interest and understanding.** By saying such things as “uh-huh” or “I see” or “yes,” the interviewer indicates that the response has been heard, that it is interesting, and that more is expected.

**An expectant pause.** The simplest way to convey to a respondent that you know he or she has begun to answer the question, but has more to say, is to be silent. The pause allows the respondent time to gather his or her thoughts.

**Repeating the question.** When the respondent does not seem to understand the question, or misinterprets it, seems unable to decide, or strays from the subject, it is often useful to repeat the question. Many respondents, when hearing the question for the second time, realize what kind of answer is needed.

**Repeating the respondent’s reply.** Simply repeating what the respondent has said is often an excellent probe. Hearing the response just given often stimulates the respondent to further thought.

**Asking a neutral question or comment.** Neutral questions or comments are often used to obtain clearer and fuller responses. The following are some suggestions for probing questions that may help explore many types of insufficient answers.

**PROBES TO CLARIFY:**

- “What do you mean exactly?”
- “What do you mean by...?”
- “Could you please explain that a little? I don’t think I quite understand.”

**PROBES FOR SPECIFICITY:**

- “Could you be more specific about that?”
- “Tell me more about that.”

**PROBES FOR RELEVANCE:**

- “I see. Well, let me ask you again... (REPEAT EXACT QUESTION).”

**PROBES FOR COMPLETENESS:**

- “What else?”
- “What else can you think of?”

### **3.4.5 The Don’t Know (DK) Response**

The “I don’t know” answer can mean a number of things. For instance,

- The respondent doesn’t understand the question and says DK to avoid saying he or she doesn’t understand;
- The respondent is thinking the question over, and says DK to fill the silence and give himself or herself time to think;

- The respondent may be trying to evade the issue because he or she is afraid of giving a wrong answer, or because the question seems too personal; or
- The respondent may really not know or really may have no opinion on the question.

Try to decide which of the above may be the case. Don't be in too big a rush to settle for a "don't know" reply. If you sit quietly—but expectantly—your respondent will usually think of something. Silence and waiting are frequently your best probes for a "don't know" reply.

Always try at least once to obtain a reply to a "don't know" response before accepting it as the final answer. But be careful not to antagonize respondents or force an answer. If they say again that they "don't know," proceed to the next appropriate question after coding the DK reply.

### 3.4.6 Additional Guidelines for Probing

The following rules and examples provide further guidance to help you select probes that will not bias respondents' answers.

**Probe for clarity and specificity.** Don't ask "Do you mean \_\_\_\_ or \_\_\_\_?" Such a probe suggests only one or two possible answers when the respondent may actually be thinking about other possibilities. Do use probes for clarity and specificity when a respondent's answers are unclear.

**Example:**

**Question:** Did you add anything to your cereal?

**Answer:** Yes, sweetener.

**Neutral probe:** What kind was it?

**Non-neutral probe:** Do you mean Equal or Sweet'n Low?

**Probe for completeness.** Don't try to sum up in your own words what someone has said, because this may suggest to the respondent that YOUR idea of his or her response is the "right answer." Do use probes for completeness to make certain that you've obtained full answers.

**Example:**

**Question:** How much of the pizza did you actually eat?

**Answer:** I had two slices.

**Neutral probe:** What was the shape of the pizza?

**Non-neutral probe:** Were these wedge-shaped pizza?

### 3.4.7 When to Stop Probing

You should stop probing when you have obtained all the necessary information about the respondent's diet. When you have received sufficient clarification from the respondent so that you (and home office staff) know exactly what he or she had in mind—only then will you have a complete answer, and only then should you stop probing. However, if at any time the respondent becomes irritated or annoyed, discontinue probing. We do not want the respondent to refuse the rest of the interview.

## 3.5 General Rules for Recording Answers

So far, we have talked about how to ask the questions and how to obtain clear and complete answers. Both of these are very important jobs. However, it is also critical that the SP's answers are accurately recorded. Specific rules for recording using the automated system will be discussed throughout training. The following general rules always apply. Recording or entering answers using the automated system is quite simple.

**Verbatim recording.** When a respondent elaborates on a response, use the respondent's own language word for word. Don't correct or summarize what you think the respondent means; let him or her speak for himself or herself. We are as interested in the kinds of words a respondent uses as in the meaning of an answer. If you are conducting the interview in Spanish, enter the responses verbatim in that language. These responses, however, must be translated into English later.

**Be sure to include the pronouns (he, she, I, they).** Without pronouns, the meaning of the answer is frequently not as clear as you think.

## 3.6 Ending the Interview

All people who give their time for an interview are entitled to courteous and tactful treatment. Try to leave respondents with the impression that they have taken part in an interesting and worthwhile experience—one they would be willing to repeat.

After all questions have been asked, indicate your appreciation to respondents by thanking them; also mention that their contribution has been most helpful in providing important information to the study. Remember that the respondent is familiar with your task from the discussion at the beginning of the interview, so don't spend too much time going over the same information. Spend a few minutes answering any additional questions your respondent may have; then close the interview.

## Dietary Interview Application Features

This chapter describes the features of the instruments you will be using to conduct the dietary interview. It includes an overview of the computer and a discussion of the format and navigational features of the instruments.

### 4.1 General Overview of the Computer

The computer is connected to a network computer where all the information is downloaded when you finalize the interview. Your computer consists of three components: a monitor, a keyboard, and a mouse. The terminal works through an exchange of messages between the terminal operator (you) and the computer.

Each step in using the computer to conduct the dietary interview will be explained to you: how to turn on the computer and access the program, how to use the keys on the keyboard, and how to conduct the interview. The following diagrams and descriptions have been inserted to give you some insight into the computer and its components. If you do not thoroughly understand a certain key or function, do not be concerned; each will be discussed in much greater detail later in the manual. With practice, the location of the keys on the keyboard, the function of each key, and how everything works together to obtain the necessary data for the 24-hour recall will become clear.

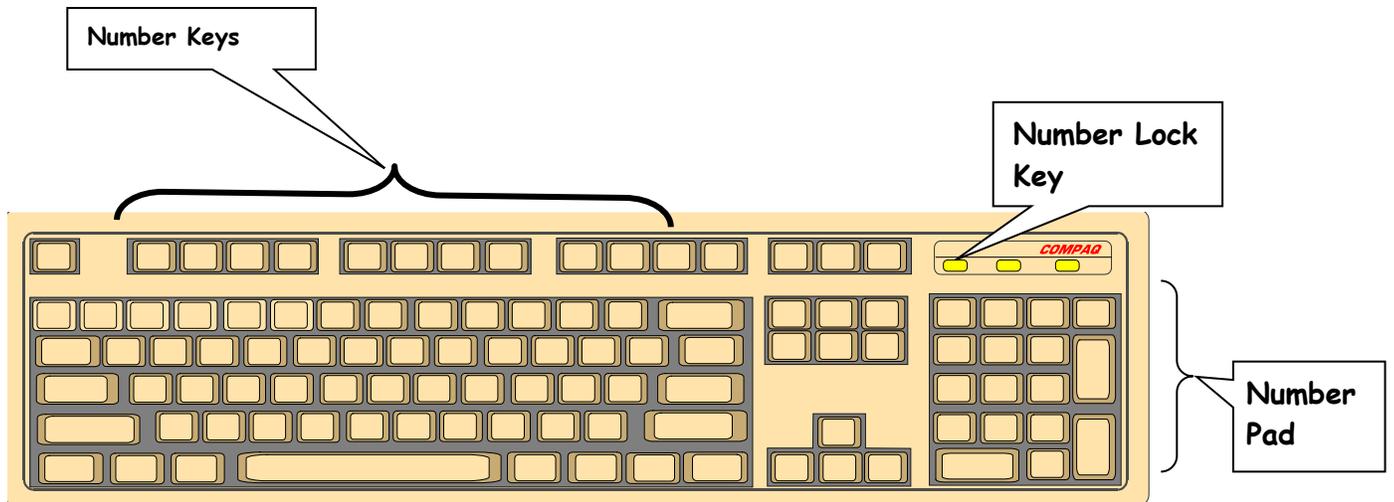
#### 4.1.1 Keyboard

You will use a number of keys on the keyboard to enter data and navigate through the interview. These are described below and shown in Exhibits 4-1 and 4-2.

**Backspace keys.** Press the **Backspace** key to erase any information that you have typed in. The **Backspace** key erases one character to the left of the cursor if depressed and released, or continues to erase if held down. This function will mostly be useful to you when using comment boxes and OS, and the soup category.

**Number keys.** Use the top row of the keyboard or the number pad at the far right of the keyboard to enter numbers. Before you can use the number pad to enter numbers, you must make sure that the number lock is on. When you depress the **Num Lock** key, which is located above the number 7 on the number pad, a small light above the **Num Lock** key is lit. This must be done each time you turn on the computer.

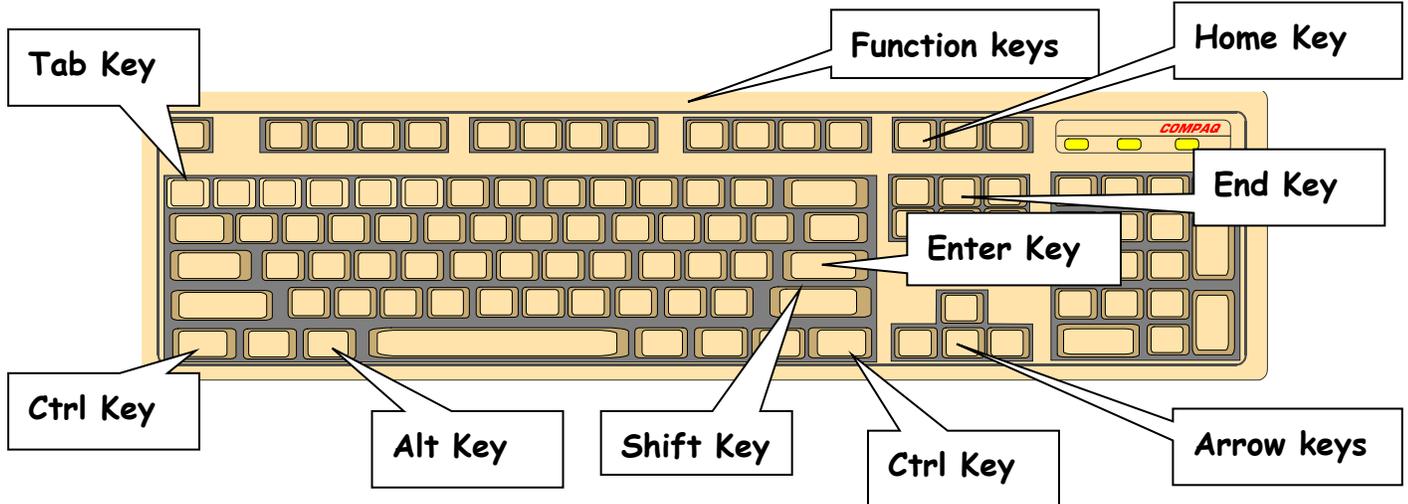
**Exhibit 4-1.** Illustration of keyboard with backspace and number keys



**Navigation keys.** Navigation keys allow the interviewer to efficiently move through the interview. Navigation keys include Home and End keys, Arrow keys, and ALT + and Ctrl + keys.

**Cursor control keys.** The cursor is a flashing, black, vertical bar that tells you where the information you type will appear. The cursor control keys include the **Tab** and **Enter** keys. These keys are used alone or in combination with other keys to move the cursor and may be used at some point in the interview.

Exhibit 4-2. Illustration of cursor control keys and navigation keys

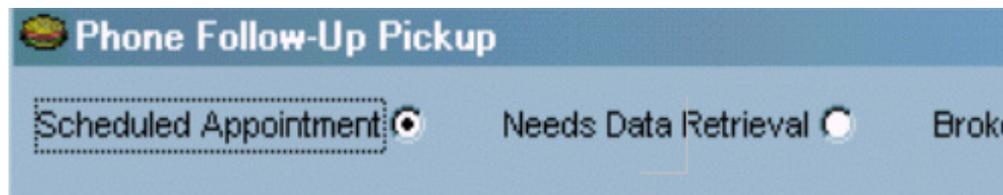


## 4.2 PFU Dietary Interview Related Systems

Two programs make up the dietary interview application—the wrapper and the USDA Automated Multiple Pass Method (AMPM) program. The AMPM is specialized software used for collecting the Dietary Recall. The “wrapper” program was designed to go around the AMPM so it would fit into the other NHANES applications.

When you are in the **wrapper**, you will see a hamburger icon in the upper left corner of the screen. In the **PFU** interview, the word “Phone Follow-Up” will appear next to it—indicating the phone follow-up interview (Exhibit 4-3).

Exhibit 4-3. Wrapper screen



When you are in the **AMPM** program, you will see a yellow and red icon in the upper left corner and the words “Blaise Data Entry” next to it—indicating the software used to create the AMPM program (Exhibit 4-4).

Exhibit 4-4. AMPM screen



With the exception of a few entry screens, all of the **Dietary Recall** section of the dietary interview is collected using the AMPM program. The **Post-Recall** section is collected using the wrapper program. The **status code** for each section is also collected in the wrapper.

### 4.2.1 Key Features of the Wrapper Program

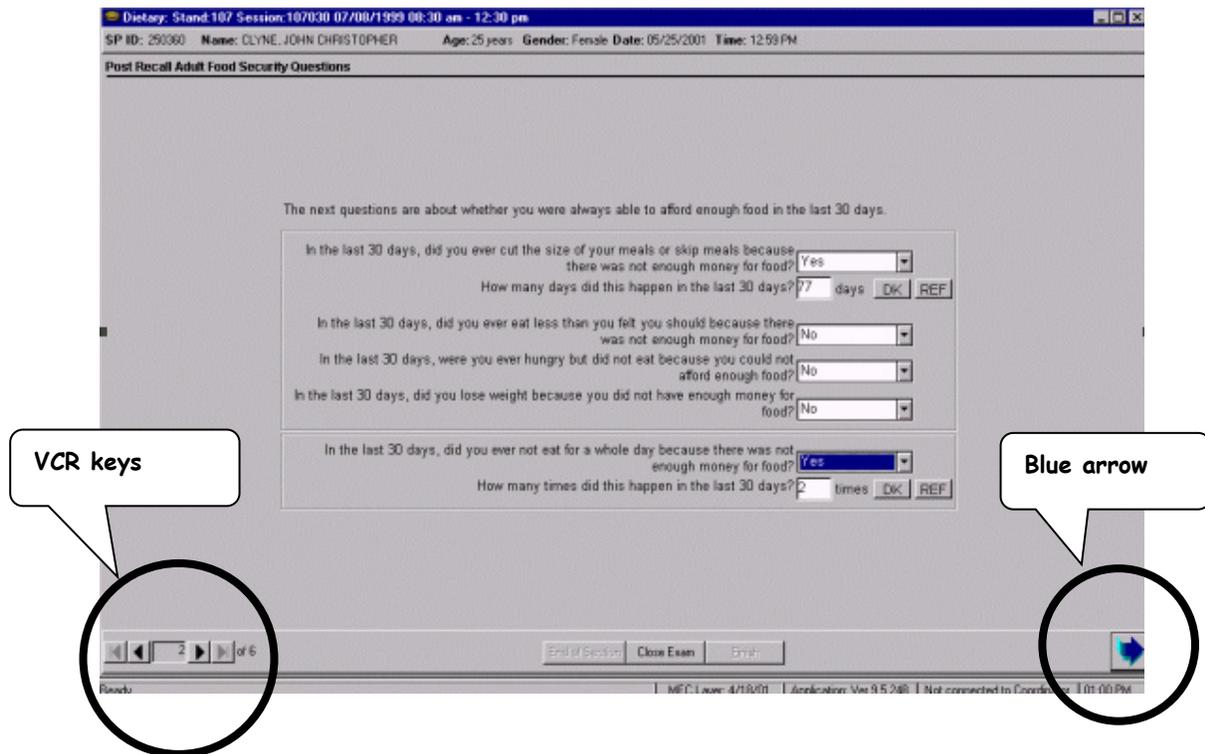
There are a number of navigational keys you can use to move through the wrapper program. These include:

Tab – moves you from field to field

Enter – moves you from screen to screen

You may also navigate the wrapper program using VCR keys or the blue arrow shown in the screen below (Exhibit 4-5).

Exhibit 4-5. VCR keys and blue arrow



The VCR keys allow you to move backward or forward in the wrapper. In the center is a rectangle that contains the page number of the current screen. Clicking on the arrow to the immediate left will move you back one page. Clicking on the arrow to the far left will move you back to the first page of the section. Likewise, clicking on the arrow immediately to the right of the number will move you to the next page, while clicking on the far-right button will move you forward to the last page of the section. You can also move to the next screen by clicking on the blue arrow in the lower right hand corner of the screen.

## 4.2.2 Key Features of the AMPM Program

The AMPM program is the bulk of the interview. It has a number of features designed to make your life easier.

- The screens are laid out in a standardized manner.
- Each text color has a purpose.

- The text formats have a purpose.
- Special function and navigation keys will help you move around easily in the instrument.

**Screen layout.** As shown in the example below (Exhibit 4-6), the screen is divided into three sections:

**Exhibit 4-6. Screen layout**

The screenshot displays a dietary interview application interface with three main sections:

- Question Pane (top, cream-colored background):** Contains the question: "What kind was it? (Was it cheese sauce, cream sauce, or something else?)". Above the question, there is blue text: "Terri (35, F), s293.v1" and "Broccoli, 6:30 PM".
- Response Choice Pane (middle, yellow background):** Contains a list of radio button options:
  - 1. Barbecue
  - 2. Butter
  - 3. Cheese
  - 4. Chili
  - 5. Cream
  - 6. Gravy
  - 7. Mushroom
  - 8. Soy
  - 9. Szechuan
  - 10. Teriyaki
  - 11. Tomato
  - 12. White
  - 91. Other, Specify
- Answer Pane (bottom, grey background):** Contains various data entry fields and checkboxes, including:
  - VegCanType
  - VegCanTypeOS
  - VegCkdSauce
  - VegCkdSauKind
  - VegCkdSauKindOS
  - VegCkdMeat
  - VegMeatKind
  - VegMeatKindOS
  - VegFatUsed
  - VegTypeFat
  - VegTypeFatOS[1]
  - VegTypeFatOS[2]
  - VegTypeFatOS[3]
  - VegTypeFatOS[4]
  - VegTypeFatOS[5]
  - VegRealButr
  - VegTypeCriscp
  - ADD: foodname

- **Question pane** – the cream-colored background area at the top of the screen where the questions and interviewer instructions appear.
- **Response choice pane** – the middle part of the screen where the responses are listed.
- **Answer pane** – the area at the bottom of the screen that contains the fields for recording responses.

**Text features.** Black text is used for all question text and response items. Blue text is used for interviewer instructions, which are in brackets and in upper case. Words that you need to emphasize in the questions and frequently reported responses are printed in bold (Exhibit 4-7).

**Exhibit 4-7. Text features**

Intake	Sorted_RFL	Navigation_Help
Terri (35, F), Yr14.s293.v1		
Broccoli, 6:30 PM, dinner		
Was it regular or low sodium?		

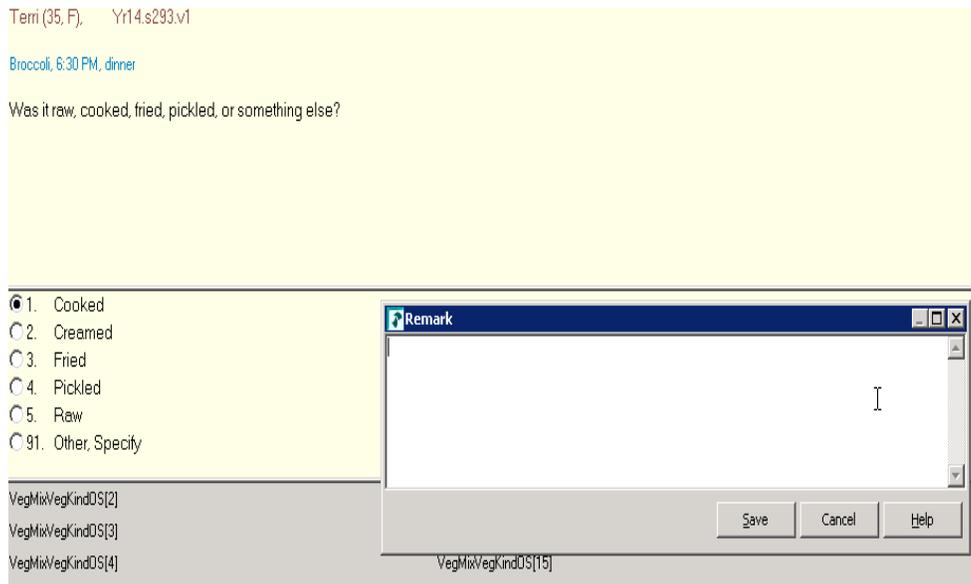
**Header information.** There are two types of header information: (1) Demographic Header, which includes name, age, and gender, and (2) Food Header, which includes the food name, time, and occasion (Exhibit 4-8).

**Exhibit 4-8. Header information**

Intake	Sorted_RFL	Navigation_Help
Terri (35, F), Yr14.s293.v1		
Broccoli, 6:30 PM, dinner		
Was it regular or low sodium?		

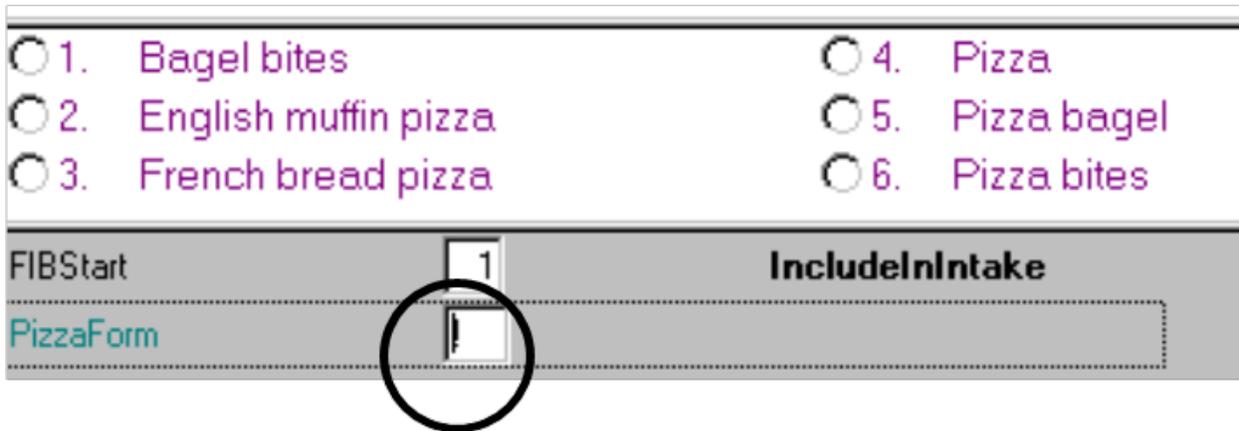


Exhibit 4-10. F6 (Remark box)



- **F7 (Refusal)** – used to record a refusal to a particular question. When you press F7, the program will enter an exclamation mark (!) in the field where you’ve put the cursor (Exhibit 4-11).

Exhibit 4-11. F7 (Refusal)



- **F8 (DK)** – used to record a DK response. When you press F8, the program will put a question mark into the field where you’ve put the cursor (Exhibit 4-12). DK is an acceptable answer.

Exhibit 4-12. F8 (DK)

<input type="radio"/> 1. Bagel bites	<input type="radio"/> 4. Pizza
<input type="radio"/> 2. English muffin pizza	<input type="radio"/> 5. Pizza bage
<input type="radio"/> 3. French bread pizza	<input type="radio"/> 6. Pizza bites
FIBStart	1
PizzaForm	?

- F9 (access sorted RFL)** – used to access the sorted RFL. Foods that have been collected with details are sorted chronologically. This feature is very helpful during the interview because it helps you keep track of where you are. You will also refer to it when you need to document the time and occasion for a “Same as” food. Finally, you can use it to confirm whether you added or misreported a food correctly. For example, in the screener below, the space between breakfast and lunch indicates a food was misreported (Exhibit 4-13).

Exhibit 4-13. F9 (Access sorted RFL)

Intake	Sorted_RFL
Terri (35, F),	12.001.IN.01.002 (333) 555-7777
Oj, 7:00 AM, breakfast	
Macaroni and cheese, 12:30 PM, lunch	
Applesauce, 12:30 PM, lunch	
Chicken, 6:30 PM, dinner	
Ice tea, 6:30 PM, dinner	
Broccoli, 6:30 PM, dinner	
<input type="radio"/> 1. CONTINUE	

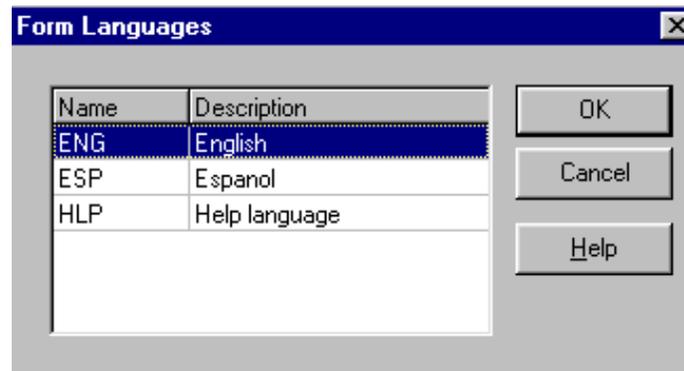
- **F10 (return to RFL)** – used to return to the RFL at any point in the interview. The first time you access this screen (Exhibit 4-14), you will need to enter the letters “rfl”. After that the field will be automatically filled, and you will need only to press Enter. Use this function key when you need to add a food to the RFL or make a remark on a food that you have already collected.

Exhibit 4-14. F10 (Return to RFL)



- **F11 (Language)** – used to select the language of choice. All questions except the food probes in the Detail and Review cycle have been translated to Spanish (Exhibit 4-15). You will not use the help language selection.

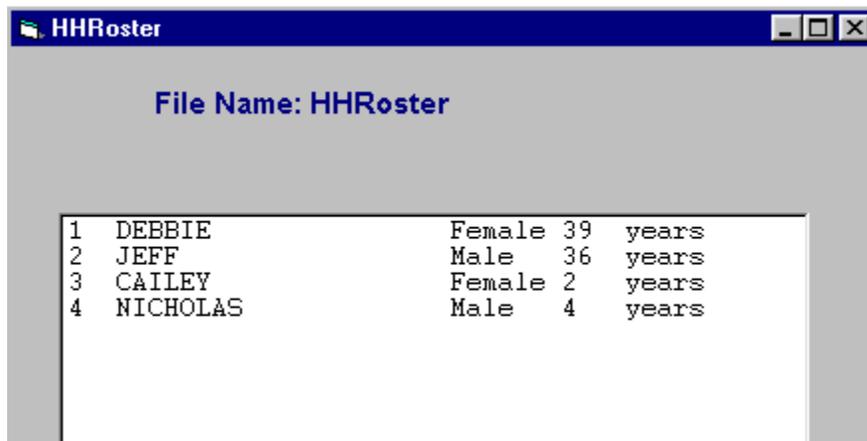
Exhibit 4-15. F11 (Language)



Name	Description
ENG	English
ESP	Espanol
HLP	Help language

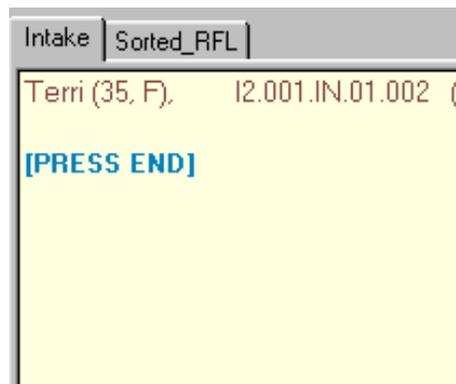
- **Ctrl+H (HH)** – used to access a roster of household (HH) SPs. This is important when you want to indicate the ID number of another household member who ate the same food reported by the SP. By accessing this roster, you can document the pertinent information (Exhibit 4-16).

Exhibit 4-16. Ctrl +H (HH)



- **End** – used to take you to the next appropriate questions. It will be your primary navigation key. When you return to the RFL to enter a food, you will use the END key to get you back to the place you left off (Exhibit 4-17).

Exhibit 4-17. End



- **Arrow keys** – used to help you move through the instrument.
  - **Down arrow and Right arrow** – used to move forward through the completed question.
  - **Down arrow** – used to enter foods on the RFL.
  - **Up arrow and left arrow** – used to backtrack to a question.
- **Parallel tab** – used to access the sorted RFL. The parallel tab is at the top of the screen on the left side. You can access this tab at any time throughout the interview (Exhibit 4-18). To exit the parallel tab and get back to your place in the instrument, click on the Intake tab to the far left.

Exhibit 4-18. Parallel tab

Intake	Sorted_RFL
Terri (35, F), I2.001.IN.01.002 (333) 555-7777	
Oj, 7:00 AM, breakfast	
Macaroni and cheese, 12:30 PM, lunch	
Applesauce, 12:30 PM, lunch	
Chicken, 6:30 PM, dinner	
Ice tea, 6:30 PM, dinner	
Broccoli, 6:30 PM, dinner	
<input type="radio"/> 1. CONTINUE	

# Phone Follow-Up Contact Procedures

# 5

This chapter presents the procedures you will use to prepare for and conduct the Phone Follow-Up interviews. Many of these procedures will involve using the Field Follow-Up Management System (FFMS). The FFMS has been developed to support appointment scheduling, contact sample persons (SPs), and monitor production of the Dietary Phone Follow-Up interviews.

## 5.1 Check Daily Schedule

At the beginning of each shift, you will enter the FFMS to check your schedule for the day. Click the FFMS icon on the desktop to launch the FFMS. The first screen you will see is the **FFMS Connect to nhprodweb** screen, shown in Exhibit 5-1. Enter the user name and password, then either press Enter or click OK.

**Exhibit 5-1.** FFMS Connect to prodweb screen



The following screen (Exhibit 5-2) is the FFMS **Login** screen, shown below. Simply enter your user ID and password and either press Enter or click the Login button.

Exhibit 5-2. FFMS Login screen

## Field Follow-Up Management System - Version 10.3.0

Please Login

User ID

Password

Remember My Login

[Login](#)

### Please Read Entirely Before Agreeing to Proceed:

Information contained on this site is confidential and subject to protections specified in the Privacy Act of 1974 and Section 308(d) of the Public Health Service Act (42 USC 242M). Unauthorized access to this information and/or disclosure is a violation of these laws and regulations and subjects the violator to fines and possible incarceration. Note that any files downloaded to your PC must also be protected. You must delete these when they are no longer needed and cannot be transferred to media, other computers that are unprotected, {or to other Westat staff or external people not working for Westat on the NHANES project. Any questions regarding the transfer of this data will be referred to the Director of the NCHS Division of Health Examination Statistics and the NCHS Confidentiality Officer}. Activity on this site is logged and monitored. If you do not have official business to conduct on this site, do not attempt to log-in.

You will need to log into the FFMS about every hour.

After logging in, the system defaults to the **Dietary tab** and the **Appointment Manager** (Exhibit 5-3). The Appointment Manager module is designed to track the scheduled appointments.

**View appointment schedule.** You can view the appointment schedule in a number of ways. First, there are two filters at the top of the screen: **Interviewer** and **Appt. Status**. The Interviewer filter allows you to filter only your own appointments while the Appt. Status filter allows you to filter on the different types of appointments. To filter your own appointments, highlight your name in the Interviewer field in the filter criteria box. To remove the filter, hold down the control key (Ctrl) while clicking on the interviewer's name. Use the same procedure to filter on Appt. Status. After you have decided on the filter, select the tab for the period of time you want to view: a **Day**, **Week**, or **Month**. The filters and sorting periods are shown above (Exhibit 5-3). Notice that when you select the "Day" tab, you must highlight the day on the calendar. If you select the "week" tab, you must highlight the week on the calendar by clicking on the ">" icon to the left of each icon representing a week.

Exhibit 5-3. Appointment Manager screen

Field Follow-Up Management System - Version 9.2.0

You signed in as Pat Soto [Log Out](#)

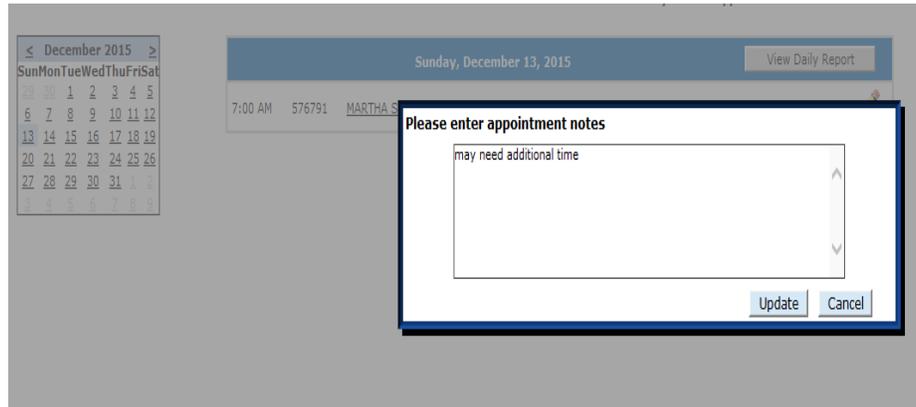
**Appointment list.** The appointment list (see Exhibit 5-4) is divided into eight columns that include the appointment time, the SP identification number, the SP name, the age, the language, the appointment status, the interviewer, and the reminder call status. A note icon may also appear at the end of a row of information to indicate that the MEC interviewer documented additional information about an SP. The example below is sorted by day and illustrates the appointment schedule for August 21. There is a note attached to Martha Smith.

Exhibit 5-4. Appointment List on Appointment Manager screen

Field Follow-Up Management System - Version 10.9.2

The Appointment List columns include:

- **Time.** This represents the time of the scheduled or tentative appointments. The appointment list will only show the appointment times on the day on which you filtered.
- **SP ID.** The unique six-digit identification number.
- **SP name.** The name of the SP. The MEC interviewers will try to schedule family members for PFU interviews on the same day and sequential timeslots. Therefore, you will likely see multiple family members on the appointment list.
- **SP age.** The age of the SP.
- **Language.** The language used for the first dietary interview.
- **Appointment status.** This represents either the status of the appointment as assigned by the MEC interviewer when scheduling the appointment in the MEC, or the status as assigned by a telephone interviewer when attempting to conduct an interview. The status codes include:
  - **Scheduled, Firm Appointment.** SP agrees to be scheduled at a specific time. Status code is generated by the system as a result of MEC or PFU scheduling.
  - **Scheduled, Tentative Appointment.** SP selected a time but may need to change an appointment. Status code is generated by the system as a result of MEC or PFU scheduling.
  - **Not Scheduled, Broken Appointment.** SP was not available at scheduled time, and the appointment was not rescheduled. Status code is generated only when PFU interviewer attempts the PFU interview.
  - **Appointment Completed.** Interview completed. Status code is generated only when PFU interviewer successfully conducted the interview.
  - **Appointment Final – Nonresponse.** Status code is assigned by telephone supervisor. A comment code must be entered explaining the reason for nonresponse.
- **Interviewer.** Indicates which interviewer will call the SP.
- **Reminder calls.** Indicates whether the SP has received a reminder call about the upcoming interview. Generally, reminder calls are made the day before the interview.
- **Note icon.** Indicates that there is an additional information document about the SP. Place the mouse cursor on the icon to read the note. A box will appear with the note text (Exhibit 5-5). Or you can click on the icon to open the note to read it. Once opened you can edit the note to reflect current information. Click on Update to update note or click on Cancel to exit the note.

**Exhibit 5-5. Update Note icon**

Once you have checked the daily schedule, close the FFMS.

## 5.2 Document Call Attempts

You must document all call attempts that you make to an SP. You can do this from the **Phone Follow-Up Call Information** screen. Once you log onto the Dietary Recall interview and click on the scheduled appointment, the first screen you will see is the Phone Follow-Up Call Information screen. This screen, as shown in Exhibit 5-6, contains relevant contact information about the SP, including the name, age, language, proxy interview, phone number and location, and the time and date of the scheduled interview. In addition, it lists the appointments for other household members. You will use the phone number listed to make the call. Once you reach the SP and he or she is willing to be interviewed, you can proceed to the next screen and begin the interview.



Exhibit 5-7. Call History screen

**Dietary Call History**

Enter Search Criteria

SP ID:  Last Name:  First Name:  Suffix:  Stand:

Current Appointment: [Wednesday - 1/18/2012 7:00 AM](#) Initial Exam: [Thursday - 12/29/2011](#)  
 Current Appt Status: [Not Scheduled, Broken Appt., Updated on 1/18/2012](#)

Age: [3](#) Gender: [Male](#) Language: [English](#) Interpreter Required: [No](#) Send Materials in: [ENGLISH](#)  
 Phone No: [\(301\)555-5555](#) Location: [Home](#) Comment: [SP Will Call In: No](#)  
 Proxy Name: [Mary](#)

Attempt No.	Date/Time	Contact Made	Contact Status	Other, Reason	Rescheduled
1	1/18/2012 2:10 PM	No	Answering machine, message left		

Record Call History for SP 2 Update Call Info

Appointment Date/Time:

Contact Made with SP:  Yes  No

Reschedule Appointment:  Yes  No

Contact Status:

Other, Reason:

The features of this screen include:

- **Search Criteria bar.** Use this when you need to access information about another SP. Enter the SP ID or the first and last name in the search criteria boxes at the top of the screen.
- **Contact information.** This box provides contact information specific to the SP.
- **Contact attempt table.** This table lists the history of call attempts for the SP.
- **Update call info button.** This button is used to update the contact status information after you have entered it into the FFMS (described below).
- **Contact status.** This section contains the appointment date and time. You will fill in the information and then select a contact status.

**4. Assign Contact Status.** You must assign a contact status for every attempt you make to contact the SP when you could not conduct the interview. These status codes will be documented so you and other interviewers can tell what has transpired with previous call attempts to a particular SP. As

shown in Exhibit 5-8, you must enter “Yes” or “No” as to whether contact was made and whether an appointment was rescheduled. If you do not reschedule the appointment, you must enter a reason from the list of contact codes in the pull-down box.

**Exhibit 5-8. Contact Status codes**

IB: [FNK](#) PAM: [FNK](#)

Attempt No.	Date/Time	Contact Made	Contact Status	Other, Reason	Rescheduled
1	1/18/2012 1:47 PM	No	Answering machine, message left		
2	1/18/2012 1:56 PM	No	Answering machine, no message left		

**Record Call History for DAVID JONES** **Update Call Info**

Appointment Date/Time: 11/27/2011 7:00 AM

Contact Made with SP:  Yes  No

Reschedule Appointment:  Yes  No

Contact Status:

Other, Reason:

- Ring, no answer
- Answering machine, message left
- Answering machine, no message left
- Busy
- Callback - appt. made
- Initial refusal
- Call - no appointment
- Non-working phone/disconnected
- No phone, did not call in at scheduled time
- Other
- Call Intercept/Privacy Manager
- SP Called About Check Status - Check Pending
- SP Called About Check Status - Check in Mail
- Check resent

Local intranet

The contact codes are described below.

- **Ring, no answer.** Select this code when the telephone number rings indefinitely without a person or an answering machine response.
- **Answering machine, message left.** Select this code the first time you call an SP and reach an answering machine.

- **Answering machine, no message left.** Select this code for all other attempts on the same day to reach the SP and you get the answering machines.
- **Busy.** Select this code when you get a busy signal.
- **Initial refusal.** Select this code if the SP refuses to complete the interview at any point and does not wish to reschedule. The telephone supervisor will determine whether to conduct refusal conversion or assign a final disposition code.
- **Call, no appointment.** Select this code if you make contact with the household, but the SP is not available. This code indicates that no appointment was made, but you should try again later to reach the SP.
- **Nonworking phone/disconnected.** Select this code if a number is nonworking. The supervisor will try to trace a working number.
- **No phone/did not call in at scheduled time.** Select this code when an SP is scheduled to call into the Telephone Center for an interview, but does not keep the appointment. The supervisor will attempt to find a way to contact the SP and reschedule.
- **Call Intercept/Privacy Manager.** Select this code when the Privacy Manager System will not allow you to leave a message.
- **Other.** If none of the above contact codes applies, select “Other” and type in the reason.
- **SP called about check status – Check Pending.** Use this code if the component is completed, but the check has not been requested.
- **SP called about check status – Check in Mail.** Use this code if the check has been sent.
- **Check re-sent.** Use this code if the check was mailed again.
- **Changing Interviewers.** Use this code to change the assigned interviewer.

**5. Update Call Information.** After you enter the information, press the “**Update Call Information**” button before exiting the module. The button is highlighted in pink and located above the information you updated. The system will assign all scheduled interviews that could not be completed or rescheduled an appointment status of “Not Scheduled, Broken Appointment.”

After completing the update, close the FFMS to return to the Call Information screen to continue. Click on **Close Exam**. The system will take you to the status screen for the Recall interview. It will automatically assign a status of NOT DONE. You must enter a reason for the Not Done code.

### 5.3 Retry Broken Appointments

You will access a broken appointment from the Phone Follow-Up Pickup list by sorting on “Broken Appointment (Exhibit 5-9).”

**Exhibit 5-9. Phone Follow-Up (PFU) Pickup list: Broken appointments**

The screenshot shows a window titled "Phone Follow-Up Pickup" with three radio buttons: "Scheduled Appointment" (selected), "Needs Data Retrieval", and "Broken Appointment" (highlighted with a callout box). Below the buttons is a table with the following data:

HH ID	Person	SP ID	Name	Age	Appointment	Spanish
1070065	4	257021	DIAMOND JOHNSON	5	4/15/2001 19:00:00	N
2500625	9	822195	KATIE SMITH	22	4/22/2001 14:00:00	N

At the bottom of the window are "OK" and "Cancel" buttons.

Highlight the SP you want to retry and click OK. You will make your call to the SP from the Phone Follow-Up Call Information screen. You will go through the same steps to document the call attempts as described above until you reach the SP or your supervisor assigns a final status code.

### 5.4 Reschedule Appointments

If you need to reschedule an appointment, you can do so from the Call History module (Exhibit 5-10). Follow the steps below:

1. Select **“Yes” for Contact Made** and **“Yes” for Reschedule**. The system will then display the Appointment Manager module.

## Exhibit 5-10. Call History module

**Field Follow-Up Management System - Version 10.3.2** You signed in as Pat Soto [Log Out](#)

Dietary **Hepatitis C** FFQ PAM PSA FCBS HUC

Contact Manager Appointment Manager Reminder Calls **Call History** Reports Supervisor

**Dietary Call History**

**Enter Search Criteria**

SP ID: 898841 Last Name: JONES First Name: DAVID Suffix: Stand: 614 Search Clear

Current Appointment: Sunday - 11/27/2011 7:00 AM Initial Exam: Wednesday - 11/23/2011  
 Current Appt Status: Not Scheduled, Broken Appt., Updated on 1/18/2012  
 Age: 36 Gender: Male Language: English Interpreter Required: No Send Materials in: ENGLISH  
 Phone No: (242)342-3423 Location: Home Comment: SP Will Call In: No  
 TB: [FNR](#) PAM: [FNR](#)

Attempt No.	Date/Time	Contact Made	Contact Status	Other, Reason	Rescheduled
1	1/18/2012 1:47 PM	No	Answering machine, message left		
2	1/18/2012 1:56 PM	No	Answering machine, no message left		

**Record Call History for DAVID JONES** Update Call Info

Appointment Date/Time: 11/27/2011 7:00 AM

Contact Made with SP:  Yes  No

Reschedule Appointment:  Yes  No

Contact Status:

Other, Reason:

"Yes" for Contact →  Yes  No → "Yes" for Reschedule

**2. Make the Appointment.** When you select “Yes” for reschedule, the program launches the FFMS **Appointment Manager** screen. Follow the sequence listed below and illustrated in the screenshot as Exhibit 5-11.

- Click on the calendar to select a day. There will be a warning notice if you try to schedule on the same day of the week that the in-person interview was completed.
- Filter on Language, if needed.

- Review the list for the time requested by the SP and select an appointment. Notice the list contains appointment slots for all interviewers.
- Click the “reschedule appointment” button next to the calendar. This will update the schedule and the Call History screen.

Exhibit 5-11. Appointment Manager screen: Make appointment

**Dietary Appointment Manager**

Day Week Month **New Appt.** Reschedule Appt. Monitor Not Sched.

Enter Search Criteria  
 SP ID: 898841 Last Name: JONES First Name: DAVID Suffix: Stand: 614 Search Clear

Current Appointment: Sunday - 11/27/2011 7:00 AM Initial Exam: Wednesday - 11/23/2011  
 Phone No: 2423423423 Phone Type: Home Comment: SP Will Call In: No

Click on appointment day on calendar

Select A Date To Reschedule Appointment

Reschedule Appointment Button

Appointment Filter  
 Language Filter on Language  
 Spanish  
 Chinese (Cantonese)  
 Chinese (Mandarin)  
 Korean  
 Vietnamese

Slot	Date	Day of Week	Your Time	SP Time	Interviewer	S	C	M	K	V	Schedule	Tentative Schedule
1	1/18/2012	Wednesday	7:45 AM	6:45 AM	Robert Raiford	X	X	X	X		<input type="checkbox"/>	<input type="checkbox"/>
1	1/18/2012	Wednesday	8:30 AM	7:30 AM	Robert Raiford	X	X	X	X		<input type="checkbox"/>	<input type="checkbox"/>
1	1/18/2012	Wednesday	9:15 AM	8:15 AM	Robert Raiford	X	X	X	X		<input type="checkbox"/>	<input type="checkbox"/>
1	1/18/2012	Wednesday	10:00 AM	9:00 AM	Robert Raiford	X	X	X	X		<input type="checkbox"/>	<input type="checkbox"/>
1	1/18/2012	Wednesday	10:45 AM	9:45 AM	Robert Raiford	X	X	X	X		<input type="checkbox"/>	<input type="checkbox"/>

Schedule Appointment

3. **Verify appointment rescheduled.** A confirmation screen (Exhibit 5-12) will appear to verify the appointment has been rescheduled.

Exhibit 5-12. Appointment Manager screen: Verify appointment made

**Phone Follow-Up Management System** You signed in as Janice Hall [Log Out](#)

Hepatitis C FFQ PSA Allergy

Contact Manager **Appointment Manager** Reminder Calls Call History Reports Supervisor

**Dietary Appointment Manager**

Day Week Month New Appt. **Reschedule** Appt. Monitor Not Sched.

Enter Search Criteria

SP ID: 881301 Last Name: SIMPSON First Name: LISA Suffix: Stand: 520 Search Clear

Appointment has been Rescheduled.

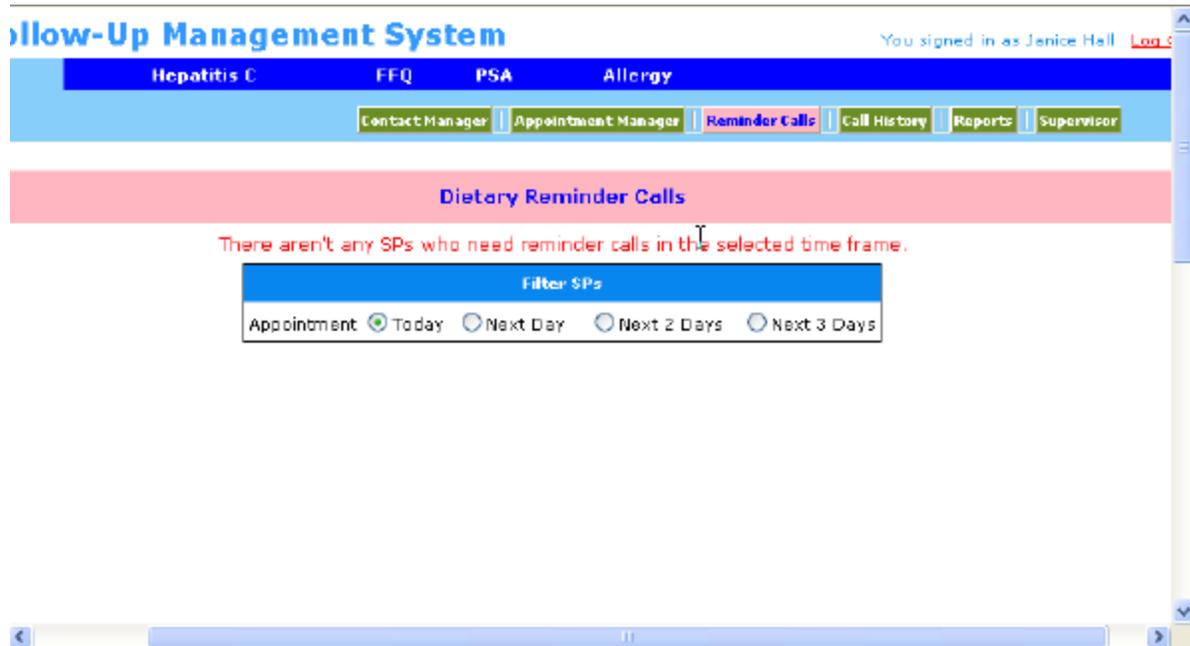
September 2005						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
28	29	30	31	1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17

Then close the FFMS and complete the Recall Status in the dietary application.

## 5.5 Reminder Calls

Reminder calls will be made 1 to 2 days before the scheduled appointment. The telephone supervisor will schedule one person daily for the reminder calls and tell you the appointment days for which you should make the calls. You will enter the **Reminder Call** module by clicking on the module icon at the top of the screen. As shown in the screen in Exhibit 5-13, you will click on the filter for the particular day the supervisor requests.

Exhibit 5-13. Reminder Calls module



**Call reminder script.** You will read the call reminder script that is documented on a handcard. Do not ask for the SP or proxy respondent, but read the script to whoever answers the phone. If the person you are talking with asks questions, refer them to the number listed in the script. You may leave this message on an answering machine.

*Hello, my name is {interviewer Name}. I am calling for the National Health and Nutrition Examination Survey. I am calling to remind MR. /MRS. {SP/PROXY} that his/her dietary telephone interview is scheduled for (DAY, DATE) AT (TIME). Please have the bag containing the measuring guides near the phone for the interview. If you/he/she has any questions, he/she may call 1-888-458-4762 toll free. Thank you.*

## Conducting the 24-Hour Recall Interview

### 6.1 Introduction of the Phone Follow-Up (PFU) Dietary Interview Using the USDA Automated Multiple Pass Method (AMPM) Instrument

The dietary interview includes three sections: the Dietary Recall section, the Supplement and Antacid section, and the Post-Recall section. The Dietary Recall section includes the 24-hour Dietary Recall, a set of health-related questions, and data retrieval questions if foods have been flagged for data retrieval. The Supplement section asks the sample person (SP) about supplements and antacids taken the previous day. The Post-Recall section includes observation questions that you will complete.

With the exception of a few entry screens, the entirety of the Dietary Recall section of the interview is collected using the AMPM program in the Blaise software, and the Supplements and Antacids are collected using Blaise as well. All of the Post-Recall session is collected using the wrapper program. The status code for each section is also collected in the wrapper. The Appointment Reminders are in the wrapper program but do not have a section status.

#### ***The Dietary Recall Section***

The **24-hour Dietary Recall** collects a list of all the foods and beverages an SP consumed within a 24-hour period; the time of consumption and the name of the eating occasion; detailed food descriptions and amounts of the reported foods; where it was obtained; and whether it was eaten at home or not. The recall is followed by a set of health-related questions. The data will be collected using the new USDA AMPM instrument. Information collected from the 24-hour Dietary Recall will be coded and linked to a database of foods and their nutrient compositions. Calculations of total daily nutrient intakes will be derived from these data. The information obtained will be used to describe the food and nutrient intake of the population.

The health-related questions collect information about the SP's usual intake and salt intake at the table for the prior day.

### ***The Post-Recall Section***

The **observation questions** document your observations about the interview. They include questions that identify language used, the main respondent, and who helped, and also whether there was difficulty with the interview, and if so, reasons for the difficulty.

## **6.1.1 Key Features of the 24-Hour Dietary Recall**

### ***The 24-Hour Dietary Recall***

This section is divided into five steps that collect different kinds of information about foods consumed during the 24-hour period of the previous day. The different steps encourage respondents to think about their intake in different ways and from different perspectives. This methodology is designed to maximize respondents' opportunities for remembering and reporting foods they have eaten.

There are five steps to the 24-hour Dietary Recall summarized below.

**Step 1:** The Quick List is the first step and is designed to get a quick report of easily remembered foods. The interviewer first defines the task for the SP:

First, we'll make a list of the foods you ate and drank yesterday (DAY). It may help you remember what you ate by thinking about where you were, who you were with, or what you were doing, like working, eating out, or watching television.

Please tell me everything you had to eat and drink all day yesterday (DAY). from midnight to midnight. Include everything you had at home and away, even snacks, water, soft drinks, and alcoholic beverages. I'll ask you for specific details and amounts of the foods in a few minutes. At this time, just tell me what you had.

**Step 2:** The Forgotten Foods List is the second step. In this step, you will encourage SPs to think about specific categories of foods that are frequently forgotten. The categories include non-alcoholic beverages, alcoholic beverages, sweets, snacks, fruits/vegetables/cheese, and breads.

**Step 3:** The Time and Occasion questions are the third step. They are designed to encourage additional recall and reporting by helping respondents think about their eating patterns over the past 24 hours.

**Step 4:** The Detail and Review Cycle is the fourth step. This step includes the following:

- a. Probes for food descriptions and food amounts (from Food Categories);
- b. A probe for the source of each food (RECSource); that is, where the food was obtained;
- c. A review of each occasion (RECReviewofEvent) to see if the SP remembers any additional foods;
- d. A probe for where each occasion was eaten (RECEventLocation); and
- e. A review of the period between occasions (RECBetweenIntervalProbe) to see if the SP remembers any additional foods.

Each food in an occasion goes through a and b and then the program cycles each occasion through c, d, and e before taking you to the fifth step.

Remainder foods are probed after the last interval probe. Remainder foods are foods the SP remembers during the interview that were consumed before the time period being discussed. Remainder foods will be stored by the AMPM until the end of the Recall portion of the interview to maintain the flow of the chronological order.

**Step 5:** The Final Review probe is the last step. This step concludes the 24-hour recall portion of the interview by asking SPs one more time if they can remember anything else they ate or drank in the previous day.

## 6.2 Accessing the Program

Log into the Dietary exam program by clicking on the hamburger icon on your desktop and then select “phone” on the drop-down file menu. All of your scheduled appointments will be listed on the interviewer pick list as shown in Exhibit 6-1.

**Exhibit 6-1. Phone Follow-Up (PFU) pick list—scheduled appointments**

The screenshot shows a window titled "Phone Follow-Up Pickup" with a close button (X) in the top right corner. Below the title bar, there are three radio buttons: "Scheduled Appointment" (which is selected), "Needs Data Retrieval", and "Broken Appointment". Below these buttons is a table with the following data:

HH ID	Person	SP ID	Name	Age	Appointment	Spanish
1070065	4	257021	DIAMOND JOHNSON	5	4/15/2001 19:00:00	N
2500625	9	822195	KATIE SMITH	22	4/22/2001 14:00:00	N

At the bottom of the window, there are two buttons: "OK" and "Cancel".

Highlight and click on the desired appointment to bring up the “Dietary Phone Follow-Up Call Information” screen.

## 6.3 Introduction to Respondent

The Call Information Screen (Exhibit 6-2) has all the contact information necessary to contact the SP. Once you have reviewed the Dietary Phone Follow-Up Call Information screen, you will dial the SP’s telephone number. This is explained in more detail in Chapter 5.

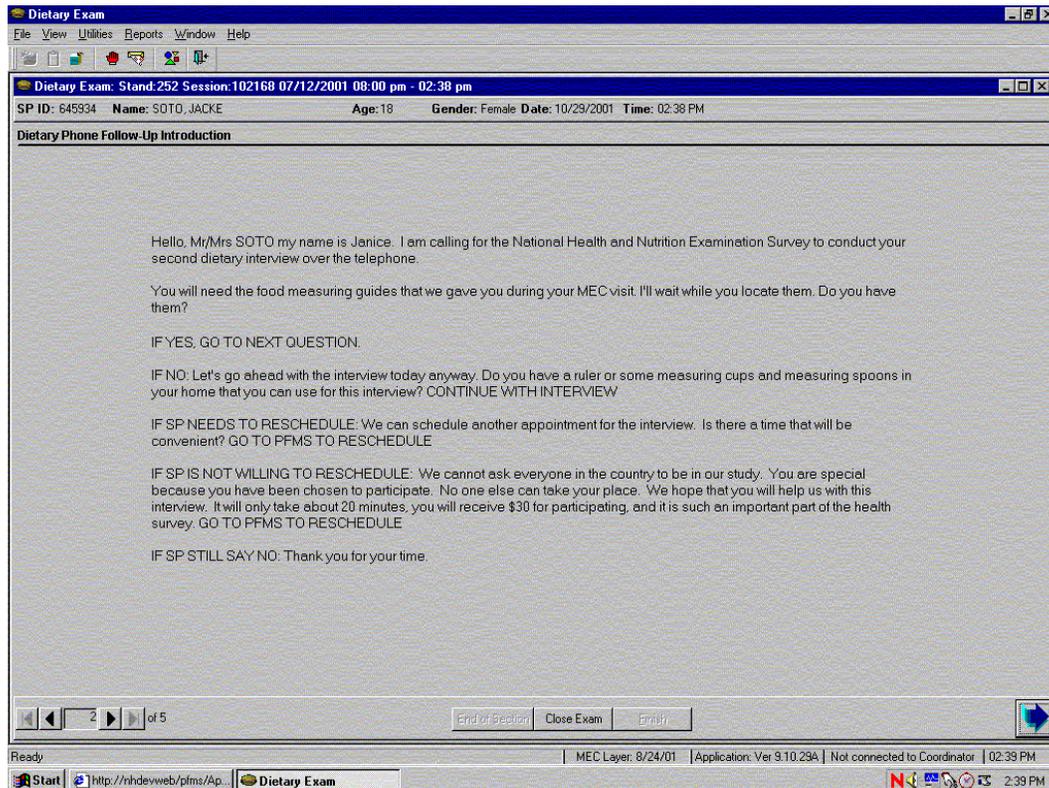
Exhibit 6-2. Phone Follow-Up call information sheet—contact information

Dietary Phone Follow-Up Call Information			
<b>SP Information</b>			
Call With	KATIE SMITH		
SP ID	822195		
SP Age	22		
Language of Day 1 Interview	English		
<b>Appointment Information</b>			
Phone Number	Cell	(301) 666-9873	
Schedule Date and Time	04/22/2001	02:00 PM	
SP's Time	02:00 PM		
Reminder Call Date and Time			
<b>Other Household Appointment</b>			
Name	Appt Dt	Time	
KATIE SMITH	04/22/2001	02:00 PM	

If you cannot conduct the interview with the respondent, click on the Call History button to document the interview attempt. This is explained in more detail in Chapter 5. If you make contact with the SP or proxy, you will go to the next screen.

The next screen is the Phone Follow-Up Introduction Script (Exhibit 6-3). Read the text to start the interview.

Exhibit 6-3. Phone Follow-Up introduction script



Make sure that you read the last sentence in the first paragraph, “For quality control purposes, my supervisor may listen in to this interview,” verbatim. This informs the SP and provides an opportunity for him or her to decline to be observed. If, in the rare case the SP refuses to be monitored, accept the request and immediately inform the supervisor so she can block the interview from being monitored. If the SP needs to reschedule, read the text after the instructions in caps.

**(IF SP NEEDS TO RESCHEDULE):**

We can schedule another appointment for the interview. Is there a time that will be convenient?

You are then instructed to go to the FFMS to reschedule. Using the arrow key in the lower left corner of the screen, go back to the Call Information screen, and click on the Call History to get to the FFMS.

If the SP will not reschedule, you need to attempt refusal conversion by reading the text after the instruction in caps.

**(IF SP IS NOT WILLING TO RESCHEDULE):**

We cannot ask everyone in the country to be in our study. You are special because you have been chosen to participate. No one else can take your place. We hope that you will help us with this interview. It will only take about 20 minutes, you will receive \$30 for participation, and it is such an important part of the health survey.

If the SP is willing to reschedule, go to the FFMS and set a new appointment.

If the SP is unwilling to continue, read the text after the instructions in caps.

**(IF SP STILL SAYS NO):**

Thank you for your time.

The next screen (Exhibit 6-4) is a script for permission to record the interview. The standard procedure should be to read this script to all respondents. If the respondent did not agree, or if the option to record the interview was not offered to the participant, the interview will proceed without recording. Only English and Spanish interviews will be recorded.

**Exhibit 6-4. Permission to record interview**

A standard part of our quality control procedures are to record interviews.

The information being recorded is protected and kept confidential, the same as all your answers for the survey.

This recording will be used to improve the quality of our survey and to review the quality of my work.

The computer is now recording our conversation.

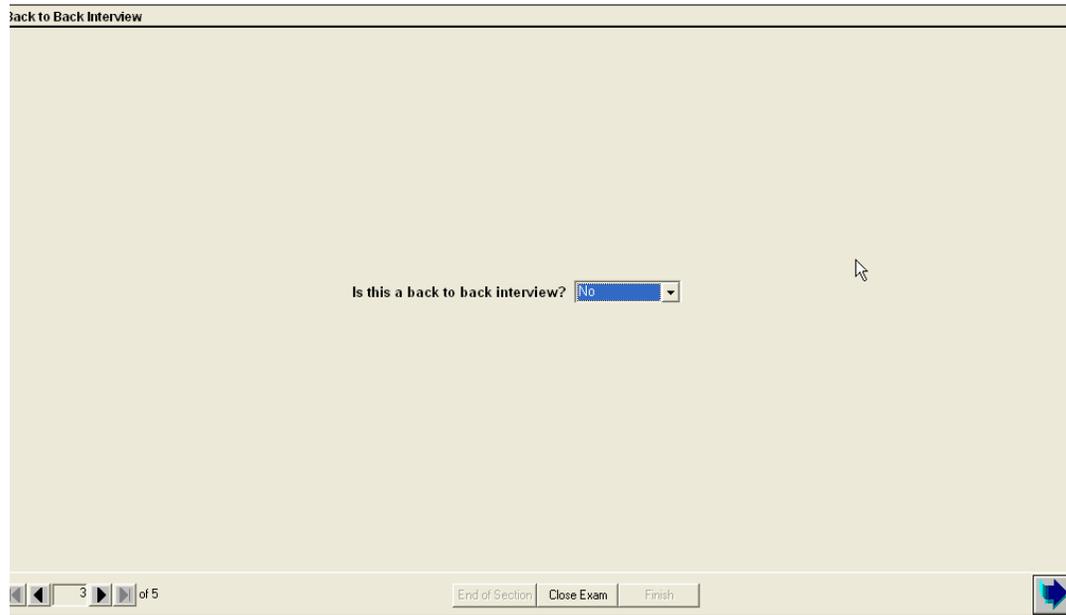
Do I have your permission to record this interview?

Does Respondent Agree?

	<input type="text"/>
Yes	
No	
Did not offer	

The next screen (Exhibit 6-5) asks whether the interview is a “back-to-back” interview. Back-to-back interviews are interviews completed with the same respondent, one right after the other—for example, when an SP does her own recall and then acts as the proxy for her young child. Select “Yes” only when the respondent is the same respondent from the prior interview.

**Exhibit 6-5. Back-to-back interview screen**



The screenshot shows a web-based interview screen titled "Back to Back Interview". The main content area is a light beige color. In the center, there is a question: "Is this a back to back interview?" followed by a dropdown menu that currently displays "No". At the bottom of the screen, there is a navigation bar with several elements: a left arrow, a right arrow, the text "3 of 5", and three buttons labeled "End of Section", "Close Exam", and "Finish". A mouse cursor is visible over the dropdown menu.

Once you answer this question, the AMPM intake instrument is launched.

The next screen you will see is about the measuring guides that the respondent was given after the in-person interview in the MEC (Exhibit 6-6).

Select “1” if the SP will use the measuring guides and Food Model Booklet, select “2” if the SP will use his or her own guides, and select “3” if the SP does not have any guides. After selecting the appropriate guide response, continue on to the Quick List.

Exhibit 6-6. Have food model guides screen

Intake Navigation\_Help

[DOES THE RESPONDENT HAVE THE GUIDES?]

1. SP HAS STUDY MEASURING GUIDES

2. SP HAS OWN GUIDES

3. SP DOES NOT HAVE ANY GUIDES

## 6.4 Step 1: The Quick List (QL) Pass

The Quick List (QL) pass is the first step of the instrument. It introduces the SP to the concept of the 24-hour Dietary Recall and collects all the foods they remember eating.

The first screen asks the respondent to recall all of the foods and beverages he or she ate and drank the day before the interview (Exhibit 6-7). You must read the statement verbatim. Press “1” and Enter to continue with the rest of the QL Introduction.

Exhibit 6-7. Recall foods and beverages screen

Blaise Data Entry - C:\Test-P2-Intake-Local\Instruments\INTAKE

Forms Answer Navigate Options Help

Intake

Sample (28, F), E1.001.IN.18.001 (301) 555-1212

First, we'll make a list of the foods you ate and drank yesterday, Monday. It may help you remember what you ate by thinking about where you were, who you were with, or what you were doing, like working, eating out, or watching television.

1. CONTINUE

RECQuickListOverview

You will record all the Quick List foods on the second screen called the Respondent Food List (RFL) screen (Exhibit 6-8). Read the statement at the top and enter the food information in the FoodName column.

If reported, you may also enter any helpful comments (if time permits), times, and occasions that the respondent reports. You will return to this screen later to collect the times and occasions for every food reported at the QL pass.

## Exhibit 6-8. Respondent Food List screen

Blaise 4.8 Data Entry - C:\jhis\AMPM338\Intake

Forms Answer Navigate Options Help Recording

PAUSE RESUME STOP

Intake Navigation\_Help

Jenice (23, F) Yr17.s338.v1

Please tell me everything you had to eat and drink all day yesterday, Sunday, from midnight to midnight. Include everything you had at home and away, even snacks, water, soft drinks, and alcoholic beverages. I'll ask you for specific details and amounts of the foods in a few minutes. **At this time**, just tell me **what** you had.

[ENTER THE NAME OF EACH FOOD ON A SEPARATE LINE. USE COMMENT, TIME, AND/OR OCCASION FIELDS ONLY IF SP PROVIDES DETAILS.]

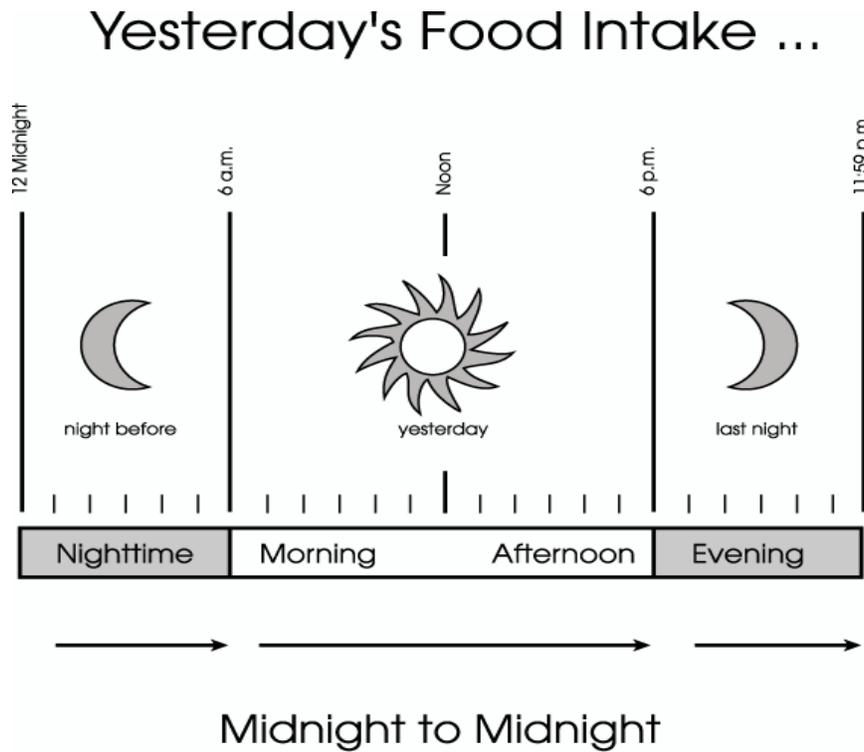
Food Name	Comments for Interviewer's Use	Time	Occasion	Occasion, OS
Food[1]				
Food[2]				
Food[3]				
Food[4]				
Food[5]				
Food[6]				
Food[7]				
Food[8]				
Food[9]				
Food[10]				
Food[11]				
Food[12]				
Food[13]				
Food[14]				
Food[15]				

2:41 PM 12/22/2014

**Statement.** Read the statement exactly as it is written on the screen. The SP must understand that you are interested in everything he or she ate or drank during the 24 hours of the previous day, from midnight to midnight. If the SP does not understand the timeframe, re-explain, guiding the SP to page 1 of the Food Model Booklet titled “Yesterday’s Food Intake . . . Midnight to Midnight” (Exhibit 6-9). For example, for an interview on Thursday, you might say, “We’ll be talking about the period from 12 midnight, Wednesday night, all day yesterday, until 12 midnight, last night.” The exact time period is from 12:00 midnight to 11:59 p.m.

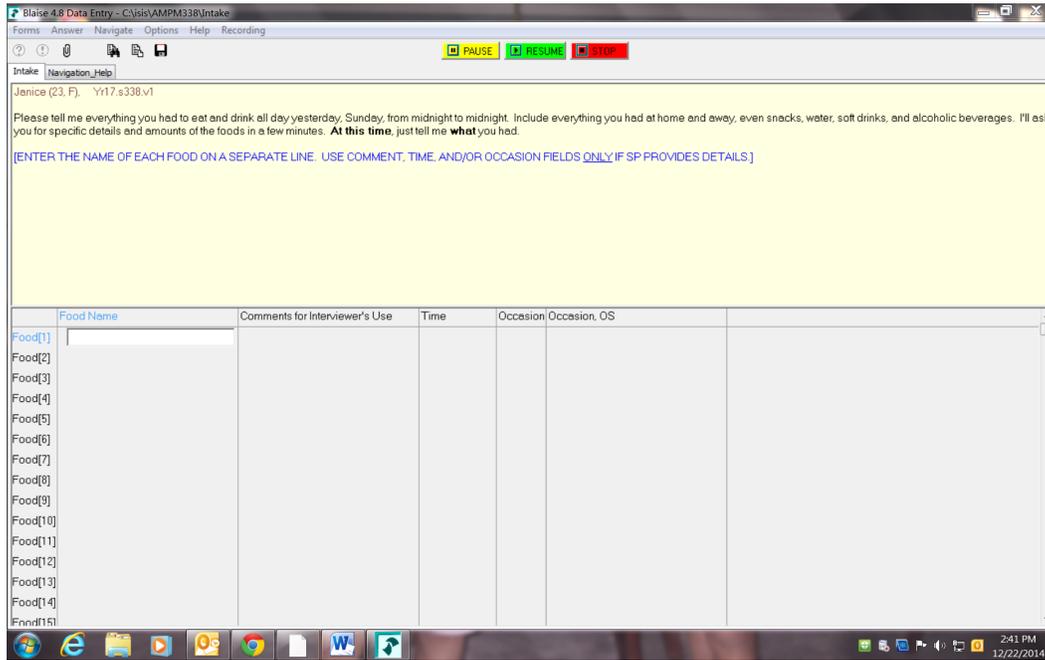
Emphasize that the respondent is to tell you **everything he or she ate or drank** including snacks and food he or she ate or drank at home or away from home. You do not need to collect information about vitamins and mineral supplements in a pill or liquid form. **Do not interrupt or probe** while the respondent is listing the foods on the QL pass. However, if you cannot understand the respondent or if the respondent reports the foods too fast for you to enter them, you may ask him or her to repeat or clarify what he or she said.

Exhibit 6-9. Yesterday's food intake card



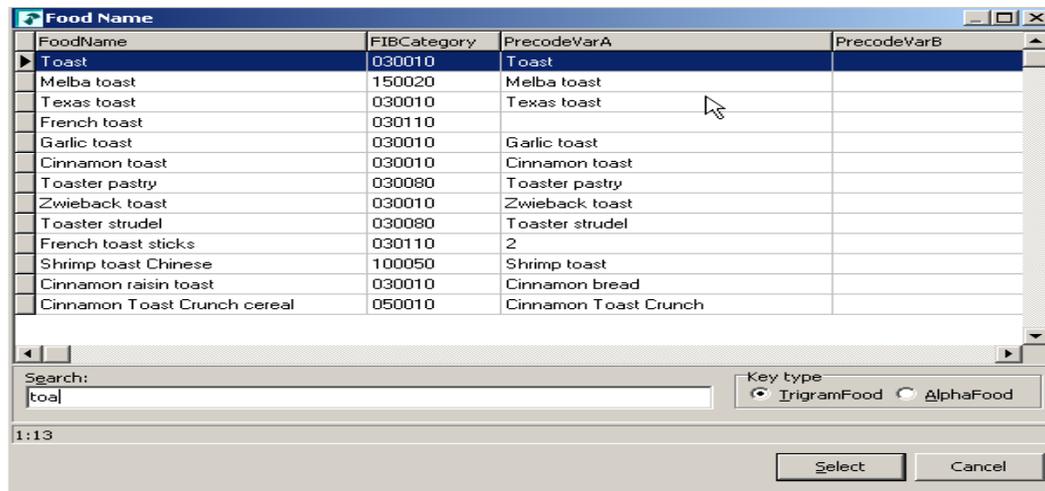
**Column 1. FoodName Column.** Notice that the cursor is in a blank field in the FoodName column, which is the first column of the Respondent Food List (Exhibit 6-10). Foods reported by respondents are entered in this column.

Exhibit 6-10. FoodName column



As you begin to type a food name, you will access the Main Food List (MFL). The Main Food List is a list of over 2,600 foods that you will use any time you enter foods on the Respondent Food List QL (Exhibit 6-11). (See Section 6.4.1 for details on the Main Food List.)

Exhibit 6-11. Trigram search



In most cases, you must enter at least three letters of a food name to access the MFL. In general, the more letters entered, the greater the likelihood of a match. However, certain two-letter abbreviations will access frequently reported foods (see Section 6.4.1 for details on MFL search strategies).

If the highlighted food is not a match, use the DOWN ARROW key to scroll down the list and select the food that is the best match for what the respondent reported. Once the food is highlighted, press the Enter key to select the highlighted food. The food will be placed in the Respondent Food List FoodName field (Exhibit 6-12).

**Exhibit 6-12. Respondent Food List screen—columns 2-4**

	Food Name	Comment	Time	Occasion	Occasion, OS
Food[1]	Toast				
Food[2]					
Food[3]					
Food[4]					
Food[5]					
Food[6]					
Food[7]					
Food[8]					
Food[9]					

To get to the next available FoodName field, use the DOWN ARROW key. If the respondent changes a reported food, or if you have selected an incorrect food, use the UP ARROW key to go back to the original food line and enter the change or enter “Error” to delete it.

**Column 2. Comment field.** The Comment field is for your use only. You can enter any information the SP reports about a food that will be helpful later. For example, if the SP reports “rice with gravy,” enter “rice” in the Quick List and “gravy” in comments.

**Columns 3 and 4. Time and Occasion fields.** Respondents may report an eating time and/or occasion as they remember what they ate. You may enter this information in either the comments field or the time and occasion fields. Press the Enter key to go across the screen to the appropriate

field. **Do not** ask for the times or eating occasions of any foods while on the Quick List pass. Procedures for entering the Time and Occasion are discussed in more detail in Section 6.6.

As you move through the QL Pass, try not to interrupt SPs while they report their foods, but use the information provided to help you select the best choice from the Main Food List. You may ask respondents to restate or clarify a food if you do not understand them.

Your goal during the QL Pass is to let respondents report everything they ate or drank. If respondents seem unable to recall what they ate in the 24-hour period (or for a particular eating occasion), use a prompt. For example, you can say something like, “Perhaps it will help you to think about where you were on Wednesday” or “Perhaps it will help if you think about what you were doing at that time.” Be careful, however, not to use probes that suggest specific meals or foods such as, “What did you have for breakfast?” or “Do you usually have orange juice first?”

It is crucial that respondents really understand what is being asked. Explain the procedure carefully and let the respondents know that you will be patient while they try to recall the information.

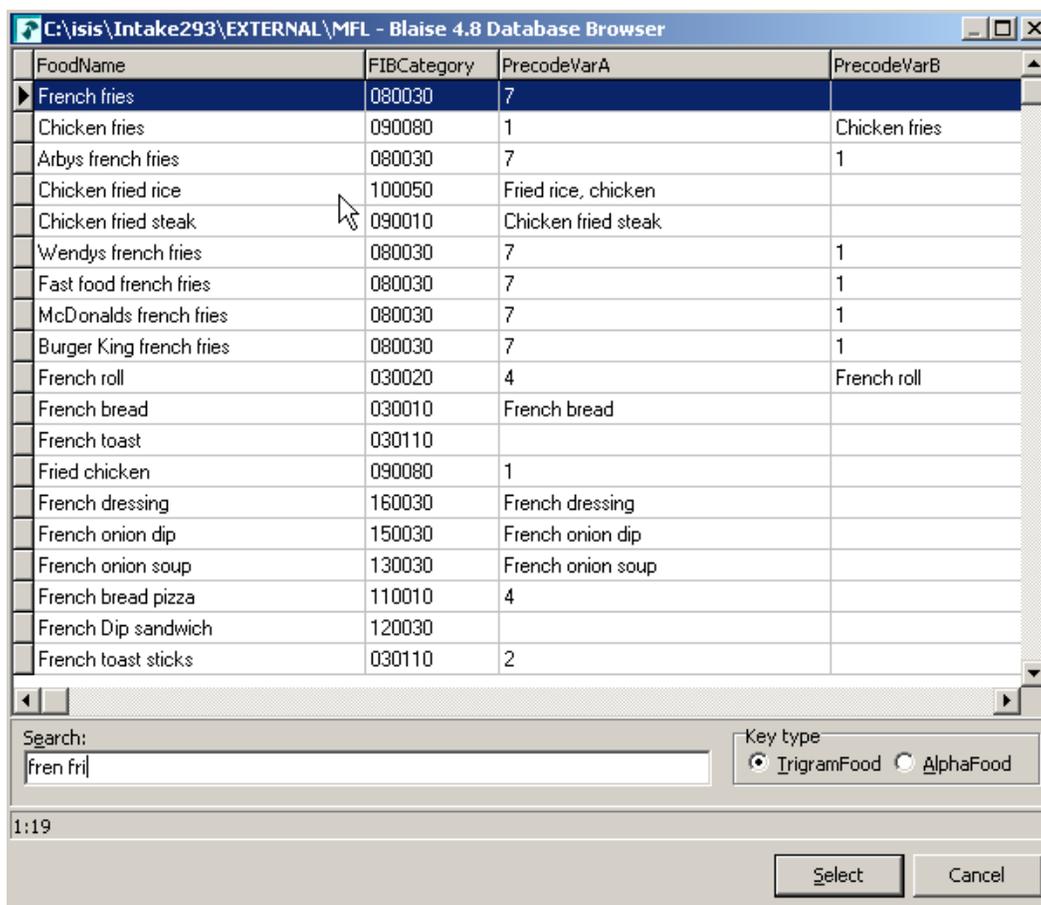
### 6.4.1 The Main Food List (MFL)

The MFL is a list of more than 2,600 foods from which you will select foods eaten by the SP during the previous 24 hours. The MFL links the food to the appropriate category of probes needed. The MFL lists foods in the ways respondents will likely report them. The goal when searching the MFL is to find a food quickly and, if possible, get a “direct hit.” A direct hit occurs when the letters you enter bring up the food you want.

The USDA AMPM program searches for foods on the MFL through a mechanism called “trigram searching.” “Trigram searching” operates basically as a word-matching process initiated after you type in all or part of a food name. The combination of letters you type in is called a “search term.” After a search term has been entered, the trigram search mechanism finds all foods that have three-letter combinations of the search term. For example, if you type in the word “French fries,” the trigram will search for the following three-lettered combinations: FRE, REN, ENC, NCH, CH\_, H\_F, \_FR, FRI, RIE, and IES. The program will display all foods that have this combination of letters.

As shown below (Exhibit 6-13), typing in only part of the word “French fries” (Fren fri) brought up “French fries” at the top of the list (a direct hit). The search also brought up all foods containing the three-lettered combinations of the word “Fren Fri” including foods not associated with French fries, such as “Chicken fried steak.”

**Exhibit 6-13. Main Food List (MFL)**



As illustrated above, the trigram uses spaces and characters in the word(s) you have typed to search. Typing fewer letters or two words with no space will bring up a different combination of letters. For example, typing “Fre fri” brings up “home fries.” Typing “chi” brings up “chili,” but typing “chicke” brings up “chicken.” As you become more familiar with the MFL, you will learn which strategies are best for you when searching for foods on the MFL.

**Strategies for searching.** There are a number of strategies you can use to quickly and accurately find the correct food on the MFL. These include:

Entering words or partial words that **uniquely identify** a food (e.g., “cant” for “cantaloupe”; “cof” for “coffee”) (see Exhibit 6-14);

Learning efficient search terms for the most **frequently reported foods** (e.g., “1 milk” for “1% milk,” “toast” for “toast,” and “grapef ju” for “grapefruit juice”);

Entering **generic food names** (e.g., “soda” instead of “caffeine-free soda,” “Happy meal” instead of “McDonald’s Happy Meal”), when you know that level of detail is not on the MFL;

Entering **food and brand name abbreviations** (e.g., “oj” for “orange juice” and “pbj” for “peanut butter and jelly sandwich”);

Entering **eating occasions and places** (e.g., “appetizers,” “school lunch,” and “Chinese food”) if the respondent does not give you specific foods on the QL; and

Entering **place holders** for unknown foods and situations when the SP was fasting.

These strategies are discussed below.

**Unique identifiers for frequently reported foods.** Becoming familiar with the most frequently reported foods will save you time when entering foods into the Respondent Food List. Following is a list of foods that were reported most frequently in USDA’s Continuing Survey of Food Intakes by Individuals (CSFII) conducted in 1994-96, along with their appropriate search term (Exhibit 6-14).

Exhibit 6-14. Table of unique identifiers on MFL

Food	Search string	Food	Search string
Apple	app	Ham	ham
Banana	ban	Hamburger	hamb
Beer	beer	Hot dog	hot
Bread	bre	Ice cream	ice cr
Brownie	brow	Jam	jam
Burger	burg	Jelly	jelly
Butter	butt	Juice	ju
Cake	ca	Lettuce	lett
Cantaloupe	cant	Luncheon meat	lunchm
Carrots	carr	Margarine	marg
Cereal	cere	Mayonnaise	May
Cheddar cheese	chedd	Milk	Mi
Cheerios	cheeri	Onions	oni
Cheese	cheese	Orange juice	oj OR ora ju
Chicken	chicke	Pancake	Panc
Chips	chips	Peanut butter	pea but
Coffee	cof	Pickle	Pic
Coke	cok	Pie	Pi
Cola	col	Pizza	piz
Cookie	coo	Potato	pota
Corn flakes	cor fl	Potato chips	pot chips
Crackers	crac	Pretzel	pre
Cream	cre	Rice	ric
Egg	eg	Roll	rol
Frankfurter	fran	Sausage	saus
French fries	fren fri	Soda	Sod
Fries	fren fri	Soft drink	Sof dr
Fruit	fru	Sugar	Su
Fruit drink	fruit d	Syrup	Sy
Fruit punch	fru pu	Tea	Tea
Grapes	grap	Tomatoes	Toma
Gravy	gr	Vegetables	veg
Ground beef	gro be	Wine	wi
Half and half	Half an		

**Generic food names.** The MFL contains a number of generic foods such as “milk,” “bread,” and “soda” that you can use to get a “direct hit” if you are unsure whether the reported food is on the MFL. For example, if a respondent reports anadama bread and you are unsure how to enter the food name, you may enter “bread” and write “anadama” in the comments field. Following is a list of the generic foods in the MFL (Exhibit 6-15).

Exhibit 6-15. Generic food names

Generic Foods	
Alcoholic drink	Milkshake
Alcoholic mixed drink	Nonalcoholic drink
Appetizer	Nuts
Baby formula	Oil
Bread	Pasta
Breakfast bar	Pastry
Cake	Pie
Candy	Pizza
Casserole	Pop
Cereal	Poultry
Cereal bar	Powdered breakfast drink
Cheese	Protein powder
Chicken	Protein supplement drink
Chinese food	Pudding
Chips	Punch
Coffee	Rice
Cookie	Salad
Crackers	Salad bar
Cream	Salad dressing
Curry	Sandwich
Dessert	Sauce
Dip	Seafood
Drink	Seeds
Dumpling	Shake
Egg	Smoothie
Fast food sandwich	Snack
Fish	Soda
Formula	Soft drink
Frozen breakfast	Soup
Fruit	Spaghetti
Hamburger	Spread
Happy meal	Stew
Hot cereal	Stir fry
Ice cream	Sugar substitute
Juice	Sushi
Kids meal	Syrup
Liquor	Tea
Meal replacement bar	Tempura
Meal replacement drink	Vegetables
Meal replacement powder	Water
Meat	Wine
Mexican food	Yogurt
Milk	

**Abbreviations.** Abbreviations are used throughout the MFL and can be classified into four categories:

- Food names** such as “oj” for orange juice;
- Forms** of food such as “bbq” for barbeque;
- Brand names** such as “KFC” for Kentucky Fried Chicken; and
- Descriptive terms** such as “w” for with.

The table shown in Exhibit 6-16 contains a complete list of abbreviations. It is essential that you learn these abbreviations to ensure you match the reported foods with a food on the MFL. Keep in mind that these abbreviations are used everywhere possible. For example, the abbreviation “bbq” is used when an SP reports eating “barbeque” and also when an SP reports eating “bbq ribs” (barbecued ribs). Note that when searching for a food, you may enter using either upper case or lower case. Upper case is used in the MFL to provide you with visual cues on the screen.

**Exhibit 6-16. Table of abbreviations on MFL**

MFL abbreviation	MFL food
1 milk	1% milk
2 milk	2% milk
Bbq	Barbecue
BLT	Bacon, lettuce, and tomato sandwich
Din	Dinner fries
KFC	Kentucky Fried Chicken
lite	Light
oj	Orange juice
PB	Peanut butter sandwich
pbj sandwich	Peanut butter and jelly sandwich
w	With

**Ethnic foods.** There are many ethnic foods on the MFL, particularly Mexican and Chinese foods. The foods are listed below (Exhibits 6-17 and 6-18). You should familiarize yourself with these lists so that you can enter the ethnic food as it is reported. However, generic names of foods are also available.

Exhibit 6-17. Table of Mexican foods on the MFL

Mexican foods	
Asopao de gandules	Mexican rice
Bean burrito	Minestrone soup
Bean enchilada	Mondongo soup
Beef and bean burrito	Pozole soup
Beef burrito	Pupusa
Beef enchilada	Quesadilla
Beef fajita	Soft taco
Beef flauta	Sopa caldo de pollo
Beef taco	Sopa caldo de Res
Beef tostada	Sopa de ajo
Breakfast burrito	Sopa de Albondigas
Burrito	Sopa de carne y fideos
Chalupa	Sopa de Fideo Aguada
Cheese burrito	Sopa de pescado
Cheese enchilada	Sopa de platano
Cheese quesadilla	Sopa de pollo con arroz
Chicken burrito	Sopa de tortilla
Chicken enchilada	Sopa ranchera
Chicken fajita	Sopa seca de arroz
Chicken flauta	Sopa Seca de Fideo
Chicken taco	Sopa seca dry noodle soup
Chicken tostada	Sopes
Chilaquile	Steak fajita
Chimichanga	Taco
Enchilada	Tamale
Fajita	Taquito
Flauta	Tostada
Gordita	Vegetable fajita
Menudo soup	

Exhibit 6-18. Table of Chinese foods on the MFL

Chinese food	
Almond chicken Chinese	Moo shi
Beef and broccoli Chinese	Moo shi pork
Beef fried rice	Nissin noodle soup
Beef lo mein	Orange beef Chinese
Beef w vegetables Chinese	Orange chicken Chinese
Cashew chicken	Pad thai noodles
Chicken chow mein	Pepper steak
Chicken fried rice	Pork fried rice
Chicken lo mein	Pork lo mein
Chicken teriyaki	Pork w vegetables Chinese
Chicken w broccoli Chinese	Pot sticker
Chicken w vegetables Chinese	Sesame beef
Chinese rice	Sesame chicken
Chinese string beans	Sesame pork
Chop suey	Shrimp fried rice
Chow mein	Shrimp lo mein
Crab Rangoon	Shrimp teriyaki
Dim sum	Shrimp toast
Double cooked pork	Shrimp w lobster sauce
Egg foo young	Shrimp w vegetables Chinese
Egg roll	Spring roll
Fried rice	Steak teriyaki
Garden roll	Stir fry
Garlic chicken Chinese	Summer roll
General Tsos	Sweet and sour beef
General Tsos chicken	Sweet and sour chicken
Hot and sour soup Chinese	Sweet and sour pork
Hunan beef	Sweet and sour shrimp
Hunan chicken	Szechuan beef
Hunan pork	Szechuan chicken
Hunan shrimp	Szechuan pork
Kung Pao	Szechuan shrimp
Kung Pao chicken	Tofu w vegetables
Lemon chicken Chinese	Vegetable fried rice
Lo mein	Vegetable lo mein
Lumpia	Vegetarian egg roll
Miso soup	Wonton Chinese
Moo goo gai pan	Wonton soup

The MFL also includes a number of other ethnic foods such as Indian and Vietnamese foods. If you cannot find the food the respondent reports on the MFL, you can enter the ethnicity, such as

“Indian,” “Chinese,” and “Mexican” and get a list of many of the foods common to those countries. If the food you are looking for does not come up right away, enter the generic version of the food (e.g., “soup,” “appetizer,” “beverage,” “casserole,” “vegetable”). If you do not know the generic version, enter the term “unknown food” (see below in Exhibit 6-19.)

**Occasions/places.** Popular eating occasions and places are listed on the MFL. If the respondent reports “appetizers” or a “fish fry,” you may enter these terms on the Quick List and then ask about the specific foods when you collect the food details for that occasion.

**Exhibit 6-19. Table of occasions, places, and generic foods on MFL**

Occasions/places/generic foods on the MFL	
<b>Appetizers</b>	<b>Hors d'oeuvres</b>
<b>Breakfast</b>	<b>Kid's meal</b>
<b>Buffet</b>	<b>Lunch</b>
<b>Chinese food</b>	<b>Mexican food</b>
<b>Church supper</b>	<b>Salad bar</b>
<b>Dessert</b>	<b>School breakfast</b>
<b>Dinner</b>	<b>School lunch</b>
<b>Drink</b>	<b>Snack</b>
<b>Fasting</b>	<b>Spread</b>
<b>Fish fry</b>	<b>Unknown food</b>
<b>Happy meal</b>	<b>Unknown meal</b>

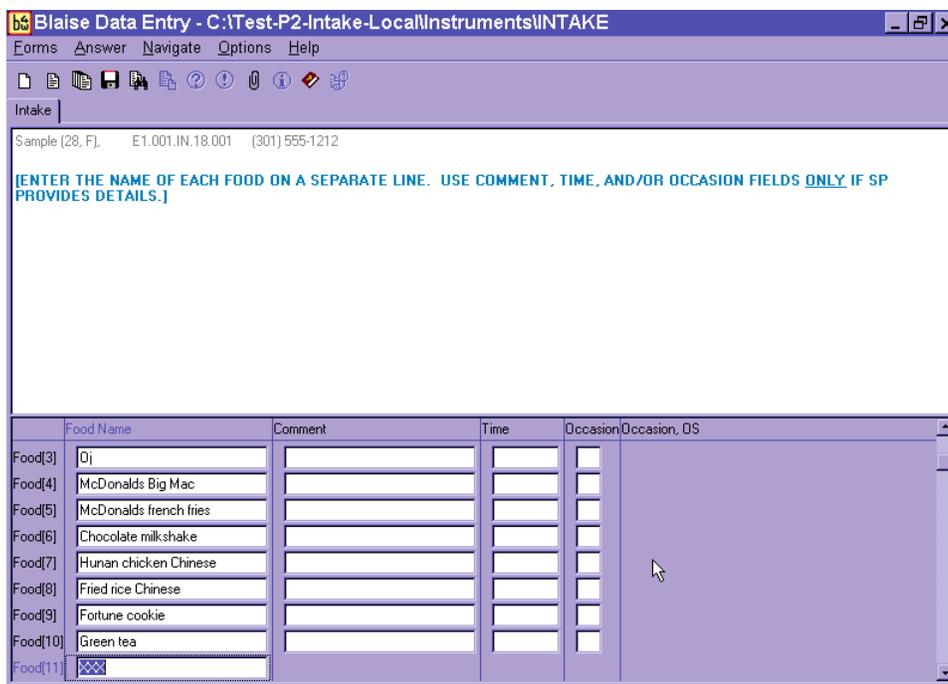
**Unknown foods/fasting.** When a respondent reports a food that is not on the MFL or is unfamiliar to you or to the respondent, and therefore difficult to fit into a generic food, you can select the term “Unknown food” from the MFL and make a note in the comment field. Later in the interview, the AMPM will bring up probes to help you identify the food and enter the descriptive information. Do not ask the respondent to describe the food at the QL pass.

The MFL contains the term “fasting.” If SPs report that they fasted on the recall day, enter “Fasting” on the QL. Procedures for completing an interview for a fasting SP are discussed in Chapter 8. A copy of the MFL can be found in Appendix A.

### 6.4.2 Leaving the Quick List (QL) Pass

There are several steps you must follow before leaving the QL pass. First, once you have listed all the foods the respondent remembers, ask the “Anything Else?” probe. If the respondent reports any foods, list them on the next available line on the RFL. While collecting the Quick List, you can remove mistakenly reported foods by typing “error” over the food name on the list or type over the incorrect food. Finally, on the last available line on the QL, type “XXX” and press Enter twice to go to the next screen (Exhibit 6-20).

**Exhibit 6-20. Leaving the QL pass**



A maximum of 40 foods can be entered on the Respondent Food List (RFL). If more foods are reported, you will record them in the Remark Box (F6 function key). See Chapter 8 for details on recording 40+ foods.

## 6.5 Step 2: The Forgotten Foods List (FFL)

The Forgotten Foods List (FFL) is Step 2 of the instrument (Exhibit 6-21). It includes seven probes: six of the probes ask about specific food groups and the seventh asks if the respondent remembers any other foods for the recalled day:

- **Beverages:** Coffee, tea, soft drinks, milk or juice
- **Other drinks:** Beer, wine, cocktails, or other drinks
- **Sweets:** Cookies, candy, ice cream, or other sweets
- **Snacks:** Chips, crackers, popcorn, pretzels, nuts, or other snack foods
- **Fruits, vegetables, cheese:** Fruits, vegetables, or cheese
- **Breads:** Breads, rolls, or tortillas
- **Anything else**

**Exhibit 6-21. Forgotten Foods List (FFL) screen**

Intake Sorted\_RFL Navigation\_Help

Bill (26, M), Yr15.s308.v1

Your answers are important, so we'd like this list to be as **complete** as possible.

In addition to the foods you have already told me about, did you have any coffee, tea, soft drinks, milk or juice?

[\[REFER SP TO YELLOW PAGE ON TAB 2 OF FOOD MODEL BOOKLET IF SP NEEDS TO READ CATEGORIES\]](#)

1. YES

2. NO

3. HAD OTHER FOOD(S)

Label Forgotten Foods

For each group of foods, type “1” (Yes), “2” (No), or “3” (Had other food(s)). If you enter “1” for Yes, the AMPM will take you back to the RFL to enter the remembered food(s). If you enter “2” for No, the AMPM will take you to the question about the next group of FFL foods. You will enter “3” when the respondent remembers a food that does not belong in the group of foods for which you

are probing. For example, if a respondent remembers eating bread when you are asking about remembered sweets, do not wait to enter the remembered bread at the Bread probe. Type “3” and the AMPM will take you back to the RFL to enter the food.

#### Exhibit 6-22. FF—“Code All That Apply” (CATA) responses

The screenshot shows the Blaise Data Entry software window titled "Blaise Data Entry - C:\Test-P2-Intake-Local\Instruments\INTAKE". The interface includes a menu bar (Forms, Answer, Navigate, Options, Help) and a toolbar. The main window displays the following information:

- Sample (23, F), E1.001.IN.18.001 (301) 555-1212
- Beer, wine, cocktails or other drinks?
- [READ IF NEEDED: In addition to the foods you have already told me about, did you have any beer, wine, cocktails or other drinks?]
- Response options:
  - 1. YES
  - 2. NO
  - 3. HAD OTHER FOOD(S)
- Form fields for "Forgotten Foods" and "Measuring Guides":
 

Label	Forgotten Foods	Label	Measuring Guides
RECFFLIntroBeverage	2	RECInstructMeasGuides	<input type="checkbox"/>
RECFFLDtherDrik	1-3	RECInstructOwnGuides	
RECFFLSweets		RECInstructNoGuides	
RECFFLSnacks		RECMidntToFirstOcc	

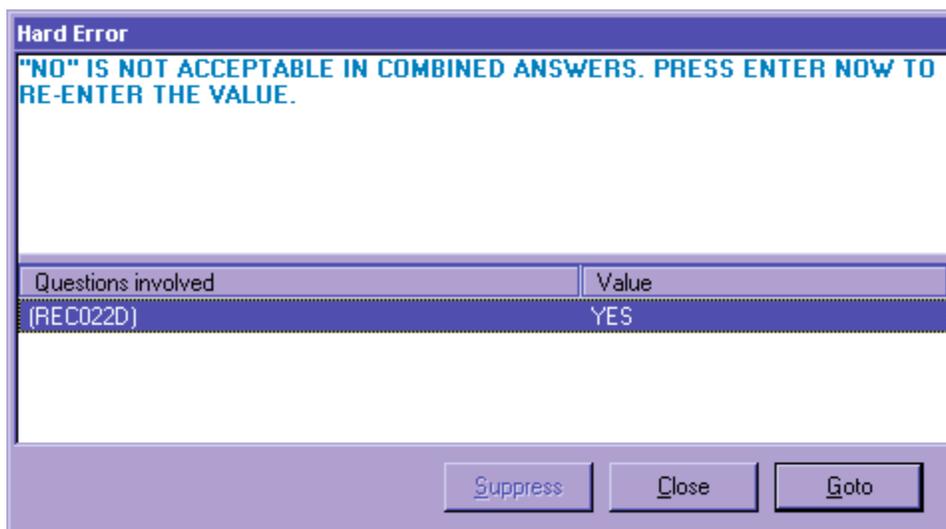
Notice that on the screen (Exhibit 6-22), there are boxes to the left of the response items. This indicates that you may choose more than one answer. There may be times a respondent remembers more than one food at an FFL probe and the foods may be associated with different FFL probes. For example, if the respondent at the Beverage category probe remembers drinking one soda and eating some potato chips, you will select both “1” for the soda and “3” for the potato chips. You can select both answers by using the mouse to click on the boxes or by inserting a space (or dash) between 1 and 3 (1 3; 1-3).

Questions such as this one, where the respondent can give more than one answer, are called “Code All That Apply” (CATA) questions. The boxes next to the response items distinguish these questions as CATA questions. One-answer questions have circles next to the response options.

CATA questions can also be displayed in three other ways. They will be discussed in more detail later in this chapter.

Even though this is a CATA question, not all answers can be combined. An answer cannot be both “1 and 2” (Yes and No). If you accidentally recorded “1-2,” you will see the Edit Message below (Exhibit 6-23) and will need to correct your entry.

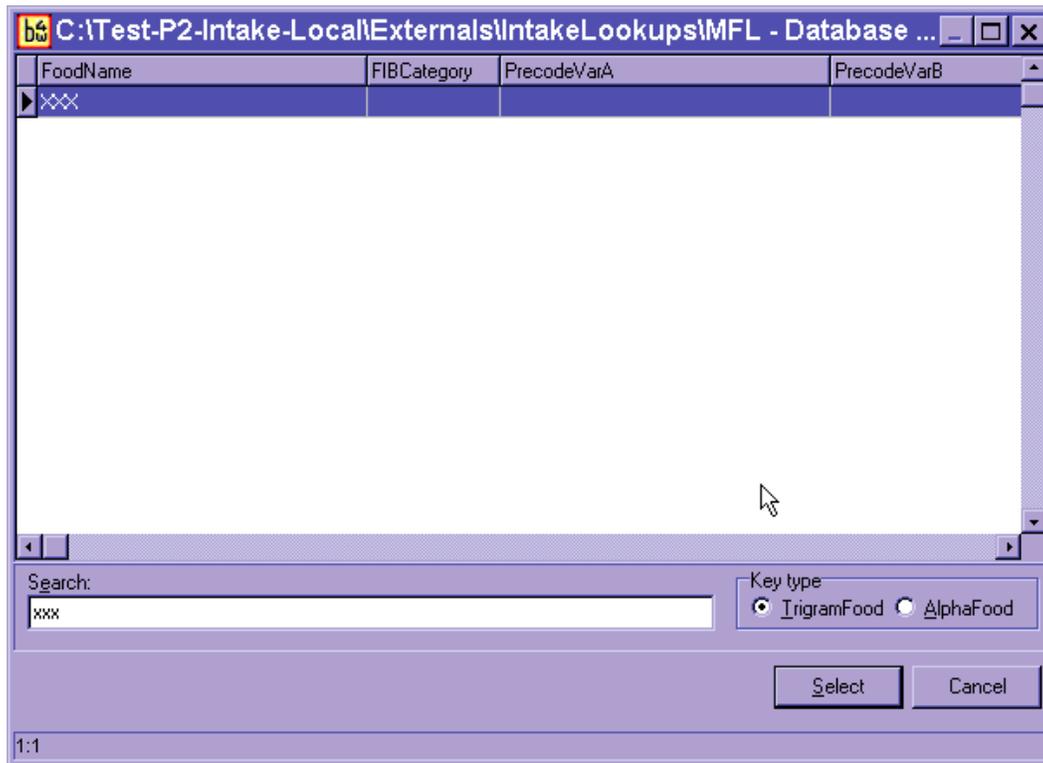
**Exhibit 6-23. FFL—Edit Message for impossible answers**



You will see Edit Messages throughout the Intake Instrument. This particular message lets you know that the response items entered (Yes and No) are an impossible combination. As shown, a Hard Edit Message appears telling you that the response entered is invalid. It is called a “hard” edit because entry of an impossible combination of responses is not permitted by the AMPM. When a Hard Edit Message comes up on the screen, you must re-enter the responses in order to continue with the interview. If you press Enter when this message appears, the program will take you back to the question that needs to be changed. Edits are discussed in more detail later in this chapter.

When the SP remembers a food at one or more of the FFL probes, the program will take you back to the RFL to add the food(s). To leave the RFL screen, type “XXX” on the next available RFL line (Exhibit 6-24). Press Enter twice, and End, to navigate to the next appropriate question. The steps are summarized below.

Exhibit 6-24. Type XXX to leave RFL



1. Enter food on RFL;
2. Ask “Anything Else?” probe (and enter new foods on the RFL);
3. Type “XXX” and press Enter twice;
4. Press End.

Make sure the respondent understands that you are asking about foods **in addition** to the ones reported on the Quick List (Exhibit 6-25). Do not record duplicate foods. When you have finished reading the entire Forgotten Foods List, and recorded all remembered foods, the AMPM instrument will guide you to Step 3, the Time and Occasion Pass.

Exhibit 6-25. FFL—“Anything else” question

Blaise Data Entry - C:\Test-P2-Intake-Local\Instruments\INTAKE

Forms Answer Navigate Options Help

Intake Sorted\_RFL

Sample (23, F), E1.001.IN.18.001 (301) 555-1212

Anything else?

[READ IF NEEDED: In addition to the foods you have already told me about, did you have anything else?]

1. YES

2. NO

RECFFLSweets	2	RECInstructNoGuides
RECFFLSnacks	2	RECMidntToFirstOcc
RECFFLFruitVegCheese	2	
RECFFLBread	2	
RECFFLAnythingElse	1	

After the last probe of the FFL, “Anything else,” you will see an Edit screen (Exhibit 6-26) asking you to enter the time for the first reported food.

Exhibit 6-26. Edit screen to go to Time and Occasion pass

Hard Error

PLEASE CONFIRM OR COLLECT TIME AND OCCASION FOR ALL FOODS.

Questions involved	Value
(REC030)	
(RFL)	Bagel
(RFL)	XXX

Suppress Close Goto

You may press Enter or use the mouse to activate the Goto button to go to Step 3 in the interview to collect the Time and Occasion for all foods on the RFL.

## 6.6 Step 3: The Time and Occasion Pass (T/O)

The Time and Occasion pass is Step 3 of the AMPM (Exhibit 6-27). It asks the respondent times and eating occasions for each of the food items recorded in the Respondent Food List (RFL). The cursor will appear on the first blank time or occasion field. Time and Occasion are asked for each food in the order that the respondent reported the foods on the Quick List (QL) pass. If you recorded time and/or occasion for any foods during the QL, you can confirm the information as you go through the list of foods. You do not have to ask the time and/or occasion again. Also, when you confirm a time, use terms such as “in the morning,” “in the afternoon,” or “in the evening” rather than always asking “was that AM or PM?” For example, you may say, “you said you had your toast at 7 in the morning, is that correct?” Press the Enter key to move across the screen to the Occasion field.

Exhibit 6-27. Time question on RFL

The screenshot shows a software window titled "Blaise Data Entry - C:\Test-P2-Intake-Local\Instruments\INTAKE". The interface includes a menu bar (Forms, Answer, Navigate, Options, Help), a toolbar with various icons, and a main text area. The text area contains the following instructions:

Sample (23, F), E1.001.IN.18.001 (301) 555-1212

About what time did you **begin** to eat/drink the Toast?

[ENTER HOUR, MINUTE AND AM OR PM]

[IF SP IS NOT SURE OF TIME, ASK FOR BEST ESTIMATE. IF SP IS UNABLE TO ESTIMATE TIME, REFER TO HANDCARD]

Below the text area is a table with the following columns: Food Name, Comment, Time, Occasion, and Occasion, OS. The table contains 9 rows of food items:

	Food Name	Comment	Time	Occasion	Occasion, OS
Food[1]	Toast	cream cheese			
Food[2]	0j				
Food[3]	McDonalds Big Mac				
Food[4]	McDonalds french fries				
Food[5]	McDonalds milkshake				
Food[6]	Nachos Mexican				
Food[7]	Beer				
Food[8]	Margarita				
Food[9]	Tortilla chips	salsa			

As shown in the above example, the cursor will be in the first time field. For this case, it is in the Time field for toast.

In rare instances, the respondent may report all of the time and occasion information during the QL or FFL. If this occurs, the AMPM will move the time for the first food on the RFL to the comments field (Comments) and the cursor will be in the Time field. You must re-enter the time for the first food to continue with the interview. Then confirm the occasion for the first food and the time and occasion for the other foods on the QL.

**The Time Question** asks the respondent about what time she began to eat/drink the food (Exhibit 6-28). Type “a” or “p” for AM or PM. If you do not enter “a” or “p,” then the AMPM program will default all times to AM. If the respondent reports in a whole hour, such as “6:00,” you can enter “6.” If the respondent reports in hour and minutes, you need not enter a colon (except for the 12 o’clock hour).

**Exhibit 6-28. Enter time on RFL**

	Food Name	Comment	Time	Occasion	Occasion, OS
Food[1]	Toast	cream cheese	6		
Food[2]	0j				
Food[3]	McDonalds Big Mac				
Food[4]	McDonalds french fries				
Food[5]	McDonalds milkshake				
Food[6]	Nachos Mexican				
Food[7]	Beer				
Food[8]	Margarita				
Food[9]	Tortilla chips	salsa			

As shown in the example below (Exhibit 6-29), the interviewer entered “7” in the time field and the program displayed 7:00 AM as the default.

**Exhibit 6-29. Time defaults to AM**

Sue (55, F), Yr14.s293.v1 (222) 222-2222

On the yellow page in tab 2 of your booklet is a list of meals. What would you call this eating occasion? (Was it your breakfast, lunch, dinner, snack, or something else?)

1. Breakfast                       10. Desayuno                       19. Bebida  
 2. Lunch                               11. Almuerzo                       91. Other, Specify  
 3. Dinner                               12. Comida  
 4. Supper                               13. Merienda  
 5. Brunch                               14. Cena  
 6. Snack                               15. Entre comidas  
 7. Beverage/Drink                       16. Botana  
 8. Feeding-infant only                       17. Bocadillo  
 9. Extended consumption                       18. Tentempie

	Food Name	Comments for Interviewer's Use	Time	Occasion	Occasion, OS
Food[1]	Toast		7:00AM		
Food[2]	Oj				
Food[3]	xxx				
Food[4]					

In this example (Exhibit 6-30), the interviewer typed “1” and “p” to enter “1:00 PM.”

**Exhibit 6-30. Enter “PM”**

Blaise Data Entry - C:\Test-P2-Intake-Local\Instruments\INTAKE

Forms Answer Navigate Options Help

Intake | Sorted\_RFL

Sample (23, F), E1.001.IN.18.001 (301) 555-1212

About what time did you **begin** to eat/drink the McDonalds Big Mac?

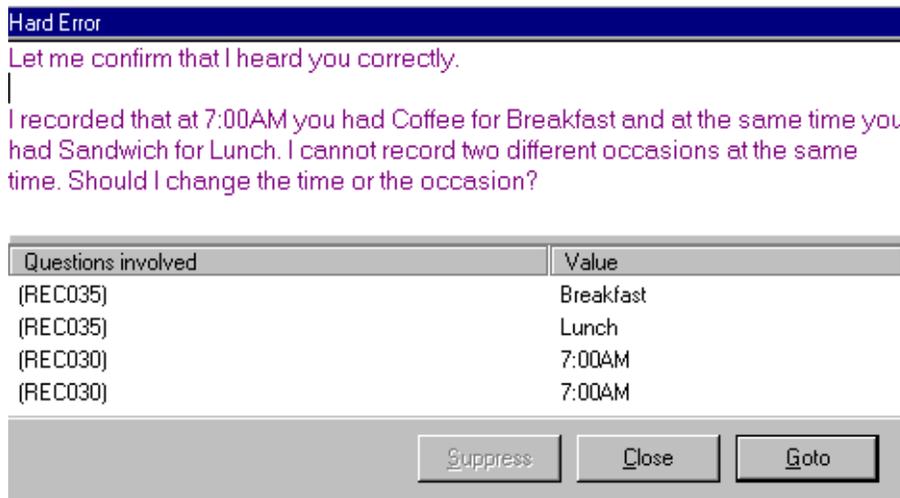
[ENTER HOUR, MINUTE AND AM OR PM]

[IF SP IS NOT SURE OF TIME, ASK FOR BEST ESTIMATE. IF SP IS UNABLE TO ESTIMATE TIME, REFER TO HANDCARD]

	Food Name	Comment	Time	Occasion	Occasion, OS
Food[1]	Toast	cream cheese	6:00AM	1	
Food[2]	Oj		6:00AM	1	
Food[3]	McDonalds Big Mac		1PM		
Food[4]	McDonalds french fries				
Food[5]	McDonalds milkshake				
Food[6]	Nachos Mexican				
Food[7]	Beer				
Food[8]	Margarita				
Food[9]	Tortilla chips	salsa			

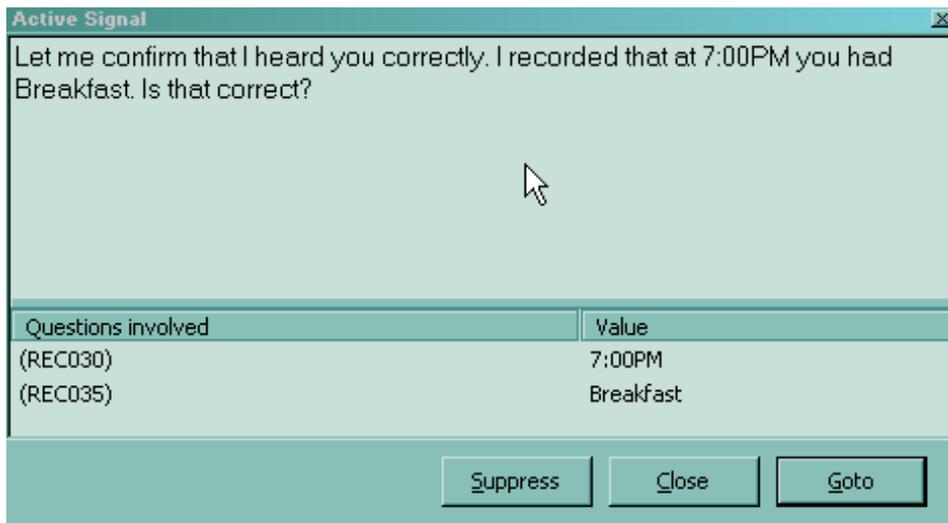
If respondents report different meals at the same time, you will see a hard edit, as shown below (Exhibit 6-31). You will read the text, which informs the respondent of the discrepancy and asks whether the time or the occasion should be changed. You will also see an edit if you enter the same occasion 12 hours apart. For example, if you enter breakfast at 7 AM and breakfast at 7 PM, the program will alert you to make sure your entry is correct.

**Exhibit 6-31. Hard edit when entering different meals at same time**



If breakfast has a PM time, or lunch has an early AM time or late PM time, or dinner has an AM time, a soft edit will appear (Exhibit 6-32). Click on “Goto” to adjust the time or occasion.

**Exhibit 6-32. Soft edit to adjust the time or occasion**



If respondents don't know the exact time the eating occasion began, you must probe for an approximate time. If they cannot provide an approximate time, you will enter a default time for the occasion reported (Exhibit 6-33). As a reference, you will be provided a handcard containing a list of the default times for each reported occasion. Do not state the time during the Details pass, but say the occasion.

**Exhibit 6-33. Default times when SP doesn't know the time**

Default times	
Breakfast	8:00 AM
Morning snack	10:00 AM
Lunch	12:00 PM
Afternoon snack	3:00 PM
Dinner	6:00 PM
Evening snack	9:00 PM

The Occasion Question asks the respondent to name the eating occasion at which each food was eaten or drunk. As stated in the interviewer instructions on the screen, make sure you refer the respondent to the yellow page in the Food Model Booklet. Have the SP pick an occasion from the Eating Occasions list. If an SP seems uncertain about how to classify a one-food occasion such as a soda or a bag of pretzels, you can suggest a “drink” or a “snack.” Do not assume that breakfast is the first meal of the day, lunch is second, and so on.

The response items for an eating occasion are listed on the screen below (Exhibit 6-34).

Exhibit 6-34. Eating occasion question on RFL

Sue (55, F), Yr14.s293.v1 (222) 222-2222

On the yellow page in tab 2 of your booklet is a list of meals. What would you call this eating occasion? (Was it your breakfast, lunch, dinner, snack, or something else?)

<input type="radio"/> 1. Breakfast	<input type="radio"/> 10. Desayuno	<input type="radio"/> 19. Bebida
<input type="radio"/> 2. Lunch	<input type="radio"/> 11. Almuerzo	<input type="radio"/> 91. Other, Specify
<input type="radio"/> 3. Dinner	<input type="radio"/> 12. Comida	
<input type="radio"/> 4. Supper	<input type="radio"/> 13. Merienda	
<input type="radio"/> 5. Brunch	<input type="radio"/> 14. Cena	
<input type="radio"/> 6. Snack	<input type="radio"/> 15. Entre comidas	
<input type="radio"/> 7. Beverage/Drink	<input type="radio"/> 16. Botana	
<input type="radio"/> 8. Feeding-infant only	<input type="radio"/> 17. Bocadillo	
<input type="radio"/> 9. Extended consumption	<input type="radio"/> 18. Tentempie	

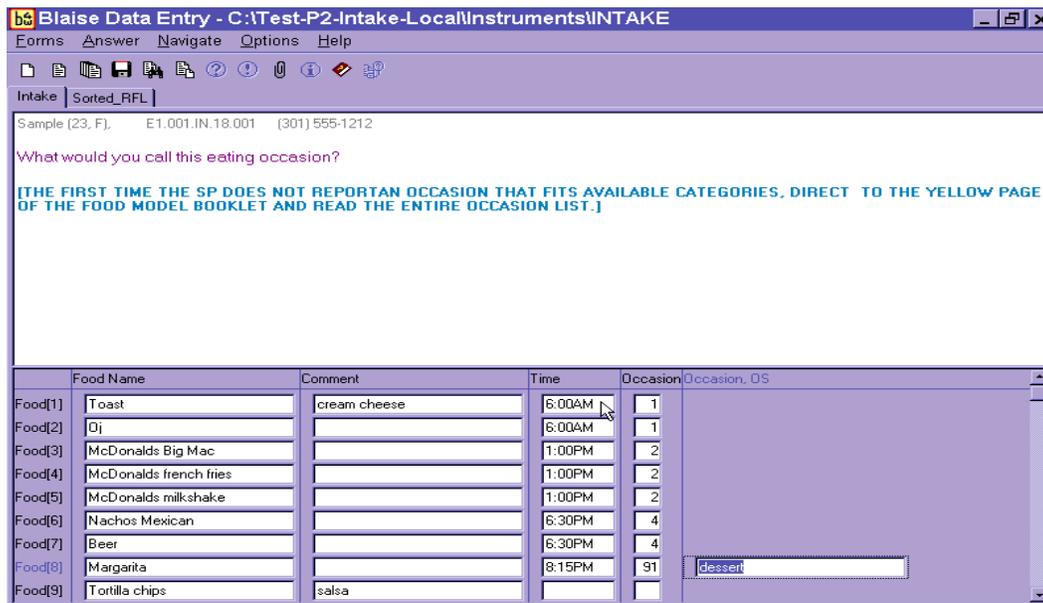
	Food Name	Comments for Interviewer's Use	Time	Occasion	Occasion_OS
Food[1]	Toast		7:00AM		
Food[2]	Oj				
Food[3]	>>>>				
Food[4]					

If the respondent reported the eating occasion while completing either the QL or the FFL pass, confirm the occasion you have already recorded in the Occasion column on the RFL screen.

Most of the occasions are self-explanatory; however, a few need further explanation.

- **Feeding—infant only.** This occasion should only be chosen for children under 2 years of age. Procedures for collecting information on infants are discussed in more detail in Chapter 8.
- **Extended consumption.** This occasion should be chosen only when an eating activity is virtually continuous without distinct periods of consumption, such as sipping cups of coffee from an 8-cup pot or drinking soda from a 2-liter bottle throughout the day. Use this code very sparingly. SPs should be encouraged to report eating occasions at distinct times if they can. A rule of thumb for using Extended Consumption is that the respondent is (1) unable to recall the times a new cup or glass of liquid or handful or bowl of snack/cereal/etc. was started; and/or (2) they can more easily recall the total amount consumed. For example, if an SP reported drinking coffee from her coffee pot all day and couldn't tell you how often or how much she drank in each cup she poured, but did know that she drank the whole 8-cup pot, record as Extended Consumption.
- **“Other, specify.”** If the respondent indicates that none of the occasions on the list describe the eating occasion, ask what they would call the occasion. As shown below (Exhibit 6-35), you will type “91” (Other, specify) and type the response verbatim in the blank field under the Occasion OS column.

Exhibit 6-35. Eating occasion—Other, specify (OS)



If the respondent remembers a food during the Time and Occasion pass, finish entering/confirming the times and occasions for all listed foods, and then put the cursor in the next available food field (FoodName column) and enter the remembered food(s). Remember to ask, “Anything else?” You will ask the details about the foods in Step 4. If the respondent misreports a food during the time and occasion pass, type “error” over the food name on the RFL. The time and occasion will not be collected for any misreported foods.

When you have finished the Time and Occasion pass, follow the steps below.

1. Press Enter
2. Press End

The AMPM program will sort the occasions (meals) in chronological order and will group them together for Step 4 of the Intake Interview.

Before you leave this screen, it is **very important** that you check the foods and the times and occasions to make sure all the information is correct. For example, make sure you didn’t inadvertently enter ‘am’ for a dinner occasion or enter a generic food when the SP reported

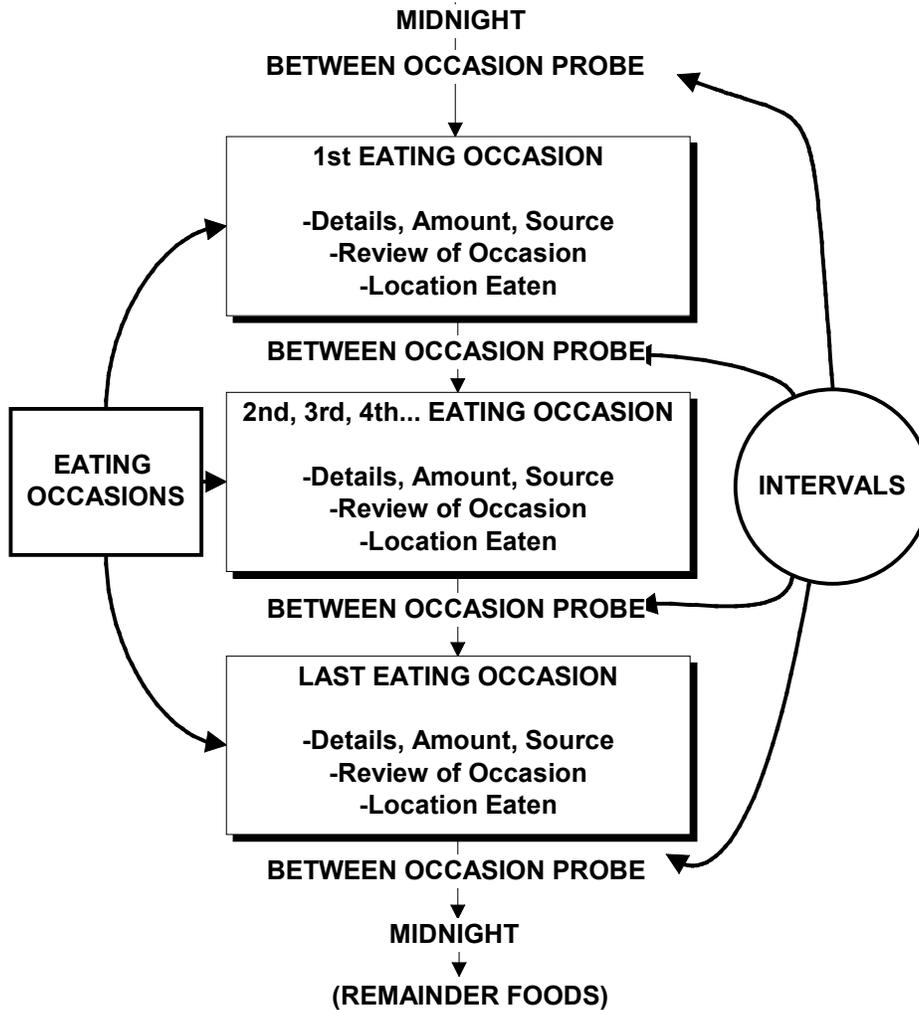
something more specific. This is your opportunity to make sure the information you collected is correct. It will make the entire interview go more smoothly.

## 6.7 Step 4: The Detail and Review Cycle (DRC)

The Detail and Review Cycle (DRC) is Step 4 of the instrument. All the food detail and amount information for all foods listed on the RFL will be collected in this step. The AMPM organizes the foods so that they can be collected in the order the SP ate them (rather than the order the respondent remembered and reported them).

As show in the flowchart in Exhibit 6-36, the DRC flows in chronological order, beginning with the interval between midnight and the first occasion and ending with the period between the last occasion and midnight. In between are eating occasions represented by the boxes. Probes for collecting the details and amounts eaten of each food are located in food categories. For each reported food, the program accesses the appropriate food category.

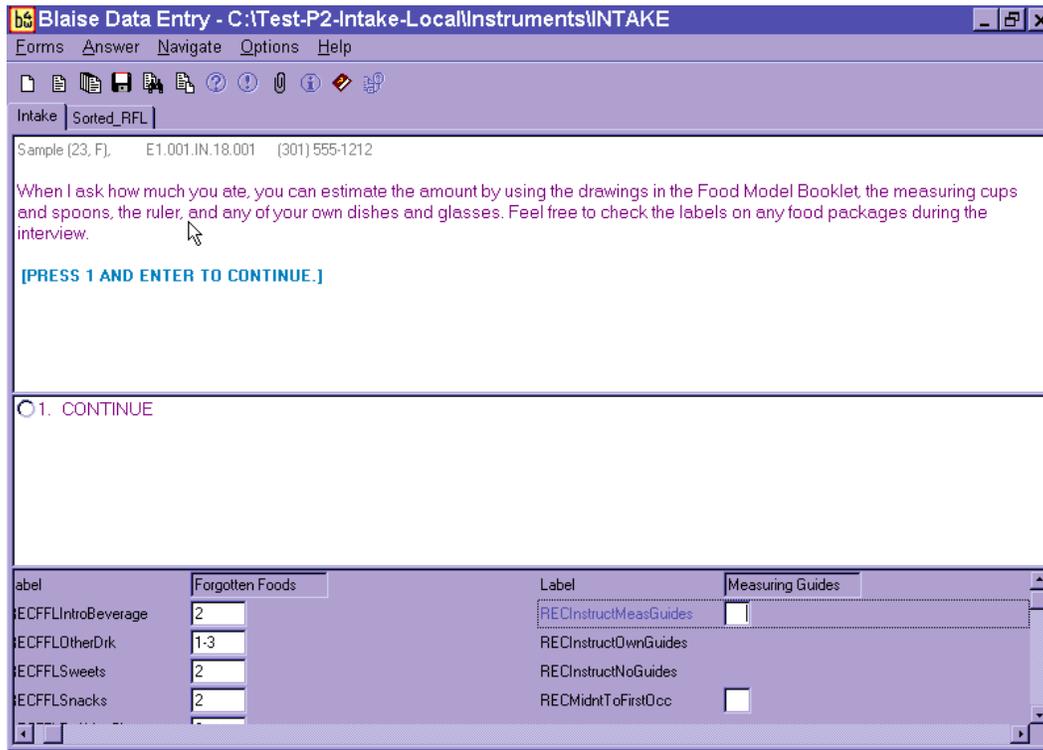
Exhibit 6-36. Detail and Review Cycle



### 6.7.1 Measuring Guide Instructions Screen

This screen introduces the respondent to the measuring guides (Exhibit 6-37). The text of the screen is determined by the response entered at the beginning of the interview. Read the screen, then enter “1” and continue.

Exhibit 6-37. Measuring guide instructions screen



### 6.7.2 Midnight to First Occasion Probe

This probe (Exhibit 6-38) covers the time period between midnight and the SP’s first eating occasion for the recalled day. This is the first of several between interval probes. Between interval probes ask about the time periods in-between the eating occasions the SP has reported.

Exhibit 6-38. Midnight to first occasion probe

The screenshot shows the Blaise Data Entry software window titled "Blaise Data Entry - C:\Test-P2-Intake-Local\Instruments\INTAKE". The window has a menu bar with "Forms", "Answer", "Navigate", "Options", and "Help". Below the menu bar is a toolbar with various icons. The main area displays the "Intake" form with the question: "First, did you have anything to eat or drink between midnight yesterday and your 6:00 AM breakfast?". Below the question are two radio button options: "1. YES" and "2. NO". At the bottom of the window is a data entry table with two columns: "Forgotten Foods" and "Measuring Guides".

Label	Forgotten Foods	Measuring Guides
ECFFLIntroBeverage	2	RECInstructMeasGuides 1
ECFFLOtherDrk	1-3	RECInstructOwnGuides
ECFFLSweets	2	RECInstructNoGuides
ECFFLSnacks	2	RECMidntToFirstOcc

Note that the probe is prefilled with the time and eating occasion (6 AM Breakfast). If the occasion had only one food, for example “toast,” the probe would read:

“First, did you have anything to eat or drink between midnight yesterday and your 6 AM toast?”

If the respondent remembers some foods in response to this probe, enter “1” for “YES.” The AMPM will take you back to the RFL screen, where you will enter the food names on the next available line in the FoodName Column. The program will take you through the details for this food later in this step.

Then ask “Anything else?” and record any other foods. Collect or confirm the Time and Occasion for the new food(s). After recording time and occasion for each food, follow the steps below.

1. Ask anything else?
2. Type “XXX” and press ENTER twice; and
3. Press END.

If the remembered foods were eaten during the period you are probing for, the program will bring up the details and amounts probes at this time. If they were eaten at a later time, the program will guide you to the details later in the interview.

### 6.7.3 Collecting Details and Amounts

The AMPM physically moves you to another part of the instrument that requires you to progress through some navigation screens. These will be discussed in detail in this section.

You will collect details on two types of food: primary foods and additions to primary foods. Primary foods refer to the original or “main” food that was reported. Additions refer to foods that were added to the primary food.

If the respondent remembers a primary food at any time while you are collecting the food details, you may return to the RFL by pressing “F10” and typing “RFL” in the tag box (Exhibit 6-39).

**Exhibit 6-39.** Type “F10” in box to go to RFL



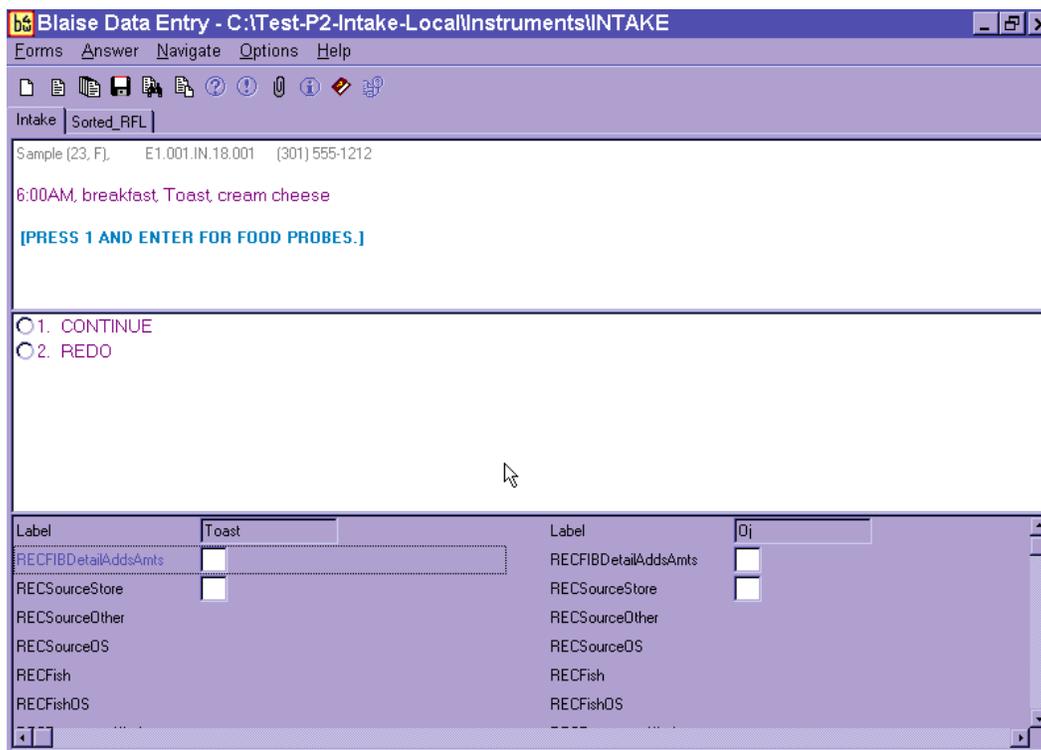
If a respondent remembers an addition to a primary food, you will go back to the primary food and add the addition. Procedures for adding a remembered addition are detailed in Section 8.10.

### 6.7.3.1 Sequence of Screens

The screen shown next (Exhibit 6-40) is called the Continue/Redo Screen. It begins the sequence of collecting details and amounts. Notice the food header at the top of the question pane. It includes the Time, Occasion, and Food Name for the food you are about to probe at the top of the question pane.

Notice that there are two possible responses for this screen: “1” for “Continue” and “2” for “Redo.” If this is the first time you have been presented with this screen, say something like, “You said you had toast at 6AM” and press “1” for “Continue.” If you have completed the details for this food but need to make a change to a response, press “2” for “Redo.” **You will only need to choose “Redo” to change an answer if you have left that Food Category (that is, answered the Source question at the end of the Food Category).** The program will take you back into the Food Category to change the response items.

Exhibit 6-40. Continue/Redo screen



The next screen, shown below (Exhibit 6-41), is the Category Start screen that links to the Food Categories.

**Exhibit 6-41. Category start screen**

There are four response items listed on this screen that represent the status of the food. The definitions of the status codes are as follows:

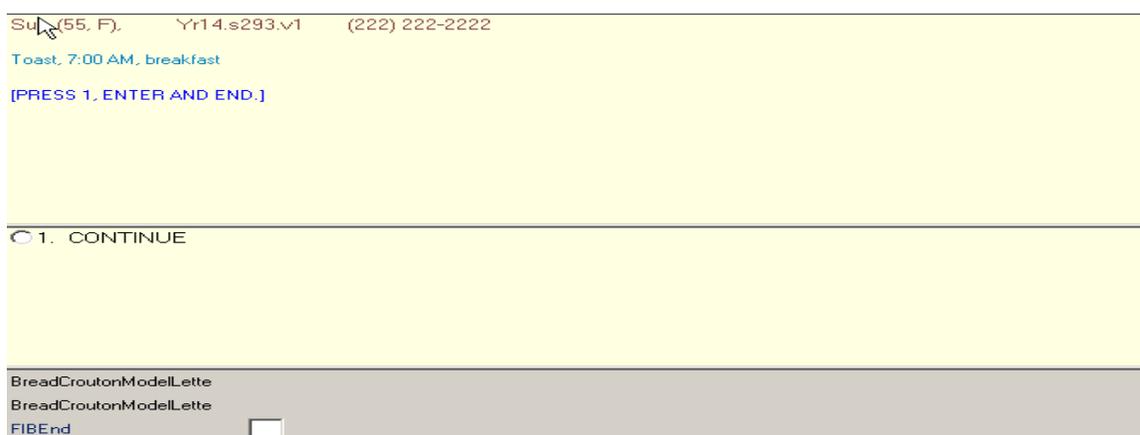
1. **Include in intake:** Select for all foods that are to be included in the Dietary Recall.
2. **Misreported:** Select for foods that a respondent reported but later remembered he did not eat. If you enter this code, the AMPM will take you to the next reported food.
3. **Needs data retrieval:** Select for a meal when a respondent cannot describe and cannot quantify. This code can be selected only for children less than 12 years old and adults who cannot report for themselves. You will return to this screen to change the code from “1” (“Include in intake”) to “3” (“Needs data retrieval”) after completing the Food category details. Data Retrieval procedures are discussed in Section 8.3.
4. **Same as:** Select for identical foods that a respondent reported earlier. Also use for identical foods that another SP in the household has already reported. You may only refer to intakes you previously collected. You will return to this screen to change the

code from “1” (Include in intake”) to “4” (“Same as”). The procedures for collecting the necessary information are described in Section 8.8.

When you enter “1” for “Include in intake,” the AMPM will take you to the food probes for that food. By choosing the “Redo” option on the Continue/Redo screen, you can return to this screen at any time to change the answer (i.e., “misreport,” “needs DR,” or “Same as”).

After you collect the food details and amount information for a particular food in the food category, the screen shown in Exhibit 6-42 will appear. This signifies that you have completed the food probes.

**Exhibit 6-42. Category end screen**



Notice that the interviewer instructions tell you to select 1-Enter-End to continue. This navigation will take you to the next appropriate question.

### 6.7.3.2 Food Category Details

There are 131 food categories in this instrument. With the exception of breast milk (which is discussed in Chapter 8), all foods on the Main Food List (MFL) are linked to a food category. The AMPM program allows you to access some categories more than others. You can enter most 5 times but some, such as coffee or condiments and sauces, can be entered 10 times. In the rare instance when a food is reported more frequently than allowed, an edit message will appear. See Chapter 8

for a list of food categories that can be entered 10 times and for more details on the procedures to follow when you are denied access to a category.

Types of food categories. The food categories can be divided into four groups:

- **Group 1.** Includes the simple categories that ask a few detail questions and the amount eaten. More detail is not needed to code the food. Examples are MIL (Milk), FRU (Fruit), or BIS (Biscuit).
- **Group 2.** Has more complex categories that collect details on ingredients or preparation that describe the food. Examples include POU (poultry), STW (stew) or MXD (mixed dish).
- **Group 3.** Includes categories that collect information on the amount of the reported ingredients. Examples are sandwiches, green salads, and hamburger on bun.
- **Group 4.** Contains a few categories that do not fit in the other groups. These are FMA (formula), BJU (baby juice), and JBF (jarred baby food), which ask about added foods as part of the food detail.

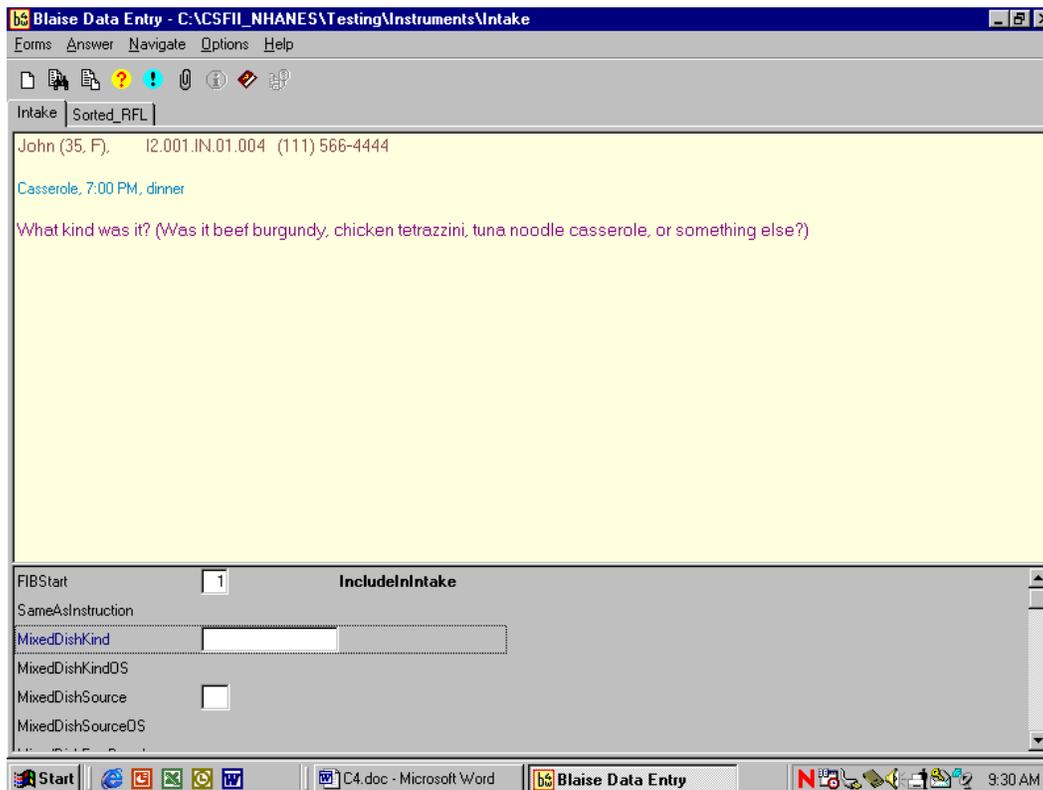
See Appendix B for a complete list of food categories sorted by group.

**Specific probes.** Every food category contains specific probes for each food or group of foods.

The probes are designed to collect detailed description about foods and beverages reported, and the amounts eaten. Each question is on a separate screen (Exhibit 6-43), and the question names are displayed on the bottom half of the screen. Read the probes exactly as written.

The first probe in many categories asks, “What kind was it?”(Exhibit 6-43). A follow-up probe is in parentheses. Ask the follow-up probe if the respondent hesitates or doesn’t respond or understand the first probe. Note that the follow-up probe ends in the words “or something else.” This probe is written in this way to allow the respondent to give responses other than the ones you read.

Exhibit 6-43. Specific probes



Blaise Data Entry - C:\CSFII\_NHANES\Testing\Instruments\Intake

Forms Answer Navigate Options Help

Intake Sorted\_RFL

John (35, F), I2.001.IN.01.004 (111) 566-4444

Casserole, 7:00 PM, dinner

What kind was it? (Was it beef burgundy, chicken tetrazzini, tuna noodle casserole, or something else?)

FIBStart  IncludeInIntake

SameAsInstruction

MixedDishKind

MixedDishKindOS

MixedDishSource

MixedDishSourceOS

Start | C4.doc - Microsoft Word | Blaise Data Entry | 9:30 AM

There are a number of common features about the food categories that will help you conduct a smooth and effortless interview. They are listed below:

- **Kind. “What kind was it?”** Often refers to the flavor or variety of a food such as juice (orange or apple) or cheese (Cheddar or Swiss). May also refer to a name of a food such as Chicken à la King or Cobb salad. This probe is “prefilled” most often from the MFL.
- **Brand. “What was the brand name?”** Refers to brand names of a product, including names of fast food places. Examples are Kentucky Fried Chicken (KFC) and Tropicana.
- **Fat used.** “Was any fat or oil used in cooking or preparing this food?” Refers to any kind of fat being used in cooking or preparing a food.
- **Form.** Was it fresh, canned, frozen, dried, or something else? Refers to a food’s form.
- **Home recipe.** Was it made from a home recipe? This refers to foods that are made from scratch or from more than one ingredient and not from just a commercial mix.
- **Prep.** Was it baked, broiled, fried, or something else? Refers to how a food was cooked or prepared.

- **Type.** Was it regular, diet, low fat, or something else? Refers to fat, caloric, sugar, salt, and/or caffeine content.
- **Ingredients.** What were the ingredients? Ingredients are components of foods. There are 23 food categories that may ask for ingredients:
  - Alcoholic mixed drinks\*
  - Baby food cereal
  - Breakfast bars
  - Hamburger on bun\*
  - Dips
  - Eggs (scrambled or omelet)
  - Jello
  - Gravy
  - Green salads\*
  - Hamburger helpers
  - Hot dogs\*
  - Ice cream (sundaes)\*
  - Macaroni and cheese
  - Mexican foods\*
  - Milk shakes
  - Other salads (not green salads)
  - Potatoes (mashed)
  - Rice (mixtures)
  - Sandwich categories\*
  - Soups
  - Stews
  - Stuffings
  - Trail and snack mixes

\*Some categories also ask for the amounts of the ingredients. These categories are starred above.

**Prefilled responses.** The program will “prefill” the response for some of the probes based on what was reported on the QL. This reduces the burden on the respondent and the interviewer by limiting the number of questions that must be asked. For example, if the respondent reports a Big Mac for lunch, the AMPM will prefill all the food detail probes (fast food sandwich, brand, and sandwich name). The only question you ask is whether anything was added to the food as illustrated in the two screens below (Exhibits 6-44 and 6-45).

**Exhibit 6-44. Prefilled responses—Screen 1**

McDonalds Big Mac, 12:00 PM, lunch

[SELECT ONE OF THE FOUR OPTIONS LISTED BELOW]

---

1. Include in intake (collect details)  
 2. Misreported (drop food from intake)  
 3. Needs data retrieval  
 4. Same As (food already reported by respondent or household)

---

FIBStart	<input type="text" value="1"/>	<b>IncludeInIntake</b>	SandBreadOS
SameAsInstruction			SandBiscuitKind
DthSandFastFood	<input type="text" value="1"/>	<b>FastFood</b>	SandBiscuitKindOS
FastFoodSandBrand	<input type="text" value="20"/>	<b>McDonalds</b>	SandRollBunKind
FastFoodSandBrandOS			SandRollBunKindOS
FastFoodSandName	<input type="text" value="Big Mac, McDonald's"/>		SandBreadGrain

Exhibit 6-45. Prefilled responses—Screen 2

McDonalds Big Mac, 12:00 PM, lunch

Did you add anything to the sandwich?

1. Yes

2. No

OtherSandFFChee

SandOthing

**How to record probe responses.** You must record a response to every probe asked in the food categories. The response choices will be either listed on the screen or listed in a table called a Look-Up Table (LUT). Food probes that have too many response choices to fit on a screen will store the responses in LUTs. Almost all probes allow the response choice “Other, specify.” This choice permits an open-ended response if none of the choices listed is reported by the respondent.

In most cases the response choices are listed in alphabetical order. However, there are some categories that list response items in an order that we think will make more sense to you than alphabetical order. As in the example below (Exhibit 6-46), when probes ask for the kind of milk drunk or used in a recipe, it makes sense to choose “1%” and “2%” by selecting “1” or “2.” See screen example below.

Exhibit 6-46. Response items

The screenshot shows the Blaise Data Entry software window titled "Blaise Data Entry - C:\Test-P2-Intake-Local\Instruments\INTAKE". The window has a menu bar with "Forms", "Answer", "Navigate", "Options", and "Help". Below the menu bar is a toolbar with various icons. The main area displays "Intake Sorted\_RFL" and "Sample (58, M), E1.001.IN.18.001 (301) 555-1212". The text "Milk, 8:00 AM, breakfast" is entered. Below this is the question "What kind was it? (Was it 1%, 2%, whole, skim, soy, buttermilk, or something else?)". A list of 31 radio button options is provided, numbered 1 through 31. The options are: 1. 1% lowfat milk, 2. 2% reduced fat milk, 3. Whole milk, 4. Skim/Nonfat milk, 5. Acidophilus milk, 6. Breast milk, 7. Buttermilk, 8. Calcimilk, 9. Calcium fortified milk, 10. Chocolate milk, 11. Coconut milk, 12. Cow's milk, 13. Cream, 14. Creamer, 15. Dry milk, 16. Evaporated milk, 17. Filled milk, 18. Formula, 19. Goat's milk, 20. Half and half, 21. Imitation/Substitute milk, 22. Lactaid milk, 23. Lactose reduced milk, 24. Malted milk/Milk drink, 25. Nonfat dry milk, 26. Powdered milk, 27. Rice Dream, 28. Rice milk, 29. Soy milk, 30. Sweetened condensed milk, and 91. Other, Specify. At the bottom, there is a table with columns for "FIBStart", "IncludeInIntake", and "ADDFoodName". The "FIBStart" column has a value of "1". The "IncludeInIntake" column has a checked checkbox. The "ADDFoodName" column has the text "MilkKind" and "MilkType" in the first two rows, and "MilkKindOS" in the third row.

Unit response items are typically grouped in like units such as volume, weight, general units, and food models, and listed in ascending order of volume or size. Details on recording unit responses are described in Section 6.7.3.4.

You must enter a response item code or record the respondent's answer in one of six ways described below.

1. **Choose one response from the numbered list.** Enter the response item number or use the mouse to click on one response item (Exhibit 6-47).

Exhibit 6-47. Number list responses

Was it from a restaurant, a fast food place, home prepared, or some other place?

---

1. Fast food place  
 2. Homemade  
 3. Other place  
 4. Restaurant

---

FIBStart	<input type="text" value="1"/>	<b>IncludeInIntake</b>	EggingAdd
SameAsInstruction			EggCheese
EggKind	<input type="text" value="1"/>	<b>ChickenEgg</b>	EggMeat
EggKindOS			EggMeatKind
EggSource	<input type="text" value="1"/>		EggMeatKindOS[1]

- Choose one response from Look-Up Tables.** When there are too many response items to fit on a screen, a Look-Up Table (LUT) is used to hold the responses. You will know when a food probe contains a LUT because there will be no response items to choose from on the screen. LUTs are used for both single response and multiple response probes. Searching for a food on the LUT is the same as the trigram searching discussed in the MFL section (6.4.1). The LUT shown next (Exhibit 6-48) will appear when you enter a response to the “kind” probe for bread.

Exhibit 6-48. Look-Up Table (LUT) responses

Description	Column1	Column2	Column3	Column4	Column5	Column6
Wheat bread	BRE040	NA	BRE602			
Wheat bran bread	BRE040	NA	BRE602			
Wheat germ bread	BRE040	NA	BRE602			
Wheatberry bread	BRE040	NA	BRE602			
Honey wheat bread	BRE040	NA	BRE602			
Pita bread, wheat	BRE500	NA	BRE685			
Whole wheat bread	BRE040	NA	BRE602			
Cracked wheat bread	BRE040	NA	BRE602			
Crushed wheat bread	BRE040	NA	BRE602			
Sprouted wheat bread	BRE040	NA	BRE602			
100% whole wheat bread	BRE040	NA	BRE602			
Pita bread, whole wheat	BRE500	NA	BRE685			
Wheat with raisin bread	BRE040	NA	BRE602			
Pita bread, cracked wheat	BRE500	NA	BRE685			
Wheat bran with raisin bread	BRE040	NA	BRE602			
Whole wheat with raisin bread	BRE040	NA	BRE602			
White with whole wheat swirl bread	BRE040	NA	BRE602			

Search: wheat

Key type:  IrigramFood  AlphaFood

1:17

As in the MFL trigram search, the search finds the foods that best match the search term, in this case “wheat bread.” You cannot use the abbreviations on the MFL<sub>to</sub> search the Look-Up tables. Once the food is highlighted on the search screen, press Enter to select the food.

Probes that commonly, but not always, have response items in LUTs include KIND, TYPE, and INGREDIENTS.

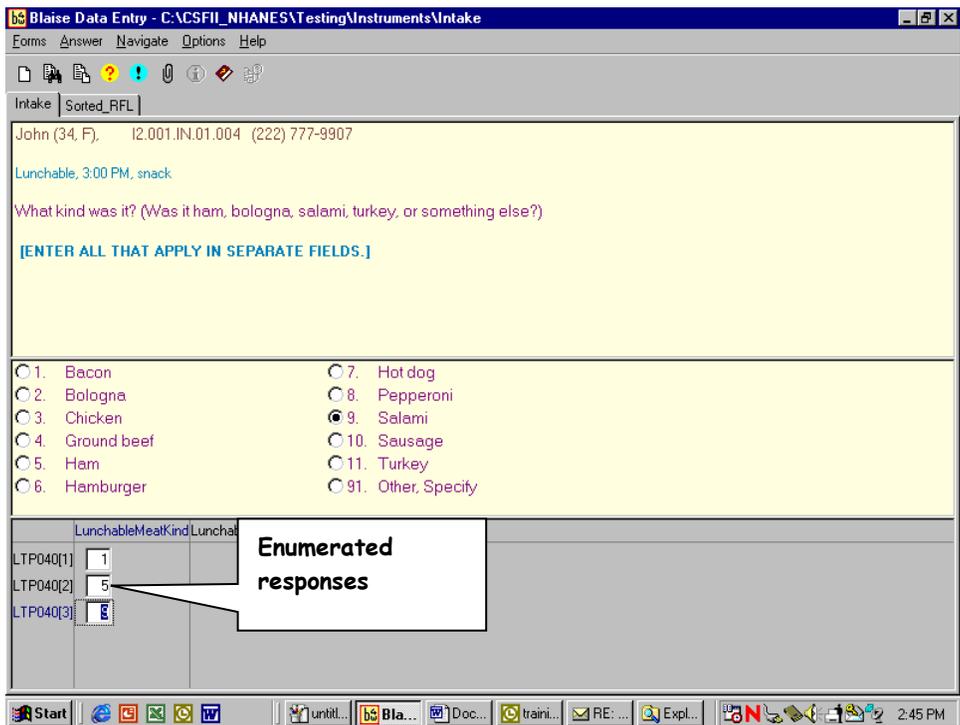
3. **Choose multiple responses: Code All That Apply (CATA).** Some probes can have more than one answer. This is called a Code All That Apply or CATA. Food probes that are commonly, but not always, CATAs include TYPE, FAT, and INGREDIENTS.

There are three different ways of entering CATA responses, depending on the information requested.

- **Table format.** A table format allows you to enter multiple responses to a question in separate fields. Responses are selected from an enumerated list or a LUT. Generally, when you see a table format, follow-up information is required about the responses (i.e., amount or type). However, CATA responses chosen from a LUT will always be in a table format, even if they do not have a follow-up question. Generally you can enter 15 responses into the table; however, for “type” questions, the limit is 5, and for Lunchables, the limit is 3.

The instruction “ENTER ALL THAT APPLY IN SEPARATE FIELDS” tells you that multiple responses are allowed for a question (Exhibit 6-49).

Exhibit 6-49. Table format enumerated responses



If a respondent reports more than one answer, enter the response in the field and continue adding responses in additional blank fields until the SP finishes reporting responses. Then press Enter on the blank line, and the program will go to the next detail probe.

You will type in the LUT responses one by one and list the enumerated responses by number (Exhibit 6-50).

Exhibit 6-50. Table format LUT responses

The screenshot shows a software window titled "Blaise Data Entry - N:\icsfiitst\CSFII\_NHANES\Testing\Instruments\Intake". The window contains a form with the following text:

shot (13, M), 11.001.IN.06.002 (0) 0-0

Garden salad, 4:00 PM, lunch

What were the ingredients in the garden salad? (Was there lettuce, tomato, carrots, avocado, cottage cheese, egg, turkey, or something else?)

[ENTER ALL THAT APPLY IN SEPARATE FIELDS.]

[NOTE: DETAILED DESCRIPTIONS NOT NEEDED. DO NOT INCLUDE "Salad dressing" HERE (IT IS ASKED LATER).]

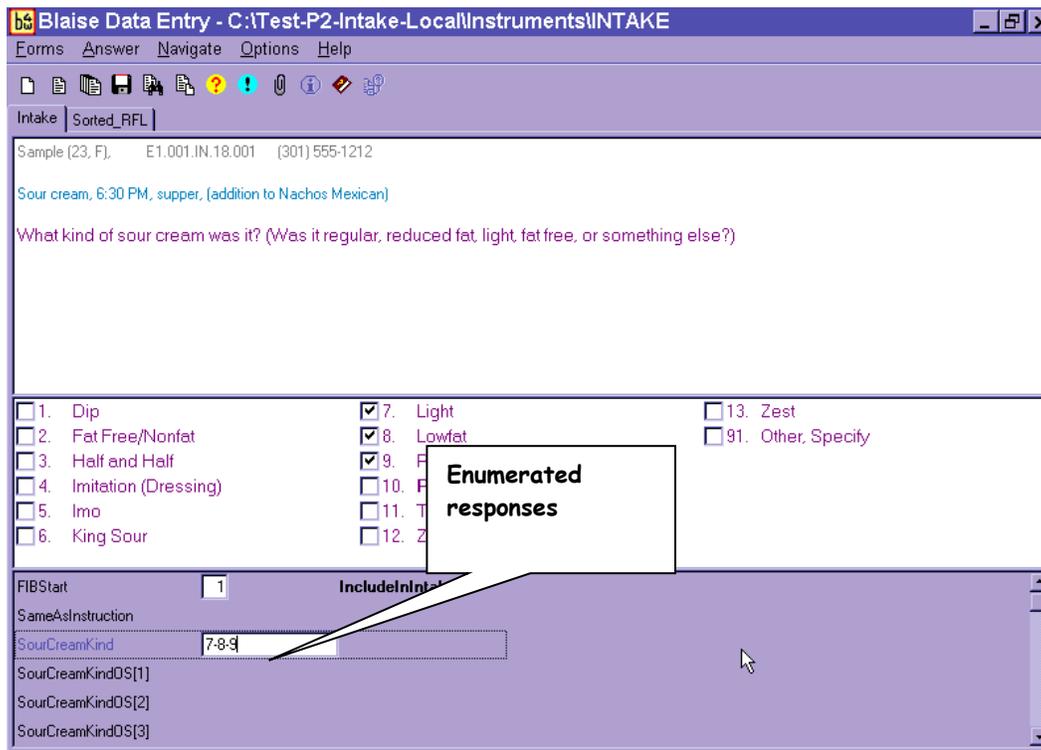
Below the text is a table with the following structure:

	GrSaladIng	GrSaladIngOS
GRS045[1]	Lettuce	
GRS045[2]	Carrots	
GRS045[3]		
GRS045[4]		
GRS045[5]		

A callout box labeled "LUT response" points to the "Lettuce" entry in the first row of the table.

- **Enumerated list.** CATA enumerated responses that require no follow-up questions are entered into a single response field and are separated by a dash. These CATA response choices have a square button to the left of the responses. An example of a food probe with CATA responses from an enumerated list is shown below (Exhibit 6-51). All answers go in one field.

Exhibit 6-51. Enumerated responses



4. **Choose “Refused” (F7).** If the respondent will not provide the details of a food, select F7 for Refused to skip through the probes and continue with the interview. Use this key very sparingly and only when it is evident that the respondent cannot or will not provide the details (Exhibit 6-52).



6. **Other, specify (91 or OS).** If the respondent's answer is not listed as one of the possible response options, you can select "Other, specify" (OS). The OS is included on an enumerated list or a LUT.
- **If enumerated list.** Enter "91" to select OS and type the answer in the text field that opens up in the answer pane portion of the screen (Exhibit 6-54).
  - **If LUT.** Type "OS" in a LUT and press Enter to access the text field and type in the answer.

**Exhibit 6-54. Other, specify response**

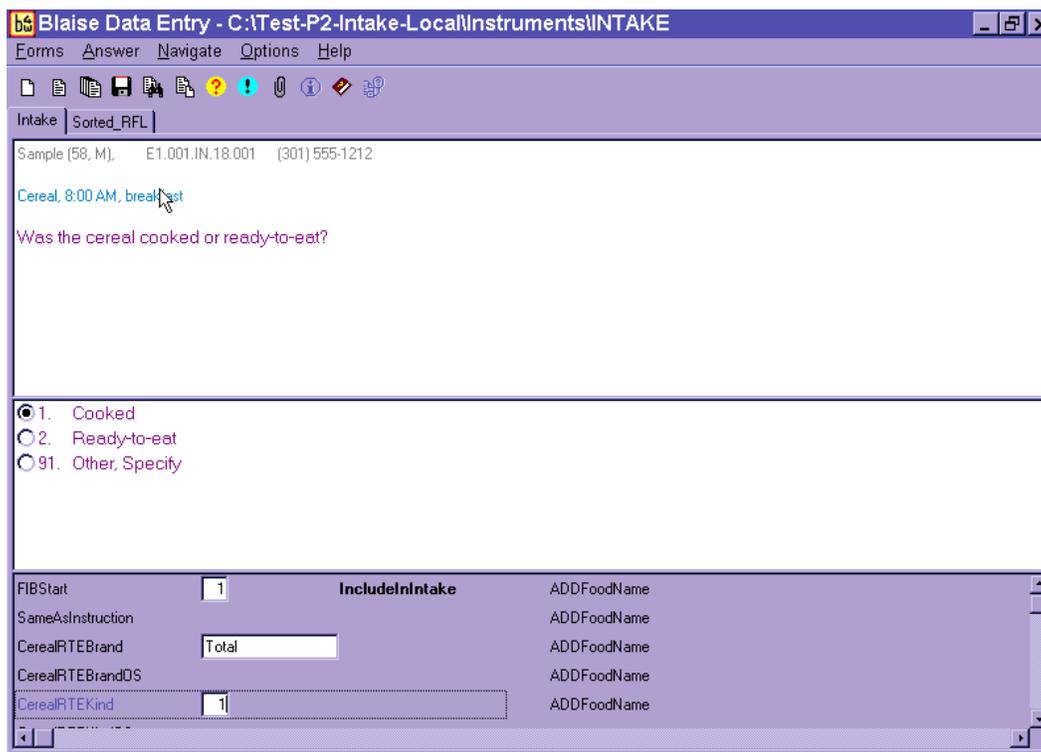
The screenshot shows the Blaise Data Entry software interface. The window title is "Blaise Data Entry - C:\CSFII\_NHANES\Testing\Instruments\Intake". The interface includes a menu bar (Forms, Answer, Navigate, Options, Help) and a toolbar. The main display area shows the respondent's information: "John (34, F), I2.001.IN.01.004 (222) 777-9907" and the food item "Margarine, 12:30 PM, lunch". Below this is the question: "Was it regular, light nonfat, blend, or something else?". A list of 11 options is displayed, with "91. Other, Specify" selected. The bottom pane shows the variable "ButterMargType" with the value "91".

**Linking between food categories.** A total of 51 of the 132 food categories have links to other food categories to allow you to ask the correct food probes for a particular food. Some of the food categories link only to one other category, while others link to as many as 25 different categories. For example, if respondents report "coffee" on the QL but in the details cycle describe it as an alcoholic beverage such as "Irish coffee," that response item will link to the Nonalcoholic and Alcoholic Beer, Wine, Cocktails, Liquor category. Conversely, if a respondent reports a mixed dish on the QL but describes it in the food details cycle as a pot pie, jambalaya, baked beans, quiche,

macaroni and cheese, or another specialty mixed dish, the program will link those response items to new categories.

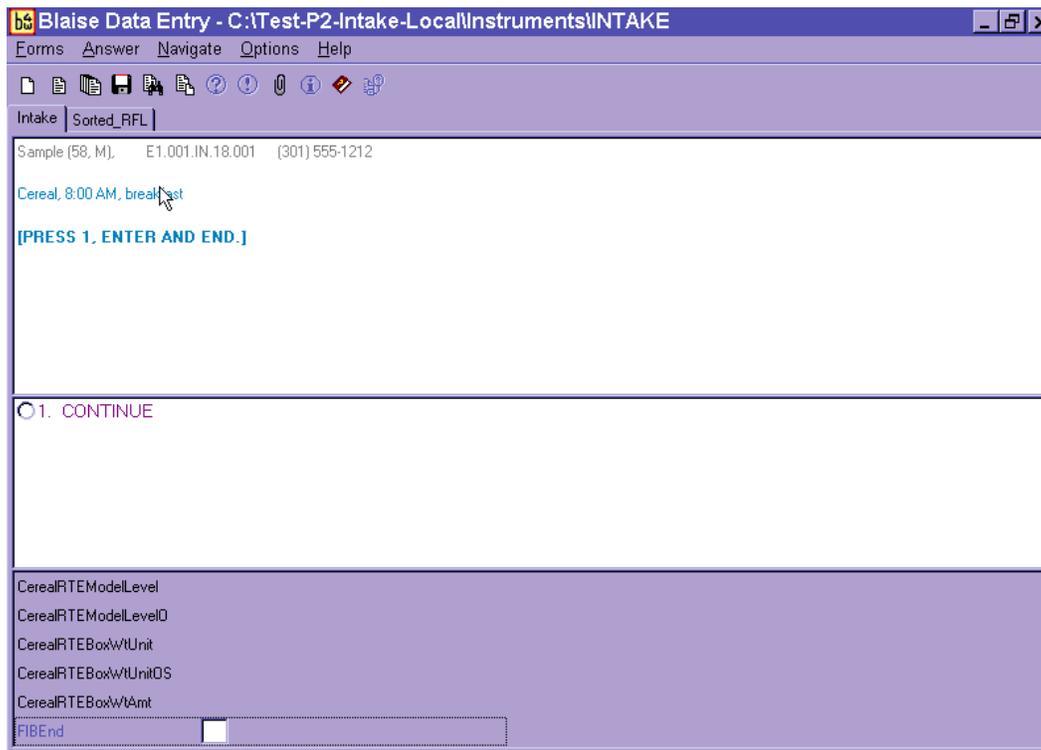
The screen below (Exhibit 6-55) shows that the respondent reported “cereal” on the Quick List pass. “Cereal” links to the ready-to-eat cereal category. Because the respondent said the cereal was cooked, the program links to the cooked cereal category.

**Exhibit 6-55. Linking between food categories—Screen 1, Original category**



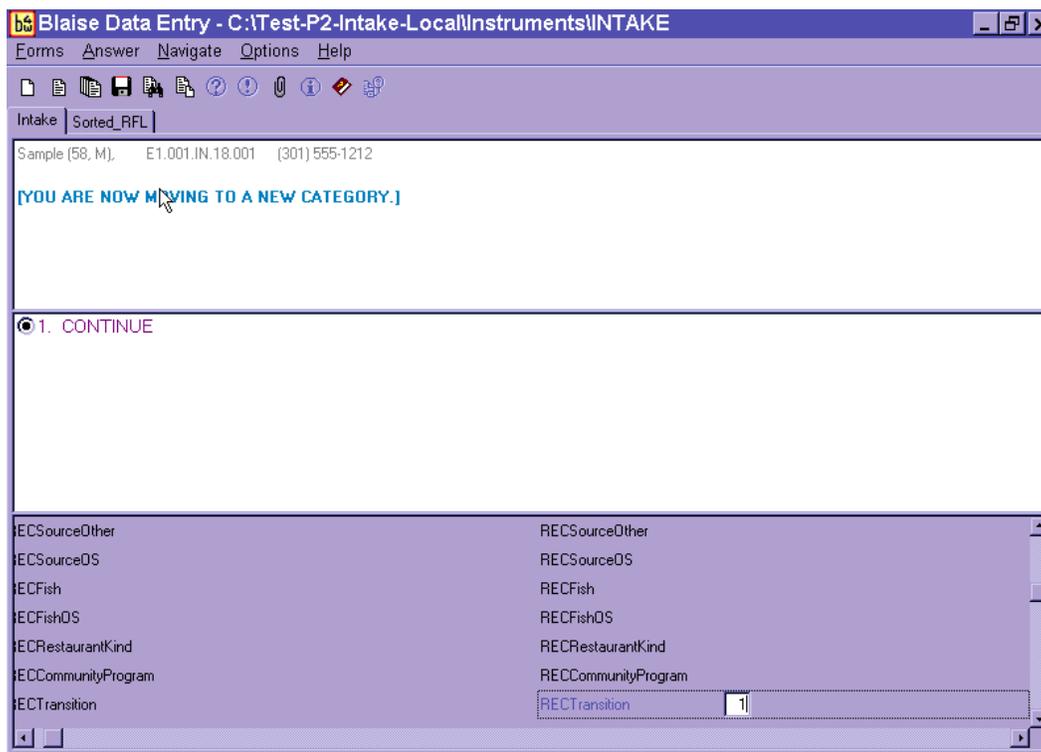
This screen appears (Exhibit 6-56) when the program is leaving the ready-to-eat cereal category and linking to the cooked cereal category.

Exhibit 6-56. Linking between food categories—Screen 2, Finish original category



The next screen that appears (Exhibit 6-57) is the Transition screen.

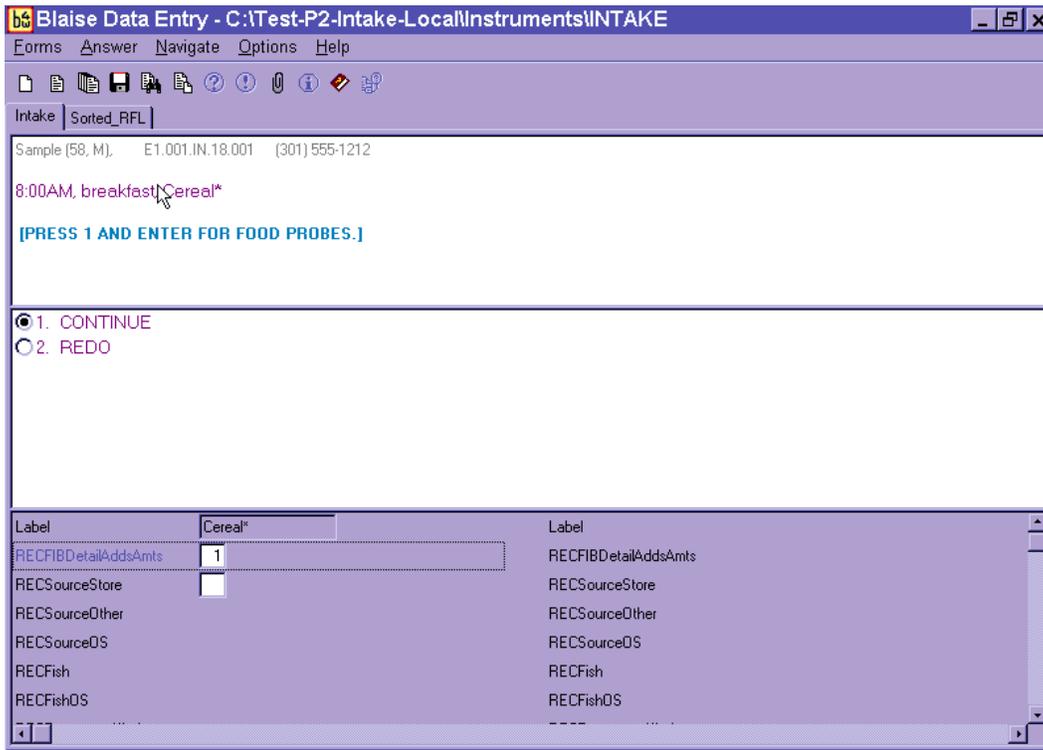
Exhibit 6-57. Linking between food categories—Screen 3, Transition screen



This screen lets you know that you are moving to another food category to collect the food details.

The next screen that appears (Exhibit 6-58) is the Continue/Redo screen for the Cooked Cereal.

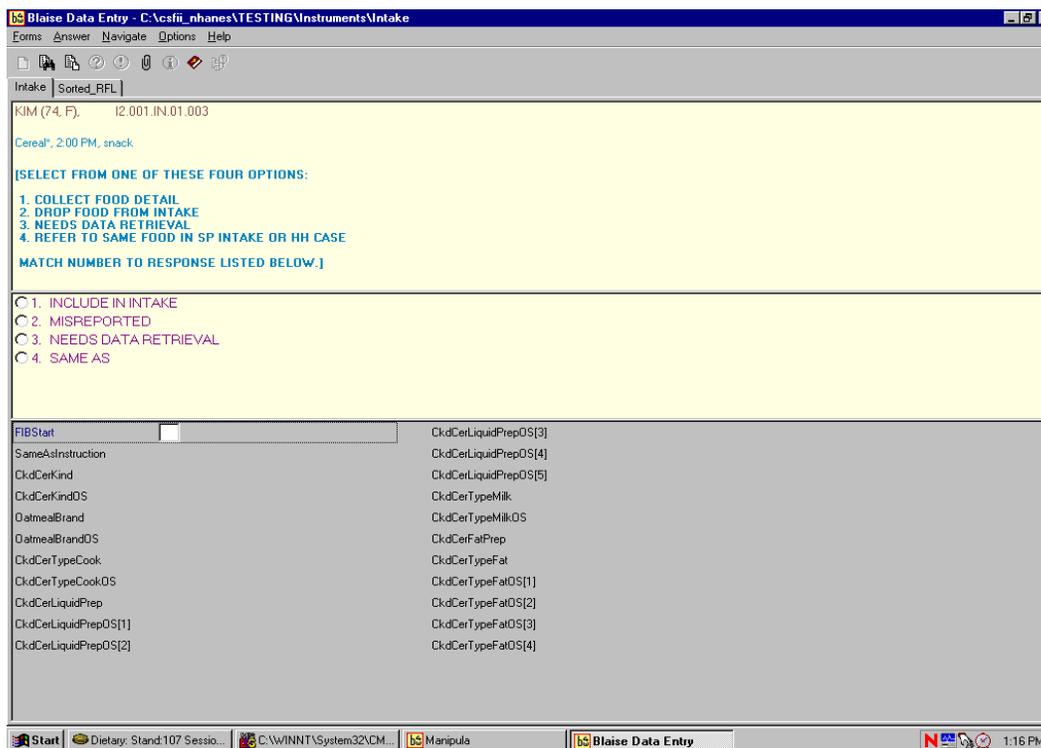
Exhibit 6-58. Linking between food categories—Screen 4, Continue/Redo new category



Notice that the food name in the Food Header is “cereal” rather than “cooked cereal.” That is because the Food Header information comes from the information you entered on the Respondent Food List (RFL). However, there is an asterisk (\*) next to the food name and also an asterisk next to the food label.

Finally, you will see the beginning screen (Exhibit 6-59) for Cooked Cereal.

Exhibit 6-59. Linking between food categories—Screen 5, New category



You will **never** have to decide to link to a Food Category. The AMPM program automatically links the categories.

The table below (Exhibit 6-60) lists the 51 food categories that contain response items that link to other categories. The table also presents the number of response items within each category that link to other categories, as well as the number of new categories the original category links to. For example, the category **Barbecue, Sloppy Joe**, contains one response item that links to one other category, whereas the **Beef, Lamb, Veal, and Game Meats** category contains 43 response items that link to one other category. On the other hand, the **Bread (Not Sweet)** category contains nine responses that link to four other categories. A complete list of the response items that link to new categories can be found in Appendix B with the food category listing.

Exhibit 6-60. Table of categories that link to other categories

Category name	Number of response items that link to other categories	Number of categories response items link to
Barbecue, Sloppy Joe	1	1
Bacon, Sausage, BLT Sandwiches	1	1
Biscuits	1	1
Beef, Lamb, Veal, Game Meats	43	1
Bread (Not Sweet)	9	4
Hamburger on Bun or Bread (not from fast food)	11	1
Cakes, Cupcakes, Snack Cakes	51	5
Ready-to-Eat Cereals	24	1
Cheese	3	2
Coffee, Specialty Coffees	2	1
Cream, Creamers, Whipped Toppings	1	1
Condiments, Sauce, Salsa	5	4
Dry Baby Cereal	1	1
Egg, Egg Salad Sandwiches	1	1
French Fries, Tater Tots	1	1
Fish, Shellfish	10	4
Flavored Milk Drinks	1	1
Fruits, Berries	7	5
Grilled Cheese and Cheese Sandwiches	2	2
Gravy	3	2
Green Salads	11	2
Ice Cream, Sherbet, Tofu Desserts, Frozen Dairy Desserts, Frozen Yogurt, Sundaes	11	1
Jarred (Not Dry) Baby Foods	1	1
Juices (100%), Drinks, Ades	5	3
Macaroni and Cheese	1	1
Salad Dressings, Mayonnaise	1	1
Milk	7	3
Meat Substitutes, Meat Alternates, Vegetarian and/or "Meatless" Versions of Meat, Poultry, or Fish Entrees	15	9
Mixed Dishes, Casseroles	60	25
Nuts, Seeds, and Mixtures of Nuts and Seeds	3	1
Beef, Ham, Pork, Chicken, Turkey, Vegetarian, Other Sandwiches	96	10
Other Salads	6	4

Exhibit 6-60. Table of categories that link to other categories (continued)

Category name	Number of response items that link to other categories	Number of categories response items link to
Pasta: Noodles, Macaroni	18	6
Peanut Butter Sandwich, Peanut Butter and Jelly Sandwich	1	1
Pies, Tarts	4	2
Ham or Pork	15	7
White Potatoes	5	3
Poultry	15	7
Popsicles, Ices, Frozen Fruit Bars, Sorbets, Slurpees, Smoothies	4	1
Rolls, Buns, Bagels, English Muffins	14	3
Rice	1	1
Sweet Breads, Coffee Cakes, Sweet Rolls, Pastries, Muffins (not corn), and Croissants	7	4
Shepherd's Pie	1	1
Sodas, Pop, Soft Drinks	4	1
Soups	11	1
Spaghetti Sauce	3	3
Stews, Guisado, Goulash	7	4
Sugars	2	1
Tortillas, Taco Shells, Gordita Shells, Sope Shells, Chalupa Shells	2	2
Unknown Foods	441	121

**Edit messages.** As discussed earlier, an Edit Message appears when you have entered a response that is illogical or out of range (Exhibit 6-61). Edits occur at the Time and Occasion probes and with certain food characteristics. The message identifies the problem and asks you to change it.

There are two kinds of edits: soft and hard. **Soft edits** ask you to confirm the answer that you just recorded. Soft edits allow you to leave the screen without changing the response if the respondent confirms that the answer was correct. To leave the screen, you can either enter “ALT S” or use the mouse to select the “Suppress” button. If the answer recorded is incorrect, press Enter to activate the “Goto” button, which will move the cursor to the answer.

Exhibit 6-61. Edit messages

Questions involved	Value
(SCR005)	Light

A **hard edit** message occurs when you enter a response that is not allowed. Unlike soft edits, you must change the answer before continuing with the interview. An example of a hard edit is illustrated in Exhibit 6-61.

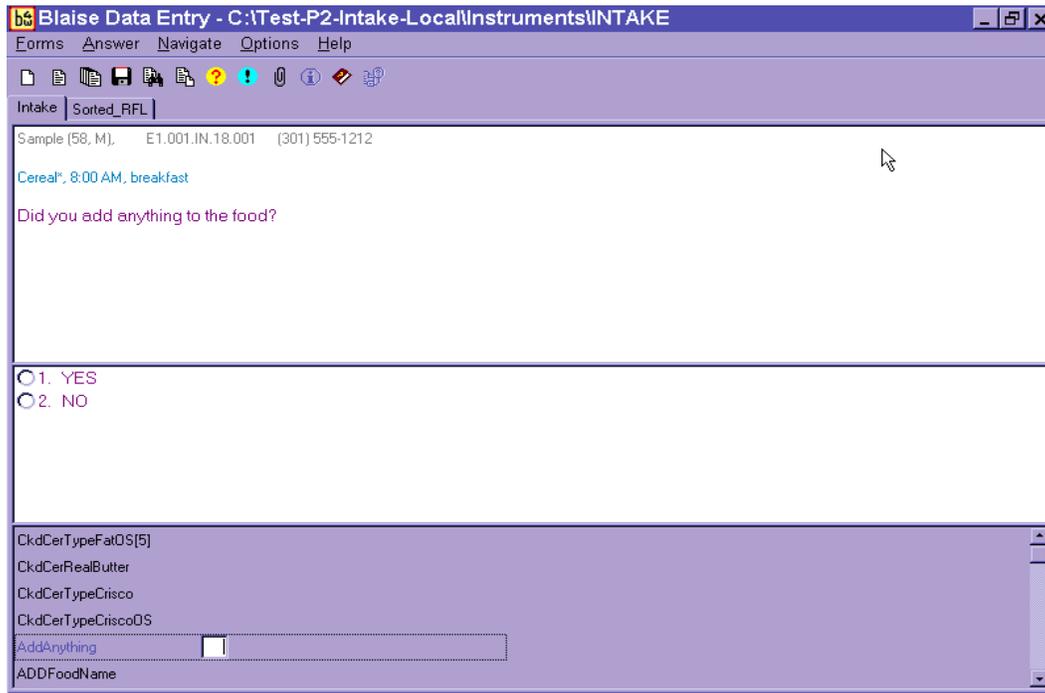
### 6.7.3.3 Additions

An addition is any food that is added to the primary (original) food. Examples include butter, margarine, jelly, or peanut butter added to breads, and milk and cream added to cereal or coffee. Additions may be added by the SP or by someone else. For instance, butter is an addition to bread whether the SP butters it at the table **or** someone else butters it and puts it on the plate. You will collect descriptive and quantitative information about all additions.

Because additions to foods are easily forgotten by respondents, almost every food category asks the question “Did you add anything to the food?” (Exhibit 6-62). If the respondent seems puzzled or asks for clarification after you ask the additions question, you should ask, “Did you put anything (on/in) the (FOOD) before you (ate/drank) it?” Following are procedures for collecting and recording additions.

First, type “1” (YES) to the question “Did you add anything to the food?”

Exhibit 6-62. Addition screen



Next, you will notice that a blank text field labeled ADDFoodName opens up for you to type the first addition (Exhibit 6-63). The AMPM program accepts up to five additions per food. If a food has more than five additions, record the other additions, including their description and amounts, in the Remark Box (F6 function key).

Exhibit 6-63. Addition screen—use trigram search

What did you add to the [FOOD]?

FIBStart	<input type="text" value="1"/>	<b>IncludeInIntake</b>	ADDFoodName
SameAsInstruction			ADDFoodName
BreadKind	<input type="text" value="Wheat bread"/>		
BreadKindOS			
BreadGrain			
BreadGrainOS			
BreadPreSI	<input type="text" value="1"/>	<b>Yes</b>	
AddAnything	<input type="text" value="1"/>	<b>Yes</b>	
ADDFoodName	<input type="text"/>		

When you begin to type, the Main Food List (MFL) trigram search screen comes up.

After you select the food on the MFL and press Enter, the food will appear in the text field (Exhibit 6-64). Always ask “Anything else?” after the respondent has reported an addition to a food.

Once all the additions have been entered, press Enter on the blank line to move to the next probe.

Exhibit 6-64. Addition screen—multiple additions

The screenshot shows the Blaise Data Entry software interface. The title bar reads "Blaise Data Entry - C:\Test-P2-Intake-Local\Instruments\INTAKE". The menu bar includes "Forms", "Answer", "Navigate", "Options", and "Help". Below the menu bar is a toolbar with various icons. The main window has a tab labeled "Intake" and a sub-tab "Sorted\_RFL". The main text area contains the following information: "Sample (58, M), E1.001.IN.18.001 (301) 555-1212", "Cereal\*, 8:00 AM, breakfast", and "What did you add to the food?". At the bottom of the window, there is a form with the following fields: "AddAnything" with a value of "1" and a "Yes" label; "ADDFoodName" with a value of "Rice milk"; "ADDFoodName" with a value of "Brown sugar"; and three empty "ADDFoodName" fields.

Do not record salt, ground pepper, spices, and herbs as additions. However, foods like salsa and hot peppers should be collected and probed.

Also, the AMPM has been programmed so that it will not ask the additions questions for a food reported as an addition. For example, milk reported on the RFL has an addition probe. But when milk is reported as an addition (e.g., milk added to coffee), there is no additions probe.

Any food can be an addition if the respondent describes it as having been added to the portion of food. However, there are some foods that are more commonly reported as additions. These include:

- Butter and margarine
- Salad dressing
- Sauce, gravy, and salsa
- Mustard and catsup

- Mayonnaise and tartar sauce
- Dip (to crackers, chips, vegetables)
- Relish
- Cream and milk (to cereal, coffee, etc.)
- Sugar and sweeteners
- Jam, jelly, and syrup
- Water

If the respondent reports an addition to a food when reporting the QL, you may add that food in the Comments field (Exhibit 6-65). This information will then be displayed along with the primary food name, time, and occasion when you collect the details for the primary food. Do not enter an addition on the RFL because then it won't be associated with the primary food.

**Exhibit 6-65. Add additions in comments field during QL pass**

The screenshot shows a window titled "Blaise Data Entry - C:\Test-P2-Intake-Local\Instruments\INTAKE". The interface includes a menu bar with "Forms", "Answer", "Navigate", "Options", and "Help". Below the menu is a toolbar with various icons. The main area displays the following information:

Intake | Sorted\_RFL |

Sample (58, M), E1.001.IN.18.001 (301) 555-1212

Mashed potatoes, 9:00 PM, snack, gravy

Were they made from fresh potatoes, from a dry mix, from frozen, a restaurant, or something else?

Below this text is a list of radio button options:

- 1. Dry mix
- 2. Fast food place
- 3. Fresh
- 4. Frozen
- 5. Restaurant
- 91. Other, Specify

At the bottom, there is a table of variables and their values:

IBStart	1	IncludeInIntake	PotatoForm	
ameAsInstruction			PotatoFormDS	
potatoKind	11	MashedPotatoes	PotatoPeelEaten	
potatoKindDS			PotatoFatPrep	
potatoSkinsTopping			PotatoTypeFat	

### ***Adding Additions***

Procedures for adding remembered adds or misreported additions are detailed in Chapter 8, Section 8.10.

#### **6.7.3.4 Obtaining Quantities**

This question asks for the actual amount of the food item eaten. Do not accept a range value for quantity. If an SP reports eating 10 to 20 potato chips, ask: “Can you give me your best estimate of the number of chips you ate?” or “What would you like me to enter here?”

There may be situations when the respondent cannot give you one amount. For example, respondents may report multiple bean bags, or a size between two circles. In those situations, type “1” on the amount screen and enter OS (91) on the unit screen. Enter the SP’s response verbatim in the OS field. Make sure the response you enter will be helpful to the coders.

**Record only the amount eaten**—not the amount served. Probe carefully when an SP reports sandwiches, chicken parts, and meats such as pork chops. SPs may be so intent on describing the size of the serving to you that they forget that the whole portion wasn’t eaten.

If the SP seems unsure of the quantity, suggest possible ways to respond from the list of units on the amount screen. If the SP is unable to provide the amount eaten, code DK (F8 function key). This can be done either at the amount or unit screen. However, if you code DK for an amount, the unit probe is not asked.

**Order of units on screen.** There are four categories of units you may see on a food category screen: Volume Units, Weight Units, General Units, and Food Model units. In general, like units within each category are grouped and listed in ascending order of volume or size.

- **Volume Units** are ordered as teaspoon, tablespoon, cup; then fluid ounce, pint, quart, half gallon, and gallon; then milliliter and liter.
- **Weight Units** are ordered as weight ounce, gram, and pound.

- **General Units** include a number of different types of units: item or food names, general sizes, container units, and category specific units.
  - **Relative sizes** are ordered as miniature, small, medium, large, and extra large.
  - **Container units** are ordered as bottle, can, carton, container, drink box, juice box, pouch, and school lunch carton. If you choose these units, you will see a screen asking for the volume of the container if it is needed.
  - **Category specific units** are listed in ascending order. For example, the Cake Category includes the units “cupcake,” snack cake,” and “whole cake.”
  - **Meat specific units** includes the units in alphabetical order: chop, cutlet, patty, rib, and steak.
- **Food models** include seven models and are listed in alphabetical order.
  - **Vessel models** (glasses, mugs, bowls) will have a follow-up question about the fill level of the vessel.

#### 6.7.3.5 Measuring Guides

Each household was given a set of measuring guides when they were scheduled for the telephone interview. Included in the set of measuring tools are both 2-dimensional (2D) and 3-dimensional (3D) guides. 2D guides are drawings of vessels and shapes. The 2D guides are consolidated into a booklet called the Food Model Booklet, or FMB. 3D guides are actual tools and include household spoons, measuring cups and spoons, and a ruler.

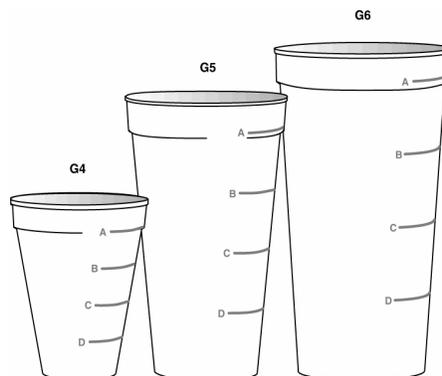
To ensure that data are recorded in a consistent manner, you must be thoroughly familiar with the portion size models and their correct use. Improper entry of food models can result in either overestimation or underestimation of nutrient intake. When the respondent uses the mugs, bowls, and glasses, have them show you the line that best describes the amount they ate. They may report between the lines or to the top of the vessels. If they use the measuring cups, spoons, or the household spoons to describe the amount they ate, make sure they estimate the amount of a level spoonful. This section will provide more details on recording amounts of foods using the measurement aids.

General guidelines for using the measuring guides are described below.

**2D FOOD MODEL BOOKLET (FMB).** The FMB will be your primary measuring guide during the telephone interview. The FMB contains pictures of glasses, mugs, bowls, mounds/pats/spreads, and circles that are the same size as the 3D models used in the MEC in-person interview. In addition, it includes a grid, two wedges, and a page of shapes and chicken pieces. The guides are listed below with directions on how to instruct the respondents to use the guides.

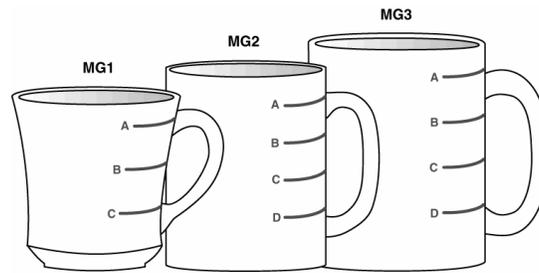
**GLASSES (G1-G8).** There are eight glasses of various sizes and shapes on three pages of the booklet as shown in the examples below (Exhibit 6-66). The glasses will be used most often to report the amounts of liquids, but may also be used to report solid foods. You will ask SPs to choose the glass that best represents the volume of the beverage they drank and identify the glass and the amount by the label and the red-lettered level line. If they report a quantity between the lines, enter it in OS.

**Exhibit 6-66. 2D glasses**



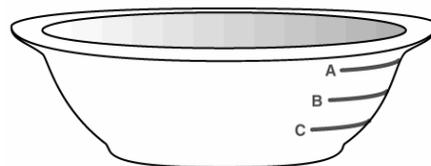
**Glass instructions.** On pages 3, 4, and 5 are pictures of glasses. Choose one and then tell me the number and the red line that shows the amount you drank.

**MUGS (MG1-MG3).** There are three different sizes of mugs (Exhibit 6-67). The mugs will be used most often to report the amounts of liquids, but may also be used to report the amounts of solid foods. Have the SPs choose the mug that best represents the volume of the beverage they drank and identify the amount by the label and the green lettered level line for that volume. If they enter a quantity between the lines, enter it in OS.

**Exhibit 6-67. 2D mugs**

**Mug instructions.** On page 6 there are three mugs. Choose one and then tell me the number and the green line that shows the amount you drank.

**BOWLS (B1-B5).** There are five bowls of varying sizes on two pages of the booklet. An example is shown below (Exhibit 6-68). The bowls are used to report both liquid and solid foods such as soup, spaghetti, and vegetables. As with the glasses and the mug pages, each bowl is labeled and has blue-lettered level lines. Ask the SPs to choose the bowl that best represents the size of the vessel they ate from and report the label and the blue-lettered level lines for the volume. If the SPs report an amount protruding from the top, have them estimate using another model. If they report a quantity between the lines, enter it into OS.

**Exhibit 6-68. 2D bowls**

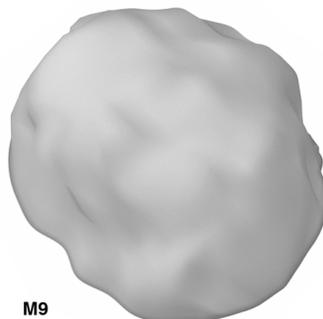
**Bowl instructions.** On pages 7 and 8 are pictures of bowls. Choose one and then tell me the number and the blue line that shows the amount you ate.

**PATS and SPREADS (M1 and M2).** There is one page of spreads (Exhibit 6-69). There are two knives on the page with a pat on the knife and a spread below it, as shown in the example below. The pats and spreads at each knife are the same amounts. Use the pats and spreads to estimate small amounts of food such as butter, jam, cream cheese, mayonnaise, and peanut butter. Have the SP report the label that best represents the amount consumed. Do not ask the SP whether it was a spread or pat.

**Exhibit 6-69. 2D pats and spreads**

**Pat/spread instructions.** On page 9 are drawings of pats and spreads. Please tell me the one that looks like the amount you ate. If none of these look like the amount you ate, it is okay to use part of one or more than one.

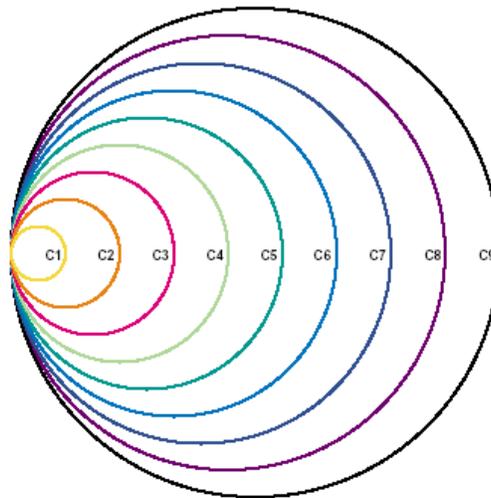
**MOUNDS (M3-M9).** There are seven mounds of increasing size on three pages of the booklet (Exhibit 6-70). The mounds will be used for foods that mound on a plate such as spaghetti, vegetables, and potato salad. Each mound is identified with a label. Have the SP report the label of the mound that best represents the amount of food he consumed. The SP may report part of a mound or combinations of mounds.

**Exhibit 6-70. 2D mounds**

**Mound instructions.** On pages 10, 11, and 12 are drawings that represent different amounts of food. Please tell me the one that looks like the amount you ate. If none of these look like the amount you ate, it is okay to use part of one or more than one.

**CIRCLES (C1-C10).** There are 10 circles from 1" to 10" in diameter on one page of the booklet (Exhibit 6-71). The plate represents the 10" circle. Use the circles to estimate the diameter of round foods such as tortillas, pancakes, biscuits, and pies. Have the SP choose the circle that best represents the size of his food. The SP may report the label or the color of the circle (for example, C3 or red). A size between two circles may also be reported.

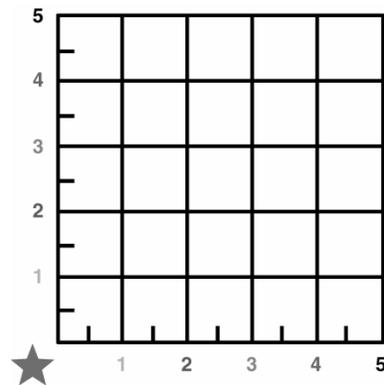
**Exhibit 6-71. 2D circles**



Circle instructions. On page 14 there is a set of colored circles that you can use to estimate the size of your (FOOD). If the size of your food was between two circles, tell me that.

**GRID.** The grid is on a plate. Each square equals one-inch columns and rows with  $\frac{1}{2}$  inch delineations (Exhibit 6-72). Use the grid to estimate the dimensions of foods such as meatloaves or cheese. There is a star in the lower left-hand corner so that the SP can orient his or her food and visualize it on the grid. The SP may report the number on each side of the grid, or between the numbers. It does not matter which side is used to report length or width.

Exhibit 6-72. 2D grid



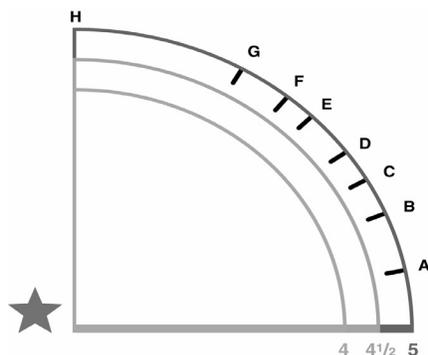
**Grid instructions.** On page 16 there is a grid that you can use to estimate the size of your (FOOD). Imagine your (FOOD) is placed in the corner next to the star. Estimate its size by using the numbers or colors on each side of the grid.

**WEDGES.** There are two wedges: a large 9” wedge and a small 5” wedge (Exhibit 6-73). Each wedge has an overlapping arrow pointer that moves along the arc of the wedge. The wedge has a star in the lower left corner so that the SP can orient his or her food and visualize it on the wedge.

- The **small wedge** is 5 inches in length. Use the numbered increments along the length (radius) of the wedge and move the arrow to the alphabetized segments to estimate the size of wedge-shaped foods (e.g., 5E). This wedge is used primarily for cakes and pies.
- The **large wedge** is 9 inches in length. Use the numbered increments along the length (radius) of the wedge and move the arrow to the alphabetized segments to estimate the size of wedge shaped foods (e.g., 9E). This wedge is used primarily for pizza.

Introduce the wedge by saying something like “Now let’s re-create your piece of (Food).”

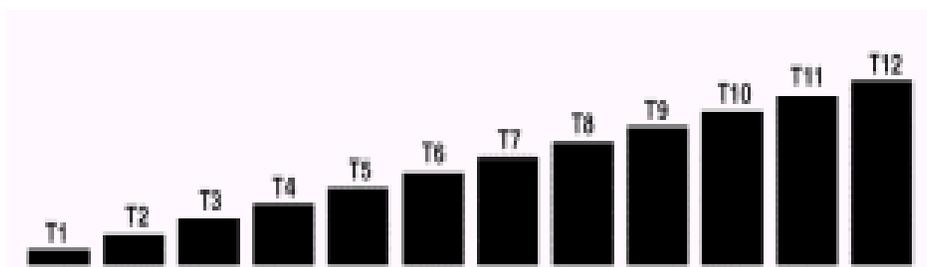
Exhibit 6-73. 2D wedge



**Wedge instructions.** On pages 18 and 19 are the wedge shapes. Use the (small/large) one for your (FOOD). Move the arrow to the bottom line. Now, imagine the tip of your food in the corner next to the star. Starting from the large purple star, use the numbers on the bottom line to tell me the length of your (FOOD). Now with your finger on the arrow at that number, move the arrow up until the space between the arrow and the bottom line looks like the size of the piece you ate. Tell me the letter that is closest to the point of the arrow.

**THICKNESS BLOCKS.** The thickness blocks are located to the left of the circle, grid, and wedge pages (Exhibit 6-74). They are labeled with the size in inches. For example, “T3” equals 3/8” thick. Have the SP use these blocks to report the height or thickness of foods when it is needed.

Exhibit 6-74. 2D thickness blocks



**Thickness blocks instructions.** Now look at the black blocks on the opposite page. Choose the one that looks like the thickness of your (FOOD) and tell me the number.

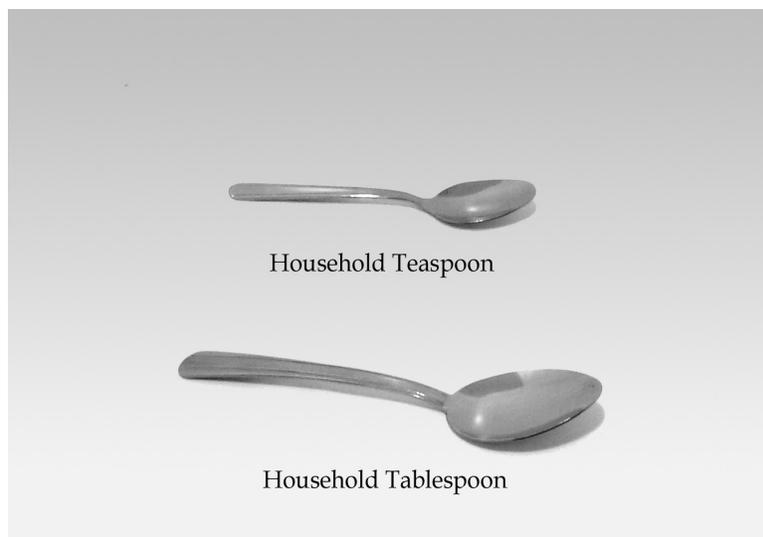
**SHAPES AND CHICKEN PIECES.** This chart is on the last page of the FMB. Use the shapes to describe the amount of food eaten with one or two dimensions. Since there are some foods that

are not easily represented by food models, the shapes offer the respondent another alternative. The chart can also be used along with the ruler. Use the chicken pieces to specify the particular part of the chicken consumed.

**3D GUIDES.** In addition, you can refer the respondents to the 3D guides. They include household spoons, measuring cups, measuring spoons, and a ruler.

**HOUSEHOLD SPOONS (teaspoon, tablespoon).** There are two household spoons of different sizes (Exhibit 6-75). Use the household spoons to estimate the volume of small amounts of liquid and solid foods. Have the respondent identify the spoons as “small metal” or “large metal” spoon and report in level spoonfuls.

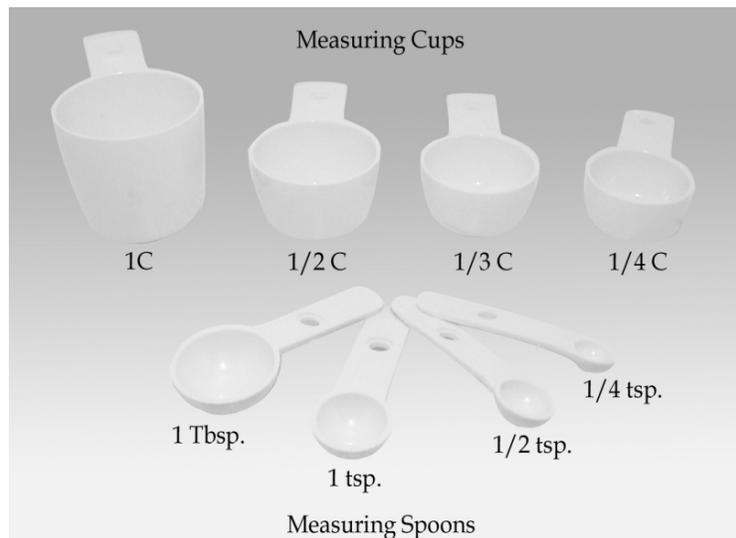
**Exhibit 6-75. Household spoons**



**MEASURING CUPS (1/4, 1/3, 1/2, 1C).** The set of measuring cups consists of four cups of different sizes (Exhibit 6-76). Use the measuring cups to estimate the volume of most foods. For example, these cups would be used to report liquids such as beverages and soups, solids such as potato salad, rice or casseroles, and semi-solids such as ice cream and pudding. The AMPM will automatically probe for form (e.g., sliced, chopped, shredded) when it is required. Make sure the respondent estimates the amount of a level cup.

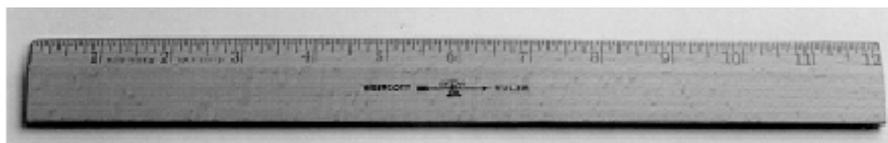
**MEASURING SPOONS (1/4 tsp., 1/2 tsp., 1 tsp., 1 Tbsp.).** The set of measuring spoons consists of four spoons of different sizes (Exhibit 6-74). Use the measuring spoons to estimate small amounts of liquids or solid foods.. Make sure the respondent estimates the amount of a level spoon.

**Exhibit 6-76. 3D measuring cups and spoons**



**RULER (L, W, H).** Use the ruler to estimate dimensions in inches (Exhibit 6-77). For example, the ruler could be used to estimate the length, width, and height of a piece of cornbread, and the length and width of a piece of meat or poultry (height would be estimated from the thickness sticks).

**Exhibit 6-77. 12-inch ruler**



### 6.7.4 Food Source Question

The Food Source question is part of the Detail and Review Cycle. After you collect all the detail and amount information about a food, you will see a category screen that instructs you to enter 1-Enter-End. As discussed earlier, this screen indicates that the program is moving you from the Food Categories cycle back to the program.

This Food Source question follows the category end screen. This question is asked for each food reported within an occasion, because foods eaten at a single occasion may come from more than one source. For example, an SP may have gotten a hamburger at McDonald’s, but when he took it home to eat it, he also drank a can of soda he had purchased earlier from the store.

The question you ask will be, “Where did you get (this/most of the ingredients for this) {FOODNAME}?”

Foods eaten together, that were prepared at home, may come from more than one source. For example, an SP may have prepared a salad that included ingredients from both the store and the garden. Therefore, when you ask the question for a multiple ingredient food, ask, “Where did you get most of the ingredients for this {FOODNAME}?”

If the respondent hesitates when you ask the source question, read the question in parentheses. When you read this for the first time, make sure you read the complete question so that the respondent understands the type of answer expected. All of the possible response options are listed on the screen (Exhibit 6-78). The OS (91), RF (F7), and DK (F8) are acceptable responses to both the Food Source Question and the follow-up question.

**Exhibit 6-78. Source question screen**

bill (26. M). Yr15.s308.v1

Where did you get (this/most of the ingredients for this) Applesauce?  
 [ALWAYS READ FOR FIRST FOOD/BEVERAGE, THEN ONLY IF NEEDED: Was it from a supermarket, a convenience-type store, a fast food place, a restaurant, from someone else, or another source?]

[THIS QUESTION MUST BE ANSWERED BEFORE PROCEEDING WITH ANY OTHER ACTION IN THE INTAKE.]

[HELP AVAILABLE]

<input type="radio"/> 1. Store - grocery/supermarket	<input type="radio"/> 10. Soup kitchen/Shelter/Food pantry	<input type="radio"/> 19. Grown or caught by you or someone you know
<input type="radio"/> 2. Restaurant with waiter/waitress	<input type="radio"/> 11. Meals on Wheels Program	<input type="radio"/> 20. Fish caught by you or someone you know
<input type="radio"/> 3. Restaurant fast food/Pizza	<input type="radio"/> 12. Community food program - other	<input type="radio"/> 24. Sport, recreation, or entertainment facility
<input type="radio"/> 4. Bar/Tavern/Lounge	<input type="radio"/> 13. Community program no additional info	<input type="radio"/> 25. Street vendor, vending truck
<input type="radio"/> 5. Restaurant no additional info	<input type="radio"/> 14. Vending machine	<input type="radio"/> 26. Fundraiser sales
<input type="radio"/> 6. Cafeteria NOT in a K-12 school	<input type="radio"/> 15. Common coffee pot or snack tray	<input type="radio"/> 27. Store - convenience type
<input type="radio"/> 7. Cafeteria in a K-12 school	<input type="radio"/> 16. From someone else/Gift	<input type="radio"/> 28. Store - no additional info
<input type="radio"/> 8. Child/Adult care center	<input type="radio"/> 17. Mail order purchase	<input type="radio"/> 91. Other, Specify
<input type="radio"/> 9. Child/Adult home care	<input type="radio"/> 18. Residential dining facility	

Label	Applesauce
RECIBDetailAddsAmts	1

Continue

If the respondent mentions the source of the food earlier in the interview (e.g., McDonald’s hamburger), you may confirm the source. For example, say something like:

**Interviewer:** “You obtained the hamburger from a fast-food place. Is that correct?”

Try to fit the respondent’s answer into one of the response items on the screen. There may be situations when you need to help the respondent decide the source of the food item. The following list defines the food sources and can be accessed as a Help Screen using the F1 key. The Help Screen is available only at the second question. The screen is a “quick reference” when a respondent is not certain how to report or needs clarification on a code. Additional information about the Help Screen can be found in Appendix C.

- **Code 1, Store.** This code refers to grocery stores, supermarkets, warehouse stores (Costco, Sam’s Club, B.J.’s), commissaries, specialty store-bakeries, seafood, ethnic food stores, health food stores, food/beverage sample from store, food/beverage from store salad/food bar, deliveries from stores, produce stand, farmer’s markets, weight loss stores/programs (Weight Watchers, Jenny Craig, LA Weight Loss Center).
- **Codes 2 and 3, Restaurant.** Code 2 refers to a restaurant and code 3 refers to a fast food place or a pizza place. A restaurant is distinguished from a fast food place by waiter/waitress service. If a respondent is not sure which answer to choose, ask her if the place has waiters and waitresses. If the response is “Yes,” code 2. If the response is “No,” the source is either a fast food place (3) or a cafeteria (6). Respondents can usually distinguish between fast food places and cafeterias. This includes all fast food places, including drive-thrus, that do not have waiter/waitress service, all pizza places, carry out, food court, bagel shops, doughnut shops, delis, coffee shops, ice-cream shops, dairy.
  - If the respondent reports “pizza place,” code 3 regardless of the type of service. Also code pizzas that are delivered as “3.”
  - All carryout and delivery food should be coded as “3.”
- **Code 4, Bar, Tavern, Lounge.** This code includes bars, taverns, cocktail lounges and other “drinking places.” If a respondent is having difficulty deciding between codes 2 and 4, ask him or her if she considers the place to be an “eating place” or a “drinking place.”
- **Code 5.** Use this code if the respondent reports restaurant with no other description. When you select code 5, you will see the follow-up question below (Exhibit 6-79).

Exhibit 6-79. Source question—type of restaurant

Blaise 4.8 Data Entry - C:\sis\Intake278\Intake

Forms Answer Navigate Options Help

Intake Sorted\_RFL | Navigation\_Help

Janice (23, F) Yr13.s278.v1

What kind of restaurant was that? Was it a restaurant with waiter/waitress service; a fast food or pizza place; a bar, tavern, or lounge; or a cafeteria?

1. Waiter/Waitress  
 2. Fast Food/Pizza  
 3. Bar/Tavern/Lounge  
 4. Cafeteria NOT in a K-12 school

Label	Pizza	
RECFIBDetailAddsAmts	1	Continue
RECSsource	5	RestNoInfo
RECSsourceOS		
RECFish		
RECFishOS		
RECRestaurantKind	1	
RECComunityProgram		

Start | Inbox - Microsoft Outlook | 20878 Weather Forecast ... | 2011 Dietary screens | C6-MEC In-Person Yr 13... | Blaise 4.8 Data Entry... | 11:31 AM

If the respondent cannot categorize the restaurant to one of the four options above (Codes 2, 3, 4, or 5), then code “DK” (F8 function key).

- **Code 6, Cafeteria, NOT in a K-12 school.** This code refers to all cafeterias **except** school cafeterias (include college/university, work, and hospital cafeterias).
- **Code 7, Cafeteria, in a K-12 school.** This code refers to a school cafeteria and is defined as food provided by the school cafeteria, not food that the respondent may have gotten from a friend at school (code 16) or brought from home. Remember, this question asks about the source of the food, not where it was eaten (those in K-12 schools).
- **Code 8, Child Care Center.** This code refers to food obtained at child care centers.
- **Code 9, Family, Adult Day Care Center.** This code refers to family day care homes, which are private homes that provide day care for adults or children. The distinction between a family day care home and “someone else(s)” home (code 16) is that the family day care home provides day care for a fee; that is, it is paid “babysitting.”

- **Code 10, Soup Kitchen, Shelter, Food Pantry.** This code refers to emergency food sources and includes soup kitchens, shelters for the homeless, battered women, etc., and food pantries and food banks that provide food for people who cannot afford to buy food for themselves. This code describes a higher level of desperation than the food assistance programs included in code 12.
- **Code 11, Meals on Wheels Program.** “Meals on Wheels” is a community program that provides meals to homebound elderly and disabled persons.
- **Code 12, Community Food Program.** This code refers to community food assistance programs that provide food to recipients on a regular basis. This code can be distinguished from codes 10 and 11 as it includes sources that provide food on a **regular** basis rather than an emergency basis. For instance:
  - Women, Infants, and Children (WIC) program when the respondent’s food came directly from the WIC office rather than from a store using WIC vouchers (which would be coded 1).
  - Senior citizens centers that offer meals on a regular basis, and state and federally sponsored congregate meal sites.
- **Code 13.** This code refers to community programs that the respondent cannot describe more specifically (Exhibit 6-80). This code brings up the following question:
  - If the program the respondent reports is not one of the first four listed, then select “5” for “Community Food Program.”

Exhibit 6-80. Source question—type of community program

The screenshot shows the Blaise Data Entry software window titled "Blaise Data Entry - C:\Test-P2-Intake-Local\Instruments\INTAKE". The window has a menu bar with "Forms", "Answer", "Navigate", "Options", and "Help". Below the menu bar is a toolbar with various icons. The main area is divided into sections. The top section is labeled "Intake" and contains the text "Sample (58, M), E1.001.IN.18.001 (301) 555-1212". Below this is a question: "What kind of community program was that? Was it a child care center, a family day care home or adult day care, a soup kitchen, shelter, or food pantry; Meals on Wheels; or some other community food program?". The question is followed by five radio button options: "1. Child Care Center", "2. Family/Adult Day Care Center", "3. Soup Kitchen/Shelter/Food Pantry", "4. Meals on Wheels", and "5. Community Food Program". Below the options is a table of variables. The table has two columns. The first column lists variables: RECSOURCE, RECSOURCEOTHER, RECSOURCEOS, RECFISH, RECFISHOS, RECRESTaurantKind, and RECCOMMUNITYProgram. The second column lists values: 2, 13, No, CommunityProgramNo, RECSOURCE, RECSOURCEOTHER, RECSOURCEOS, RECFISH, RECFISHOS, RECRESTaurantKind, and RECCOMMUNITYProgram. The RECCOMMUNITYProgram variable is highlighted in blue.

- **Code 14, Vending Machine.** This code refers to any food purchased from a vending machine.
- **Code 15, Common Coffee Pot or Snack Tray.** This code refers to a common coffee pot or snack tray. Such sources are often found in office buildings or other work sites.
- **Code 16, From Someone Else, Gift.** This code includes gifts and foods that were prepared or eaten in someone else’s home. It includes all sources not listed elsewhere when the respondent (or another household member) **did not pay** for the food.
- **Code 17, Mail Order Purchase.** This code only includes foods **purchased** by mail order by the household. It does not include gifts that may have arrived by mail (which would be coded 16).
- **Code 18, Residential Dining Facility.** This code refers to residential dining facilities. For example, a senior citizen community where the meals are eaten in a dining hall would be coded 18. It does not include federally-sponsored programs that are free for senior citizens (that would be coded 12).
- **Code 19, Grown or Caught by You or Someone You Know.** This code, “grown or caught by you or someone you know,” refers to homegrown foods such as vegetables, as well as hunted game, such as deer.

- **Code 20, Fish Caught by You or Someone You Know.** This code, “fish caught by you or someone you know,” refers to fish or seafood. Choosing this response brings up the following screen (Exhibit 6-81).
  - Respondents will probably know the answer to this question only if they caught the fish. Otherwise, DK is an acceptable response.

**Exhibit 6-81. Source question—where caught fish came from**

Blaise Data Entry - C:\Test-P2-Intake-Local\Instruments\INTAKE

Forms Answer Navigate Options Help

Intake | Sorted\_RFL

Sample (58, M), E1.001.IN.18.001 (301) 555-1212

Did it come from a freshwater lake, pond or river; the ocean; or a bay, sound, or estuary?

1. Freshwater lake, pond, or river  
 2. Ocean  
 3. Bay, sound, or estuary  
 91. Other, Specify

RECSOURCESTORE	2	No	RECSOURCESTORE
RECSOURCEOTHER	20	FishCaughtByYouOth	RECSOURCEOTHER
RECSOURCEOS			RECSOURCEOS
RECFish			RECFish
RECFishOS			RECFishOS
RECRestaurantKind			RECRestaurantKind
RECCommunityProgram			RECCommunityProgram

- **Code 24, Sport recreation, or entertainment facility.** This code refers to sports stadiums, sporting events, amusement parks, concerts, fairs, festivals, movie theaters, etc.
- **Code 25, Street vendor, vending truck.** This code refers to street concession stands, hot dog stands, coffee carts, and food trucks.
- **Code 26, Fundraiser sales.** This code refers to food purchased from Girl Scouts, Boy Scouts, school fundraisers, and sports fundraisers.
- **Code 27, Store—convenience type.** This code includes convenience-type stores, drug stores, gas stations, liquor stores, beer stores, gift shops.
- **Code 28, Store—no additional information.** This code is for situations where the respondent reports “Store” with no additional description.

- **Code 91, Other, specify.** For answers that do not fall into an existing code, select “91” and record the answer verbatim in the open text field. If you are not sure how to code a respondent’s answer, select “91.”

You will continue to ask Details, Amounts, and Source for each food within an occasion. Once you complete all foods for one occasion, you will ask the Review of Occasion (Event) probe.

### 6.7.5 Review of Occasion

The Review of Occasion probe reviews the entire eating occasion and asks if the SP had any other foods/beverages at that occasion.

Notice in the example below (Exhibit 6-82) that the primary food, mashed potatoes, and its addition, gravy, are also listed on the review screen.

**Exhibit 6-82. Review of occasion screen**

Blaise Data Entry - C:\Test-P2-Intake-Local\Instruments\INTAKE

Forms Answer Navigate Options Help

Intake | Sorted\_RFL |

Sample (58, M), E1.001.IN.18.001 (301) 555-1212

For a snack you had  
Mashed potatoes with Gravy.  
Did you eat or drink anything else?

1. YES  
 2. NO

RECRReviewOfEvent

Read the screen as written. Since beverages are the most frequently forgotten foods, emphasize the word “drink.” For example, if you were reviewing the screen above, you would say,

**Interviewer:** “For a snack, you had mashed potatoes with gravy. Did you eat or drink anything else?”

Emphasize the word “drink” when you read this review question since SPs often forget beverages they consume during the day. If the SP reports any new food, you will follow the steps below.

1. Enter “1” for “Yes.” The CATI will take you to the Respondent Food List (RFL).
2. Enter food, time, occasion on RFL.
3. Ask “Anything else?”
4. Type “XXX” and press Enter twice.
5. Press End.
6. Begin to collect details for the remembered food(s).
7. Ask Source question.

In this interview, details about reported foods are collected in chronological order. Therefore, if the SP remembers a food for a different or new occasion, the AMPM will bring up the probes at the appropriate time. Foods eaten earlier than this occasion will be asked about at the end of the recall, and foods that were eaten at a later occasion will be probed in chronological order. Section 8.11 of Chapter 8 describes the procedures to follow if an SP remembers a food when RFL is full.

When you have probed for details about all remembered foods for the occasion, you will then ask the respondent if the meal was consumed at home.

### 6.7.6 Occasion Location Question

This question asks if the meal (occasion) was consumed at home (Exhibit 6-83). “At home” is defined as the SP’s dwelling unit and the surrounding areas that are used solely by the occupants of that dwelling unit. For example, meals eaten in the backyard would be considered “Home.”

Exhibit 6-83. Occasion location question screen

Blaise Data Entry - C:\Test-P2-Intake-Local\Instruments\INTAKE

Forms Answer Navigate Options Help

Intake Sorted\_RFL

Sample (58, M). E1.001.IN.18.001 (301) 555-1212

Did you (eat/drink) this snack at your home?

[IF SP REPORTS BEGINNING EATING EVENT IN ONE LOCATION, BUT CONTINUING IT ELSEWHERE, CODE PLACE EATING EVENT BEGAN.]

1. YES

2. NO

RECEventLocation No

If the SP ate the meal at home, select “1” for “Yes.” If the SP reports any place other than home, select “2” for “No.” You will ask this question for the entire occasion. If the respondent reports beginning a meal at one place and ending it at another, code the Location Question where the meal/event began. For example, if an SP began breakfast at home but finished it in the car on the way to work, you would choose “at home.”

It is possible that respondents may remember more foods as they think about the source of the food and where it was eaten. In this case, return to the RFL by pressing F10 and record the food in the next available RFL line.

Once you have asked the location for an occasion, you will ask the Between Interval Probe to determine if any food was eaten between the occasion you just collected and the next occasion reported.

### 6.7.7 Between Interval Probe

This probe reviews the period between one occasion and the next and asks if the SP had any other foods/beverages between the two occasions (Exhibit 6-84).

**Exhibit 6-84. Between interval probe screen**

Blaise Data Entry - C:\Test-P2-Intake-Local\Instruments\INTAKE

Forms Answer Navigate Options Help

Intake | Sorted\_RFL |

Sample (58, M), E1.001.IN.18.001 (301) 555-1515

Did you have anything between your breakfast and 3:00 PM when you had your Pbj sandwich?

1. YES

2. NO

RECBetweenIntervalPro

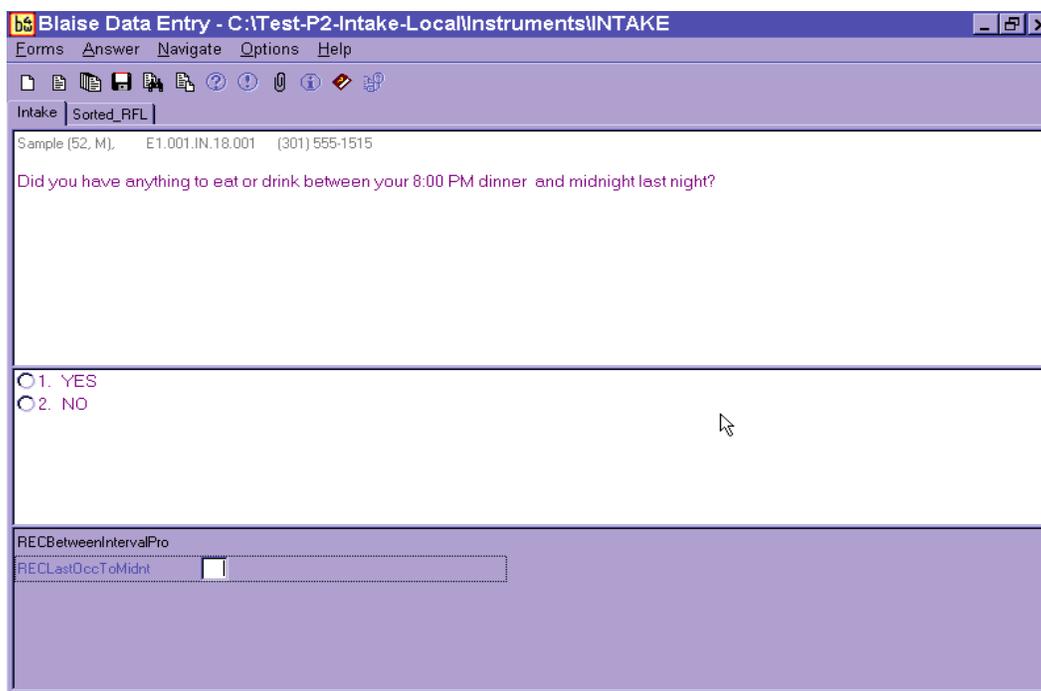
RECLastOccToMidnt

If the respondent remembers a food at this interval that was eaten during this interval, you will enter “1” for yes and the system will take you back to the RFL. After you record the foods on the RFL, the AMPM will take you to the detail and amount probes. If the respondent remembers a food at this interval that was eaten later, the instrument will sequence the food so that you will collect the details and amounts when you get to that time period in the interview. Foods that are remembered at this interval but eaten earlier in the day will be collected at the end of the interview, before you complete the Final Review of the 24-hour Dietary Recall. These foods are called “remainder foods” and will be discussed in Section 6.7.9.

## 6.7.8 Last Occasion to Midnight Probe

After you review the foods reported for the last occasion, you will ask the Last Occasion to Midnight Probe (Exhibit 6-85).

**Exhibit 6-85.** Last occasion to midnight probe screen



The screenshot shows a software window titled "Blaise Data Entry - C:\Test-P2-Intake-Local\Instruments\INTAKE". The window has a menu bar with "Forms", "Answer", "Navigate", "Options", and "Help". Below the menu bar is a toolbar with various icons. The main area of the window displays the following text:

Intake | Sorted\_RFL |  
Sample (52, M), E1.001.IN.18.001 (301) 555-1515  
Did you have anything to eat or drink between your 8:00 PM dinner and midnight last night?  
  
 1. YES  
 2. NO

At the bottom of the window, there are two input fields: "RECBetweenIntervalPro" and "RECLastOccToMidnt".

This probe covers the period between the last eating occasion reported and midnight. If a food is remembered, the program will take you back to the RFL to add the foods. Follow the steps below.

1. Select "1" for "Yes." The AMPM will take you back to the Respondent Food List (RFL).
2. Enter food on RFL.
3. Collect or confirm the time and occasion.
4. Ask "Anything else?"
5. Type "XXX" and press Enter twice.
6. Press End.
7. Collect details and amounts for each new food.

### 6.7.9 Collection of Remainder Foods

The USDA AMPM program orders foods chronologically throughout the interview, guiding the collection of detailed information about each food in the sequence in which it was eaten. However, if a food was remembered at a point in the recall day that came before the time period you are collecting, the program will store the food until the end of the Recall portion of the interview. The stored foods are called “remainder foods.” For example, if an SP remembered drinking orange juice at 7 AM for breakfast while you were reviewing the 1 PM lunch, the program would classify it as a remainder food.

If a remainder food is reported for an existing occasion (e.g., remembered drinking orange juice with waffles that have already been collected for 9 AM breakfast), you will collect only the details, amounts, and source for the food. However, if the remainder food is a new eating occasion (e.g., reported drinking orange juice at a time that was different from all other reported occasions), you will also collect the location of the occasion.

Remainder foods will be probed in the same way that all other foods are probed, beginning with the Continue/Redo Screen and ending with the Source question. However, the Interval review probes will not be asked for these foods because the period of time has already been covered.

## 6.8 Step 5: The Final Review Probe (FR)

The Final Review probe (Exhibit 6-86) is the last opportunity the respondent will have to remember any new foods or drinks. If the SP remembers a food at this time, enter “1” for YES. The AMPM will take you to the RFL. Add the food to the next available RFL line. Collect the time and occasion for the food(s). Ask the “Anything else?” probe. Type XXX on the next RFL Line and press Enter twice. Press End. You will then collect details, amounts, and source for the food(s). If the food creates a new eating occasion, you will also ask the location. Like remainder foods, the Interval Review probes will not be asked for these new foods.

Exhibit 6-86. Final Review probe screen

After you have administered the Final Review probe, continue with the health-related questions section of the intake.

## 6.9 Intake Health-Related Questions

The Intake Instrument includes a series of questions that are asked at the end of each interview. The Phone Follow-Up exam asks only about intake amount and salt use yesterday.

### 6.9.1 Usual Intake

The Usual Intake question is the first question that follows the 24-Hour Recall portion of the interview (Exhibit 6-87). This question asks the respondent to make a judgment as to whether the amount of food and drink reported in the interview was usual, much less than, or much more than usual.

Exhibit 6-87. Usual Intake question screen

Blaise Data Entry - \\RK81VOL803\cstfist\Pilot2-Trailers\Instruments\TRAILERS

Forms Answer Navigate Options Help

Trainers

Sample (52, M), E1.001.TR.01.001 (301) 555-1515

Was the amount of food that you ate yesterday much more than usual, usual, or much less than usual?

1. MUCH MORE THAN USUAL

2. USUAL

3. MUCH LESS THAN USUAL

TRAUusualAmount

TRACarbWtr

Respondents may have difficulty deciding whether the intake reported was really different from usual. Don't lead the respondents—let them decide. If they ask you to define the terms, just repeat the question with slight emphasis on the word amount. Remind them that it is their judgment.

After you select the response for the amount question, press Enter to continue.

## 6.9.2 Salt Use Yesterday

There are two possible questions asked about salt use yesterday. The first captures if salt was used the day before and the second determines what type of salt was used yesterday (Exhibits 6-88 and 6-89).

Exhibit 6-88. Salt screen—salt use yesterday

Blaise 4.8 Data Entry - C:\isis\Intake293\Intake

Forms Answer Navigate Options Help

Intake Sorted\_RFL Navigation\_Help

123 (22, M). Yr14.s293.v1

This next question is about your use of salt at the table yesterday.

Did you add any salt to your food at the table yesterday? Salt includes ordinary or seasoned salt, lite salt, or a salt substitute.

1. YES

2. NO

RECTypeTableSaltOS

RECFreqAddTableSalt  **Occasionally**

RECFreqAddSaltCookPr  **Never**

RECUseOfTableSaltYest

RECTableSaltYestKind

RECTableSaltYestKindD

RECSpecialDiet

RECSpecialDietType

RECSpecialDietTypeOS[

RECSpecialDietTypeOS[

RECSpecialDietTypeOS[

RECSpecialDietTypeOS[

Start | Inbox - Microsoft Outlook | NHANES for Janice | 2011 Dietary screens | C5-MEC In-Person 2011.d... | Blaise 4.8 Data Entry... | 10:14 AM

Exhibit 6-89. Salt screen—types of salt

Blaise 4.8 Data Entry - C:\nisis\Intake293\Intake

Forms Answer Navigate Options Help

Intake Sorted\_RFL Navigation\_Help

123 (22, M) Yr14.s293.v1

What type of salt was it? (Was it ordinary or seasoned salt, lite salt, or a salt substitute?)

1. ORDINARY, SEA, SEASONED, OR OTHER FLAVORED SALT  
 2. LITE SALT  
 3. SALT SUBSTITUTE  
 91. OTHER, SPECIFY

RECTypeTableSaltOS  
 RECFreqAddTableSalt  **Occasionally**  
 RECFreqAddSaltCookPr  **Never**  
 RECUseDITTableSaltYest  **Yes**  
 RECTableSaltYestKind

RECSpecialDietTypeOS[  
 RECSpecialDietTypeOS[  
 RECSpecialDiet   
 RECSpecialDietType  
 RECSpecialDietTypeOS[  
 RECSpecialDietTypeOS[  
 RECSpecialDietTypeOS[

Start | Inbox - Microsoft Outlook | NHANES for Janice | 2011 Dietary screens | C5-MEC In-Person 2011.d... | Blaise 4.8 Data Entry... | 10:19 AM

When you complete the intake, the following screen (Exhibit 6-90) will appear. Enter “1,” then save the interview, and continue to the Dietary Recall Section Status screen.

Exhibit 6-90. Final Dietary Recall screen

Blaise Data Entry - N:\cfsfitst\CSFII\_NHANES\Testing\Instruments\Intake

Forms Answer Navigate Options Help

Intake | Sorted\_RFL |

1345 (13, M), I1.001.IN.04.001 (0) 0-0

Now I have just a few more questions.

1. CONTINUE

ECTypeTableSaltOS RECEnd

ECFreqAddTableSalt

ECFreqAddSaltCookPr

ECSpecialDiet

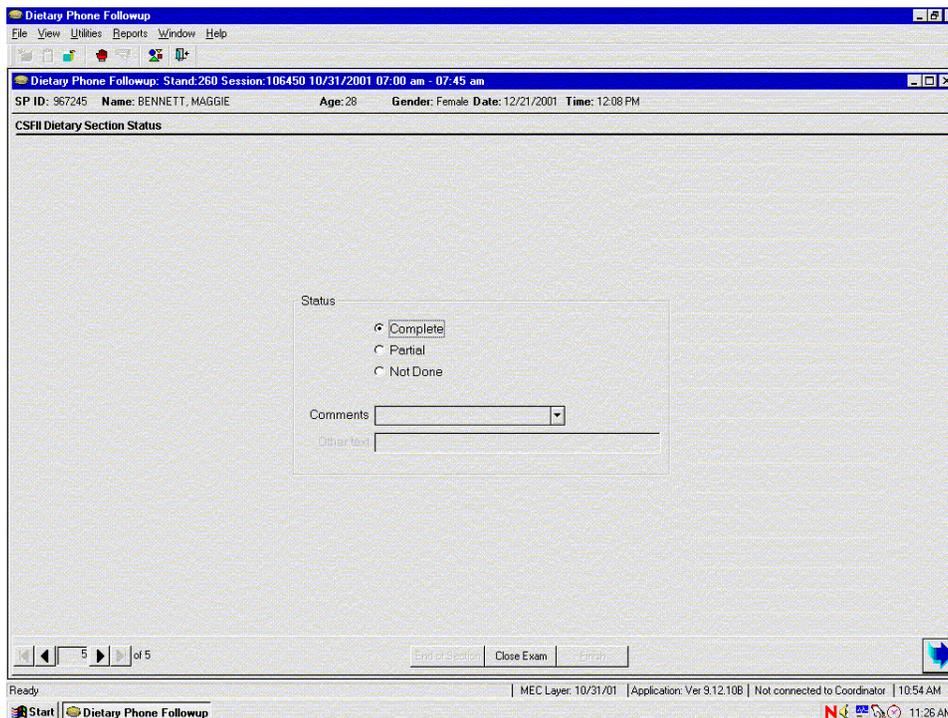
ECSpecialDietType

## 6.10 Dietary Recall Section Status

This screen (Exhibit 6-91) indicates the status of the Dietary Recall section of the interview. When you arrive at this screen, the interview status will indicate “Partial,” “Not Done,” or “Complete.”

If the status is “complete,” continue to the Supplement and Antacid Section.

Exhibit 6-91. Dietary Recall section status screen



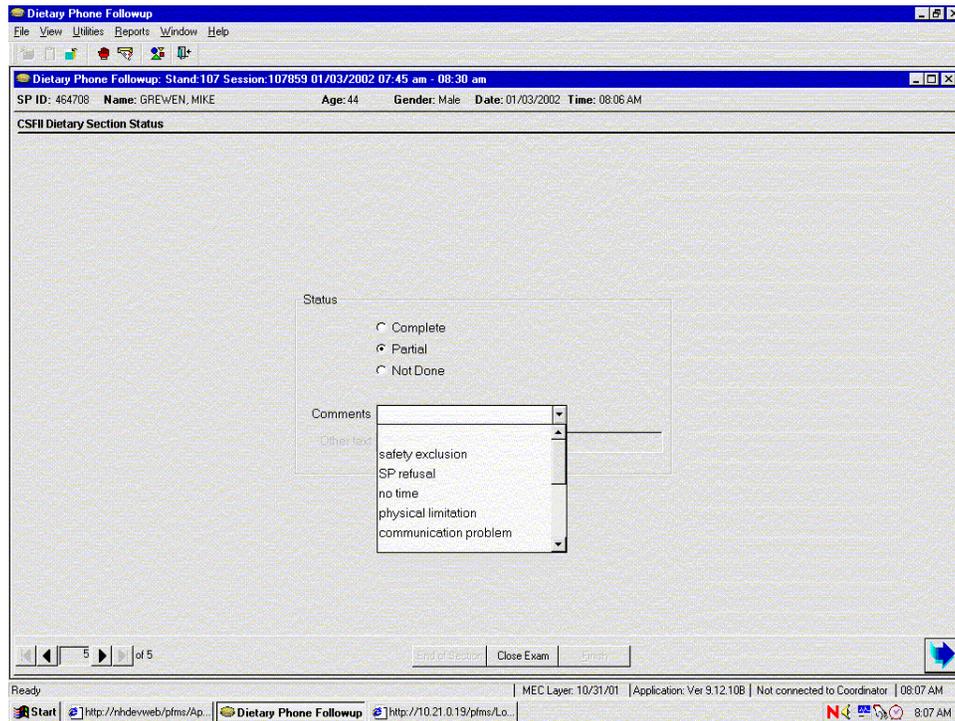
If the status is “Partial” or “Not Done,” a reason must be selected from the drop-down menu in the Comments field.

The choices in the Comments field are:

- |                              |                                  |
|------------------------------|----------------------------------|
| <b>Safety exclusion</b>      | <b>Interrupted</b>               |
| <b>SP refusal</b>            | <b>Proxy no information</b>      |
| <b>No time</b>               | <b>Needs DR (Data Retrieval)</b> |
| <b>Physical limitation</b>   | <b>Other, specify</b>            |
| <b>Communication problem</b> |                                  |
| <b>Equipment failure</b>     |                                  |
| <b>SP ill/emergency</b>      |                                  |

If you choose “Other, specify,” the “Other” field will open (Exhibit 6-92) and you must type an appropriate comment.

Exhibit 6-92. Dietary Recall section status screen with comment codes



This completes the Dietary Recall portion of the exam.

## 6.11 The Supplement and Antacid Section

After you have confirmed the status of the dietary intake, you will continue the interview with the Supplement and Antacid use section. Details for collecting supplement and antacid recall data are provided in Chapter 7.

## 6.12 Observations Screen

The Post-Recall Evaluation Screen is a data entry screen with four questions for you (the interviewer) to complete (Exhibit 6-93). You must answer all the questions on this screen before going to the status screen.

Exhibit 6-93. Observations screen

Observations

What language was used for the interview?

Other language

Who was the main respondent for this interview?

Other, Specify

Who helped in responding for the interview?

Other, Specify

Did you or the respondent have difficulty or any comments about this interview?

Check all conditions that apply to the respondent or proxy:

Did not understand questions	<input type="checkbox"/>	Background noise	<input type="checkbox"/>
Not familiar with measuring foods	<input type="checkbox"/>	Distracted / Uninterested	<input type="checkbox"/>
Poor memory of foods eaten	<input type="checkbox"/>	Data retrieval not successful/No permission to do data retrieval	<input type="checkbox"/>
Hearing impairment	<input type="checkbox"/>	Intake may be unreliable (Specify)	<input type="checkbox"/>
Language barrier	<input type="checkbox"/>	Other (Specify)	<input type="checkbox"/>
Interruptions	<input type="checkbox"/>		
Uncooperative / Impatient	<input type="checkbox"/>		

1 of 2

End of Section Close Exam Finish

The first question asks you what language was used for the interview. The response categories include “English,” “Spanish,” “English and Spanish,” “Cantonese,” “Cantonese and English,” “Mandarin,” “Mandarin and English,” “Korean,” “Korean and English,” Vietnamese,” “Vietnamese and English,” and “Other.” You can select the appropriate option by typing the first letter of your choice (e.g., “S” for Spanish). For the “English and Spanish” choice, enter “E” two times. You can also click on the down arrow to see the choices, and select one by pointing and clicking. If you select “Other,” you must specify what other language was used in the following field, which will become enabled.

The second question asks you who the main respondent was for the interview. That is, the SP, a proxy (e.g., a parent or grandparent), or a combination of the SP and proxy (e.g., when a parent assists a child). You may select one of the 12 options by typing the first letter of your choice, or you may click on the down arrow to see the choices and select one by pointing and clicking. If you select “Other, Specify,” you must specify what other person was the main respondent.

The third question asks you who helped in responding for the interview. To answer, type the first letter of your choice from the 13 selections, including typing “N” for “No One.” If you answer “Other, specify,” the “Other, specify” field will open and you must enter the other person. If more than one person helped with the interview, select Other, specify and enter both persons.

The last questions ask whether you or the respondent had difficulty or any comments about the interview. If you select “Yes,” then a follow-on question is enabled. Here, you must indicate the reason for the difficulty or your comments about the interview (Exhibit 6-94). This is a Code All That Apply question, so you can choose more than one answer. There are 11 selections to choose from on the picklist, or you may choose “Other, Specify” and specify the reason. If you answer “Yes” and have indicated that the reason for the difficulty is “Unreliable,” you must specify the reason in the remark field that is enabled. If you feel the interview was difficult for more than one reason, select Other, Specify and enter the reasons in the text field.

**Exhibit 6-94. Observations—difficulty question**

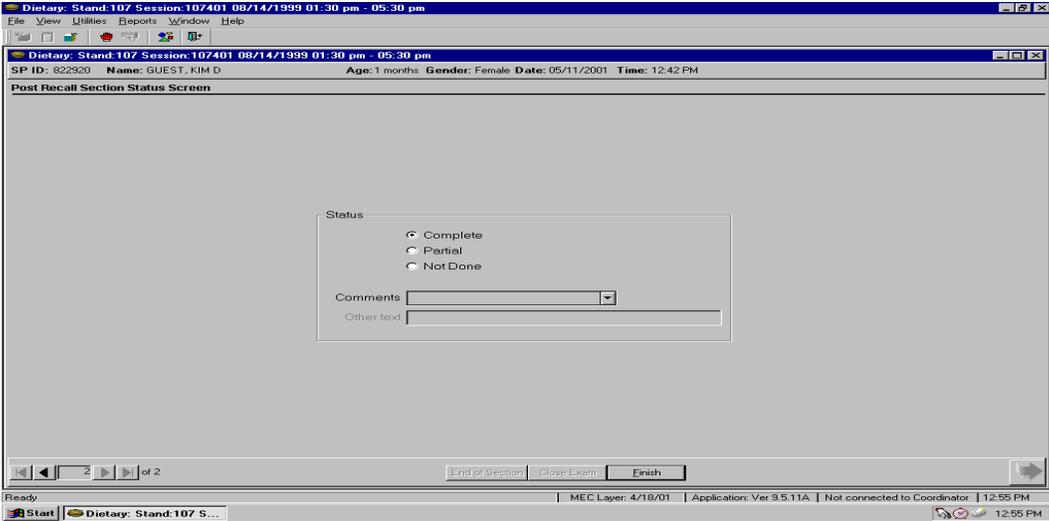
## 6.13 Post-Recall Section Status Screen

This screen will automatically indicate that the section status is “Complete” if all of the questions in this section were answered. If you had to end the interview before completing any or all screens, the section status will indicate either “Not Done” or “Partial.”

If the screen (Exhibit 6-95) indicates a “Not Done” or “Partial” status, you must enter a comment before finishing the interview. Comments include:

- |                              |                             |
|------------------------------|-----------------------------|
| <b>Safety exclusion</b>      | <b>Equipment failure</b>    |
| <b>SP refusal</b>            | <b>SP ill/emergency</b>     |
| <b>No time</b>               | <b>Interrupted</b>          |
| <b>Physical limitation</b>   | <b>Proxy no information</b> |
| <b>Communication problem</b> |                             |

Exhibit 6-95. Post-Recall section status screen



To close the interview, press the Finish button on the bottom of the screen.

# Supplement and Antacid Collection

# 7

Dietary supplements have been collected in person, in the home of the survey participants, starting with NHANES III. Sample persons (SPs) are asked about their use of vitamins, minerals, and other supplements in the past 30 days. Beginning in NHANES 1999, participants are asked about use of all dietary supplements (antacids and herbals). These are important to assess since a wide range of health and disease conditions are associated with total nutrient intake. Also important is the ability to collect this information in the same format and timeframe as the food and beverage intake (past 24 hours). This will allow researchers to improve the total nutrient intake estimations as well as examine associations by nutrient source such as from foods versus supplements.

You will collect supplement and antacid use for the previous day, similar to the collection of foods and beverages in the AMPM for all Primary SPs. This section has its own Section Status similar to the Recall and Post-Recall (Complete, Partial, or Not Done). It will follow the 24-Hour recall and is also in Blaise so it has many of the same characteristics as the AMPM. For example, to change the form language, use the Hot key of F11, or go to the drop-down “Options” menu. Navigation also uses the same rules whereby the Tab key takes you to the next field and Shift+Tab will take you back a field. The arrow keys can also move you forward and back.

## 7.1 Basic Scenarios

There are two basic scenarios for SPs. Either SPs will have reported supplements and/or antacids in an earlier interview (either the Household interview in the past 30 days, or new supplements or antacids during the MEC dietary interview, or both), or they will not have reported any supplements or antacids prior to your interview.

- If the SP did report using any supplements/antacids, this information will display in a table (Exhibit 7-1) that will allow you to easily ask if he or she took it the previous day. After reviewing this list item-by-item, you will get a new screen probing for any additional supplements/antacids taken the previous day.
- If the SP did not report any supplements/antacids in any of the earlier interviews, then you will get a screen probing for any supplements taken the previous day. This is followed by a similar screen probing for any antacids taken the previous day.

The review and probing for supplements and antacids will be done individually. That is, you will first review the supplements list (if any), then probe for additional supplements. Then you will review the antacid list (if any), and probe for additional antacids.

### Exhibit 7-1. Supplement review

Blaise 4.7 Data Entry - C:\ISIS\DSA\DSA

Forms Answer Navigate Options Help

DSA

John (25, M) Y19.S218.V2 (301) 251-1500

The next questions are about your use of dietary supplements, vitamins, minerals, and herbals all day yesterday, Tuesday, between midnight and midnight. This includes prescription and over the counter dietary supplements. During the interview in your home and our exam center you reported taking CALCIUM.

Did you take this supplement yesterday, Tuesday, (between midnight and midnight)?

[CONTINUE ASKING ABOUT EACH SUPPLEMENT LISTED IN TABLE]

1. Yes  
2. No

Supplements	Pick List	1st Nutrient Strength	2nd Nutrient Strength	Container Seen	Taken Last 24 Hours	Form Taken	Quantity Taken	Unit Taken	Unit Taken OS	Liquid/Powder
CALCIUM		600 MG		Yes	<input type="checkbox"/>					
VITAMINS A & D		1000 MG	200 MG	Yes	<input type="checkbox"/>					
VITAMINS A & D					<input type="checkbox"/>					
CM SUPER CALC				Yes	<input type="checkbox"/>					
WALGREENSA T				Yes	<input type="checkbox"/>					
VITAMIN C					<input type="checkbox"/>					

In this scenario, the SP reported taking six supplements. The script walks you through confirming each one individually and documenting if they were taken the previous day.

The first column of the response pane lists all the supplements in the review. In this case, there are six. This is information coming from the Household and/or MEC dietary interviewer as they entered it in a text field. Therefore, you may see spelling errors and other inconsistencies. We have made these entries in all capital letters as an indicator that this is data that came from the Household and/or MEC interview.

The next column is the Pick List. For the data imported from the Household or MEC, this column will be blank. The third and fourth columns have the supplement strength information, if any. The

fifth column indicates whether or not the Household interviewer saw the container of the supplement. This gives you a sense of confidence that we have correct data. If the container was seen, you will not have to ask the form of the supplement, as we are confident of the form entered by the HH interviewer and you will only need to verify the form. We do ask SPs to bring containers with them to the MEC for new supplements that they began taking since the Household interview. However, we have no data entry column for the MEC dietary interviewers to indicate that they saw the container. They leave a note in the remarks when they see the container, but this note is not carried over to you in the phone application.

If you answer “Yes” to confirm use the previous day, you will verify the form (Exhibit 7-2) and then ask the amount or quantity taken (Exhibit 7-3). Once you confirm the form, the unit (unit taken) will be autofilled for you and you will go on to the next supplement reported.

### Exhibit 7-2. Form confirmation

The screenshot shows the Blaise 4.7 Data Entry software interface. The window title is "Blaise 4.7 Data Entry - C:\MSIS\DS\DSA". The menu bar includes "Forms", "Answer", "Navigate", "Options", and "Help". The toolbar contains various icons for file operations and navigation. The main area displays the following information:

DSA |  
 John (25, M) Yr:9.S218.V2 (301) 251-1500  
 Was CALCIUM 600 MG a capsule? [CAPSULES INCLUDE TABLETS, PILLS, CAPLETS, SOFT GELS, GEL CAPS, VEGICAPS, AND CHEWABLE TABLETS]

Below the question are two radio button options:

1. Yes  
 2. No

At the bottom of the window is a table with the following columns: Supplements, Pick List, 1st Nutrient Strength, 2nd Nutrient Strength, Container Seen, Taken Last 24 Hours, Form Taken, Quantity Taken, Unit Taken, Unit Taken OS, and Liquid/Powder.

Supplements	Pick List	1st Nutrient Strength	2nd Nutrient Strength	Container Seen	Taken Last 24 Hours	Form Taken	Quantity Taken	Unit Taken	Unit Taken OS	Liquid/Powder
CALCIUM		600 MG		Yes	1	<input type="checkbox"/>		1		
VITAMINS A & D		1000 MG	200 MG	Yes	<input type="checkbox"/>					
VITAMINS A & D					<input type="checkbox"/>					
1CM SUPER CALC				Yes	<input type="checkbox"/>					
WALGREENSA T				Yes	<input type="checkbox"/>					
VITAMIN C					<input type="checkbox"/>					

## Exhibit 7-3. Quantity taken

Supplements	Pick List	1st Nutrient Strength	2nd Nutrient Strength	Container Seen	Taken Last 24 Hours	Form Taken	Quantity Taken	Unit Taken	Unit Taken OS	Liquid/Powder
CALCIUM		600 MG		Yes	1	1		1		
VITAMINS A & D		1000 MG	200 MG	Yes						
VITAMINS A & D										
CM SUPER CALC				Yes						
WALGREENSA T				Yes						
VITAMIN C										

The form verification question will not come up for supplements where the containers were not seen, for new supplements that you have recorded, or for antacids. When you are verifying the form of a reviewed supplement, if the SP says “No,” the program will open a new line to enter the supplement taken. The assumption is that if the supplement form is not the same as it was in the Household interview, then the SP is likely taking a different supplement altogether. So the program opens a new line in the review, and you follow the procedures for entering a new supplement.

Typically, when you are reviewing a supplement form, you just ask, “How much did you take?” and enter the number, and then move on to the next supplement. However, for Packages/Packets, Liquid, Gel, Powder, and Granules, entering just a number for the quantity is not enough information. For example, if the form is “Liquid” and you ask “How much did you take?,” the response will be a number and a unit, such as 2 teaspoons. Thus, the program opens the Form/Unit screen for you to enter the unit. Depending on the form you are confirming, the unit screen is limited to only appropriate responses. For example, if the form is “Liquid,” the unit “gumballs” is not a response option.

The subsequent supplements (Exhibit 7-4) follow in the same format. You will go through each one, verifying the form and entering the number taken. If the supplement was not taken the previous day, the program takes you on to the next supplement in the review list.

#### Exhibit 7-4. Subsequent supplement review

Supplements	Pick List	1st Nutrient Strength	2nd Nutrient Strength	Container Seen	Taken Last 24 Hours	Form Taken	Quantity Taken	Unit Taken	Unit Taken DS	Liquid/Powder
CALCIUM		600 MG		Yes	1	1	1	1		
VITAMINS A & D		1000 MG	200 MG	Yes						
VITAMINS A & D										
CM SUPER CALC				Yes						
WALGREENSA T				Yes						
VITAMIN C										

Once all supplements on the list have been probed and appropriately recorded if taken, you will see the following screen asking about any additional supplements (Exhibit 7-5). You must refer the SP to the Supplement hand card. If the SP answers “Yes,” you will record each new supplement on the new supplement screen that follows. A “No” response will allow you to review the antacids reported in the Household/MEC dietary interview, if any.

**Exhibit 7-5. Additional supplements probe**

The screenshot shows a window titled "Blaise 4.7 Data Entry - C:\MSIS\DSA\DSA". The menu bar includes "Forms", "Answer", "Navigate", "Options", and "Help". Below the menu bar is a toolbar with icons for file operations and navigation. The main content area displays the following information:

DSA |  
John (25, M) Y19.S218.V2 (301) 251-1500

All day yesterday, Tuesday, between midnight and midnight, did you take any other vitamins, minerals, herbals or other dietary supplements? Include any prescription and over the counter dietary supplements.

[REFER SP TO SUPPLEMENT HANDCARD]

1. Yes  
 2. No

At the bottom, there is a small table with the header "DSA060" and one empty row.

## 7.2 Recording Other Supplements

If the SP reports taking a new supplement, you will need to enter the new supplement in the supplement table as shown in Exhibit 7-6.

This screen asks for the new supplement name. You will want the SP to read from the label and then enter what the SP says verbatim. The interviewer instruction text in teal will help you with probing.

When you are **reviewing** supplements and antacids, you do not have the ability to enter any “new” data. It is only during this recording section of the program that you are able to enter a new or additional supplement or antacid. The exception mentioned earlier is when you answer “No” to the form.

Exhibit 7-6. New supplements

Blaise 4.7 Data Entry - C:\ISIS\DSA07b\DSA

Forms Answer Navigate Options Help

DSA

JOHN (25, M) Yr9.s228.v1 (301) 251-1500

Can you please locate the containers for all the dietary supplements you took? I will wait while you get them.

Can you please read to me all the words on the front label?

[REPEAT UNTIL ALL SUPPLEMENTS HAVE BEEN REPORTED]

[PROBES: Record the name. Use name probes.

**Multivitamin and/or Multimineral:**  
 What is the brand name?  
 Did it also include minerals like iron, zinc, or calcium?  
 Iron only  
 Was it a special type? (silver, women's, men's, prenatal, liquid)

**Single / double nutrient:**  
 What is the brand name?  
 How much (ingredient name) was in it? (or what was the strength of X)

**Other supplement type:**  
 Please describe the label name or type of supplement  
 What is the brand name?]

Supplements	Pick List	1st Nutrient Strength	2nd Nutrient Strength	Container Seen	Taken Last 24 Hours	Form Taken	Quantity Taken	Unit Taken
One A Day					1			

Start | Inbox -... | manual ... | C7-Pho... | WBT - ... | C:\WIN... | Blaise 4... | Blaise ... | Desktop >> 12:25 PM

Once you've entered the supplement information in the text field, then record the quantity taken and the unit/form taken. The screens shown in Exhibits 7-7 and 7-8 allow you to select quantity and then enter the form/unit of the supplement.

Exhibit 7-7. Amount

Blaise 4.7 Data Entry - C:\ISIS\DSA07b\DSA

Forms Answer Navigate Options Help

DSA

JOHN (25, M) Yr9.s228.v1 (301) 251-1500

Between midnight and midnight, how much did you take?

[ENTER THE NUMBER]

Supplements	Pick List	1st Nutrient Strength	2nd Nutrient Strength	Container Seen	Taken Last 24 Hours	Form Taken	Quantity Taken	Unit T
One A Day					1			

Start | Inbox... | manual... | C7-Pho... | WBT - ... | C:\WIN... | Blaise 4... | Blaise ... | Desktop » | 12:27 PM

Exhibit 7-8. Form/unit

Blaise 4.7 Data Entry - C:\ISIS\DSA07b\DSA

Forms Answer Navigate Options Help

DSA

JOHN (25, M) Yr9.s228.v1 (301) 251-1500

(Was it a tablet, capsule, pill, caplet, soft gel, or something else?)

[SELECT FORM/UNIT]

- 1. Tablets, capsules, pills, caplets, softgels, gelcaps, vegicaps, chewable tablets
- 2. Droppers
- 3. Drops
- 5. Injections/Shots
- 6. Lozenges/Cough Drops
- 7. Milliliters
- 11. Tablespoons
- 12. Teaspoons
- 13. Waters
- 15. Cans
- 16. Grams
- 17. Dots
- 18. Cups
- 19. Spray/Squirts
- 20. Chews/Gummies
- 21. Scoops
- 23. Capfuls
- 27. Ounces
- 28. Packages/Packets
- 29. Vials
- 30. Gumballs
- 91. Other form (specify)

Supplements	Pick List	1st Nutrient Strength	2nd Nutrient Strength	Container Seen	Taken Last 24 Hours	Form Taken	Quantity Taken	Unit T
One A Day					1			

Start | Inbox... | manual... | C7-Pho... | WBT - ... | C:\WIN... | Blaise 4... | Blaise ... | Desktop » | 12:28 PM

One last question is asked about newly reported supplements. In Exhibit 7-9, you will find that we ask for the length of time the respondent has been taking the supplement.

## Exhibit 7-9. How long?

1st Nutrient Strength	2nd Nutrient Strength	Container Seen	Taken Last 24 Hours	Form Taken	Quantity Taken	Unit Taken	Unit Taken OS	Liquid/Powder	Length Used - Number	Length Used - U
600 MG		Yes	1		1	1				
1000 MG	200 MG	Yes	1		1	1				
		Yes	1		1	20				
		Yes	1		1	6				
			1		1	1				

The response fields require you to enter a number (for example, 10) and a unit (Days, Weeks, Months or Years). You may use the Hot Keys F7 and F8 for Refused or Don't Know responses.

Before you move on to review the antacids reported in the Household/MEC dietary interview, the screen shown in Exhibit 7-10 will display to check whether you have captured all the supplements taken the previous day. If no others were taken, simply hit the "Enter" key to go on.

Exhibit 7-10. Any others?

Blaise 4.7 Data Entry - C:\ISIS\DSA07b\DSA

Forms Answer Navigate Options Help

DSA

JOHN (25. M) Yr9.s228.v1 (301) 251-1500

Any others?

Can you please read to me all the words on the front label?

[REPEAT UNTIL ALL SUPPLEMENTS HAVE BEEN REPORTED]

[PROBES: Record the name. Use name probes.

**Multivitamin and/or Multimineral:**

- What is the brand name?
- Did it also include minerals like iron, zinc, or calcium?
- Iron only
- Was it a special type? (silver, women's, men's, prenatal, liquid)

**Single / double nutrient:**

- What is the brand name?
- How much (ingredient name) was in it? (or what was the strength of X)

**Other supplement type:**

- Please describe the label name or type of supplement
- What is the brand name?]

Supplements	Pick List	1st Nutrient Strength	2nd Nutrient Strength	Container Seen	Taken Last 24 Hours	Form Taken	Quantity Taken	Unit Taken

Start | Inbox -... | manual ... | C7-Pho... | WBT - ... | C:\WIN... | Blaise 4... | Blaise ... | Desktop » » 12:30 PM

### 7.3 Antacid Data Collection

After collecting the supplements, you move on to collect the antacids. If the SP reported taking antacids in the Household/MEC dietary interview, a list will appear in a table similar to the supplements (Exhibit 7-11). In this case there were two antacids reported. You will follow the same protocol, asking if each antacid on the list was taken the previous day. If so, you will record the quantity and unit/form.

## Exhibit 7-11. Antacid review

Blaise 4.7 Data Entry - C:\USIS\DSADSA

Forms Answer Navigate Options Help

DSA

John (25, M) Yr9.S218.V2 (301)251-1500

The next questions are about your use of non-prescription antacids. During the interview in your home you reported taking TUMS LASTING EFFECTS.

Did you take this antacid yesterday, Tuesday, (between midnight and midnight)?

[CONTINUE ASKING ABOUT EACH ANTACID LISTED IN TABLE]

1. Yes  
2. No

Antacids	Pick List	1st Nutrient Strength	2nd Nutrient Strength	Container Seen	Taken Last 24 Hours	Form Taken	Quantity Taken	Unit Taken	Unit Taken OS	Liquid/Powder
TUMS LASTING I				No						
ROLAIDS										

If no antacid data was reported in the Household/MEC dietary interview, you will get a simple probe to see if any were taken the previous day.

After verifying and/or entering all the previously reported antacids, the next screen (Exhibit 7-12) probes for any additional antacids. You must refer the SP to the Antacid hand card. Just as with the supplements, a “Yes” response will prompt you to record all that are reported.

**Exhibit 7-12. Any other antacids?**

Blaise 4.7 Data Entry - C:\MSIS\DSA\DSA

Forms Answer Navigate Options Help

DSA

John (25, M) Y19.S218.V2 (301) 251-1500

All day yesterday, Tuesday, between midnight and midnight did you take any other antacids?

[REFER SP TO ANTACID HANDCARD]

1. Yes  
 2. No

DSA065

Similar to the supplement screen, you will want to ask the SP to get the container for you and read to you all of the words on the front label. After you record the name of the new antacid in the text field, you will need to find a match for it on the Pick List and then enter the quantity taken and also the unit/form taken. You will want to record the information verbatim. The interviewer instruction text on the screen (Exhibit 7-13) helps guide you as to what probes you may need to ask.

## Exhibit 7-13. Recording a new antacid

Antacids	Pick List	1st Nutrient Strength	2nd Nutrient Strength	Container Seen	Taken Last 24 Hours	Form Taken	Quantity Taken	Unit Taken	Unit Taken OS	Liquid/Powder
TUMS LASTING 1				No	1		1	1		
ROLAIDS					1		1	1		

## 7.4 No Supplements Reported in the Past 30 Days

If the SP did not report any supplements in the past 30 days in the Household or MEC dietary interview, you will get a screen as shown in Exhibit 7-14, asking if he took any the previous day. You will need to refer the SP to the Supplement hand card. If the response is “Yes,” then the same screen will display that is used to record additional supplements.

## Exhibit 7-14. Supplements taken yesterday

Blaise 4.7 Data Entry - C:\MSIS\DSA\DSA

Forms Answer Navigate Options Help

John (25, M) Yr9.S218.V2 (301) 251-1500

The next questions are about your use of dietary supplements, including prescription and over the counter supplements. All day yesterday, Tuesday, between midnight and midnight, did you take any vitamins, minerals, herbals or other dietary supplements?

[REFER SP TO SUPPLEMENT HANDCARD]

1. Yes  
 2. No

DSA001

This screen (Exhibit 7-15) asks for the new supplement name. Interviewer instructions will help you probe. You enter the supplement in a text field, and then record the quantity taken and form/unit taken.

## Exhibit 7-15. Recording supplements

John (25, M) Yr9.S218.V2 (301) 251-1500

Can you please locate the containers for all the dietary supplements you took? I will wait while you get them.

Can you please read to me all the words on the front label?

[REPEAT UNTIL ALL SUPPLEMENTS HAVE BEEN REPORTED]

[PROBES: Record the name. Use name probes.]

**Multivitamin and/or Multimineral:**  
 What is the brand name?  
 Did it also include minerals like iron, zinc, or calcium?  
 Iron only  
 Was it a special type? (silver, women's, men's, prenatal, liquid)

**Single / double nutrient:**  
 What is the brand name?  
 How much (ingredient name) was in it? (or what was the strength of X)

**Other supplement type:**  
 Please describe the label name or type of supplement  
 What is the brand name?]

Supplements	Pick List	1st Nutrient Strength	2nd Nutrient Strength	Container Seen	Taken Last 24 Hours	Form Taken	Quantity Taken	Unit Taken	Unit Taken OS	Liquid/Powder

## 7.5 No Antacids Reported in the Past 30 Days

If the SP did not report any antacids in the Household or MEC dietary interview, this screen will come up asking about use of antacids the previous day (Exhibit 7-16). You will need to refer the SP to the Antacid hand card. A “Yes” response will allow you to record the antacid and a “No” response will conclude the section.

## Exhibit 7-16. Antacids taken yesterday

Blaise 4.7 Data Entry - C:\MSIS\DSA\DSA

Forms Answer Navigate Options Help

DSA

John (25, M) Y19.S218.V2 (301) 251-1500

The next questions are about your use of non-prescription antacids. All day yesterday, Tuesday, between midnight and midnight did you take any antacids?

[REFER SP TO ANTACID HANDCARD]

1. Yes  
 2. No

DSA005

For SPs that did take an antacid yesterday, a screen similar to the supplement screen appears (Exhibit 7-17) where you will record the name of the new antacid in a text field, find a match for it on the Pick List, and then enter the quantity taken and the form/unit taken.

## Exhibit 7-17. Recording new antacids

Antacids	Pick List	1st Nutrient Strength	2nd Nutrient Strength	Container Seen	Taken Last 24 Hours	Form Taken	Quantity Taken	Unit Taken	Unit Taken DS	Liquid/Powder

The Pick List will come up as you type, similar to the MFL in the AMPM; you can filter by TriDrugName **OR** alphabetically. However, you will need to be very careful in attempting to get an exact match to your text field entry.

**NOTE:** It is important that if you cannot find an **exact match** to select **\*\*Product not on list**.

If you open a line in error by moving beyond the 1st column, and do not want to enter a new/additional supplement or antacid, type “error” in the field of the 1st column (the text field) and hit “Enter.” This will remove the newly inserted line.

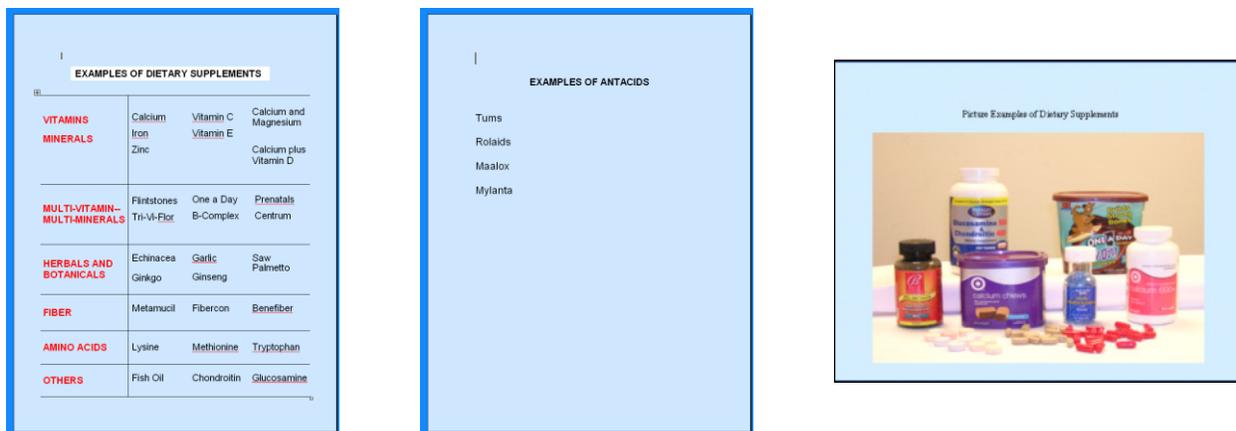
If the SP reports an antacid or supplement where the unit is milliliters, tablespoons, teaspoons, cans, grams, cups, scoops, cc’s, capfuls, mgs, units, gulps, ounces, or packages, a followup question is asked. This will occur only for new supplements and antacids, or for reviewed supplements and antacids where the container was not seen. You are not expected to memorize this list, but as an aid we wanted you to understand the instances when you will see a followup question: “Was this a liquid or powder?”

If the SP reports a unit or form of a supplement or antacid that is not on the list, you have the option on entering “91” for Other, Specify. If you select “Other, Specify,” a text field will open where you will need to enter the unit/form.

## 7.6 Hand Cards

We have three hand cards for this section (Exhibit 7-18). First we have a two-sided hand card. Each language has been printed separately, so that we have an English card with Supplements on one side and Antacids on the back, and a Spanish card with Supplements on one side and Antacids on the back. The MEC dietary interviewers will be providing the SP with both language versions of the cards to take home with their Food Model Booklet and a bag that has their cups, spoons, ruler, etc. The other hand card shows photo images of supplements to assist SPs in an understanding of what we are referring to when we ask about dietary supplements. It is also two-sided, with English on one side and Spanish on the other. During the Phone Follow-up interview, you will want to ask the SP to have these cards on hand to refer to.

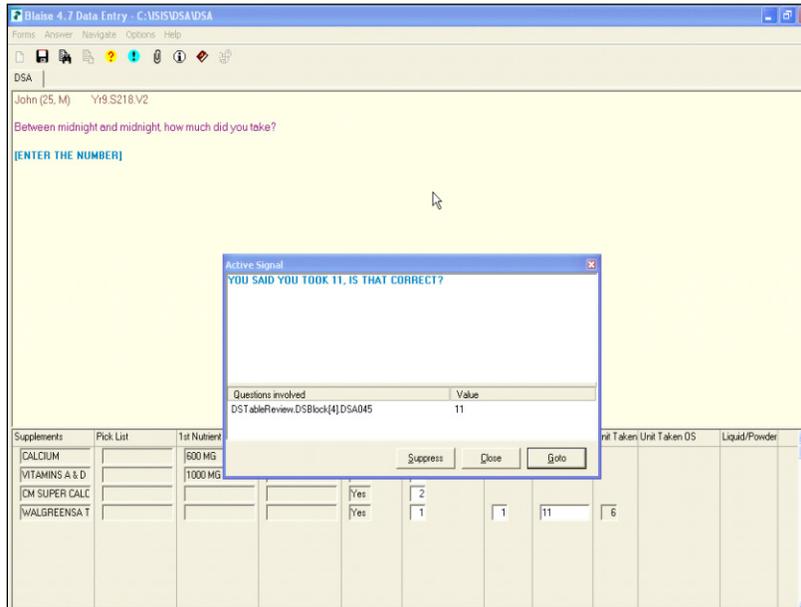
**Exhibit 7-18. Supplement and antacid hand cards**



## 7.7 Edits

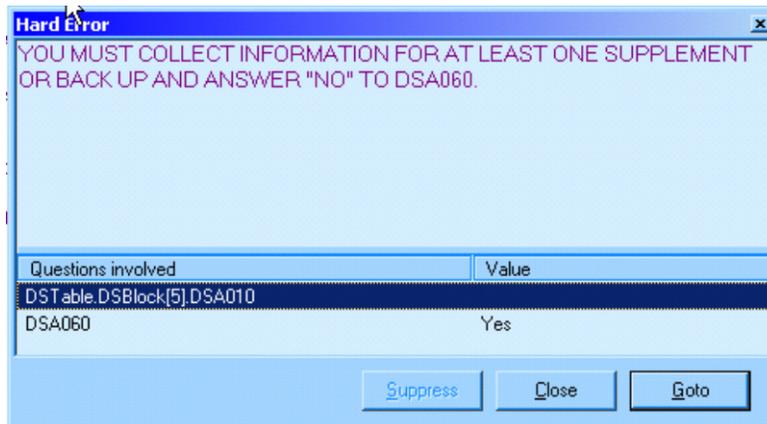
We have two edits programmed for this section of the interview (Exhibit 7-19). A soft edit will come up if you enter a quantity greater than 9. Select “Goto” to change the quantity, or “Suppress” to continue. “Close” will keep you in the quantity field.

Exhibit 7-19. Soft edit



A hard edit will display (Exhibit 7-20) if you answer “Yes” to the question asking if the SP took any other supplements/antacids, and then failed to enter the supplement/antacid on the grid.

Exhibit 7-20. Hard error



# Additional Intake Procedures

# 8

This chapter discusses procedures that are specific to the Dietary Recall interview. The procedures include:

- Conducting proxy and assisted interviews;
- Interviewing children;
- Data retrieval;
- Documenting special situations such as skipped meals, missing meals, fasting sample persons (SPs), and breast-fed infants;
- Referring to foods previously reported by the SP or other household member;
- Misreporting primary foods;
- Adding or misreporting additions;
- Recording information when program limits are activated (40+ foods and excess accessions to categories); and
- Collecting water information reported during the intake.

## 8.1 Proxy and Assisted Interviews

Proxy and assisted interviews will be conducted primarily on child SPs. However, there may be situations when you will need to conduct proxy or assisted interviews for adult SPs who cannot report for themselves because of physical or mental limitations.

As shown in the following table (Exhibit 8-1), proxy interviews will be conducted for all child SPs under 6 years of age. Interviews for child SPs between 6 and 8 years of age will also be conducted with proxies, but the child must be present to assist the proxy during the interview. Assisted interviews will be conducted with child SPs 9 to 11 years old. SPs in this age range will be asked to provide their own data, assisted by an adult household member (referred to as the assistant). The preferred proxy/assistant is the person most knowledgeable about what the SP ate the day before the interview.

**Exhibit 8-1. Table of proxy and assisted interviews**

SP age	Interview	Adult present	Child present
<6 yrs.	Proxy	Yes	No
6-8 yrs.	Proxy/Assistant	Yes	Yes
9-11 yrs.	SP/Assistant	Yes	Yes
12-15 yrs.	SP	No	Yes

### 8.1.1 Proxy Interviews with Child SPs Under 9 Years of Age

There are two types of proxy interviews for children in this age group: (1) an interview where the proxy is the sole respondent, and (2) an interview where the child SP assists the proxy. A proxy will always respond for children under the age of 6, as we assume that they cannot reliably report for themselves. A proxy will also be the primary respondent for children between 6 and 8 years of age. However, because children in this age group can often contribute useful information about meals eaten away from home, the interview will be conducted with the child present to assist in reporting intake information. The proxy for children under 9 years of age may be the parent, grandparent, babysitter, or any other person knowledgeable about the child's food intake. If the child has more than one caregiver, several individuals may need to contribute to the Intake data.

It is likely that you will need to collect information from children between 6 and 8 years of age about what they ate in the school cafeteria, at a day-care center, a babysitter's home, or with some other caretaker. It may be necessary to collect not only information about school lunch, but also breakfast and after-school snacks.

If the preschool child has a meal(s) outside the home, the proxy or other family member may be able to tell you what foods were sent with the child, but probably not what foods were eaten. Be patient and persistent in trying to collect as much information as possible from the sampled child, if the proxy cannot be of assistance.

As with the standard introduction, explain the information you need, and define the time frame for the proxy. Since infants frequently have feedings during the night, it is important that the proxy understands the period of time. Use the Yesterday's Intake hand card to reinforce the time period.

### 8.1.2 Assisted Interviews with Child SPs 9 to 11 Years Old

Our procedures assume that children between 9 and 11 years old are capable of self-reporting their intake, but to collect complete and accurate information, they would benefit from the assistance of an adult knowledgeable about their intake.

The child should try to answer all of the intake and health-related questions. If the child and assistant provide conflicting information, give them an opportunity to reconcile the response on their own. If they cannot, record the **SP's response** on the intake grid and proxy comments in the Remark Box (F6 function key).

### 8.1.3 Proxy or Assisted Interviews with Adults Unable to Report for Themselves

You may need to interview some respondents older than age 11 who are not capable of responding for themselves due to physical or mental limitations. In these cases, an acceptable proxy or assistant would be the person most knowledgeable about the respondent's food consumption. Generally, a proxy will be assigned to an adult who cannot report for himself or herself.

## 8.2 Interviewing Children

The age and ability of the child will determine how much of the interview you conduct with the child. Following are the procedures to follow for each age group.

- **SPs under 6 years old.** The entire interview will be conducted with the proxy. The child does not need to be present. However, if the child is present for the interview, the proxy may refer questions to the child.
- **SPs 6-8 years old.** The proxy will be the primary respondent, but the child SP should be present. If appropriate, you may conduct part of the interview with the child SP. Begin the interview with the proxy. If the proxy feels the child can better respond to the Quick List or answer the food probes, have the child join the interview. When you feel you have obtained all the information the child can provide, direct your questions to the proxy.
- **SPs 9-11 years old.** The child SP will be the primary respondent, but will be assisted by an adult. Begin the interview with the child by asking the Quick List. After the child

reports the Quick List, address the next statement to both the child and the assistant: Say something like “Now I’m going to ask you specific questions about the foods and beverages we just listed. When you remember anything else you ate or drank as we go along, please tell me.” Invite the assistant to participate in the interview and encourage the assistant to help the child report completely and accurately.

Interviews with young children can be either pleasant and amusing encounters, or tedious and exhausting experiences. How you conduct the interview can affect both the quality of the interview and the interaction itself. Following are some tips to remember when interviewing children.

- Use child-related events and terms when probing. For example, if a child refers to an activity such as gymnastics or baseball when reporting foods in the Quick List, follow through with that activity when you get to the descriptive probes (e.g., “*Tell me about that juice you said you had before baseball practice.*” rather than “*You said you had some juice at 3 o’clock.*”).
- If children have difficulty recalling foods on the Quick List, help them think through the day by asking about where they went and what they did. Then ask whether or not they ate or drank anything. For example, you might ask a child, “*Where did you go right after school yesterday?*” If the child says something like “*to my friend’s house,*” ask an orientation question such as “*What did you do there?*” Then ask, “*Did you eat or drink anything while you were at your friend’s house?*”
- Adult approval or disapproval can easily influence children, so you must encourage them to participate while remaining completely neutral.
- Keep your sense of humor and enjoy the conversation. It can be quite delightful.

### 8.3 Data Retrieval Procedures

If the SP or proxy/assistant cannot provide enough descriptive information about the foods, or the quantity eaten, the data may need to be collected from someone outside the household. This section describes the procedures for identifying and documenting missing data that need to be retrieved from an outside source.

### 8.3.1 Data Retrieval Criteria

Missing dietary data will be retrieved on two groups of SPs:

- SPs under 12 years old, and
- SPs over 12 years old requiring proxy or assisted interviews.

For SPs described above, the data will be retrieved for the following situations:

- **Eating occasion reported but no foods.** An eating occasion is reported, but **not** the individual foods or beverages consumed at the occasion. For example, a mother may know that a child ate lunch at daycare, but may not know what the daycare provider served. Data should be retrieved for the individual foods and amounts.
- **Eating occasion reported with some foods.** An eating occasion is reported, but only **some** of the individual foods or beverages in the occasion are recalled. For example, a mother may know that her child's school served a hot dog for lunch, but may not know what else was served. Data should be retrieved for the other foods and amounts.

For SPs described above, the data will **NOT** be retrieved for the following situations:

1. When a food is reported that is **not** a part of a missing meal, but the details cannot be recalled. For example, milk is reported, but not the kind of milk.
2. When a food is reported that is not a part of a missing meal, but the amount cannot be recalled.

### 8.3.2 Flagging Eating Occasions for Data Retrieval

You will flag an eating occasion for data retrieval if the SP or proxy respondent reports an occasion but cannot report ALL OF THE foods consumed for that occasion. The procedures you use to flag the occasion for data retrieval will depend on whether the respondent reported any foods for the occasion.

**Reported occasion but no foods.** If the SP or proxy respondent reports an occasion (e.g., “school breakfast,” “school lunch”), but cannot report what the SP ate for the occasion, follow the steps below:

1. **Record the eating occasion during the QL pass.** From the Main Food List (MFL), pick “school breakfast,” “school lunch,” “unknown meal,” or some other occasion that describes the meal.
2. **Unknown food category.** When you get to that occasion in the interview, the program will automatically link you to the Unknown food category. The first question you will read will ask the SPs if they can tell you what they had for that occasion (Exhibit 8-2). If the respondent reports “Yes,” enter “1” to go back to the Respondent Food List (RFL) and enter the foods. If the respondent reports “No,” enter “2” and continue.

**Exhibit 8-2. Unknown food category screen—school breakfast**

Can Janice tell me what Janice had for the School breakfast?

1. Yes, return to the RFL to enter foods

2. No, foods need data retrieval

The next screen (Exhibit 8-3) asks the amount eaten only for school breakfast and for school lunch, not for other responses. Notice the interviewer instruction that tells you to record what portion of the meal that was eaten. While children may not be able to tell you what they ate, they can often tell you whether they ate it all. This is a text field, so you will type in the text “ate all” or “1/2,” etc.

## Exhibit 8-3. Unknown food category screen—school meal amount eaten question

XXX (15, F), I2.001.IN.01.002 (11) 999-7890  
 School breakfast, 7:00 AM, breakfast  
 How much of this school meal did you eat?  
 [DOCUMENT WHAT PORTION OF THE MEAL WAS EATEN - ALL, HALF, A THIRD, ETC.]

Type in 'ate all' or 1/2, etc.

BStart  IncludeInIntake UnkFoodAmt  
 ameAsInstruction UnkSchoolMealAmt

Once you have entered the amount, do the following:

1. Arrow back to the category Start screen and change “1” (Include in Intake) to “3” (Needs Data Retrieval) and press “End” to get to the Source question.
2. Ask the Source question.
3. Continue with the interview.

**Example:** A child SP reports “school breakfast” during the QL pass. When you ask the details about “school breakfast” the respondent cannot remember any foods. Flag “school breakfast” for data retrieval and continue with the interview.

**Reported eating occasion on QL, then reported some, but not all, foods for the occasion.** If the SP or proxy respondent cannot report **all** the foods the SP ate for the reported occasion, follow the steps below:

1. **Record the eating occasion during the QL pass.** From the MFL pick “school breakfast,” “school lunch,” “unknown meal,” or some other occasion that describes the meal.
2. **Unknown food category.** When you get to that occasion in the interview the program will automatically link you to the Unknown food category. The first question you will read will ask SPs if they can tell you what they ate for the occasion (Exhibit 8-4). When you enter “1” for “Yes,” the system will take you back to the RFL to add the foods.

Exhibit 8-4. Unknown food category screen—school lunch

Can Janice tell me what Janice had for the School lunch?

1. Yes, return to the RFL to enter foods

2. No, foods need data retrieval

3. **Ask “Anything Else.”** After you enter the remembered foods on the MFL, ask “anything else.” (See Exhibit 8-5.)

Exhibit 8-5. RFL—SP remembers additional foods for occasion

**[IF SP REMEMBERS A NEW FOOD, USE COMMENT FIELD ONLY IF SP PROVIDES DETAILS.]**  
**[ASK OR CONFIRM BOTH TIME AND OCCASION FOR EACH FOOD BEFORE LEAVING THE RFL SCREEN.]**

	Food Name	Time	Occasion	Occasion, OS
Food[1]	School breakfast	7:00AM	1	
Food[2]	School lunch	11:30AM	2	
Food[3]	Snack	3:00PM	6	
Food[4]	Hamburger	11:30AM	2	
Food[5]	Unknown meal	11:30AM	2	
Food[6]	<input type="checkbox"/>			

**Remembered food**

If the respondent indicates that the SP had more foods than were reported for that occasion, but doesn't know what they were, do the following:

1. Type in "unknown meal" on RFL along with the time and occasion.
2. Enter "XXX," press Enter twice, and END to continue.
3. When you get to the "unknown meal" category, enter "1" (Continue) on the Continue/Redo screen, and "3" (Needs Data Retrieval) on the category Start screen.
4. Enter DK to the question about what foods were in the meal.
5. Enter 1-Enter-End to continue with the interview.

**Example:** During the QL pass, a proxy mother reports her son ate "school lunch." When you ask the details about "school lunch," the SP reports he ate a hamburger. Mom says she knows he ate more than that for his school lunch. When on the RFL, add "unknown meal" and flag for data retrieval when you get to the details.

**Reported foods on QL, then reported missing foods for same occasion.** If an SP or proxy respondent reports, during the QL, eating a food for an occasion, and then states that other foods were also eaten, but cannot report the other foods, follow the steps below.

- **Add the eating occasion to the RFL** (e.g., "school breakfast," "school lunch," "unknown meal").
- **Unknown food category.** When you get to the unknown eating occasion, do the following:
  - On the category Start screen enter "3" for Needs Data Retrieval.
  - Press "End" to exit the food details and ask the Source questions.
  - Continue with interview.

**Example:** A child SP reports pancakes on the QL for school breakfast. He later remembers that he ate other foods, but can't remember the other foods. Enter "school breakfast" on the MFL and then flag the occasion for data retrieval.

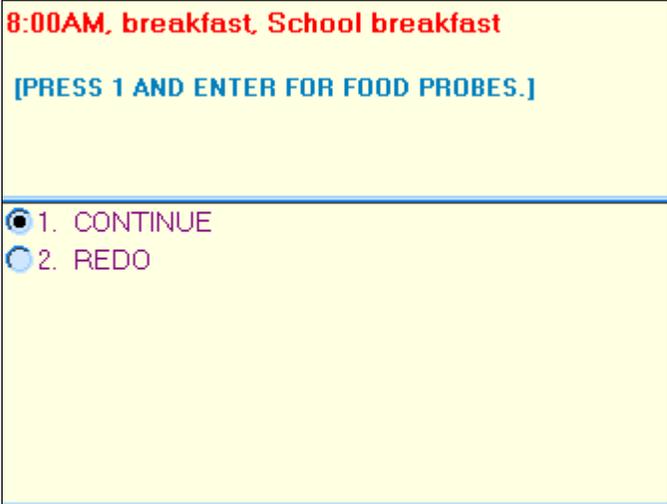
### 8.3.3 Documenting Data Retrieval Source Information

If you entered any placeholders on the RFL (e.g., "school breakfast," "school lunch," "unknown meal") you will be prompted at the end of the Dietary Recall interview to obtain information about

who to call to retrieve the missing data. (See Exhibit 8-7 on page 8-11.) You will ask for the source name, location, and telephone number. The source may be a school, babysitter, daycare, or relative. Before asking for contact information you **must** get the proxy's permission to conduct data retrieval with a source outside the household.

It is important to note that these questions are not driven by selecting "Needs Data Retrieval" for any food. Thus you may see these followup questions and falsely believe that you flagged a food for data retrieval when you have not remembered to go back to do so. If the food is not flagged you cannot go back and collect the missing data. The only way to be certain is to arrow up and see the placeholder in red (Exhibit 8-6). This confirms the food is flagged for data retrieval.

**Exhibit 8-6. Confirming food is flagged for data retrieval**



8:00AM, breakfast, School breakfast

[PRESS 1 AND ENTER FOR FOOD PROBES.]

1. CONTINUE

2. REDO

**Data retrieval source information.** Data retrieval questions will only be asked when placeholders are entered on the RFL. If the Dietary Recall needs data retrieval, you will collect information about the data retrieval source(s) here.

The first screen (Exhibit 8-7) asks for a list of contacts who can answer the data retrieval questions. Up to five contacts can be entered. When you have entered all the contact names, press ENTER to continue.

Exhibit 8-7. Data retrieval source screen

TIMOTHY (11, M). Yr14.s293.v1

Who should I talk to to get the missing information about TIMOTHY's foods?

**[A FOOD/MEAL IS FLAGGED FOR DATA RETRIEVAL]**

**[COLLECT DATA RETRIEVAL CONTACT NAME(S) OR OTHER INFORMATION.]**

Label	Data Retrieval	RECDRContactSource
RECDRContactName[1]	<input type="text"/>	RECDRContactSource0
RECDRContactName[2]		RECDRNameOfPlace

TIMOTHY (11, M). Yr14.s293.v1

**[DOES A FOOD/MEAL NEED DATA RETRIEVAL? IF YES, GO BACK AND FLAG AS \*\*NEEDS DATA RETRIEVAL\*\*. IF NO, CONTINUE]**

Who should I talk to to get the missing information about TIMOTHY's foods?

**[COLLECT DATA RETRIEVAL CONTACT NAME(S) OR OTHER INFORMATION.]**

Label	Data Retrieval	RECDRContactSource
RECDRContactName[1]	<input type="text"/>	RECDRContactSource0

Notice the red interviewer instruction text which helps guide you as to whether or not you have marked the food or meal as needing data retrieval.

The following screen (Exhibit 8-8) determines the relationship between the SP and the contact person. There are four possible responses. If the contact person is a relative or babysitter, the AMPM will continue on to ask the phone number of that person.

Exhibit 8-8. Data retrieval source screen—relationship to SP question

Blaise Data Entry - C:\Test-P2-Intake-Local\Instruments\INTAKE

Forms Answer Navigate Options Help

Intake Sorted\_RFL

Sample (1, F), E1.001.IN.18.001 (301) 555-1212

Does Mama Sue work at a school or child daycare, or are they a babysitter, relative, or something else?

1. SCHOOL  
 2. CHILD DAYCARE  
 3. BABYSITTER  
 4. RELATIVE  
 91. OTHER, SPECIFY

Label	Data Retrieval	ChildDaycare
RECDRContactName[1]	Mama Sue	RECDRContactSource 2
RECDRContactName[2]	Miss Josy	RECDRContactSource 0
RECDRContactName[3]		RECDRNameOfPlace
RECDRContactName[4]		RECDRPhoneArea
RECDRContactName[5]		RECDRPhoneExchange
		RECDRPhoneLocal
		RECDRPhoneConfirm

If the contact person is from a school or daycare, the AMPM will ask the name of the school or daycare place (Exhibit 8-9).

Exhibit 8-9. Data retrieval source screen—name of school or daycare question

Blaise Data Entry - C:\Test-P2-Intake-Local\Instruments\INTAKE

Forms Answer Navigate Options Help

Intake Sorted\_RFL

Sample (1, F), E1.001.IN.18.001 (301) 555-1212

What is the name of this school or child daycare?

Label	Data Retrieval	RECDRContactSource	2	ChildDaycare
RECDRContactName[1]	Mama Sue	RECDRContactSourceID		
RECDRContactName[2]	Miss Josy	RECDRNameOfPlace	ma Sue's Playhouse	
RECDRContactName[3]		RECDRPhoneArea		
RECDRContactName[4]		RECDRPhoneExchange		
RECDRContactName[5]		RECDRPhoneLocal		
		RECPhoneConfirm		

Three separate screens (Exhibits 8-10 to 8-12) collect the contact person's phone number (area code, exchange, and local).

Exhibit 8-10. Data retrieval source screen—source phone number

The screenshot shows the Blaise Data Entry software interface. The title bar reads "Blaise Data Entry - C:\Test-P2-Intake-Local\Instruments\INTAKE". The menu bar includes "Forms", "Answer", "Navigate", "Options", and "Help". The toolbar contains icons for file operations and help. The main window displays the "Intake" form with a tab labeled "Sorted\_RFL". The form content includes the text "Sample (1, F), E1.001.IN.18.001 (301) 555-1212" and the question "What is Mama Sue's phone number?". Below the question, it says "NEW NUMBER: () - [ENTER THE AREA CODE]". The bottom section of the form is a data entry table with the following fields:

Label	Data Retrieval	RECDRContactSource	2	ChildDaycare
RECDRContactName[1]	Mama Sue	RECDRContactSourceID		
RECDRContactName[2]	Miss Josy	RECDRNameOfPlace	Mama Sue's Playhou	
RECDRContactName[3]		RECDRPhoneArea	301	
RECDRContactName[4]		RECDRPhoneExchange		
RECDRContactName[5]		RECDRPhoneLocal		
		RECPhoneConfirm		

Once the number has been entered, you will confirm the number and make any changes necessary (Exhibit 8-11).

Exhibit 8-11. Data retrieval source screen—source phone number or confirmation

Blaise Data Entry - C:\Test-P2-Intake-Local\Instruments\INTAKE

Forms Answer Navigate Options Help

Intake Sorted\_RFL

Sample (1, F), E1.001.IN.18.001 (301) 555-1212

**[CONFIRM NEW TELEPHONE NUMBER]**

NEW NUMBER: (301) 555-1515  
Is this correct?

1. YES  
 2. NO

Label	Data Retrieval	RECDRContactSource	2	ChildDaycare
RECDRContactName[1]	Mama Sue	RECDRContactSourceID		
RECDRContactName[2]	Miss Josy	RECDRNameOfPlace	Mama Sue's Playhou	
RECDRContactName[3]		RECDRPhoneArea	301	
RECDRContactName[4]		RECDRPhoneExchange	555	
RECDRContactName[5]		RECDRPhoneLocal	1515	
		RECPhoneConfirm		

The next data retrieval screen allows you to enter any comments that will assist in the data retrieval process. The AMPM system will include these questions for each contact name reported.

If more than one food is flagged for data retrieval and more than one source is identified for contact, you will document the source to be contacted for each food in the comments box. You should also use the comments box to clarify any data retrieval information to be collected. The comments box is shown below (Exhibit 8-12).

Exhibit 8-12. Data retrieval source screen—additional comments

The screenshot shows a window titled "Blaise Data Entry - C:\Test-P2-Intake-Local\Instruments\INTAKE". The window has a menu bar with "Forms", "Answer", "Navigate", "Options", and "Help". Below the menu bar is a toolbar with various icons. The main area of the window is divided into two sections. The top section is labeled "Intake" and "Sorted\_RFL" and contains the text "Sample (1, F), E1.001.IN.18.001 (301) 555-1212". Below this text is a large text area with the prompt "[ENTER ADDITIONAL COMMENTS IF NEEDED.]". The bottom section of the window is a form with several fields: "ECDRNameOfPlace", "ECDRPhoneArea", "ECDRPhoneExchange", "ECDRPhoneLocal", "ECPhoneConfirm", "RECDRNameOfPlace", "RECDRPhoneArea", "RECDRPhoneExchange", "RECDRPhoneLocal", "RECPhoneConfirm", and "RECDRComments". The "RECDRComments" field is currently empty.

### 8.3.4 Data Retrieval Collection Procedures

When “needs data retrieval” is selected for any **food** during an interview, the record is flagged as “needing data retrieval.” You will be responsible for conducting data retrieval for the interviews you flagged. A report is automatically printed immediately after the interview is closed that contains a list of foods needing DR and the contact source information for that interview. Try to contact the source within 24 hours of the time the interview was completed. If it was completed on a Saturday, or the day before the weekend, contact the source within 72 hours. The record will be assigned a status code of “Partial” for the Dietary Recall section. To collect the missing data, you need to follow these steps:

1. Select the Data Retrieval (DR) radio button at the top of the screen at the initial dietary exam screen.
2. Use the DR report to obtain the telephone number to initiate contact with the source.

3. Launch the partial intake and scroll down to the first eating occasion needing DR. The food details will appear in RED.
4. Select “Redo” and then “Include in Intake” to access the food details. All details collected during the PFU exam will be filled in.
5. Collect the missing data.
6. Press “End” to exit the food’s details.
7. Scroll to the next food needing DR and repeat the process until all foods on the DR report have been addressed.
8. If at any time the DR contact cannot provide the necessary details, leave a remark (F6) describing why DR was not successful.
9. Close the intake. Note that the section status is now complete.

If you cannot contact the source within the timeframe noted above, enter the case and navigate to the eating occasion(s) needing DR. Select “Redo” and then “Include in Intake.” Then press F6 and leave a remark in the Remark Box stating “data retrieval unsuccessful.”

## 8.4 Documenting Missing Meals (If Data Retrieval Is Not Required)

If the Dietary Recall does not meet the guidelines for data retrieval and the SP can remember consuming foods and beverages at a particular meal, but cannot remember what was consumed, the meal is considered missing. You will record the missing meal by entering the eating occasion on the Quick List, for example “dessert” or “snack.” The program will link those terms with the Unknown Food category. If the SP cannot report the foods consumed, enter a question mark (?) for DK and continue.

## 8.5 Documenting Skipped Meals

A missing meal is distinguished from a skipped meal. A skipped meal is a meal that the respondent might have been expected to eat or drink, but did not. For example, this is the case if an SP reports eating no food before 1:00 in the afternoon. At any point in the interview you may access the Remark Box and record any information the respondent offers (e.g., “I didn’t eat breakfast.”), to indicate that a meal is not missing. Be careful not to suggest to SPs that they should have had a meal, or ask if they had a particular meal.

## 8.6 Documenting Fasts on the Recall Day

There may be times when a respondent reports fasting on the recall day. If this occurs follow the steps below:

1. Enter “Fasting” on the QL.
2. Proceed with the interview, asking the Forgotten Foods List (FFL) probes.
3. Ask health-related questions.

## 8.7 Documenting Breastfed Infants

When a proxy reports that an infant SP was breastfed, you will record the term “breast milk” on the QL and continue with the interview. Try to document every time the SP was fed (rather than reporting the feedings as extended consumption). At the time and occasion pass, record the time the feeding began and code the occasion as “feeding – infant only” (code 8) – as you are not required to ask for an occasion name if the SP is under the age of 2 years. The program will not ask detail, amount, or source probes for “breast milk.” In addition, if “breast milk” is the only food in the occasion, the program will not include the location question.

If a proxy reports that an infant is **exclusively** breastfed, you do not need to read all the text on the Measuring Guide Instructions Screen. You can simply read the first sentence and go to the next screen. (Now we’re going to fill in your list with more detail.) However, for bottle-fed infants, the screen must be read since foods may be added to the bottle that may require the SP to report quantities using the guides.

Furthermore, if the infant was **exclusively** breastfed you may follow these steps:

1. On the Quick List in the FoodName column enter “Breast milk” only one time and type ‘XXX’ to continue.
2. Proceed to the Forgotten Food List screens and ask and answer all of the probes.
3. Highlight the Breast milk on the RFL and press F6 to enter a Remark. In the Remark Box, enter all of the times the baby was nursed/fed.
4. At the Time and Occasion Pass, enter the first reported time the infant was breastfed. Enter Feeding-infant only (‘8’) for the occasion.

5. Enter '1' to continue. [As stated above you do not need to read all of the Measuring Guide Instructions Screen text (“Now we are going to fill in your list with more details” for in-person interviews/”When I ask how much you ate...” for phone interviews).]
6. Ask the Midnight to First Occasion Probe.
7. Read the Review of Event screen.
8. Reword the Last Occasion to Midnight Probe: “Did (NAME) have anything *else* to eat or drink between these feedings and midnight last night?” while noting the times documented in the Remark Box.

## 8.8 “Same As” (Foods Previously Reported by the SP or Household Member)

To make the interview more efficient, you may refer to a previously described food in an SP’s intake or in another household member’s intake. To do this, you will go to the Category Start screen (Include in Intake), and select “4” for “Same As.” Instructions and a text box will appear (Exhibit 8-13) that will prompt you for the following information:

- Eating occasion or time.
- Reference person’s SP #.
- If necessary indicate if this is a MEC interview, a Phone Follow-Up, or a second MEC Exam.

If you are referring to a food reported earlier in the interview, you will only need to document the time and occasion.

If you are referring to the Dietary Recall for another household member, you must also enter the reference SP’s number and the type of exam. To access a roster of Household SPs and their respective SP numbers, press **Ctrl H**. A drop-down box will appear that includes SP number, name, age, and gender.

Exhibit 8-13. “Same As” screen

Intake	Sorted_RFL	Navigation_Help
MARCIA (17, F), Yr10.s233.v1		
Pizza, 12:00 PM, lunch, 12:00 PM		
[1. IF IN THIS PERSON'S INTAKE, RECORD: * EATING OCCASION OR TIME		
<b>OR</b>		
2. IF IN ANOTHER PERSON'S INTAKE, RECORD: * EATING OCCASION OR TIME * REFERENCE PERSON'S HOUSEHOLD ROSTER NUMBER * DAY 1 OR DAY 2		
REFER TO ANOTHER INTAKE ONLY IF YOU COLLECTED THAT INTAKE]		
FIBStart	<input type="text" value="4"/>	SameAs
SameAsInstruction	<input type="text"/>	

Once you have entered the “SameAs” information, you must ask the additions and amount eaten probes for the food and then continue with the interview. You may only refer to another household member if you completed the interview that collected that information on the same day.

## 8.9 Procedures for Misreporting Foods

There are several situations during the interview in which you may have to misreport a food. The procedure for misreporting the food will depend on the reason for the misreport and when the misreport occurs.

There are three reasons you may need to misreport a food: the SP didn't eat a reported food on the recall day; the SP changed the time of the eating event while in the food details; or the food name didn't match the details reported by the SP. The procedures for misreporting each scenario are described below.

**SP did not consume food on Recall day.** When a food on the RFL is incorrect because either the respondent mistakenly reported it or you entered it incorrectly, you must remove the food from the Dietary Recall. The procedures for removing the food depend on where the misreport occurs.

- **QL or Time and Occasion Pass:** QL Type “error” over the food name. **“Error” can only be used to remove a food from the RFL during the QL and Time and Occasion Passes. The program will not allow “Error” beyond this point and the food must be misreported as explained below.**
- **Food details pass:** Arrow up to the Category Start screen and select “Misreport.” Press “1,” Enter, and “End” to continue.
- **After collected food details:** Arrow up to the Continue/Redo screen and select “Redo.” Select “Misreport” on the Category Start screen. If it is a primary food, this procedure will misreport both the primary food and any additions collected with it. This can occur any time in the interview, including during the health-related questions.

**Changing time while collecting the food details.** If the respondent changes the time a food was consumed while collecting that food’s details, the food must be misreported and re-entered on the RFL with the correct time.

1. Arrow up to the CategoryStart screen and select “Misreport.”
2. Press “1,” Enter, and “End,” as instructed on screen, to continue to the next food.
3. Press F10 and type “rfl” to access the RFL.
4. **Arrow down** to the “XXX” and enter the food name with its corrected time and occasion. Remember to include any details already collected (to avoid repeating questions a second time). (For example, if the SP reported candy at 10 AM but changed the time to 2 PM after telling you it was a Milky Way bar in the details for the candy, enter “Milky Way bar” on the RFL with the new time.)
5. Press “End” to continue with the intake. The re-entered food will now be collected at the appropriate time and occasion.

**Changing food name or prefilled details.** On occasion, a respondent will change the food name or kind while in the food details. Since the program prefills some details based on the RFL food name, **and** prefilled items cannot be changed, you must misreport the food and re-enter the corrected food name on the RFL. You will know you must misreport when SPs seek to clarify their initial response once you are in the food details. For example, this would happen when the respondent reports “OJ” on the Quick List but remembers that it was “pineapple-orange juice” in the details when you asked, “Was the orange juice 100% juice?”. Or, they could change a food such

as sugar to sugar substitute when you ask, “How much sugar did you actually eat?” In each case, the food must be misreported and re-entered on the RFL. You will use the same procedure that is used to change time while collecting food details.

1. Arrow up to the Category Start screen and select “Misreport.”
2. Press “1,” Enter, and “End,” as instructed on the screen, to continue to the next food.
3. Press the F10 key to access the RFL.
4. **Arrow down** to the “XXX” and enter the corrected food name with time and occasion.
5. Press “End” to continue with the collection of the food’s details.

## 8.10 Adding Remembered Additions

The procedures for adding remembered **additions** to the Dietary Recall are different from those for adding **primary** foods. While a remembered primary food can be documented by accessing the RFL and adding the food (discussed in Chapter 6), remembered additions must be tied to the appropriate primary food. For instance, if the respondent adds sugar to his coffee, the sugar must be added within the coffee details, not entered onto the RFL as a separate food. Thus, when the respondent remembers an addition to a primary food that was collected earlier in the intake, you must return to the primary food and add the addition there.

To add a remembered addition to a previously collected primary food:

1. Arrow up to the Continue/Redo screen for the appropriate primary food.
2. Select “Redo” and then “Include in intake.”
3. Scroll down to the additions question. If the food already has additions, continue scrolling down to the first available ADDFoodName line and type in the remembered addition. If the primary food did not have previously reported adds, change the additions question from “No” to “Yes” and type in the ADDFoodName.
4. Press “End” to continue. The program will collect details for the remembered addition(s) and then continue on with the rest of the intake.

## 8.11 RFL IS FULL (Documenting 41 or More Reported Foods)

There may be situations when a respondent reports more foods than the RFL can store. The RFL can only hold 40 foods. It is made up of all the foods reported on the QL as well as all additions to primary foods and all misreported foods. When you try to enter a food that exceeds the 40-food capacity, the program will instruct you on how to document the information. You will always record the information in a **Remark Box**, but where you record it depends on whether it is a primary food or an addition.

- **Primary food**— press **HOME KEY** and then F6 to open the Remark Box.
- Addition to primary food—type “Error” over the addition, go to AMOUNT SCREEN for primary food, and press F6 to open the Remark Box.

### 8.11.1 RFL IS FULL (Recording Primary Foods During the Dietary Recall)

Any time you are in the AMPM application and you try to enter a primary food that exceeds the 40-food capacity, you will get the following edit:

**RFL IS FULL.**

1. SELECT “Suppress” KEY TO SUPPRESS THE EDIT.
2. PRESS HOME KEY AND THEN F6 TO OPEN A REMARK BOX.
3. ENTER TIME, OCCASION, NAME, DETAILS, AND AMOUNT. INCLUDE ADDS.
4. SAVE REMARK AND PRESS “END” TO CONTINUE.

After suppressing the edit and pressing the home key, the program will take you to the QL overview screen. All text will be grayed out except for an instruction that reads:

[IF COLLECTING INFORMATION ABOUT FOODS WHEN THERE IS NO MORE ROOM ON THE RFL, PLEASE ENTER THE FOOD NAME, TIME, OCCASION, DETAILS, AND SOURCE IN A COMMENT BOX (F6).]

### 8.11.2 RFL IS FULL (Recording Primary Linked Foods During the Dietary Recall)

When a respondent reports a food that links to a different category during collection of the FIB details, and there are 40 foods on the RFL, a hard edit will appear. For example, if the respondent reported pasta on the QL but she says it was ravioli in the FIB details, the program will try to link to the ravioli (stuffed pasta) category. If there are already 40 foods on the RFL, there is no place to “list” the new category. Follow the instructions in the edit below:

#### **RFL IS FULL.**

1. PRESS “ENTER” AND SELECT “Misreported” AT CATEGORY START SCREEN.
2. PRESS 1, ENTER, AND END.
3. PRESS HOME KEY AND THEN F6 TO OPEN A REMARK BOX.
4. ENTER TIME, OCCASION, FOOD NAME, DETAILS, AND AMOUNT. INCLUDE ADDS AND SOURCE INFO.
5. SAVE THE REMARK AND PRESS “END” TO CONTINUE.

You must **misreport** the original food (e.g., pasta) in order to leave the category. If you press the **home key** without misreporting the food, you will remain in the original category.

Since you will be entering the linked food details into the Remark Box, they will not be documented on the RFL. Therefore, they will not appear on the review of event screens nor on the Sorted RFL.

### 8.11.3 RFL IS FULL (Recording Primary Foods While Collecting Health-Related Questions)

If a respondent remembers primary foods while answering the health-related questions at the end of the Dietary Recall section of the interview **and** there are already 40+ foods on the RFL, the program cannot access the RFL to add the remembered foods. The following Blaise program error message will appear when you press the F10 key and type in “rfl.”

**“Tag not found or currently not on route.”**

This error message will differ from those discussed above in that no instructions are given on the screen. However, the procedure is the same as described for primary foods:

1. CLOSE ERROR MESSAGE.
2. PRESS **HOME KEY** AND OPEN A REMARK BOX.
3. ENTER TIME, OCCASION, NAME, DETAILS, AND AMOUNT. INCLUDE ADDS AND SOURCE INFO.
4. SAVE REMARK AND PRESS “END” TO CONTINUE.

This procedure only applies to **primary** foods remembered in the trailer section. Any additions remembered at this point in the interview should be entered by arrowing back to the correct primary food and following the on-screen instructions for remembered additions.

#### **8.11.4 RFL IS FULL (Recording an Addition to a Primary Food)**

When a respondent reports an addition and you enter it in the addition field and hit Enter, a hard edit appears. The edit says:

**RFL IS FULL.**

1. TYPE “Error” OVER ADD FOOD NAME.
2. GO TO **PRIMARY FOOD AMOUNT SCREEN** AND PRESS F6 TO OPEN A REMARK BOX.
3. ENTER ADD FOOD NAME, DETAILS, AMOUNT, AND SOURCE.
4. SAVE REMARK BOX AND PRESS “END” TO CONTINUE.

### **8.12 ACCESS DENIED (Reporting Food Details When Program Denies Access to Categories)**

There is a limit to the number of times you can enter a food category to ask food probes. Some categories can only be entered 5 times, while others can be entered up to 10 times. The number of times a category can be accessed is dependent on how frequently, in our experience, the foods in the category are reported. For example, the vegetable category can be entered 10 times because it would

not be uncommon for a vegetarian to report eating vegetables 10 times over a 24-hour period. On the other hand, the biscuit category can only be accessed 5 times since biscuits are not frequently consumed. The table below (Exhibit 8-14) lists the 38 categories that can be entered 10 times.

**Exhibit 8-14. Table of food categories that can be accessed 10 times**

Alcohol	Juice drinks/ades
Baby juice	Mayo/salad dressings
Breast milk	Milk
Bread	Mixed dishes
Butter	Nuts/seeds
Candy	Oil
Ready to eat cereal	Powdered beverage drinks
Cooked cereal	Pie
Coffee	Poultry
Cookies	Popsicles
Chips	Rolls, buns, bagels
Creamer	Soda
Condiments/sauces	Soup
Dry baby cereal	Sugar
Fish	Sweetener
Formula	Syrup
Fruit	Tea
Gravy	Vegetables
Jarred baby food	Water

**Documenting primary foods and additions when access denied.** When access is denied to a food category you will follow procedures similar to when the RFL is full. When you enter “continue” on the RECFIBDetailsAddsAmts screen, a soft edit will appear:

**NUMBER OF ACCESSIONS EXCEEDED FOR THIS CATEGORY.**

1. SELECT “Suppress” TO GO TO SOURCE QUESTION.
2. PRESS F6 TO OPEN A REMARK BOX.
3. IF FOOD IS A PRIMARY FOOD, ENTER NAME, DETAILS, AND AMOUNT.
4. IF FOOD IS AN ADD, ENTER NAME DETAILS, AMOUNT, PRIMARY FOOD NAME.
5. SAVE REMARK AND CONTINUE.

Follow the instructions by suppressing the edit and moving to the source question. Press F6 to open the Remark Box and enter the food details as described above. If the food is an addition, make sure you include the name of the primary food. If you forget any of the instructions, you can pull them up by clicking on the Maximum Accessions tab that will be enabled when this occurs (Exhibit 8-15).

**Exhibit 8-15. Maximum Accessions tab**

Intake | **Supp\_RFL** | Navigation\_Help | Maximum\_Accessions |

Kelly (L. F.) Yr11.s248.v1

11:30PM, infant feeding, Formula

[PRESS 1 AND ENTER FOR FOOD PROBES.]

1. CONTINUE  
 2. REDO

Label Formula

RECFIBDetailAddsAmts 1

RECSorceStore

RECSorceOther

RECSorceDS

RECFish

RECFishDS

RECRestaurantKind

Active Signal

NUMBER OF ACCESSIONS EXCEEDED FOR THIS CATEGORY.  
IF NECESSARY, REFER TO THE TAB LABELED "MAXIMUM\_ACCESSIONS" AFTER SUPPRESSING THIS EDIT

1. SELECT "Suppress" TO GO TO THE SOURCE QUESTION.  
2. PRESS F6 TO OPEN A REMARK BOX.  
3. IF FOOD IS A PRIMARY FOOD, ENTER NAME, DETAILS, AMOUNT IF FOOD IS AN ADD, ENTER

Questions involved	Value
(RFL)	Formula

Suppress Close Goto

### Water tips:

- Enter all water reported on the QL or as a remembered food.
- Collect the details in the intake.

A variety of quality control (QC) procedures will be used to ensure that data are collected accurately. You (the interviewer) will complete some of these QC tasks, while Westat home staff will perform others. Key components of the QC process include:

- Observations;
- Data retrieval, and
- Review of data collected.

## 9.1 Observations

For quality control purposes, you will be observed on a regular basis by project staff, as well as staff from NCHS and USDA. As part of the training process, in the early weeks of production, you will be monitored daily and will receive feedback to help you perfect your skills using the new application. Observations will include evaluation of the following:

- Introduction and confidentiality statement;
- Flow of the interview;
- Use of neutral probes;
- Proper use of automated system; and
- Proper use of food models.

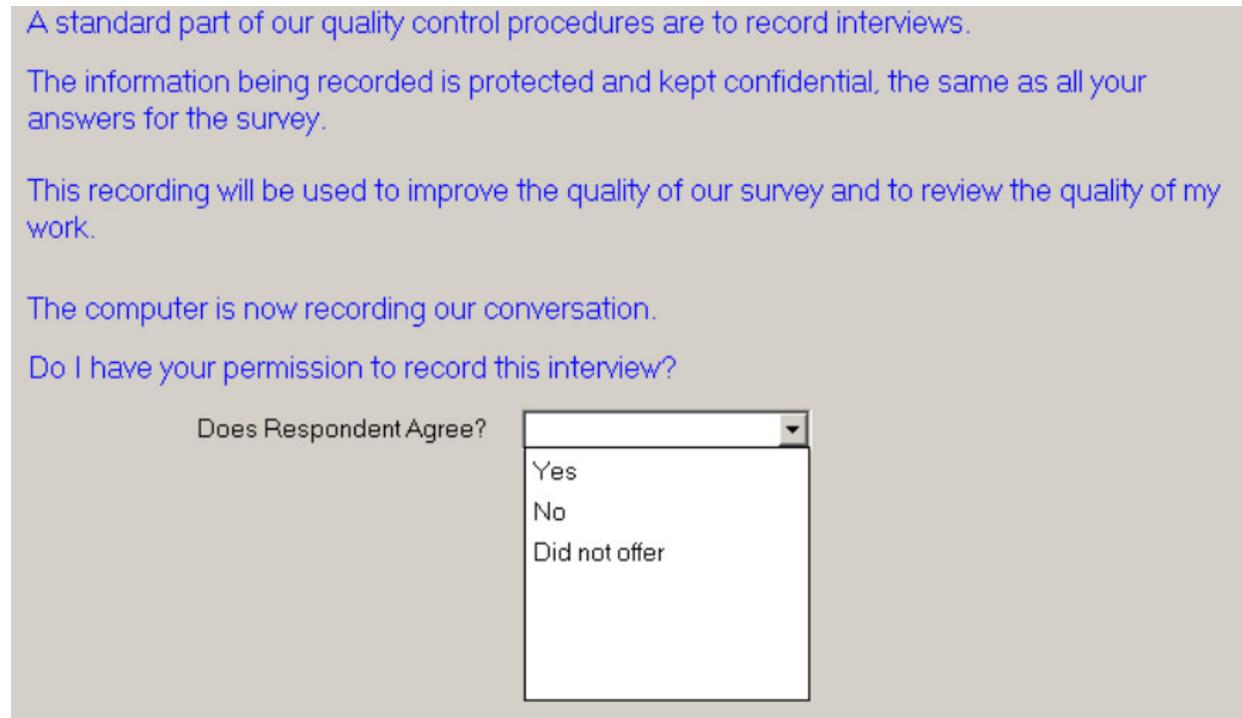
## 9.2 Recorded Interviews

The Dietary application has been modified to include enhancements to control the recording of the interview. All SP interviews are to be recorded if the respondent agrees. The recording will start at the beginning of the exam and will end as the exam is closing.

The AMPM (Intake) and the Dietary Supplements sections, which are both Blaise instruments, have been modified to allow the interviewer to manually pause and unpause (resume) the recording as well as completely stop and save the recording.

A standard screen will be displayed (Exhibit 9-1).

**Exhibit 9-1. Permission to record interview screen**



A standard part of our quality control procedures are to record interviews.

The information being recorded is protected and kept confidential, the same as all your answers for the survey.

This recording will be used to improve the quality of our survey and to review the quality of my work.

The computer is now recording our conversation.

Do I have your permission to record this interview?

Does Respondent Agree?

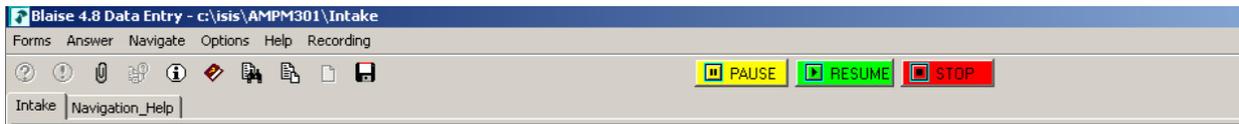
- Yes
- No
- Did not offer

Note that should the interviewer feel that the offer of recording the interview may jeopardize the interview, he or she can indicate “Did Not Offer” to bypass the audio recording. Nevertheless, the standard procedure should be to read all respondents this script. If the respondent did not agree, or if the option to record the interview was not offered to the participant, the interview will proceed without taping.

### ***Functionality in AMPM and Supplements Sections***

You will notice that the toolbar in the AMPM has three colored buttons: PAUSE, RESUME, and STOP (Exhibit 9-2).

#### **Exhibit 9-2. Recording control buttons**

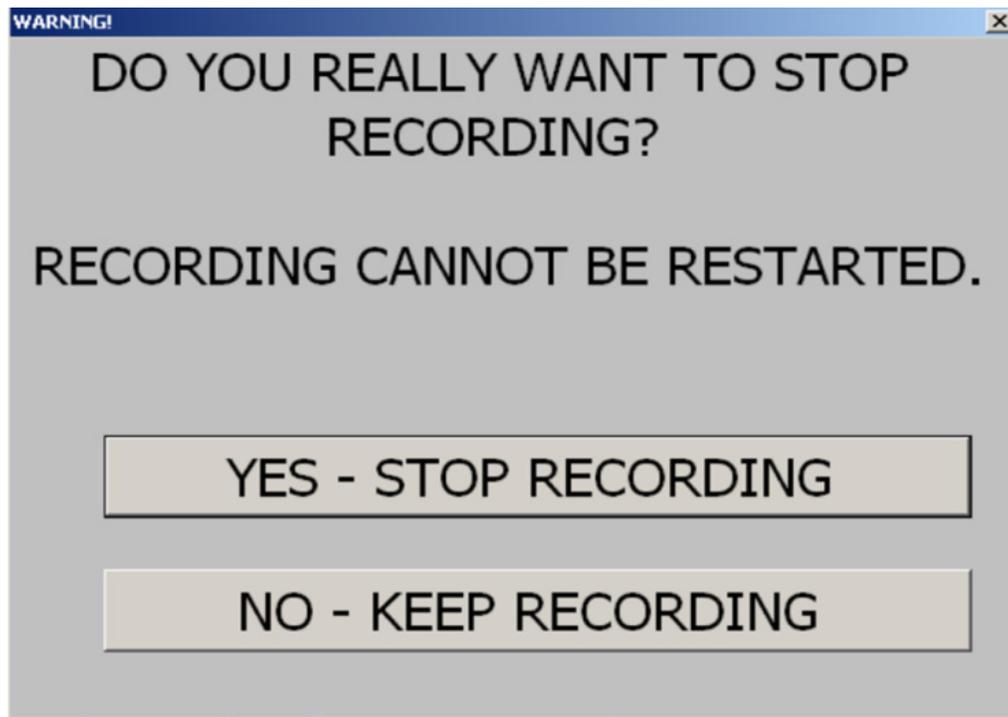


The audio recording service application has been designed to perform the following functions:

- **Pause recording.** The yellow button will pause an active recording. Once paused, the system will indicate whether or not it is currently paused with this message (Exhibit 9-3).
- **Resume recording.** The green button will resume the paused recording.
- **Stop recording.** The red button will stop and save the current recording. You will get this message (Exhibit 9-4) if you click on the “Stop” button.

#### **Exhibit 9-3. Paused interview message**



**Exhibit 9-4. Stop recording message**

If you select “No,” you will continue recording. If you select “Yes,” you will stop recording and there is no option of continuing to record this interview.

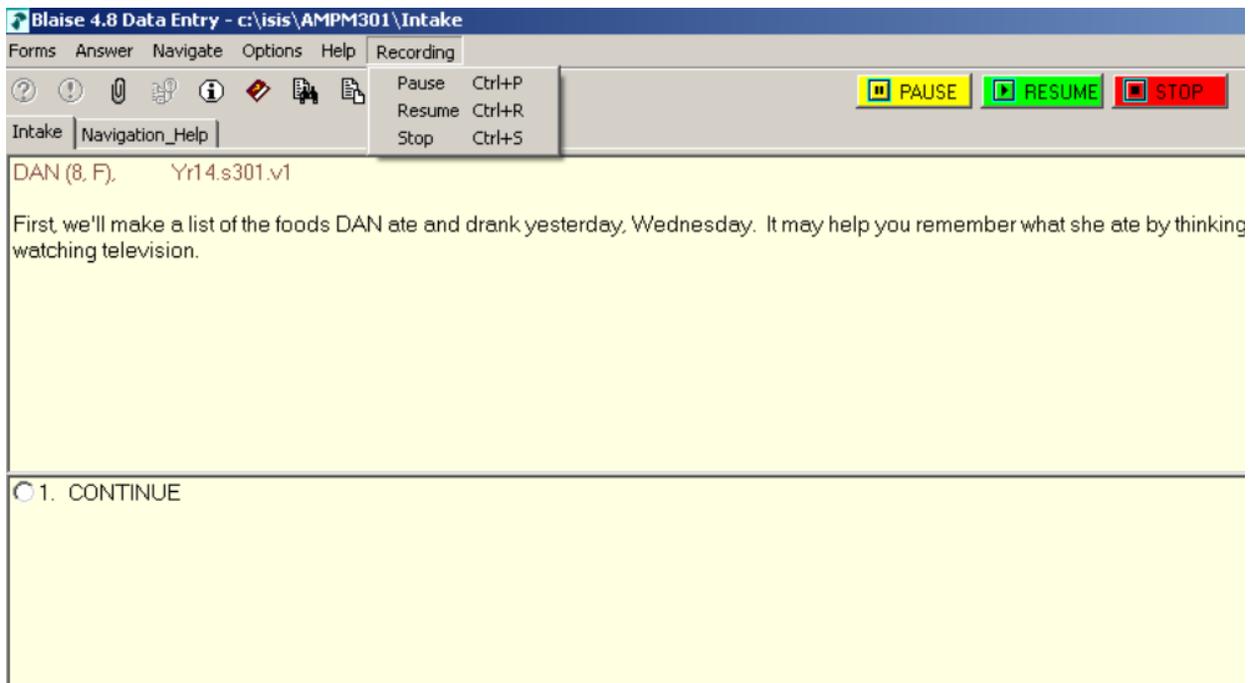
Although the interviewer can pause and or unpause (resume) recordings, there will be no provision to restart the recording once it has been stopped. If a recording is paused and the interviewer advances to the next screen without unpausing the recording, a message box (Exhibit 9-5) will appear with the following message.

**Exhibit 9-5. Paused interview message**

When you press the “OK” button, you will proceed to the next question. This is so you will not forget to unpause a recording while in the interview. You will note that the toolbar has an additional

Recording Menu (Exhibit 9-6). Here, you may also select from the drop-down to Pause, Resume, or Stop recording.

**Exhibit 9-6. Recording drop-down menu in AMPM**



### ***Functionality in the Post-Recall Section***

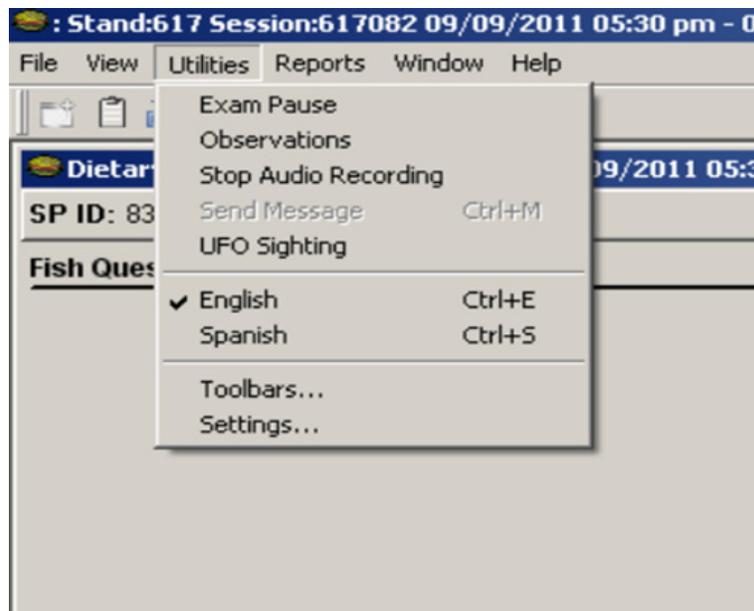
While in the PowerBuilder section of the interview, you will find these functions may be accessed via menu items as below (Exhibit 9-7).

**Exhibit 9-7. Pause recording icon in PowerBuilder tool bar**



You may stop the recording while in the Post-Recall section via the Utilities Menu (Exhibit 9-8).

**Exhibit 9-8. Utilities drop-down menu in PowerBuilder**



Home office staff will review the recordings to monitor the quality of the interview and provide written feedback to the interviewer.

### 9.3 Data Retrieval

The overall quality of the data goes hand in hand with completeness; thus, data retrieval is an integral part of quality control. To complete the dietary documentation on some SPs (particularly children) you may have to retrieve data from an outside source. The procedures for conducting data retrieval are described in detail in Chapter 8. When you complete your data collection on a recall that required data retrieval, and have recovered as much information as possible, the Dietary Recall status changes to “Complete.”

If data retrieval was unsuccessful, open the Remark box for the meal you are trying to retrieve, and enter the statement: “Data Retrieval Unsuccessful.”

## 9.4 Review of Data Collected

The home office staff will review your work and provide feedback if needed. In particular, they will review the information that you enter into the “Other, specify” (OS) text box and the Remark box to determine whether you could have coded the information using an existing response item. They will also monitor the procedures you use to misreport and add foods to the Dietary Recall. The feedback that you will receive is designed to help you collect accurate data as concisely as possible.

**Appendix A**  
**Main Food List**



## Appendix A Main Food List

Food Name	FIB Category
1 milk	Milk
2 milk	Milk
3 Musketeers candy bar	Candy
7 layer dip	Dip
7 Up	Sodas, Pop, Soft Drinks
A1 Sauce	Condiments
Acorn squash	Vegetables, Dry Beans
Agave	Syrups, Pancake Syrup
Airheads candy	Candy
Alcoholic cocktail	Nonalcoholic and Alcoholic Beer, Wine, Cocktails, Liquor
Alcoholic drink	Nonalcoholic and Alcoholic Beer, Wine, Cocktails, Liquor
Alcoholic mixed drink	Nonalcoholic and Alcoholic Beer, Wine, Cocktails, Liquor
Alcoholic punch	Nonalcoholic and Alcoholic Beer, Wine, Cocktails, Liquor
Alfredo sauce	Condiments
All Bran cereal	Ready-to-Eat Cereals
All Sport drink	Cocoa, Hot Chocolate
Almond butter	Peanut Butter
Almond chicken Chinese	Chinese Mixed Dishes
Almond Joy bar candy	Candy
Almond milk	Milk
Almond paste	Peanut Butter
Almonds	Nuts, Seeds, Snack Mixtures
Amaretto	Nonalcoholic and Alcoholic Beer, Wine, Cocktails, Liquor
Ambrosia salad	Other Salads
American cheese	Cheese
Amish friendship bread	Sweet Breads, Coffee Cakes, Sweet Rolls, Pastries, Muffins (not corn), Croissants, Toaster Strudel, Pop Tarts, Toaster Pastries
AMP Energy Drink	Cocoa, Hot Chocolate
Anchovies	Fish, Shellfish
Angel food cake	Cakes, Cupcakes, Snack Cakes
Angel hair pasta	Pasta, plain or with sauce
Animal cracker	Cookies, Brownies
Antelope	Beef, Lamb, Veal, Game Meats
Antipasto	Other Salads
Appetizers	Unknown Foods
Apple	Fruits, Berries
Apple butter	Jam, Jelly, Fruit Spreads
Apple chips	Fruits, Berries
Apple cider	Juices (100%), Nectars
Apple cobbler	Cobblers, Crisps, Strudels, Turnovers
Apple crisp	Cobblers, Crisps, Strudels, Turnovers
Apple Jacks cereal	Ready-to-Eat Cereals
Apple juice	Juices (100%), Nectars
Apple pie	Pies, Tarts

<b>Food Name</b>	<b>FIB Category</b>
Apple turnover	Cobblers, Crisps, Strudels, Turnovers
Applesauce	Fruits, Berries
Apricot	Fruits, Berries
Arbys french fries	French Fries, Tater Tots
Arbys roast beef sandwich	Beef, Ham, Pork, Chicken, Turkey, Vegetarian, Other Sandwiches
Arepa	Tacos, Burritos, Enchiladas, Fajitas, Quesadillas, Nachos, Chalupas, Gorditas, Sopas, Pupusas
Arizona Tea	Tea, Hot & Iced
Arroz	Rice
Artichoke	Vegetables, Dry Beans
Artichoke dip	Dip
Artificial sweetener	Low Calorie Sweeteners, Sugar Substitutes
Arugula	Vegetables, Dry Beans
Asian pear	Fruits, Berries
Asopao de gandules	Mixed Dishes, Casseroles, Stews
Asparagus	Vegetables, Dry Beans
Aspartame sugar substitute	Low Calorie Sweeteners, Sugar Substitutes
Atole	Chocolate Milk, Flavored Milk, Hot Chocolate, Milk Drinks
Atole de avena	Chocolate Milk, Flavored Milk, Hot Chocolate, Milk Drinks
Atole de chocolate	Chocolate Milk, Flavored Milk, Hot Chocolate, Milk Drinks
Au gratin potato	White Potatoes
Avocado	Fruits, Berries
Baba Ghanoush	Dip
Babka	Sweet Breads, Coffee Cakes, Sweet Rolls, Pastries, Muffins (not corn), Croissants, Toaster Strudel, Pop Tarts, Toaster Pastries
Baby food	Jarred Baby Foods
Baby food apple juice	Juice, Baby Food
Baby food applesauce	Jarred Baby Foods
Baby food bananas	Jarred Baby Foods
Baby food barley cereal	Dry Baby Cereal
Baby food beef	Jarred Baby Foods
Baby food carrots	Jarred Baby Foods
Baby food cereal	Dry Baby Cereal
Baby food chicken	Jarred Baby Foods
Baby food chicken noodle din	Jarred Baby Foods
Baby food chicken stick	Jarred Baby Foods
Baby food cookie	Cookies, Brownies
Baby food crackers	Crackers
Baby food din	Jarred Baby Foods
Baby food fruit	Jarred Baby Foods
Baby food fruit dessert	Jarred Baby Foods
Baby food grape juice	Juice, Baby Food
Baby food green beans	Jarred Baby Foods
Baby food juice	Juice, Baby Food
Baby food juice with yogurt	Juice, Baby Food
Baby food macaroni and cheese	Jarred Baby Foods
Baby food meat	Jarred Baby Foods
Baby food meat sticks	Jarred Baby Foods

Food Name	FIB Category
Baby food mixed cereal	Dry Baby Cereal
Baby food mixed cereal w bananas	Dry Baby Cereal
Baby food mixed cereal w fruit	Dry Baby Cereal
Baby food mixed fruit juice	Juice, Baby Food
Baby food mixed vegetables	Jarred Baby Foods
Baby food oatmeal	Dry Baby Cereal
Baby food oatmeal w bananas	Dry Baby Cereal
Baby food oatmeal w fruit	Dry Baby Cereal
Baby food peaches	Jarred Baby Foods
Baby food pear juice	Juice, Baby Food
Baby food pears	Jarred Baby Foods
Baby food peas	Jarred Baby Foods
Baby food plums	Jarred Baby Foods
Baby food puff	Crackers
Baby food rice cereal	Dry Baby Cereal
Baby food rice cereal w fruit	Dry Baby Cereal
Baby food spaghetti din	Jarred Baby Foods
Baby food squash	Jarred Baby Foods
Baby food sweet potatoes	Jarred Baby Foods
Baby food teething biscuit	Cookies, Brownies
Baby food turkey	Jarred Baby Foods
Baby food turkey rice vegetable din	Jarred Baby Foods
Baby food vanilla pudding	Jarred Baby Foods
Baby food vegetable	Jarred Baby Foods
Baby food vegetable chicken din	Jarred Baby Foods
Baby food vegetable turkey din	Jarred Baby Foods
Baby formula	Formulas
Baby Ruth bar	Candy
Bacalaito	Fish, Shellfish
Bacon	Bacon
Bacon and cheese sandwich	Bacon, Sausage, BLT Sandwiches
Bacon and egg sandwich	Bacon, Sausage, BLT Sandwiches
Bacon bits	Bacon
Bacon cheeseburger	Hamburger on Bun or Bread
Bacon egg and cheese sandwich	Bacon, Sausage, BLT Sandwiches
Bacon sandwich	Bacon, Sausage, BLT Sandwiches
Bagel	Rolls, Buns, Bagels, English Muffins
Bagel Bites	Pizza, Pizza Rolls, Bagel Bites
Bagel chips	Crackers
Bagel Sandwich	Beef, Ham, Pork, Chicken, Turkey, Vegetarian, Other Sandwiches
Baguette	Bread (Not Sweet)
Baileys Irish Cream	Nonalcoholic and Alcoholic Beer, Wine, Cocktails, Liquor
Baked Alaska	Ice Cream, Sherbet, Tofu Desserts, Frozen Dairy Desserts, Frozen Yogurt, Sundaes
Baked apples	Fruits, Berries
Baked beans	Baked Beans
Baked potato	White Potatoes
Baked ziti	Mixed Dishes, Casseroles, Stews
Baklava	Cobblers, Crisps, Strudels, Turnovers

Food Name	FIB Category
Balsam pear	Vegetables, Dry Beans
Bamboo shoots	Vegetables, Dry Beans
Banana	Fruits, Berries
Banana bread	Sweet Breads, Coffee Cakes, Sweet Rolls, Pastries, Muffins (not corn), Croissants, Toaster Strudel, Pop Tarts, Toaster Pastries
Banana chips	Fruits, Berries
Banana cream pie	Pies, Tarts
Banana drink powder	Syrups, Pancake Syrup
Banana nut bread	Sweet Breads, Coffee Cakes, Sweet Rolls, Pastries, Muffins (not corn), Croissants, Toaster Strudel, Pop Tarts, Toaster Pastries
Banana pudding	Pudding
Banana split	Ice Cream, Sherbet, Tofu Desserts, Frozen Dairy Desserts, Frozen Yogurt, Sundaes
Bar	Breakfast Bars, Granola Bars, Meal Replacement Bars
Barley	Cooked Cereals
Basil	Vegetables, Dry Beans
Basmati rice	Rice
Bbq	Barbecue, Sloppy Joe
Bbq chicken	Poultry
Bbq ribs	Ham or Pork
Bbq sandwich	Barbecue, Sloppy Joe
Bbq sauce	Condiments
Bbq spareribs	Ham or Pork
Bean burger	Meat Substitutes, Meat Alternatives, Vegetarian and/or "Meatless" Versions of Meat, Poultry, or Fish Entrees
Bean burrito	Tacos, Burritos, Enchiladas, Fajitas, Quesadillas, Nachos, Chalupas, Gorditas, Sopes, Pupusas
Bean curd	Mixed Dishes, Casseroles, Stews
Bean dip	Dip
Bean loaf	Meatloaf, Meatballs
Bean paste	Jam, Jelly, Fruit Spreads
Bean salad	Other Salads
Bean soup	Soups
Bean sprouts	Vegetables, Dry Beans
Beans	Vegetables, Dry Beans
Beans and franks	Baked Beans
Beans and rice	Beans and Rice
Bear	Beef, Lamb, Veal, Game Meats
Beaver	Beef, Lamb, Veal, Game Meats
Beef	Beef, Lamb, Veal, Game Meats
Beef and bean burrito	Tacos, Burritos, Enchiladas, Fajitas, Quesadillas, Nachos, Chalupas, Gorditas, Sopes, Pupusas
Beef and broccoli Chinese	Chinese Mixed Dishes
Beef and noodles	Mixed Dishes, Casseroles, Stews
Beef and potatoes	Mixed Dishes, Casseroles, Stews
Beef and rice	Mixed Dishes, Casseroles, Stews
Beef and vegetables	Mixed Dishes, Casseroles, Stews
Beef barley soup	Soups
Beef bbq	Barbecue, Sloppy Joe

Food Name	FIB Category
Beef bbq sandwich	Barbecue, Sloppy Joe
Beef bouillon	Soups
Beef burrito	Tacos, Burritos, Enchiladas, Fajitas, Quesadillas, Nachos, Chalupas, Gorditas, Sopes, Pupusas
Beef curry	Curry
Beef enchilada	Tacos, Burritos, Enchiladas, Fajitas, Quesadillas, Nachos, Chalupas, Gorditas, Sopes, Pupusas
Beef fajita	Tacos, Burritos, Enchiladas, Fajitas, Quesadillas, Nachos, Chalupas, Gorditas, Sopes, Pupusas
Beef fried rice	Chinese Mixed Dishes
Beef hash	Mixed Dishes, Casseroles, Stews
Beef jerky	Jerky, Dried Meats
Beef liver	Liver, Organ Meats
Beef lo mein	Chinese Mixed Dishes
Beef mixed dish	Mixed Dishes, Casseroles, Stews
Beef ribs	Beef, Lamb, Veal, Game Meats
Beef stew	Stews, Guisado, Goulash
Beef stroganoff	Beef Stroganoff
Beef taco	Tacos, Burritos, Enchiladas, Fajitas, Quesadillas, Nachos, Chalupas, Gorditas, Sopes, Pupusas
Beef tostada	Tacos, Burritos, Enchiladas, Fajitas, Quesadillas, Nachos, Chalupas, Gorditas, Sopes, Pupusas
Beef w vegetables Chinese	Chinese Mixed Dishes
Beefaroni	Pasta, plain or with sauce
Beer	Nonalcoholic and Alcoholic Beer, Wine, Cocktails, Liquor
Beet borscht soup	Soups
Beet greens	Vegetables, Dry Beans
Beets	Vegetables, Dry Beans
Beignet doughnut	Doughnuts
Belgian waffle	Waffles
Benecol Margarine	Butter, Margarine, Spreads, Butter Replacements
Berries	Fruits, Berries
Birch beer	Sodas, Pop, Soft Drinks
Birthday cake	Cakes, Cupcakes, Snack Cakes
Biryani	Mixed Dishes, Casseroles, Stews
Biscotti	Cookies, Brownies
Biscuit	Biscuits
Biscuit w gravy	Biscuits
Bitter melon	Vegetables, Dry Beans
Black beans	Vegetables, Dry Beans
Blackberries	Fruits, Berries
Blackeyed peas	Vegetables, Dry Beans
Blintz	Cobblers, Crisps, Strudels, Turnovers
Bloody Mary	Nonalcoholic and Alcoholic Beer, Wine, Cocktails, Liquor
Blow Pop	Candy
BLT sandwich	Bacon, Sausage, BLT Sandwiches
Blue cheese	Cheese
Blue cheese dressing	Salad Dressings, Mayonnaise
Blueberries	Fruits, Berries

Food Name	FIB Category
Blueberry muffin	Sweet Breads, Coffee Cakes, Sweet Rolls, Pastries, Muffins (not corn), Croissants, Toaster Strudel, Pop Tarts, Toaster Pastries
Blueberry pancakes	Pancakes/Flapjacks
Blueberry pie	Pies, Tarts
Blueberry syrup	Syrups, Pancake Syrup
Blueberry waffle	Waffles
Boca burger	Meat Substitutes, Meat Alternatives, Vegetarian and/or "Meatless" Versions of Meat, Poultry, or Fish Entrees
Boiled potato	White Potatoes
Bok choy	Vegetables, Dry Beans
Bolillo roll	Rolls, Buns, Bagels, English Muffins
Bologna	Deli Meats, Packaged Lunch Meats, Meat Spreads, Potted Meat
Bologna and cheese sandwich	Beef, Ham, Pork, Chicken, Turkey, Vegetarian, Other Sandwiches
Bologna sandwich	Beef, Ham, Pork, Chicken, Turkey, Vegetarian, Other Sandwiches
Boneless buffalo wings	Poultry
Boneless hot chicken wings	Poultry
Boneless wings	Poultry
Boost supplement	Powdered Breakfast Drinks, Meal Replacements, Protein Supplements
Boston baked beans	Baked Beans
Bottled spring water	Water, Carbonated Water
Bottled water	Water, Carbonated Water
Bottled water, baby	Water, Carbonated Water
Bouillabaisse	Fish, Shellfish
Bourbon	Nonalcoholic and Alcoholic Beer, Wine, Cocktails, Liquor
Boysenberries	Fruits, Berries
Brains	Liver, Organ Meats
Bran cereal	Ready-to-Eat Cereals
Bran flakes cereal	Ready-to-Eat Cereals
Bran muffin	Sweet Breads, Coffee Cakes, Sweet Rolls, Pastries, Muffins (not corn), Croissants, Toaster Strudel, Pop Tarts, Toaster Pastries
Brandy	Nonalcoholic and Alcoholic Beer, Wine, Cocktails, Liquor
Bratwurst sausage	Sausage
Bread	Bread (Not Sweet)
Bread pudding	Pudding
Breadfruit	Vegetables, Dry Beans
Breadsticks	Breadsticks
Breakfast	Unknown Foods
Breakfast bar	Breakfast Bars, Granola Bars, Meal Replacement Bars
Breakfast burrito	Tacos, Burritos, Enchiladas, Fajitas, Quesadillas, Nachos, Chalupas, Gorditas, Sopes, Pupusas
Breakfast links	Sausage
Breakfast Pizza	Pizza, Pizza Rolls, Bagel Bites
Breakfast sausage	Sausage
Breakfast taco	Tacos, Burritos, Enchiladas, Fajitas, Quesadillas, Nachos, Chalupas, Gorditas, Sopes, Pupusas

<b>Food Name</b>	<b>FIB Category</b>
Breast milk	Breast Milk
Breath mints	Candy
Breath Savers	Candy
Brie cheese	Cheese
Brioche	Sweet Breads, Coffee Cakes, Sweet Rolls, Pastries, Muffins (not corn), Croissants, Toaster Strudel, Pop Tarts, Toaster Pastries
Brisket	Beef, Lamb, Veal, Game Meats
Broccoflower	Vegetables, Dry Beans
Broccoli	Vegetables, Dry Beans
Broccoli raab	Vegetables, Dry Beans
Broth	Soups
Brown rice	Rice
Brown sugar	Sugars
Brownie	Cookies, Brownies
Brummel and Brown Spread	Butter, Margarine, Spreads, Butter Replacements
Brunch	Unknown Foods
Bruschetta	Bread (Not Sweet)
Brussel sprouts	Vegetables, Dry Beans
Bubble gum	Candy
Buckwheat groats	Cooked Cereals
Buffalo	Beef, Lamb, Veal, Game Meats
Buffalo chicken wings	Poultry
Buffet	Unknown Foods
Bugles	Other chips and puffs
Bulgur	Cooked Cereals
Bun	Rolls, Buns, Bagels, English Muffins
Burger	Hamburger on Bun or Bread
Burger King cheeseburger	Hamburger on Bun or Bread
Burger King croissant sandwich	Beef, Ham, Pork, Chicken, Turkey, Vegetarian, Other Sandwiches
Burger King double cheeseburger	Hamburger on Bun or Bread
Burger King fish sandwich	Beef, Ham, Pork, Chicken, Turkey, Vegetarian, Other Sandwiches
Burger King french fries	French Fries, Tater Tots
Burger King hamburger	Hamburger on Bun or Bread
Burger King sandwich	Beef, Ham, Pork, Chicken, Turkey, Vegetarian, Other Sandwiches
Burger King Whopper	Hamburger on Bun or Bread
Burger King Whopper Jr	Hamburger on Bun or Bread
Burger King Whopper Jr w cheese	Hamburger on Bun or Bread
Burger King Whopper w cheese	Hamburger on Bun or Bread
Burrito	Tacos, Burritos, Enchiladas, Fajitas, Quesadillas, Nachos, Chalupas, Gorditas, Sopas, Pupusas
Butter	Butter, Margarine, Spreads, Butter Replacements
Butter beans	Vegetables, Dry Beans
Butter cookie	Cookies, Brownies
Butter replacement	Butter, Margarine, Spreads, Butter Replacements
Butter substitute	Butter, Margarine, Spreads, Butter Replacements
Butterfinger bar	Candy
Buttermilk	Milk

Food Name	FIB Category
Butternut squash	Vegetables, Dry Beans
Butterscotch hard candy	Candy
Butterscotch pudding	Pudding
Butterscotch topping	Syrups, Pancake Syrup
Cabbage	Vegetables, Dry Beans
Cabbage soup	Soups
Cactus	Vegetables, Dry Beans
Cadbury cream egg	Candy
Caesar dressing	Salad Dressings, Mayonnaise
Caesar salad	Green Salads
Café con leche	Coffee, Hot & Iced
Cajun rice	Rice
Cake	Cakes, Cupcakes, Snack Cakes
Calabaza	Vegetables, Dry Beans
Calamari	Fish, Shellfish
Calzone	Calzones, Stromboli
Canadian bacon	Bacon
Candied apple	Fruits, Berries
Candied Ginger	Candy
Candied sweet potato	Sweet Potatoes
Candy	Candy
Candy bar	Candy
Candy cane	Candy
Candy corn	Candy
Cannelloni	Ravioli, Tortellini, Manicotti, Cannelloni, Stuffed Shells
Cannoli pastry	Sweet Breads, Coffee Cakes, Sweet Rolls, Pastries, Muffins (not corn), Croissants, Toaster Strudel, Pop Tarts, Toaster Pastries
Cantaloupe	Fruits, Berries
Cappuccino coffee	Coffee, Hot & Iced
Capri Sun drink	Juices (100%), Nectars
Captain Crunch cereal	Ready-to-Eat Cereals
Caramel apple	Fruits, Berries
Caramel corn	Popcorn
Caramel dip	Dip
Caramel popcorn	Popcorn
Caramel roll	Sweet Breads, Coffee Cakes, Sweet Rolls, Pastries, Muffins (not corn), Croissants, Toaster Strudel, Pop Tarts, Toaster Pastries
Caramel topping	Syrups, Pancake Syrup
Caramels	Candy
Carbonated water	Water, Carbonated Water
Carl's Jr cheeseburger	Hamburger on Bun or Bread
Carl's Jr hamburger	Hamburger on Bun or Bread
Carls Jr Sandwich	Beef, Ham, Pork, Chicken, Turkey, Vegetarian, Other Sandwiches
Carnation Instant Breakfast	Powdered Breakfast Drinks, Meal Replacements, Protein Supplements
Carne guisada	Stews, Guisado, Goulash
Carrot bread	Bread (Not Sweet)
Carrot cake	Cakes, Cupcakes, Snack Cakes

Food Name	FIB Category
Carrot juice	Juices (100%), Nectars
Carrot raisin salad	Other Salads
Carrot sticks	Vegetables, Dry Beans
Carrots	Vegetables, Dry Beans
Cashew butter	Peanut Butter
Cashew chicken Chinese	Chinese Mixed Dishes
Cashew nuts	Nuts, Seeds, Snack Mixtures
Cassava	Vegetables, Dry Beans
Casserole	Mixed Dishes, Casseroles, Stews
Catfish	Fish, Shellfish
Catsup	Condiments
Cauliflower	Vegetables, Dry Beans
Caviar	Fish, Shellfish
Celery	Vegetables, Dry Beans
Cereal	Ready-to-Eat Cereals
Cereal bar	Breakfast Bars, Granola Bars, Meal Replacement Bars
Ceviche	Fish, Shellfish
Chai tea	Tea, Hot & Iced
Challah bread	Bread (Not Sweet)
Chalupa	Tacos, Burritos, Enchiladas, Fajitas, Quesadillas, Nachos, Chalupas, Gorditas, Sopes, Pupusas
Chalupa shell	Tortillas, Taco Shells, Gordita Shells, Sope Shells, Chalupa Shells
Champagne	Nonalcoholic and Alcoholic Beer, Wine, Cocktails, Liquor
Chapati Indian bread	Bread (Not Sweet)
Chayote	Vegetables, Dry Beans
Cheddar cheese	Cheese
Cheerios cereal	Ready-to-Eat Cereals
Cheese	Cheese
Cheese and crackers	Crackers
Cheese ball	Cheese
Cheese bread	Breadsticks
Cheese burrito	Tacos, Burritos, Enchiladas, Fajitas, Quesadillas, Nachos, Chalupas, Gorditas, Sopes, Pupusas
Cheese cracker sticks	Crackers
Cheese crackers	Crackers
Cheese curls	Other chips and puffs
Cheese dip	Dip
Cheese Doodles	Other chips and puffs
Cheese enchilada frozen din	Frozen Meals, Frozen Main Dishes
Cheese fondue	Dip
Cheese fries	French Fries, Tater Tots
Cheese grits	Cooked Cereals
Cheese Nips	Crackers
Cheese pizza	Pizza, Pizza Rolls, Bagel Bites
Cheese popcorn	Popcorn
Cheese pressurized can	Cheese
Cheese puffs	Other chips and puffs
Cheese quesadilla	Tacos, Burritos, Enchiladas, Fajitas, Quesadillas, Nachos, Chalupas, Gorditas, Sopes, Pupusas

Food Name	FIB Category
Cheese sandwich	Grilled Cheese Sandwich
Cheese sandwich crackers	Crackers
Cheese sauce	Condiments
Cheese spread	Cheese
Cheese sticks	Cheese
Cheeseburger	Hamburger on Bun or Bread
Cheesecake	Cakes, Cupcakes, Snack Cakes
Cheetos	Other chips and puffs
Cheez Its	Crackers
Cheez Whiz	Cheese
Chefs salad	Green Salads
Cherries	Fruits, Berries
Cherry cobbler	Cobblers, Crisps, Strudels, Turnovers
Cherry Coke	Sodas, Pop, Soft Drinks
Cherry cola	Sodas, Pop, Soft Drinks
Cherry pie	Pies, Tarts
Cherry turnover	Cobblers, Crisps, Strudels, Turnovers
Chestnuts	Nuts, Seeds, Snack Mixtures
Chewing gum	Candy
Chex cereal	Ready-to-Eat Cereals
Chex Party Mix	Other chips and puffs
Chia seeds	Nuts, Seeds, Snack Mixtures
Chicken	Poultry
Chicken a la King	Mixed Dishes, Casseroles, Stews
Chicken and dumplings	Mixed Dishes, Casseroles, Stews
Chicken and noodles	Mixed Dishes, Casseroles, Stews
Chicken and rice	Mixed Dishes, Casseroles, Stews
Chicken and vegetables	Mixed Dishes, Casseroles, Stews
Chicken bbq sandwich	Barbecue, Sloppy Joe
Chicken biryani	Mixed Dishes, Casseroles, Stews
Chicken bites	Chicken nuggets, tenders, patty
Chicken bouillon	Soups
Chicken breast	Poultry
Chicken breast luncheon deli meat	Deli Meats, Packaged Lunch Meats, Meat Spreads, Potted Meat
Chicken broth	Soups
Chicken burrito	Tacos, Burritos, Enchiladas, Fajitas, Quesadillas, Nachos, Chalupas, Gorditas, Sopes, Pupusas
Chicken Caesar salad	Green Salads
Chicken chow mein	Chinese Mixed Dishes
Chicken cordon bleu	Mixed Dishes, Casseroles, Stews
Chicken curry	Curry
Chicken drummette	Poultry
Chicken drumstick	Poultry
Chicken enchilada	Tacos, Burritos, Enchiladas, Fajitas, Quesadillas, Nachos, Chalupas, Gorditas, Sopes, Pupusas
Chicken fajita	Tacos, Burritos, Enchiladas, Fajitas, Quesadillas, Nachos, Chalupas, Gorditas, Sopes, Pupusas
Chicken fettuccini	Mixed Dishes, Casseroles, Stews
Chicken fillet	Chicken nuggets, tenders, patty

<b>Food Name</b>	<b>FIB Category</b>
Chicken fillet sandwich	Beef, Ham, Pork, Chicken, Turkey, Vegetarian, Other Sandwiches
Chicken fingers	Chicken nuggets, tenders, patty
Chicken flauta	Tacos, Burritos, Enchiladas, Fajitas, Quesadillas, Nachos, Chalupas, Gorditas, Sopes, Pupusas
Chicken fried rice	Chinese Mixed Dishes
Chicken fried steak	Beef, Lamb, Veal, Game Meats
Chicken fries	Chicken nuggets, tenders, patty
Chicken Helper	Hamburger Helper, Chicken Helper, Tuna Helper
Chicken kiev	Mixed Dishes, Casseroles, Stews
Chicken leg	Poultry
Chicken liver	Liver, Organ Meats
Chicken lo mein	Chinese Mixed Dishes
Chicken luncheon deli meat	Deli Meats, Packaged Lunch Meats, Meat Spreads, Potted Meat
Chicken marsala	Mixed Dishes, Casseroles, Stews
Chicken mixed dish	Mixed Dishes, Casseroles, Stews
Chicken mole	Mixed Dishes, Casseroles, Stews
Chicken neck	Poultry
Chicken noodle soup	Soups
Chicken nuggets	Chicken nuggets, tenders, patty
Chicken parmigiana	Mixed Dishes, Casseroles, Stews
Chicken patty	Chicken nuggets, tenders, patty
Chicken patty sandwich	Beef, Ham, Pork, Chicken, Turkey, Vegetarian, Other Sandwiches
Chicken pot pie	Pot Pie
Chicken rice soup	Soups
Chicken salad	Other Salads
Chicken salad sandwich	Beef, Ham, Pork, Chicken, Turkey, Vegetarian, Other Sandwiches
Chicken sandwich	Beef, Ham, Pork, Chicken, Turkey, Vegetarian, Other Sandwiches
Chicken skin	Poultry
Chicken soup	Soups
Chicken sticks	Chicken nuggets, tenders, patty
Chicken strips	Chicken nuggets, tenders, patty
Chicken taco	Tacos, Burritos, Enchiladas, Fajitas, Quesadillas, Nachos, Chalupas, Gorditas, Sopes, Pupusas
Chicken tenders	Chicken nuggets, tenders, patty
Chicken teriyaki	Chinese Mixed Dishes
Chicken tetrazzini	Mixed Dishes, Casseroles, Stews
Chicken thigh	Poultry
Chicken tostada	Tacos, Burritos, Enchiladas, Fajitas, Quesadillas, Nachos, Chalupas, Gorditas, Sopes, Pupusas
Chicken vegetable soup	Soups
Chicken w broccoli Chinese	Chinese Mixed Dishes
Chicken w vegetables Chinese	Chinese Mixed Dishes
Chicken wing	Poultry
Chickpeas	Vegetables, Dry Beans
Chickpeas and rice	Beans and Rice
Chicory	Vegetables, Dry Beans

Food Name	FIB Category
Chilaquile	Tacos, Burritos, Enchiladas, Fajitas, Quesadillas, Nachos, Chalupas, Gorditas, Sopes, Pupusas
Chiles rellenos	Stuffed Cabbage, Stuffed Peppers, Stuffed Grape Leaves, Chile Rellenos
Chili	Chili, Chili Con Carne
Chili beans	Vegetables, Dry Beans
Chili cheese fries	French Fries, Tater Tots
Chili con carne	Chili, Chili Con Carne
Chili con queso	Dip
Chili dog	Hot Dogs
Chili fries	French Fries, Tater Tots
Chili mac	Chili, Chili Con Carne
Chili pepper	Vegetables, Dry Beans
Chili sauce	Condiments
Chili w cheese	Chili, Chili Con Carne
Chiliburger	Hamburger on Bun or Bread
Chimichanga	Tacos, Burritos, Enchiladas, Fajitas, Quesadillas, Nachos, Chalupas, Gorditas, Sopes, Pupusas
Chinese cabbage	Vegetables, Dry Beans
Chinese food	Unknown Foods
Chinese melon	Vegetables, Dry Beans
Chinese noodles	Pasta, plain or with sauce
Chinese pancakes	Pancakes/Flapjacks
Chinese rice	Chinese Mixed Dishes
Chipotle dip	Dip
Chipped beef	Jerky, Dried Meats
Chips	Potato chips
Chitterlings	Liver, Organ Meats
Chives	Vegetables, Dry Beans
Chocolate bar	Candy
Chocolate cake	Cakes, Cupcakes, Snack Cakes
Chocolate candy	Candy
Chocolate chip cookie	Cookies, Brownies
Chocolate chip muffin	Sweet Breads, Coffee Cakes, Sweet Rolls, Pastries, Muffins (not corn), Croissants, Toaster Strudel, Pop Tarts, Toaster Pastries
Chocolate chip pancakes	Pancakes/Flapjacks
Chocolate chips	Candy
Chocolate cookie	Cookies, Brownies
Chocolate covered cherries	Candy
Chocolate covered peanuts	Candy
Chocolate covered raisins	Candy
Chocolate cream pie	Pies, Tarts
Chocolate cupcake	Cakes, Cupcakes, Snack Cakes
Chocolate dip	Dip
Chocolate doughnut	Doughnuts
Chocolate drink powder	Syrups, Pancake Syrup
Chocolate éclair	Sweet Breads, Coffee Cakes, Sweet Rolls, Pastries, Muffins (not corn), Croissants, Toaster Strudel, Pop Tarts, Toaster Pastries
Chocolate egg	Candy

Food Name	FIB Category
Chocolate fondue	Dip
Chocolate milk	Chocolate Milk, Flavored Milk, Hot Chocolate, Milk Drinks
Chocolate milkshake	Milk Shakes
Chocolate mints	Candy
Chocolate mousse	Pudding
Chocolate pudding	Pudding
Chocolate sauce	Condiments
Chocolate syrup	Syrups, Pancake Syrup
Chop suey	Chinese Mixed Dishes
Chorizos sausage	Sausage
Chow mein	Chinese Mixed Dishes
Chow mein noodles	Pasta, plain or with sauce
Chowder	Soups
Christophine	Vegetables, Dry Beans
Church supper	Unknown Foods
Churro	Doughnuts
Chutney	Condiments
Cider	Juices (100%), Nectars
Cilantro	Vegetables, Dry Beans
Cinnabon	Sweet Breads, Coffee Cakes, Sweet Rolls, Pastries, Muffins (not corn), Croissants, Toaster Strudel, Pop Tarts, Toaster Pastries
Cinnamon breadsticks	Sweet Breads, Coffee Cakes, Sweet Rolls, Pastries, Muffins (not corn), Croissants, Toaster Strudel, Pop Tarts, Toaster Pastries
Cinnamon bun	Sweet Breads, Coffee Cakes, Sweet Rolls, Pastries, Muffins (not corn), Croissants, Toaster Strudel, Pop Tarts, Toaster Pastries
Cinnamon raisin toast	Bread (Not Sweet)
Cinnamon roll	Sweet Breads, Coffee Cakes, Sweet Rolls, Pastries, Muffins (not corn), Croissants, Toaster Strudel, Pop Tarts, Toaster Pastries
Cinnamon sugar	Sugars
Cinnamon toast	Bread (Not Sweet)
Cinnamon Toast Crunch cereal	Ready-to-Eat Cereals
Circus Peanuts marshmallow candy	Candy
Clam chowder	Soups
Clam strips	Fish, Shellfish
Clams	Fish, Shellfish
Clementine	Fruits, Berries
Club crackers	Crackers
Club sandwich	Beef, Ham, Pork, Chicken, Turkey, Vegetarian, Other Sandwiches
Club soda	Water, Carbonated Water
Cobb salad	Green Salads
Cobbler	Cobblers, Crisps, Strudels, Turnovers
Coca Cola	Sodas, Pop, Soft Drinks
Cocktail	Nonalcoholic and Alcoholic Beer, Wine, Cocktails, Liquor
Cocktail sauce	Condiments
Cocoa	Cocoa, Hot Chocolate
Cocoa Krispies cereal	Ready-to-Eat Cereals

Food Name	FIB Category
Cocoa mix	Syrups, Pancake Syrup
Cocoa Pebbles cereal	Ready-to-Eat Cereals
Cocoa Puffs cereal	Ready-to-Eat Cereals
Coconut	Nuts, Seeds, Snack Mixtures
Coconut cream pie	Pies, Tarts
Coconut juice	Juices (100%), Nectars
Coconut milk	Milk
Coconut water	Juices (100%), Nectars
Cod	Fish, Shellfish
Code Red Mountain Dew	Sodas, Pop, Soft Drinks
Coffee	Coffee, Hot & Iced
Coffee cake	Sweet Breads, Coffee Cakes, Sweet Rolls, Pastries, Muffins (not corn), Croissants, Toaster Strudel, Pop Tarts, Toaster Pastries
Coffee Mate creamer	Cream, Creamers, Cream Substitutes
Coffee substitute	Coffee, Hot & Iced
Cognac	Nonalcoholic and Alcoholic Beer, Wine, Cocktails, Liquor
Coke	Sodas, Pop, Soft Drinks
Coke Zero	Sodas, Pop, Soft Drinks
Cola	Sodas, Pop, Soft Drinks
Cold cut	Deli Meats, Packaged Lunch Meats, Meat Spreads, Potted Meat
Cold cut sandwich	Beef, Ham, Pork, Chicken, Turkey, Vegetarian, Other Sandwiches
Cold cut sub	Beef, Ham, Pork, Chicken, Turkey, Vegetarian, Other Sandwiches
Coleslaw	Other Salads
Collard greens	Vegetables, Dry Beans
Collards	Vegetables, Dry Beans
Combos	Crackers
Condiment	Condiments
Confectioners sugar	Sugars
Consomme	Soups
Cooked cereal	Cooked Cereals
Cookie	Cookies, Brownies
Cookie bar	Cookies, Brownies
Cookie Crisp cereal	Ready-to-Eat Cereals
Cookie dough	Cookies, Brownies
Cool Whip	Cream, Creamers, Cream Substitutes
Corn	Vegetables, Dry Beans
Corn chips	Other chips and puffs
Corn chowder	Soups
Corn dog	Hot Dogs
Corn flakes	Ready-to-Eat Cereals
Corn muffin	Cornbread, Corn Muffins, Corn Pone
Corn nuts	Other chips and puffs
Corn on the cob	Vegetables, Dry Beans
Corn pone	Cornbread, Corn Muffins, Corn Pone
Corn Pops cereal	Ready-to-Eat Cereals
Corn relish	Condiments

<b>Food Name</b>	<b>FIB Category</b>
Corn tortilla	Tortillas, Taco Shells, Gordita Shells, Sope Shells, Chalupa Shells
Cornbread	Cornbread, Corn Muffins, Corn Pone
Cornbread muffin	Cornbread, Corn Muffins, Corn Pone
Corned beef	Beef, Lamb, Veal, Game Meats
Corned beef hash	Mixed Dishes, Casseroles, Stews
Corned beef sandwich	Beef, Ham, Pork, Chicken, Turkey, Vegetarian, Other Sandwiches
Cornish game hen	Poultry
Cornmeal	Cooked Cereals
Cornmeal mush	Cooked Cereals
Cottage cheese	Cottage Cheese
Cottage cheese salad	Other Salads
Cotton candy	Candy
Cough drops	Candy
Country fried steak	Beef, Lamb, Veal, Game Meats
Couscous	Pasta, plain or with sauce
Crab	Fish, Shellfish
Crab cake	Fish, Shellfish
Crab cake sandwich	Fish, Shellfish Sandwiches
Crab legs	Fish, Shellfish
Crab Rangoon	Egg Roll, Spring Roll, Summer Roll, Fresh Garden Roll
Crab salad	Other Salads
Cracker Jacks	Popcorn
Crackers	Crackers
Craisins	Fruits, Berries
Cranberries	Fruits, Berries
Cranberry bread	Bread (Not Sweet)
Cranberry juice	Juices (100%), Nectars
Cranberry juice cocktail	Juices (100%), Nectars
Cranberry relish	Condiments
Cranberry sauce	Fruits, Berries
Crayfish	Fish, Shellfish
Cream	Cream, Creamers, Cream Substitutes
Cream cheese	Cream Cheese
Cream of broccoli soup	Soups
Cream of mushroom soup	Soups
Cream of rice	Cooked Cereals
Cream of rye	Cooked Cereals
Cream of wheat	Cooked Cereals
Cream puff	Sweet Breads, Coffee Cakes, Sweet Rolls, Pastries, Muffins (not corn), Croissants, Toaster Strudel, Pop Tarts, Toaster Pastries
Cream soda	Sodas, Pop, Soft Drinks
Cream soup	Soups
Cream substitute	Cream, Creamers, Cream Substitutes
Creamed chipped beef	Mixed Dishes, Casseroles, Stews
Creamed corn	Vegetables, Dry Beans
Creamed spinach	Vegetables, Dry Beans
Creamer	Cream, Creamers, Cream Substitutes

Food Name	FIB Category
Creamsicle	Ice Cream, Sherbet, Tofu Desserts, Frozen Dairy Desserts, Frozen Yogurt, Sundaes
Cremora	Cream, Creamers, Cream Substitutes
Creole	Creole
Crepe	Pancakes/Flapjacks
Crisp	Cobblers, Crisps, Strudels, Turnovers
Crispbread	Crackers
Crispy Rice cereal	Ready-to-Eat Cereals
Croissant	Sweet Breads, Coffee Cakes, Sweet Rolls, Pastries, Muffins (not corn), Croissants, Toaster Strudel, Pop Tarts, Toaster Pastries
Croissant Pocket	Cobblers, Crisps, Strudels, Turnovers
Croissant sandwich	Beef, Ham, Pork, Chicken, Turkey, Vegetarian, Other Sandwiches
Croquette	Mixed Dishes, Casseroles, Stews
Croutons	Bread (Not Sweet)
Cruller	Doughnuts
Crumpet	Biscuits
Crunch N Munch	Popcorn
Crystal Light	Juices (100%), Nectars
Crystal Light Tea	Tea, Hot & Iced
Cuban sandwich	Beef, Ham, Pork, Chicken, Turkey, Vegetarian, Other Sandwiches
Cucumber	Vegetables, Dry Beans
Cucumber and onion salad	Other Salads
Cucumber salad	Other Salads
Cucumber sandwich	Vegetarian Sandwiches, Veggie Burger, Garden Burger, Sandwiches using Meat Substitutes, or "Meatless" Versions of Meat, Poultry or Fish
Cuerno	Sweet Breads, Coffee Cakes, Sweet Rolls, Pastries, Muffins (not corn), Croissants, Toaster Strudel, Pop Tarts, Toaster Pastries
Cupcake	Cakes, Cupcakes, Snack Cakes
Curly fries	French Fries, Tater Tots
Currants	Fruits, Berries
Curry	Curry
Custard	Pudding
Daiquiri	Nonalcoholic and Alcoholic Beer, Wine, Cocktails, Liquor
Dairy Queen Blizzard	Milk Shakes
Danish	Sweet Breads, Coffee Cakes, Sweet Rolls, Pastries, Muffins (not corn), Croissants, Toaster Strudel, Pop Tarts, Toaster Pastries
Dark chocolate	Candy
Dasheen	Vegetables, Dry Beans
Dates	Fruits, Berries
Decaffeinated coffee	Coffee, Hot & Iced
Deer	Beef, Lamb, Veal, Game Meats
Deli meat	Deli Meats, Packaged Lunch Meats, Meat Spreads, Potted Meat
Dessert	Unknown Foods
Dessert dip	Dip

Food Name	FIB Category
Dessert pizza	Pizza, Pizza Rolls, Bagel Bites
Deviled egg	Eggs, Egg Substitutes
Devils food cake	Cakes, Cupcakes, Snack Cakes
Diet Coke	Sodas, Pop, Soft Drinks
Diet cola	Sodas, Pop, Soft Drinks
Diet ginger ale	Sodas, Pop, Soft Drinks
Diet Pepsi	Sodas, Pop, Soft Drinks
Diet Rite Cola	Sodas, Pop, Soft Drinks
Diet Sierra Mist	Sodas, Pop, Soft Drinks
Diet soda	Sodas, Pop, Soft Drinks
Diet soft drink	Sodas, Pop, Soft Drinks
Diet Sprite	Sodas, Pop, Soft Drinks
Dill dip	Dip
Dill pickles	Pickles, Fried Pickles
Din roll	Rolls, Buns, Bagels, English Muffins
Ding Dongs	Cakes, Cupcakes, Snack Cakes
Dinner	Unknown Foods
Dip	Dip
Dipping Oil	Oil
Dirty rice	Rice
Donut	Doughnuts
Doritos	Other chips and puffs
Dosa (Indian pancakes)	Pancakes/Flapjacks
Double bacon cheeseburger	Hamburger on Bun or Bread
Double cheeseburger	Hamburger on Bun or Bread
Double cooked pork Chinese	Chinese Mixed Dishes
Double hamburger	Hamburger on Bun or Bread
Doughnut	Doughnuts
Doughnut hole	Doughnuts
Dove chocolate candy bar	Candy
Dove game bird	Poultry
Dove ice cream bar	Ice Cream, Sherbet, Tofu Desserts, Frozen Dairy Desserts, Frozen Yogurt, Sundaes
Dr Pepper	Sodas, Pop, Soft Drinks
Dressing bread type	Bread or Rice Stuffing, Dressing
Dried apple	Fruits, Berries
Dried apricots	Fruits, Berries
Dried fruit	Fruits, Berries
Drink	Unknown Foods
Drumstick ice cream cone	Ice Cream, Sherbet, Tofu Desserts, Frozen Dairy Desserts, Frozen Yogurt, Sundaes
Dry pasta mix with sauce	Pasta, plain or with sauce
Duck	Poultry
Duck egg	Eggs, Egg Substitutes
Duck sauce	Condiments
Dulce de leche	Candy
Dum Dums lollipop	Candy
Dumpling	Dumpling(s)
Easter bunny	Candy
Easter egg candy	Candy

Food Name	FIB Category
Eclair	Sweet Breads, Coffee Cakes, Sweet Rolls, Pastries, Muffins (not corn), Croissants, Toaster Strudel, Pop Tarts, Toaster Pastries
Edamame	Vegetables, Dry Beans
Eel	Fish, Shellfish
Egg	Eggs, Egg Substitutes
Egg and sausage biscuit	Bacon, Sausage, BLT Sandwiches
Egg Beaters	Eggs, Egg Substitutes
Egg drop soup	Soups
Egg foo young	Chinese Mixed Dishes
Egg noodles	Pasta, plain or with sauce
Egg omelet	Eggs, Egg Substitutes
Egg roll	Egg Roll, Spring Roll, Summer Roll, Fresh Garden Roll
Egg salad	Other Salads
Egg salad sandwich	Egg, Egg Salad Sandwiches
Egg sandwich	Egg, Egg Salad Sandwiches
Egg substitute	Eggs, Egg Substitutes
Egg white	Eggs, Egg Substitutes
Egg yolk	Eggs, Egg Substitutes
Eggnog	Egg Nog
Eggo french toast	French Toast
Eggo pancakes	Pancakes/Flapjacks
Eggo waffle	Waffles
Eggplant	Vegetables, Dry Beans
Eggplant dip	Dip
Eggplant parmesan	Mixed Dishes, Casseroles, Stews
Eggs Benedict	Eggs, Egg Substitutes
Elk	Beef, Lamb, Veal, Game Meats
Empanada	Cobblers, Crisps, Strudels, Turnovers
Emu	Poultry
Enchilada	Tacos, Burritos, Enchiladas, Fajitas, Quesadillas, Nachos, Chalupas, Gorditas, Sopas, Pupusas
Energy bar	Breakfast Bars, Granola Bars, Meal Replacement Bars
Energy drink	Cocoa, Hot Chocolate
Enfamil formula	Formulas
English muffin	Rolls, Buns, Bagels, English Muffins
English muffin pizza	Pizza, Pizza Rolls, Bagel Bites
Ensure supplement	Powdered Breakfast Drinks, Meal Replacements, Protein Supplements
Equal sugar substitute	Low Calorie Sweeteners, Sugar Substitutes
Error	#N/A
Escargot	Fish, Shellfish
Espresso coffee	Coffee, Hot & Iced
Evaporated milk	Milk
Fajita	Tacos, Burritos, Enchiladas, Fajitas, Quesadillas, Nachos, Chalupas, Gorditas, Sopas, Pupusas
Falafel	Vegetables, Dry Beans
Falafel sandwich	Vegetarian Sandwiches, Veggie Burger, Garden Burger, Sandwiches using Meat Substitutes, or "Meatless" Versions of Meat, Poultry or Fish
Fanta	Sodas, Pop, Soft Drinks

Food Name	FIB Category
Farina	Cooked Cereals
Farmers cheese	Cottage Cheese
Fast food combo meal	Unknown Foods
Fast food french fries	French Fries, Tater Tots
Fast food salad	Green Salads
Fast food sandwich	Beef, Ham, Pork, Chicken, Turkey, Vegetarian, Other Sandwiches
Fasting	#N/A
Fat	Butter, Margarine, Spreads, Butter Replacements
Fat free milk	Milk
Fennel bulb	Vegetables, Dry Beans
Ferrero Rocher candy	Candy
Feta cheese	Cheese
Fettuccini Alfredo	Mixed Dishes, Casseroles, Stews
Fiber One cereal	Ready-to-Eat Cereals
Fiddle Faddle	Popcorn
Fig bar	Cookies, Brownies
Fig Newton	Cookies, Brownies
Figs	Fruits, Berries
Filet mignon	Beef, Lamb, Veal, Game Meats
Firni Indian dessert	Pudding
Fish	Fish, Shellfish
Fish ball	Fish, Shellfish
Fish cake	Fish, Shellfish
Fish chowder	Soups
Fish fillet	Fish, Shellfish
Fish fillet sandwich	Fish, Shellfish Sandwiches
Fish fry	Unknown Foods
Fish mixed dish	Mixed Dishes, Casseroles, Stews
Fish patty	Fish, Shellfish
Fish sandwich	Fish, Shellfish Sandwiches
Fish sticks	Fish, Shellfish
Flan	Pudding
Flank steak	Beef, Lamb, Veal, Game Meats
Flapjacks	Pancakes/Flapjacks
Flauta	Tacos, Burritos, Enchiladas, Fajitas, Quesadillas, Nachos, Chalupas, Gorditas, Sopas, Pupusas
Flavor Ice	Popsicles, Ices, Frozen Fruit Bars, Sorbets, Slurpees, Smoothies
Flavored applesauce	Fruits, Berries
Flavored milk	Chocolate Milk, Flavored Milk, Hot Chocolate, Milk Drinks
Flavored Oatmeal	Cooked Cereals
Flax seed	Nuts, Seeds, Snack Mixtures
Flounder	Fish, Shellfish
Flour tortilla	Tortillas, Taco Shells, Gordita Shells, Sope Shells, Chalupa Shells
Focaccia bread	Bread (Not Sweet)
Fondue	Dip
Formula	Formulas
Fortune cookie	Cookies, Brownies

Food Name	FIB Category
Frankfurter	Hot Dogs
Frappuccino coffee	Coffee, Hot & Iced
Freezer pop	Popsicles, Ices, Frozen Fruit Bars, Sorbets, Slurpees, Smoothies
French bread	Bread (Not Sweet)
French bread pizza	Pizza, Pizza Rolls, Bagel Bites
French Dip sandwich	Beef, Ham, Pork, Chicken, Turkey, Vegetarian, Other Sandwiches
French dressing	Salad Dressings, Mayonnaise
French fries	French Fries, Tater Tots
French onion dip	Dip
French onion soup	Soups
French roll	Rolls, Buns, Bagels, English Muffins
French toast	French Toast
French toast sticks	French Toast
Fresca	Sodas, Pop, Soft Drinks
Fried cheese sticks	Cheese
Fried chicken	Poultry
Fried Cornbread	Cornbread, Corn Muffins, Corn Pone
Fried dumpling	Dumpling(s)
Fried egg	Eggs, Egg Substitutes
Fried fish	Fish, Shellfish
Fried okra	Vegetables, Dry Beans
Fried pickles	Pickles, Fried Pickles
Fried potato	White Potatoes
Fried rice	Chinese Mixed Dishes
Fried shrimp	Fish, Shellfish
Frito pie	Mixed Dishes, Casseroles, Stews
Fritos	Other chips and puffs
Fritter	Cobblers, Crisps, Strudels, Turnovers
Frog legs	Fish, Shellfish
Froot Loops cereal	Ready-to-Eat Cereals
Frosted flakes cereal	Ready-to-Eat Cereals
Frosted Mini Wheats cereal	Ready-to-Eat Cereals
Frozen breakfast	Frozen Meals, Frozen Main Dishes
Frozen coffee drink	Coffee, Hot & Iced
Frozen custard	Ice Cream, Sherbet, Tofu Desserts, Frozen Dairy Desserts, Frozen Yogurt, Sundaes
Frozen din	Frozen Meals, Frozen Main Dishes
Frozen meal	Frozen Meals, Frozen Main Dishes
Frozen pizza	Pizza, Pizza Rolls, Bagel Bites
Frozen yogurt	Ice Cream, Sherbet, Tofu Desserts, Frozen Dairy Desserts, Frozen Yogurt, Sundaes
Fruit	Fruits, Berries
Fruit 2 O water	Water, Carbonated Water
Fruit and nut mix	Trail and Snack Mix
Fruit butter	Jam, Jelly, Fruit Spreads
Fruit By The Foot	Candy
Fruit cake	Cakes, Cupcakes, Snack Cakes
Fruit cocktail	Fruits, Berries

Food Name	FIB Category
Fruit drink	Juices (100%), Nectars
Fruit ice	Popsicles, Ices, Frozen Fruit Bars, Sorbets, Slurpees, Smoothies
Fruit juice	Juices (100%), Nectars
Fruit juice bar	Popsicles, Ices, Frozen Fruit Bars, Sorbets, Slurpees, Smoothies
Fruit leather candy	Candy
Fruit punch	Juices (100%), Nectars
Fruit Roll Up	Candy
Fruit salad	Other Salads
Fruit shake	Milk Shakes
Fruit snacks candy	Candy
Fruit spread	Jam, Jelly, Fruit Spreads
Fruit tart	Pies, Tarts
Fruity Pebbles cereal	Ready-to-Eat Cereals
Fry bread	Bread (Not Sweet)
Fudge candy	Candy
Fudge topping	Syrups, Pancake Syrup
Fudgesicle	Ice Cream, Sherbet, Tofu Desserts, Frozen Dairy Desserts, Frozen Yogurt, Sundaes
Full Throttle Energy Drink	Cocoa, Hot Chocolate
Funnel cake	Sweet Breads, Coffee Cakes, Sweet Rolls, Pastries, Muffins (not corn), Croissants, Toaster Strudel, Pop Tarts, Toaster Pastries
Funyuns	Other chips and puffs
Game meat	Beef, Lamb, Veal, Game Meats
Garbanzos	Vegetables, Dry Beans
Garden roll	Egg Roll, Spring Roll, Summer Roll, Fresh Garden Roll
Garden salad	Green Salads
Gardenburger	Meat Substitutes, Meat Alternatives, Vegetarian and/or "Meatless" Versions of Meat, Poultry, or Fish Entrees
Garlic	Vegetables, Dry Beans
Garlic bread	Breadsticks
Garlic chicken Chinese	Chinese Mixed Dishes
Garlic knot	Breadsticks
Garlic toast	Breadsticks
Gatorade drink	Cocoa, Hot Chocolate
Gazpacho	Soups
Gelatin dessert	Jello, Gelatin
General Tso	Chinese Mixed Dishes
General Tso chicken	Chinese Mixed Dishes
Genip	Fruits, Berries
Gerber Fruit Puffs	Crackers
Gerber Veggie Puffs	Crackers
German chocolate cake	Cakes, Cupcakes, Snack Cakes
Giblets	Liver, Organ Meats
Gin	Nonalcoholic and Alcoholic Beer, Wine, Cocktails, Liquor
Gin and tonic	Nonalcoholic and Alcoholic Beer, Wine, Cocktails, Liquor
Ginger ale	Sodas, Pop, Soft Drinks
Gingerbread cookie	Cookies, Brownies
Gingersnaps	Cookies, Brownies

<b>Food Name</b>	<b>FIB Category</b>
Girl Scout cookie	Cookies, Brownies
Girl Scout Thin Mints cookie	Cookies, Brownies
Gizzards	Liver, Organ Meats
Glucerna	Powdered Breakfast Drinks, Meal Replacements, Protein Supplements
Gnocchi	Ravioli, Tortellini, Manicotti, Cannelloni, Stuffed Shells
Go Gurt	Yogurt
Goat	Beef, Lamb, Veal, Game Meats
Goat milk	Milk
Gob Stoppers candy	Candy
Golden Grahams cereal	Ready-to-Eat Cereals
Goldfish crackers	Crackers
Good Start formula	Formulas
Goose	Poultry
Goose egg	Eggs, Egg Substitutes
Gordita	Tacos, Burritos, Enchiladas, Fajitas, Quesadillas, Nachos, Chalupas, Gorditas, Sopas, Pupusas
Gordita shell	Tortillas, Taco Shells, Gordita Shells, Sope Shells, Chalupa Shells
Goulash	Stews, Guisado, Goulash
Graham crackers	Crackers
Granola	Ready-to-Eat Cereals
Granola bar	Breakfast Bars, Granola Bars, Meal Replacement Bars
Grape drink	Juices (100%), Nectars
Grape juice	Juices (100%), Nectars
Grape Nuts cereal	Ready-to-Eat Cereals
Grape soda	Sodas, Pop, Soft Drinks
Grapefruit	Fruits, Berries
Grapefruit juice	Juices (100%), Nectars
Grapes	Fruits, Berries
Gravy	Gravy
Greek dip	Dip
Greek salad	Green Salads
Greek spinach cheese pie	Pot Pie
Greek yogurt	Yogurt
Green banana	Vegetables, Dry Beans
Green bean casserole	Mixed Dishes, Casseroles, Stews
Green beans	Vegetables, Dry Beans
Green beans almondine	Vegetables, Dry Beans
Green peas	Vegetables, Dry Beans
Green salad	Green Salads
Green tea	Tea, Hot & Iced
Green tomato	Vegetables, Dry Beans
Greens	Vegetables, Dry Beans
Grilled cheese sandwich	Grilled Cheese Sandwich
Grilled chicken	Poultry
Grinder sandwich	Beef, Ham, Pork, Chicken, Turkey, Vegetarian, Other Sandwiches
Grits	Cooked Cereals
Ground beef	Beef, Lamb, Veal, Game Meats

Food Name	FIB Category
Grouse	Poultry
Guacamole	Dip
Guava	Fruits, Berries
Guava paste	Jam, Jelly, Fruit Spreads
Guisada	Stews, Guisado, Goulash
Gum	Candy
Gumbo	Mixed Dishes, Casseroles, Stews
Gumbo soup	Soups
Gumdrops	Candy
Gummi Savers candy	Candy
Gummy bears	Candy
Gummy candy	Candy
Gummy fish	Candy
Gummy worms	Candy
Gushers candy	Candy
Gyro sandwich	Beef, Ham, Pork, Chicken, Turkey, Vegetarian, Other Sandwiches
Half and half	Cream, Creamers, Cream Substitutes
Half and half lemonade and tea	Juices (100%), Nectars
Half smoke	Hot Dogs
Halibut	Fish, Shellfish
Hallaca	Mixed Dishes, Casseroles, Stews
Ham	Ham or Pork
Ham and cheese sandwich	Beef, Ham, Pork, Chicken, Turkey, Vegetarian, Other Sandwiches
Ham hocks	Ham or Pork
Ham luncheon deli meat	Deli Meats, Packaged Lunch Meats, Meat Spreads, Potted Meat
Ham mixed dish	Mixed Dishes, Casseroles, Stews
Ham salad	Other Salads
Ham salad sandwich	Beef, Ham, Pork, Chicken, Turkey, Vegetarian, Other Sandwiches
Ham sandwich	Beef, Ham, Pork, Chicken, Turkey, Vegetarian, Other Sandwiches
Hamburger	Hamburger on Bun or Bread
Hamburger Helper	Hamburger Helper, Chicken Helper, Tuna Helper
Happy meal	Unknown Foods
Hard boiled egg	Eggs, Egg Substitutes
Hard candy	Candy
Hard cider	Nonalcoholic and Alcoholic Beer, Wine, Cocktails, Liquor
Hard pretzels	Pretzels, Bread Sticks
Hard tea	Nonalcoholic and Alcoholic Beer, Wine, Cocktails, Liquor
Hardees cheeseburger	Hamburger on Bun or Bread
Hardees hamburger	Hamburger on Bun or Bread
Hardees sandwich	Beef, Ham, Pork, Chicken, Turkey, Vegetarian, Other Sandwiches
Harina de maiz con coco	Pudding
Harina de maiz con leche	Cooked Cereals
Harvest burger	Meat Substitutes, Meat Alternatives, Vegetarian and/or "Meatless" Versions of Meat, Poultry, or Fish Entrees
Hash	Mixed Dishes, Casseroles, Stews

Food Name	FIB Category
Hash browns	White Potatoes
Hawaiian bread	Sweet Breads, Coffee Cakes, Sweet Rolls, Pastries, Muffins (not corn), Croissants, Toaster Strudel, Pop Tarts, Toaster Pastries
Hawaiian Punch	Juices (100%), Nectars
Hazelnuts	Nuts, Seeds, Snack Mixtures
Healthy Choice frozen din	Frozen Meals, Frozen Main Dishes
Heart	Liver, Organ Meats
Heath Bar candy	Candy
Heinz 57 Sauce	Condiments
Herbal tea	Tea, Hot & Iced
Hershey bar	Candy
Hershey Kiss	Candy
Hershey Nuggets	Candy
Hi C	Juices (100%), Nectars
Hi C Fruit Snacks	Candy
Ho Ho	Cakes, Cupcakes, Snack Cakes
Hoagie sandwich	Beef, Ham, Pork, Chicken, Turkey, Vegetarian, Other Sandwiches
Hog lites	Liver, Organ Meats
Hog maws	Liver, Organ Meats
Home fries	White Potatoes
Hominy	Vegetables, Dry Beans
Honey	Syrups, Pancake Syrup
Honey baked ham	Ham or Pork
Honey bun	Sweet Breads, Coffee Cakes, Sweet Rolls, Pastries, Muffins (not corn), Croissants, Toaster Strudel, Pop Tarts, Toaster Pastries
Honey Bunches of Oats cereal	Ready-to-Eat Cereals
Honey mustard dip	Dip
Honey mustard dressing	Salad Dressings, Mayonnaise
Honey Nut Clusters cereal	Ready-to-Eat Cereals
Honey roasted peanuts	Nuts, Seeds, Snack Mixtures
Honey Smacks cereal	Ready-to-Eat Cereals
Honeycomb cereal	Ready-to-Eat Cereals
Honeydew melon	Fruits, Berries
Hopping John	Beans and Rice
Horchata	Chocolate Milk, Flavored Milk, Hot Chocolate, Milk Drinks
Hors d'oeuvres	Unknown Foods
Horseradish	Vegetables, Dry Beans
Horseradish sauce	Condiments
Hot and sour soup	Soups
Hot cakes	Pancakes/Flapjacks
Hot cereal	Cooked Cereals
Hot chicken wings	Poultry
Hot chocolate	Cocoa, Hot Chocolate
Hot chocolate mix	Syrups, Pancake Syrup
Hot cocoa	Cocoa, Hot Chocolate
Hot dog	Hot Dogs
Hot fries flavored snack	Potato chips

Food Name	FIB Category
Hot fudge sundaes	Ice Cream, Sherbet, Tofu Desserts, Frozen Dairy Desserts, Frozen Yogurt, Sundaes
Hot links	Sausage
Hot pepper	Vegetables, Dry Beans
Hot pepper sauce	Condiments
Hot Pockets	Cobblers, Crisps, Strudels, Turnovers
Hot sauce	Condiments
Hot Tamales candy	Candy
House salad	Green Salads
Huevos rancheros	Eggs, Egg Substitutes
Hummus	Dip
Hummus sandwich	Vegetarian Sandwiches, Veggie Burger, Garden Burger, Sandwiches using Meat Substitutes, or "Meatless" Versions of Meat, Poultry or Fish
Hunan beef	Chinese Mixed Dishes
Hunan chicken	Chinese Mixed Dishes
Hunan pork	Chinese Mixed Dishes
Hunan shrimp	Chinese Mixed Dishes
Hush puppy	Cornbread, Corn Muffins, Corn Pone
Ice	Water, Carbonated Water
Ice cream	Ice Cream, Sherbet, Tofu Desserts, Frozen Dairy Desserts, Frozen Yogurt, Sundaes
Ice cream bar	Ice Cream, Sherbet, Tofu Desserts, Frozen Dairy Desserts, Frozen Yogurt, Sundaes
Ice cream cake	Ice Cream, Sherbet, Tofu Desserts, Frozen Dairy Desserts, Frozen Yogurt, Sundaes
Ice cream cone	Ice Cream, Sherbet, Tofu Desserts, Frozen Dairy Desserts, Frozen Yogurt, Sundaes
Ice cream float	Milk Shakes
Ice cream pie	Ice Cream, Sherbet, Tofu Desserts, Frozen Dairy Desserts, Frozen Yogurt, Sundaes
Ice cream sandwich	Ice Cream, Sherbet, Tofu Desserts, Frozen Dairy Desserts, Frozen Yogurt, Sundaes
Ice cream soda	Milk Shakes
Ice cream sundae	Ice Cream, Sherbet, Tofu Desserts, Frozen Dairy Desserts, Frozen Yogurt, Sundaes
Ice pop	Popsicles, Ices, Frozen Fruit Bars, Sorbets, Slurpees, Smoothies
Iced coffee	Coffee, Hot & Iced
Iced tea	Tea, Hot & Iced
Icee	Popsicles, Ices, Frozen Fruit Bars, Sorbets, Slurpees, Smoothies
Icing	Syrups, Pancake Syrup
Injera Ethiopian bread	Bread (Not Sweet)
Injolmi	Sweet Breads, Coffee Cakes, Sweet Rolls, Pastries, Muffins (not corn), Croissants, Toaster Strudel, Pop Tarts, Toaster Pastries
In-N-Out Cheeseburger	Hamburger on Bun or Bread
In-N-Out Hamburger	Hamburger on Bun or Bread
Instant breakfast drink	Powdered Breakfast Drinks, Meal Replacements, Protein Supplements

Food Name	FIB Category
Instant oatmeal	Cooked Cereals
Irish soda bread	Bread (Not Sweet)
Italian bread	Bread (Not Sweet)
Italian dressing	Salad Dressings, Mayonnaise
Italian ice	Popsicles, Ices, Frozen Fruit Bars, Sorbets, Slurpees, Smoothies
Italian sausage	Sausage
Italian sub	Beef, Ham, Pork, Chicken, Turkey, Vegetarian, Other Sandwiches
Jack In The Box cheeseburger	Hamburger on Bun or Bread
Jack In The Box chicken sandwich	Beef, Ham, Pork, Chicken, Turkey, Vegetarian, Other Sandwiches
Jack In The Box hamburger	Hamburger on Bun or Bread
Jack In The Box sandwich	Beef, Ham, Pork, Chicken, Turkey, Vegetarian, Other Sandwiches
Jalapeno pepper	Vegetables, Dry Beans
Jam	Jam, Jelly, Fruit Spreads
Jambalaya	Jambalaya
Jasmine rice	Rice
Jello	Jello, Gelatin
Jello salad	Other Salads
Jello shots	Nonalcoholic and Alcoholic Beer, Wine, Cocktails, Liquor
Jello w fruit	Jello, Gelatin
Jelly	Jam, Jelly, Fruit Spreads
Jelly beans	Candy
Jelly roll	Cakes, Cupcakes, Snack Cakes
Jelly sandwich	Peanut Butter Sandwich, Peanut Butter and Jelly Sandwich
Jerky	Jerky, Dried Meats
Jicama	Vegetables, Dry Beans
Jolly Rancher candy	Candy
Jordan almonds	Candy
Juice	Juices (100%), Nectars
Juicy Juice	Juices (100%), Nectars
Junior Mints	Candy
Kahlua	Nonalcoholic and Alcoholic Beer, Wine, Cocktails, Liquor
Kahlua and cream	Nonalcoholic and Alcoholic Beer, Wine, Cocktails, Liquor
Kale	Vegetables, Dry Beans
Kasha	Cooked Cereals
Kashi	Ready-to-Eat Cereals
Kefir milk	Milk
Kelp	Vegetables, Dry Beans
Ketchup	Condiments
Key lime pie	Pies, Tarts
KFC Chicken and Biscuit Bowl	Mixed Dishes, Casseroles, Stews
KFC chicken sandwich	Beef, Ham, Pork, Chicken, Turkey, Vegetarian, Other Sandwiches
KFC Mashed Potato Bowl	Mixed Dishes, Casseroles, Stews
KFC Rice Bowl	Mixed Dishes, Casseroles, Stews
Kid Cuisine frozen din	Frozen Meals, Frozen Main Dishes
Kidney	Liver, Organ Meats
Kidney beans	Vegetables, Dry Beans

Food Name	FIB Category
Kids meal	Unknown Foods
Kielbasa	Sausage
Kim Chee	Vegetables, Dry Beans
Kit Kat bar	Candy
Kiwi fruit	Fruits, Berries
Kix cereal	Ready-to-Eat Cereals
Klondike bar	Ice Cream, Sherbet, Tofu Desserts, Frozen Dairy Desserts, Frozen Yogurt, Sundaes
Knish	Dumpling(s)
Knorr Asian Noodles and Sauce	Pasta, plain or with sauce
Knorr Italian Sides	Pasta, plain or with sauce
Knorr Noodles and Sauce	Pasta, plain or with sauce
Knorr Pasta and Sauce	Pasta, plain or with sauce
Knorr Pasta Sides	Pasta, plain or with sauce
Kool Aid	Juices (100%), Nectars
Kreplach	Dumpling(s)
Kudos bar	Breakfast Bars, Granola Bars, Meal Replacement Bars
Kung Pao	Chinese Mixed Dishes
Kung Pao chicken	Chinese Mixed Dishes
Lactaid milk	Milk
Ladyfinger	Cookies, Brownies
Laffy Taffy	Candy
Lamb	Beef, Lamb, Veal, Game Meats
Lamb chop	Beef, Lamb, Veal, Game Meats
Lamb curry	Curry
Lasagna	Lasagna
Latkes	Pancakes/Flapjacks
Latte coffee	Coffee, Hot & Iced
Lean Cuisine frozen din	Frozen Meals, Frozen Main Dishes
Lean Pockets	Cobblers, Crisps, Strudels, Turnovers
Leek	Vegetables, Dry Beans
Lemon	Fruits, Berries
Lemon bar	Cookies, Brownies
Lemon chicken Chinese	Chinese Mixed Dishes
Lemon juice	Juices (100%), Nectars
Lemon meringue pie	Pies, Tarts
Lemonade	Juices (100%), Nectars
Lentil soup	Soups
Lentils	Vegetables, Dry Beans
Lentils and rice	Beans and Rice
Lettuce	Vegetables, Dry Beans
Lettuce salad	Green Salads
Licorice	Candy
Licuado	Milk Shakes
Life cereal	Ready-to-Eat Cereals
Life Savers	Candy
Lima beans	Vegetables, Dry Beans
Lime	Fruits, Berries
Lime juice	Juices (100%), Nectars
Limeade	Juices (100%), Nectars

<b>Food Name</b>	<b>FIB Category</b>
Linguini	Pasta, plain or with sauce
Liptons Rice and Sauce all flavors	Rice
Liqueur after din drink	Nonalcoholic and Alcoholic Beer, Wine, Cocktails, Liquor
Liquid margarine spray	Butter, Margarine, Spreads, Butter Replacements
Liquid yogurt	Yogurt
Liquor	Nonalcoholic and Alcoholic Beer, Wine, Cocktails, Liquor
Lite beer	Nonalcoholic and Alcoholic Beer, Wine, Cocktails, Liquor
Lite butter	Butter, Margarine, Spreads, Butter Replacements
Little Caesars Crazy Bread	Breadsticks
Little Debbie	Cakes, Cupcakes, Snack Cakes
Little Debbie bar	Breakfast Bars, Granola Bars, Meal Replacement Bars
Little Debbie snack cake	Cakes, Cupcakes, Snack Cakes
Little Smokies	Sausage
Liver	Liver, Organ Meats
Liver and onions	Mixed Dishes, Casseroles, Stews
Liverwurst	Deli Meats, Packaged Lunch Meats, Meat Spreads, Potted Meat
Liverwurst sandwich	Beef, Ham, Pork, Chicken, Turkey, Vegetarian, Other Sandwiches
Lo mein	Chinese Mixed Dishes
Lobster	Fish, Shellfish
Lollipop	Candy
London broil	Beef, Lamb, Veal, Game Meats
Long Island Iced Tea	Nonalcoholic and Alcoholic Beer, Wine, Cocktails, Liquor
Loquats	Fruits, Berries
Low calorie sweetener	Low Calorie Sweeteners, Sugar Substitutes
Low fat milk	Milk
Lox	Fish, Shellfish
Lucky Charms cereal	Ready-to-Eat Cereals
Lumpia	Egg Roll, Spring Roll, Summer Roll, Fresh Garden Roll
Lunch	Unknown Foods
Lunch meat	Deli Meats, Packaged Lunch Meats, Meat Spreads, Potted Meat
Lunchable	Lunchables, Tastefuls, Pak-a-lunch
Lychees	Fruits, Berries
M&Ms candy	Candy
Macadamia nuts	Nuts, Seeds, Snack Mixtures
Macaroni	Pasta, plain or with sauce
Macaroni and cheese	Macaroni and Cheese
Macaroni salad	Other Salads
Macaroon	Cookies, Brownies
Mai Tai	Nonalcoholic and Alcoholic Beer, Wine, Cocktails, Liquor
Malanga	Vegetables, Dry Beans
Malt beverage	Nonalcoholic and Alcoholic Beer, Wine, Cocktails, Liquor
Malt liquor	Nonalcoholic and Alcoholic Beer, Wine, Cocktails, Liquor
Malt O Meal cereal	Ready-to-Eat Cereals
Malted milk	Chocolate Milk, Flavored Milk, Hot Chocolate, Milk Drinks
Malted milk balls	Candy
Malt-O-Meal	Cooked Cereals
Manapua	Dumpling(s)

<b>Food Name</b>	<b>FIB Category</b>
Mandarin orange	Fruits, Berries
Mango	Fruits, Berries
Manhattan	Nonalcoholic and Alcoholic Beer, Wine, Cocktails, Liquor
Manicotti	Ravioli, Tortellini, Manicotti, Cannelloni, Stuffed Shells
Maple syrup	Syrups, Pancake Syrup
Maraschino cherries	Fruits, Berries
Margarine	Butter, Margarine, Spreads, Butter Replacements
Margarita	Nonalcoholic and Alcoholic Beer, Wine, Cocktails, Liquor
Marinara sauce	Spaghetti Sauce
Marmalade	Jam, Jelly, Fruit Spreads
Marshmallow	Candy
Marshmallow Peeps candy	Candy
Marshmallow topping	Syrups, Pancake Syrup
Martini	Nonalcoholic and Alcoholic Beer, Wine, Cocktails, Liquor
Mary Jane candy	Candy
Marzipan candy	Candy
Masa harina	Cooked Cereals
Mashed potatoes	White Potatoes
Matzo balls	Dumpling(s)
Matzo crackers	Crackers
Mayonnaise	Salad Dressings, Mayonnaise
McDonalds apple pie	Pies, Tarts
McDonalds Bacon Egg Cheese McGriddle	Beef, Ham, Pork, Chicken, Turkey, Vegetarian, Other Sandwiches
McDonalds Bagel Sandwich	Beef, Ham, Pork, Chicken, Turkey, Vegetarian, Other Sandwiches
McDonalds Big Mac	Hamburger on Bun or Bread
McDonalds biscuit sandwich	Beef, Ham, Pork, Chicken, Turkey, Vegetarian, Other Sandwiches
McDonalds breakfast burrito	Tacos, Burritos, Enchiladas, Fajitas, Quesadillas, Nachos, Chalupas, Gorditas, Sopes, Pupusas
McDonalds cheeseburger	Hamburger on Bun or Bread
McDonalds chicken sandwich	Beef, Ham, Pork, Chicken, Turkey, Vegetarian, Other Sandwiches
McDonalds cone	Ice Cream, Sherbet, Tofu Desserts, Frozen Dairy Desserts, Frozen Yogurt, Sundaes
McDonalds double cheeseburger	Hamburger on Bun or Bread
McDonalds Egg McMuffin	Beef, Ham, Pork, Chicken, Turkey, Vegetarian, Other Sandwiches
McDonalds Filet O Fish sandwich	Beef, Ham, Pork, Chicken, Turkey, Vegetarian, Other Sandwiches
McDonalds Fish sandwich	Beef, Ham, Pork, Chicken, Turkey, Vegetarian, Other Sandwiches
McDonalds french fries	French Fries, Tater Tots
McDonalds hamburger	Hamburger on Bun or Bread
McDonalds hash browns	White Potatoes
McDonalds McDouble	Hamburger on Bun or Bread
McDonalds McFlurry	Milk Shakes
McDonalds McGriddle	Beef, Ham, Pork, Chicken, Turkey, Vegetarian, Other Sandwiches

Food Name	FIB Category
McDonalds McRib sandwich	Beef, Ham, Pork, Chicken, Turkey, Vegetarian, Other Sandwiches
McDonalds Quarter Pounder	Hamburger on Bun or Bread
McDonalds Quarter Pounder with Cheese	Hamburger on Bun or Bread
McDonalds salad	Green Salads
McDonalds sandwich	Beef, Ham, Pork, Chicken, Turkey, Vegetarian, Other Sandwiches
McDonalds sausage biscuit	Beef, Ham, Pork, Chicken, Turkey, Vegetarian, Other Sandwiches
McDonalds Sausage Egg Cheese McGriddle	Beef, Ham, Pork, Chicken, Turkey, Vegetarian, Other Sandwiches
McDonalds Sausage McGriddle	Beef, Ham, Pork, Chicken, Turkey, Vegetarian, Other Sandwiches
McDonalds Sausage McMuffin	Beef, Ham, Pork, Chicken, Turkey, Vegetarian, Other Sandwiches
McDonalds sundae	Ice Cream, Sherbet, Tofu Desserts, Frozen Dairy Desserts, Frozen Yogurt, Sundaes
McDonalds wrap	Beef, Ham, Pork, Chicken, Turkey, Vegetarian, Other Sandwiches
Meal replacement bar	Breakfast Bars, Granola Bars, Meal Replacement Bars
Meal replacement drink	Powdered Breakfast Drinks, Meal Replacements, Protein Supplements
Meal replacement powder	Powdered Breakfast Drinks, Meal Replacements, Protein Supplements
Meat	Beef, Lamb, Veal, Game Meats
Meat Biryani	Mixed Dishes, Casseroles, Stews
Meat loaf sandwich	Beef, Ham, Pork, Chicken, Turkey, Vegetarian, Other Sandwiches
Meat patty	Beef, Lamb, Veal, Game Meats
Meat spread	Deli Meats, Packaged Lunch Meats, Meat Spreads, Potted Meat
Meatball sub	Beef, Ham, Pork, Chicken, Turkey, Vegetarian, Other Sandwiches
Meatballs	Meatloaf, Meatballs
Meatballs in sauce	Meatloaf, Meatballs
Meatloaf	Meatloaf, Meatballs
Melba toast	Crackers
Mellow Yellow	Sodas, Pop, Soft Drinks
Melon	Fruits, Berries
Mentos candy	Candy
Menudo soup	Soups
Mexican cheese	Cheese
Mexican dip	Dip
Mexican food	Unknown Foods
Mexican oatmeal drink	Chocolate Milk, Flavored Milk, Hot Chocolate, Milk Drinks
Mexican rice	Rice
Mexican sweet bread	Sweet Breads, Coffee Cakes, Sweet Rolls, Pastries, Muffins (not corn), Croissants, Toaster Strudel, Pop Tarts, Toaster Pastries
Mike and Ike candy	Candy
Mike's hard lemonade	Nonalcoholic and Alcoholic Beer, Wine, Cocktails, Liquor

Food Name	FIB Category
Milk	Milk
Milk Duds	Candy
Milkshake	Milk Shakes
Milky Way bar	Candy
Millet	Cooked Cereals
Mimosa	Nonalcoholic and Alcoholic Beer, Wine, Cocktails, Liquor
Mineral water	Water, Carbonated Water
Minestrone soup	Soups
Mints	Candy
Miracle Whip	Salad Dressings, Mayonnaise
Miso soup	Soups
Miso soybean paste	Vegetables, Dry Beans
Mixed dish	Mixed Dishes, Casseroles, Stews
Mixed dish casserole	Mixed Dishes, Casseroles, Stews
Mixed fruit	Other Salads
Mixed fruit juice	Juices (100%), Nectars
Mixed nuts	Nuts, Seeds, Snack Mixtures
Mixed salad greens	Green Salads
Mixed vegetables	Vegetables, Dry Beans
Mocha coffee	Coffee, Hot & Iced
Mochi	Sweet Breads, Coffee Cakes, Sweet Rolls, Pastries, Muffins (not corn), Croissants, Toaster Strudel, Pop Tarts, Toaster Pastries
Mojito	Nonalcoholic and Alcoholic Beer, Wine, Cocktails, Liquor
Molasses	Syrups, Pancake Syrup
Mole	Condiments
Mondongo soup	Soups
Monster Energy Drink	Cocoa, Hot Chocolate
Monterey jack cheese	Cheese
Moo goo gai pan	Chinese Mixed Dishes
Moo shi	Chinese Mixed Dishes
Moo shi pork	Chinese Mixed Dishes
Moon pie	Cookies, Brownies
Mounds bar candy	Candy
Mountain Dew	Sodas, Pop, Soft Drinks
Moussaka	Mixed Dishes, Casseroles, Stews
Mousse	Pudding
Mozzarella cheese	Cheese
Mozzarella sticks fried	Cheese
Mr Goodbar candy	Candy
Mr Pibb	Sodas, Pop, Soft Drinks
Mud pie	Ice Cream, Sherbet, Tofu Desserts, Frozen Dairy Desserts, Frozen Yogurt, Sundaes
Muenster cheese	Cheese
Muffin	Sweet Breads, Coffee Cakes, Sweet Rolls, Pastries, Muffins (not corn), Croissants, Toaster Strudel, Pop Tarts, Toaster Pastries
Munchkins	Doughnuts
Mung beans	Vegetables, Dry Beans
Muscle Milk	Powdered Breakfast Drinks, Meal Replacements, Protein Supplements

Food Name	FIB Category
Mushrooms	Vegetables, Dry Beans
Muskmelon	Fruits, Berries
Mussels	Fish, Shellfish
Mustard	Condiments
Mustard greens	Vegetables, Dry Beans
Mutton	Beef, Lamb, Veal, Game Meats
Nacho chips	Other chips and puffs
Nachos	Tacos, Burritos, Enchiladas, Fajitas, Quesadillas, Nachos, Chalupas, Gorditas, Sopes, Pupusas
Nan Indian bread	Bread (Not Sweet)
Napoleon	Sweet Breads, Coffee Cakes, Sweet Rolls, Pastries, Muffins (not corn), Croissants, Toaster Strudel, Pop Tarts, Toaster Pastries
Natto	Vegetables, Dry Beans
Nectar	Juices (100%), Nectars
Nectarine	Fruits, Berries
Nerds candy	Candy
Nesquik milk	Chocolate Milk, Flavored Milk, Hot Chocolate, Milk Drinks
Nestle Crunch bar	Candy
New York strip steak	Beef, Lamb, Veal, Game Meats
Nissin noodle soup	Soups
Nonalcoholic beer	Nonalcoholic and Alcoholic Beer, Wine, Cocktails, Liquor
Nonalcoholic drink	Nonalcoholic and Alcoholic Beer, Wine, Cocktails, Liquor
Nonalcoholic wine	Nonalcoholic and Alcoholic Beer, Wine, Cocktails, Liquor
Noodle salad	Other Salads
Noodle soup	Soups
Noodles	Pasta, plain or with sauce
Noodles Romanoff	Pasta, plain or with sauce
Nopales	Vegetables, Dry Beans
Norwegian flatbread	Crackers
Norwegian lefse	Pancakes/Flapjacks
Now and Later candy	Candy
Nursing	Breast Milk
Nutella hazelnut topping	Peanut Butter
Nutrasweet sugar substitute	Low Calorie Sweeteners, Sugar Substitutes
Nutri Grain bar	Breakfast Bars, Granola Bars, Meal Replacement Bars
Nutrition bar	Breakfast Bars, Granola Bars, Meal Replacement Bars
Nuts	Nuts, Seeds, Snack Mixtures
Nutter Butter cookie	Cookies, Brownies
Nutty Buddy ice cream cone	Ice Cream, Sherbet, Tofu Desserts, Frozen Dairy Desserts, Frozen Yogurt, Sundaes
Oat bran	Ready-to-Eat Cereals
Oat bran cereal	Ready-to-Eat Cereals
Oat cereal	Ready-to-Eat Cereals
Oatmeal	Cooked Cereals
Oatmeal cookie	Cookies, Brownies
Oatmeal cream pie	Cookies, Brownies
Oatmeal raisin cookie	Cookies, Brownies
Oil	Oil
Oj	Juices (100%), Nectars

Food Name	FIB Category
Oj w calcium	Juices (100%), Nectars
Okra	Vegetables, Dry Beans
Oleo margarine	Butter, Margarine, Spreads, Butter Replacements
Olive oil	Oil
Olives	Olives
Onion dip	Dip
Onion rings	Vegetables, Dry Beans
Onions	Vegetables, Dry Beans
Oodles of Noodles	Soups
Orange	Fruits, Berries
Orange beef Chinese	Chinese Mixed Dishes
Orange chicken Chinese	Chinese Mixed Dishes
Orange drink	Juices (100%), Nectars
Orange juice	Juices (100%), Nectars
Orange Julius	Milk Shakes
Orange soda	Sodas, Pop, Soft Drinks
Oreo cookie	Cookies, Brownies
Organ meats	Liver, Organ Meats
Oriental mix	Other chips and puffs
Ostrich	Poultry
Ovaltine	Chocolate Milk, Flavored Milk, Hot Chocolate, Milk Drinks
Ovaltine powder	Syrups, Pancake Syrup
Oxtails	Beef, Lamb, Veal, Game Meats
Oyster crackers	Crackers
Oysters	Fish, Shellfish
Pad thai noodles	Chinese Mixed Dishes
Paella	Mixed Dishes, Casseroles, Stews
Pan de Huevo	Sweet Breads, Coffee Cakes, Sweet Rolls, Pastries, Muffins (not corn), Croissants, Toaster Strudel, Pop Tarts, Toaster Pastries
Pan Dulce	Sweet Breads, Coffee Cakes, Sweet Rolls, Pastries, Muffins (not corn), Croissants, Toaster Strudel, Pop Tarts, Toaster Pastries
Pancake syrup	Syrups, Pancake Syrup
Pancakes	Pancakes/Flapjacks
Panzerotti	Calzones, Stromboli
Papaya	Fruits, Berries
Parfait	Ice Cream, Sherbet, Tofu Desserts, Frozen Dairy Desserts, Frozen Yogurt, Sundaes
Parmesan cheese	Cheese
Parsley	Vegetables, Dry Beans
Parsnips	Vegetables, Dry Beans
Partridge	Poultry
Party	Unknown Foods
Party mix	Other chips and puffs
Passion fruit	Fruits, Berries
Pasta	Pasta, plain or with sauce
Pasta mixed dish	Mixed Dishes, Casseroles, Stews
Pasta Roni	Pasta, plain or with sauce
Pasta salad	Other Salads
Pastelillo	Cobblers, Crisps, Strudels, Turnovers

Food Name	FIB Category
Pastelon de carne	Pot Pie
Pastrami	Deli Meats, Packaged Lunch Meats, Meat Spreads, Potted Meat
Pastrami sandwich	Beef, Ham, Pork, Chicken, Turkey, Vegetarian, Other Sandwiches
Pastry	Sweet Breads, Coffee Cakes, Sweet Rolls, Pastries, Muffins (not corn), Croissants, Toaster Strudel, Pop Tarts, Toaster Pastries
Pate	Deli Meats, Packaged Lunch Meats, Meat Spreads, Potted Meat
Payday bar	Candy
Pb and jelly sandwich	Peanut Butter Sandwich, Peanut Butter and Jelly Sandwich
Pb sandwich	Peanut Butter Sandwich, Peanut Butter and Jelly Sandwich
Pbj sandwich	Peanut Butter Sandwich, Peanut Butter and Jelly Sandwich
Pea pods	Vegetables, Dry Beans
Pea soup	Soups
Peach	Fruits, Berries
Peach cobbler	Cobblers, Crisps, Strudels, Turnovers
Peach pie	Pies, Tarts
Peanut brittle	Candy
Peanut butter	Peanut Butter
Peanut butter and jelly sandwich	Peanut Butter Sandwich, Peanut Butter and Jelly Sandwich
Peanut butter cookie	Cookies, Brownies
Peanut butter cup	Candy
Peanut butter sandwich	Peanut Butter Sandwich, Peanut Butter and Jelly Sandwich
Peanut Butter sandwich crackers	Crackers
Peanut Clusters candy	Candy
Peanut sauce	Condiments
Peanuts	Nuts, Seeds, Snack Mixtures
Pear	Fruits, Berries
Peas	Vegetables, Dry Beans
Peas and carrots	Vegetables, Dry Beans
Peas and rice	Beans and Rice
Pecan pie	Pies, Tarts
Pecan roll	Candy
Pecan Sandies	Cookies, Brownies
Pecan swirls	Sweet Breads, Coffee Cakes, Sweet Rolls, Pastries, Muffins (not corn), Croissants, Toaster Strudel, Pop Tarts, Toaster Pastries
Pecans	Nuts, Seeds, Snack Mixtures
Pedialyte	Juices (100%), Nectars
PediaSure formula	Formulas
PediaSure NutriPals	Powdered Breakfast Drinks, Meal Replacements, Protein Supplements
Peking duck	Poultry
Pepper steak Chinese	Chinese Mixed Dishes
Peppermint Patty	Candy
Pepperoni	Deli Meats, Packaged Lunch Meats, Meat Spreads, Potted Meat
Pepperoni pizza	Pizza, Pizza Rolls, Bagel Bites
Pepperpot soup	Soups

Food Name	FIB Category
Peppers	Vegetables, Dry Beans
Pepsi	Sodas, Pop, Soft Drinks
Pepsi Max	Sodas, Pop, Soft Drinks
Perch	Fish, Shellfish
Perrier water	Water, Carbonated Water
Pesto sauce	Condiments
Petit Fours	Cakes, Cupcakes, Snack Cakes
Pheasant	Poultry
Philly cheesesteak sandwich	Beef, Ham, Pork, Chicken, Turkey, Vegetarian, Other Sandwiches
Pickled herring	Fish, Shellfish
Pickles	Pickles, Fried Pickles
Pico de gallo	Condiments
Pie	Pies, Tarts
Pie filling	Fruits, Berries
Piedra	Sweet Breads, Coffee Cakes, Sweet Rolls, Pastries, Muffins (not corn), Croissants, Toaster Strudel, Pop Tarts, Toaster Pastries
Pierogi	Dumpling(s)
Pig in a blanket	Hot Dogs
Pigeon	Poultry
Pigeon pea asopao	Mixed Dishes, Casseroles, Stews
Pigeonpeas	Vegetables, Dry Beans
Pignolias	Nuts, Seeds, Snack Mixtures
Pigs feet	Ham or Pork
Pimiento	Vegetables, Dry Beans
Pimiento cheese spread	Cheese
Pina Colada	Nonalcoholic and Alcoholic Beer, Wine, Cocktails, Liquor
Pineapple	Fruits, Berries
Pineapple juice	Juices (100%), Nectars
Pineapple upside down cake	Cakes, Cupcakes, Snack Cakes
Pinto beans	Vegetables, Dry Beans
Pirate's Booty	Other chips and puffs
Piroshki	Dumpling(s)
Pistachios	Nuts, Seeds, Snack Mixtures
Pita bread	Bread (Not Sweet)
Pita chips	Crackers
Pita pocket sandwich	Beef, Ham, Pork, Chicken, Turkey, Vegetarian, Other Sandwiches
Pixy Stix	Candy
Pizza	Pizza, Pizza Rolls, Bagel Bites
Pizza bagel	Pizza, Pizza Rolls, Bagel Bites
Pizza Bites	Pizza, Pizza Rolls, Bagel Bites
Pizza Hut breadsticks	Breadsticks
Pizza Pockets	Cobblers, Crisps, Strudels, Turnovers
Pizza rolls	Pizza, Pizza Rolls, Bagel Bites
Pizza sauce	Spaghetti Sauce
Plain bottled water	Water, Carbonated Water
Plantain	Vegetables, Dry Beans
Plantain soup	Soups

Food Name	FIB Category
Plato Arabe	Mixed Dishes, Casseroles, Stews
Plum	Fruits, Berries
Poached egg	Eggs, Egg Substitutes
Poke greens	Vegetables, Dry Beans
Polenta	Cooked Cereals
Polish sausage	Sausage
Pomegranate	Fruits, Berries
Pomegranate juice	Juices (100%), Nectars
Poorboy sandwich	Beef, Ham, Pork, Chicken, Turkey, Vegetarian, Other Sandwiches
Poori Indian bread	Bread (Not Sweet)
Pop	Sodas, Pop, Soft Drinks
Pop Tart	Sweet Breads, Coffee Cakes, Sweet Rolls, Pastries, Muffins (not corn), Croissants, Toaster Strudel, Pop Tarts, Toaster Pastries
Popcorn	Popcorn
Popcorn balls	Popcorn
Popcorn cake	Crackers
Popcorn chicken	Chicken nuggets, tenders, patty
Popcorn chips	Other chips and puffs
Popcorn shrimp	Fish, Shellfish
Popover	Sweet Breads, Coffee Cakes, Sweet Rolls, Pastries, Muffins (not corn), Croissants, Toaster Strudel, Pop Tarts, Toaster Pastries
Popped chips	Other chips and puffs
Popsicle	Popsicles, Ices, Frozen Fruit Bars, Sorbets, Slurpees, Smoothies
Pork	Ham or Pork
Pork and beans	Baked Beans
Pork bbq	Barbecue, Sloppy Joe
Pork bbq sandwich	Barbecue, Sloppy Joe
Pork chop	Ham or Pork
Pork cracklings	Ham or Pork
Pork fried rice	Chinese Mixed Dishes
Pork lo mein	Chinese Mixed Dishes
Pork mixed dish	Mixed Dishes, Casseroles, Stews
Pork rinds	Other chips and puffs
Pork roast	Ham or Pork
Pork w vegetables Chinese	Chinese Mixed Dishes
Port wine	Nonalcoholic and Alcoholic Beer, Wine, Cocktails, Liquor
Pot cheese	Cottage Cheese
Pot pie	Pot Pie
Pot roast	Beef, Lamb, Veal, Game Meats
Pot sticker	Egg Roll, Spring Roll, Summer Roll, Fresh Garden Roll
Potato	White Potatoes
Potato chips	Potato chips
Potato pancakes	Pancakes/Flapjacks
Potato puffs	French Fries, Tater Tots
Potato salad	Other Salads
Potato skins	White Potatoes
Potato soup	Soups

Food Name	FIB Category
Potato sticks	Potato chips
Potato wedges	French Fries, Tater Tots
Potted meat	Deli Meats, Packaged Lunch Meats, Meat Spreads, Potted Meat
Poultry	Poultry
Pound cake	Cakes, Cupcakes, Snack Cakes
Powdered breakfast drink	Powdered Breakfast Drinks, Meal Replacements, Protein Supplements
Powdered milk	Milk
Powdered sugar	Sugars
Power Bar	Breakfast Bars, Granola Bars, Meal Replacement Bars
Powerade drink	Cocoa, Hot Chocolate
Pozole soup	Soups
Pralines	Candy
Prawn	Fish, Shellfish
Preserves	Jam, Jelly, Fruit Spreads
Pretzels	Pretzels, Bread Sticks
Prime rib	Beef, Lamb, Veal, Game Meats
Pringles potato chips	Potato chips
Propel water	Water, Carbonated Water
Prosciutto ham	Deli Meats, Packaged Lunch Meats, Meat Spreads, Potted Meat
Protein bar	Breakfast Bars, Granola Bars, Meal Replacement Bars
Protein drink	Powdered Breakfast Drinks, Meal Replacements, Protein Supplements
Protein powder	Powdered Breakfast Drinks, Meal Replacements, Protein Supplements
Protein shake	Powdered Breakfast Drinks, Meal Replacements, Protein Supplements
Protein supplement drink	Powdered Breakfast Drinks, Meal Replacements, Protein Supplements
Provolone cheese	Cheese
Prune juice	Juices (100%), Nectars
Prunes	Fruits, Berries
Pudding	Pudding
Puffed corn	Other chips and puffs
Puffed rice cereal	Ready-to-Eat Cereals
Puffed wheat cereal	Ready-to-Eat Cereals
Pumpernickel bread	Bread (Not Sweet)
Pumpkin	Vegetables, Dry Beans
Pumpkin bread	Sweet Breads, Coffee Cakes, Sweet Rolls, Pastries, Muffins (not corn), Croissants, Toaster Strudel, Pop Tarts, Toaster Pastries
Pumpkin pie	Pies, Tarts
Pumpkin seeds	Nuts, Seeds, Snack Mixtures
Punch	Juices (100%), Nectars
Pupusa	Tacos, Burritos, Enchiladas, Fajitas, Quesadillas, Nachos, Chalupas, Gorditas, Sopas, Pupusas
Puri Indian bread	Bread (Not Sweet)
Push pop	Popsicles, Ices, Frozen Fruit Bars, Sorbets, Slurpees, Smoothies

Food Name	FIB Category
Quail	Poultry
Quail egg	Eggs, Egg Substitutes
Quesadilla	Tacos, Burritos, Enchiladas, Fajitas, Quesadillas, Nachos, Chalupas, Gorditas, Sopas, Pupusas
Quiche	Quiche
Quinoa	Cooked Cereals
Rabbit	Beef, Lamb, Veal, Game Meats
Raccoon	Beef, Lamb, Veal, Game Meats
Radicchio	Vegetables, Dry Beans
Radish	Vegetables, Dry Beans
Raisin bran cereal	Ready-to-Eat Cereals
Raisin bread	Bread (Not Sweet)
Raisinets	Candy
Raisins	Fruits, Berries
Ranch dip	Dip
Ranch dressing	Salad Dressings, Mayonnaise
Raspberries	Fruits, Berries
Raspberry juice	Juices (100%), Nectars
Ratatouille	Vegetables, Dry Beans
Ravioli	Ravioli, Tortellini, Manicotti, Cannelloni, Stuffed Shells
Raw egg	Eggs, Egg Substitutes
RC Cola	Sodas, Pop, Soft Drinks
Red beans	Vegetables, Dry Beans
Red beans and rice	Beans and Rice
Red Bull Energy Drink	Cocoa, Hot Chocolate
Red wine	Nonalcoholic and Alcoholic Beer, Wine, Cocktails, Liquor
Reddiwhip topping	Cream, Creamers, Cream Substitutes
Reduced fat milk	Milk
Reeses candy	Candy
Reeses Peanut Butter Cup	Candy
Reeses Peanut butter Puffs cereal	Ready-to-Eat Cereals
Reeses Pieces	Candy
Refried beans	Vegetables, Dry Beans
Relish	Condiments
Reuben sandwich	Beef, Ham, Pork, Chicken, Turkey, Vegetarian, Other Sandwiches
Rhubarb	Fruits, Berries
Ribs	Ham or Pork
Rice	Rice
Rice A Roni all flavors	Rice
Rice cake	Crackers
Rice cereal	Ready-to-Eat Cereals
Rice Krispie bar	Breakfast Bars, Granola Bars, Meal Replacement Bars
Rice Krispies cereal	Ready-to-Eat Cereals
Rice Krispies Treats cereal	Ready-to-Eat Cereals
Rice milk	Milk
Rice noodles	Pasta, plain or with sauce
Rice pilaf	Rice
Rice pudding	Pudding
Rice soup	Soups

Food Name	FIB Category
Rice tea	Tea, Hot & Iced
Ricearoni all flavors	Rice
Ricotta cheese	Cottage Cheese
Ring Pop	Candy
Risotto	Rice
Ritz Bits crackers	Crackers
Ritz crackers	Crackers
Roast	Beef, Lamb, Veal, Game Meats
Roast beef	Beef, Lamb, Veal, Game Meats
Roast beef hash	Mixed Dishes, Casseroles, Stews
Roast beef luncheon deli meat	Deli Meats, Packaged Lunch Meats, Meat Spreads, Potted Meat
Roast beef sandwich	Beef, Ham, Pork, Chicken, Turkey, Vegetarian, Other Sandwiches
Roast turkey	Poultry
Roasted chicken	Poultry
Rockstar Energy Drink	Cocoa, Hot Chocolate
Roe	Fish, Shellfish
Roll	Rolls, Buns, Bagels, English Muffins
Root beer	Sodas, Pop, Soft Drinks
Root beer float	Milk Shakes
Roti Indian bread	Bread (Not Sweet)
Rotisserie chicken	Poultry
Rum	Nonalcoholic and Alcoholic Beer, Wine, Cocktails, Liquor
Rum and Coke	Nonalcoholic and Alcoholic Beer, Wine, Cocktails, Liquor
Rutabaga	Vegetables, Dry Beans
Rye bread	Bread (Not Sweet)
Saccharin	Low Calorie Sweeteners, Sugar Substitutes
Saki Japanese wine	Nonalcoholic and Alcoholic Beer, Wine, Cocktails, Liquor
Salad	Green Salads
Salad bar	Unknown Foods
Salad dressing	Salad Dressings, Mayonnaise
Salami	Deli Meats, Packaged Lunch Meats, Meat Spreads, Potted Meat
Salami sandwich	Beef, Ham, Pork, Chicken, Turkey, Vegetarian, Other Sandwiches
Salisbury steak	Mixed Dishes, Casseroles, Stews
Salmon	Fish, Shellfish
Salmon cake	Fish, Shellfish
Salmon patty	Fish, Shellfish
Salsa	Condiments
Salsa verde	Condiments
Saltine crackers	Crackers
Samosa	Cobblers, Crisps, Strudels, Turnovers
Sandwich	Beef, Ham, Pork, Chicken, Turkey, Vegetarian, Other Sandwiches
Sandwich cookie	Cookies, Brownies
Sandwich crackers	Crackers
Sandwich steak meat	Beef, Lamb, Veal, Game Meats
Sandwich wrap	Beef, Ham, Pork, Chicken, Turkey, Vegetarian, Other Sandwiches

Food Name	FIB Category
Sangria wine	Nonalcoholic and Alcoholic Beer, Wine, Cocktails, Liquor
Sardines	Fish, Shellfish
Sauce	Condiments
Sauerbraten	Beef, Lamb, Veal, Game Meats
Sauerkraut	Vegetables, Dry Beans
Sausage	Sausage
Sausage and egg sandwich	Bacon, Sausage, BLT Sandwiches
Sausage biscuit	Bacon, Sausage, BLT Sandwiches
Sausage egg and cheese biscuit	Bacon, Sausage, BLT Sandwiches
Sausage egg and cheese sandwich	Bacon, Sausage, BLT Sandwiches
Sausage gravy	Gravy
Sausage sandwich	Bacon, Sausage, BLT Sandwiches
Scalloped potato	White Potatoes
Scallops	Fish, Shellfish
School breakfast	Unknown Foods
School lunch	Unknown Foods
Scone	Biscuits
Scotch	Nonalcoholic and Alcoholic Beer, Wine, Cocktails, Liquor
Scotch and soda	Nonalcoholic and Alcoholic Beer, Wine, Cocktails, Liquor
Scotch and water	Nonalcoholic and Alcoholic Beer, Wine, Cocktails, Liquor
Scrambled egg	Eggs, Egg Substitutes
Scrapple	Sausage
Screwdriver	Nonalcoholic and Alcoholic Beer, Wine, Cocktails, Liquor
Sea moss	Vegetables, Dry Beans
Seafood	Fish, Shellfish
Seafood dip	Dip
Seafood salad	Other Salads
Seaweed	Vegetables, Dry Beans
Seeds	Nuts, Seeds, Snack Mixtures
Seitan	Meat Substitutes, Meat Alternatives, Vegetarian and/or "Meatless" Versions of Meat, Poultry, or Fish Entrees
Seltzer water	Water, Carbonated Water
Sesame beef Chinese	Chinese Mixed Dishes
Sesame chicken Chinese	Chinese Mixed Dishes
Sesame pork Chinese	Chinese Mixed Dishes
Sesame seeds	Nuts, Seeds, Snack Mixtures
Shake	Milk Shakes
Shellfish	Fish, Shellfish
Shepherds pie	Shepherd's Pie
Sherbet	Ice Cream, Sherbet, Tofu Desserts, Frozen Dairy Desserts, Frozen Yogurt, Sundaes
Sherbet push up	Ice Cream, Sherbet, Tofu Desserts, Frozen Dairy Desserts, Frozen Yogurt, Sundaes
Sherry	Nonalcoholic and Alcoholic Beer, Wine, Cocktails, Liquor
Shirley Temple	Nonalcoholic and Alcoholic Beer, Wine, Cocktails, Liquor
Shish kabob	Mixed Dishes, Casseroles, Stews
Shortbread cookie	Cookies, Brownies
Shortening	Butter, Margarine, Spreads, Butter Replacements
Shortribs	Beef, Lamb, Veal, Game Meats
Shredded Wheat cereal	Ready-to-Eat Cereals

Food Name	FIB Category
Shrimp	Fish, Shellfish
Shrimp and noodles	Mixed Dishes, Casseroles, Stews
Shrimp cocktail	Fish, Shellfish
Shrimp curry	Curry
Shrimp fried rice	Chinese Mixed Dishes
Shrimp lo mein	Chinese Mixed Dishes
Shrimp salad	Other Salads
Shrimp scampi	Fish, Shellfish
Shrimp tempura	Tempura
Shrimp teriyaki	Chinese Mixed Dishes
Shrimp toast Chinese	Chinese Mixed Dishes
Shrimp w vegetables Chinese	Chinese Mixed Dishes
Side salad	Green Salads
Sierra Mist	Sodas, Pop, Soft Drinks
Similac formula	Formulas
Singapore Sling	Nonalcoholic and Alcoholic Beer, Wine, Cocktails, Liquor
Sirloin steak	Beef, Lamb, Veal, Game Meats
Skim milk	Milk
Skittles candy	Candy
Slim Fast bar	Breakfast Bars, Granola Bars, Meal Replacement Bars
Slim Fast supplement	Powdered Breakfast Drinks, Meal Replacements, Protein Supplements
Slim Jim jerky	Jerky, Dried Meats
Sloppy joe	Barbecue, Sloppy Joe
Slurpee	Popsicles, Ices, Frozen Fruit Bars, Sorbets, Slurpees, Smoothies
Slush Puppy	Popsicles, Ices, Frozen Fruit Bars, Sorbets, Slurpees, Smoothies
Slushee	Popsicles, Ices, Frozen Fruit Bars, Sorbets, Slurpees, Smoothies
Smarties candy	Candy
Smirnoff ice	Nonalcoholic and Alcoholic Beer, Wine, Cocktails, Liquor
Smoked salmon	Fish, Shellfish
Smoked sausage	Sausage
Smokie Links	Hot Dogs
Smoothie	Milk Shakes
Smores cookie	Cookies, Brownies
Snack	Unknown Foods
Snack bar	Breakfast Bars, Granola Bars, Meal Replacement Bars
Snack cake	Cakes, Cupcakes, Snack Cakes
Snack mix	Other chips and puffs
Snack sticks	Breadsticks
Snails	Fish, Shellfish
Snap beans	Vegetables, Dry Beans
Snapple	Juices (100%), Nectars
Snapple Tea	Tea, Hot & Iced
Snickers bar candy	Candy
Snickers ice cream bar	Ice Cream, Sherbet, Tofu Desserts, Frozen Dairy Desserts, Frozen Yogurt, Sundaes
Snow cone	Popsicles, Ices, Frozen Fruit Bars, Sorbets, Slurpees, Smoothies

Food Name	FIB Category
Snowball snack cake	Cakes, Cupcakes, Snack Cakes
Snowpeas	Vegetables, Dry Beans
SoBe drink	Juices (100%), Nectars
SoBe Life Water	Water, Carbonated Water
Soda	Sodas, Pop, Soft Drinks
Soda crackers	Crackers
Soft drink	Sodas, Pop, Soft Drinks
Soft pretzels	Pretzels, Bread Sticks
Soft taco	Tacos, Burritos, Enchiladas, Fajitas, Quesadillas, Nachos, Chalupas, Gorditas, Sopas, Pupusas
Sonic cheeseburger	Hamburger on Bun or Bread
Sonic hamburger	Hamburger on Bun or Bread
Sopa caldo de pollo	Soups
Sopa caldo de Res	Soups
Sopa de ajo	Soups
Sopa de Albondigas	Soups
Sopa de carne y fideos	Soups
Sopa de Fideo Aguada	Soups
Sopa de pescado	Soups
Sopa de platano	Soups
Sopa de pollo con arroz	Soups
Sopa de tortilla	Soups
Sopa ranchera	Soups
Sopa seca de arroz	Soups
Sopa Seca de Fideo	Soups
Sopa seca dry noodle soup	Soups
Sopaipilla	Sweet Breads, Coffee Cakes, Sweet Rolls, Pastries, Muffins (not corn), Croissants, Toaster Strudel, Pop Tarts, Toaster Pastries
Sope shell	Tortillas, Taco Shells, Gordita Shells, Sope Shells, Chalupa Shells
Sopas	Tacos, Burritos, Enchiladas, Fajitas, Quesadillas, Nachos, Chalupas, Gorditas, Sopas, Pupusas
Sorbet	Popsicles, Ices, Frozen Fruit Bars, Sorbets, Slurpees, Smoothies
Souffle	Souffle
Soup	Soups
Sour cream	Sour Cream
Sour dough bread	Bread (Not Sweet)
Soy cheese	Cheese
Soy milk	Milk
Soy nuts	Nuts, Seeds, Snack Mixtures
Soy sauce	Condiments
Soybean cake	Vegetables, Dry Beans
Soybean curd	Mixed Dishes, Casseroles, Stews
Soybeans	Vegetables, Dry Beans
Soyburger	Meat Substitutes, Meat Alternatives, Vegetarian and/or "Meatless" Versions of Meat, Poultry, or Fish Entrees
Spaghetti	Pasta, plain or with sauce
Spaghetti and meatballs	Pasta, plain or with sauce
Spaghetti sauce	Spaghetti Sauce

Food Name	FIB Category
Spaghetti w meat sauce	Pasta, plain or with sauce
Spaghettios	Pasta, plain or with sauce
Spam	Deli Meats, Packaged Lunch Meats, Meat Spreads, Potted Meat
Spanakopitta	Pot Pie
Spanish omelet	Eggs, Egg Substitutes
Spanish rice	Rice
Spareribs	Ham or Pork
Special K cereal	Ready-to-Eat Cereals
Spinach	Vegetables, Dry Beans
Spinach and artichoke dip	Dip
Spinach dip	Dip
Spinach pie	Pot Pie
Spinach salad	Green Salads
Splenda no calorie sweetener	Low Calorie Sweeteners, Sugar Substitutes
Split pea soup	Soups
Sports drink	Cocoa, Hot Chocolate
Spread	Unknown Foods
Spring roll	Egg Roll, Spring Roll, Summer Roll, Fresh Garden Roll
Sprinkles	Candy
Sprite	Sodas, Pop, Soft Drinks
Sprite Zero	Sodas, Pop, Soft Drinks
Sprouts	Vegetables, Dry Beans
Squab	Poultry
Squash	Vegetables, Dry Beans
Squash seeds	Nuts, Seeds, Snack Mixtures
Squid	Fish, Shellfish
Starburst candy	Candy
Starfruit	Fruits, Berries
Steak	Beef, Lamb, Veal, Game Meats
Steak and cheese sandwich	Beef, Ham, Pork, Chicken, Turkey, Vegetarian, Other Sandwiches
Steak and cheese sub	Beef, Ham, Pork, Chicken, Turkey, Vegetarian, Other Sandwiches
Steak biscuit	Beef, Ham, Pork, Chicken, Turkey, Vegetarian, Other Sandwiches
Steak fajita	Tacos, Burritos, Enchiladas, Fajitas, Quesadillas, Nachos, Chalupas, Gorditas, Sopos, Pupusas
Steak fries	French Fries, Tater Tots
Steak sandwich	Beef, Ham, Pork, Chicken, Turkey, Vegetarian, Other Sandwiches
Steak sauce	Condiments
Steak sub	Beef, Ham, Pork, Chicken, Turkey, Vegetarian, Other Sandwiches
Steak teriyaki	Chinese Mixed Dishes
Steak Ums	Beef, Lamb, Veal, Game Meats
Steamed bun	Dumpling(s)
Stevia sweetener	Low Calorie Sweeteners, Sugar Substitutes
Stew	Stews, Guisado, Goulash
Stewed apples	Fruits, Berries

Food Name	FIB Category
Sticky bun	Sweet Breads, Coffee Cakes, Sweet Rolls, Pastries, Muffins (not corn), Croissants, Toaster Strudel, Pop Tarts, Toaster Pastries
Stir fry	Chinese Mixed Dishes
Strawberries	Fruits, Berries
Strawberry daiquiri	Nonalcoholic and Alcoholic Beer, Wine, Cocktails, Liquor
Strawberry drink powder	Syrups, Pancake Syrup
Strawberry milk	Chocolate Milk, Flavored Milk, Hot Chocolate, Milk Drinks
Strawberry milkshake	Milk Shakes
Strawberry pie	Pies, Tarts
Strawberry shortcake	Cakes, Cupcakes, Snack Cakes
Strawberry syrup	Syrups, Pancake Syrup
String beans	Vegetables, Dry Beans
String cheese	Cheese
Stroganoff	Beef Stroganoff
Stromboli	Calzones, Stromboli
Strudel	Cobblers, Crisps, Strudels, Turnovers
Stuffed cabbage rolls	Stuffed Cabbage, Stuffed Peppers, Stuffed Grape Leaves, Chile Rellenos
Stuffed grape leaves	Stuffed Cabbage, Stuffed Peppers, Stuffed Grape Leaves, Chile Rellenos
Stuffed mushrooms	Stuffed Cabbage, Stuffed Peppers, Stuffed Grape Leaves, Chile Rellenos
Stuffed pepper	Stuffed Cabbage, Stuffed Peppers, Stuffed Grape Leaves, Chile Rellenos
Stuffed potato	White Potatoes
Stuffed shells	Ravioli, Tortellini, Manicotti, Cannelloni, Stuffed Shells
Stuffed tomato	Stuffed Cabbage, Stuffed Peppers, Stuffed Grape Leaves, Chile Rellenos
Stuffed vegetable	Stuffed Cabbage, Stuffed Peppers, Stuffed Grape Leaves, Chile Rellenos
Stuffing	Bread or Rice Stuffing, Dressing
Submarine sandwich	Beef, Ham, Pork, Chicken, Turkey, Vegetarian, Other Sandwiches
Subway Sandwich	Beef, Ham, Pork, Chicken, Turkey, Vegetarian, Other Sandwiches
Subway Sub	Beef, Ham, Pork, Chicken, Turkey, Vegetarian, Other Sandwiches
Succotash	Vegetables, Dry Beans
Sucker	Candy
Sugar	Sugars
Sugar cookie	Cookies, Brownies
Sugar peas	Vegetables, Dry Beans
Sugar substitute	Low Calorie Sweeteners, Sugar Substitutes
Sugar Twin sugar substitute	Low Calorie Sweeteners, Sugar Substitutes
Sugar wafer	Cookies, Brownies
Summer roll	Egg Roll, Spring Roll, Summer Roll, Fresh Garden Roll
Summer sausage	Sausage
Sun Chips	Other chips and puffs
Sunflower seeds	Nuts, Seeds, Snack Mixtures
Sunny Delight drink	Juices (100%), Nectars

Food Name	FIB Category
Surimi	Fish, Shellfish
Surullo	Cornbread, Corn Muffins, Corn Pone
Sushi	Sushi
Sushi ginger, pickled	Vegetables, Dry Beans
Swedish meatballs	Meatloaf, Meatballs
Sweet and Low sugar substitute	Low Calorie Sweeteners, Sugar Substitutes
Sweet and sour beef	Chinese Mixed Dishes
Sweet and sour chicken	Chinese Mixed Dishes
Sweet and sour pork	Chinese Mixed Dishes
Sweet and sour sauce	Condiments
Sweet and sour shrimp	Chinese Mixed Dishes
Sweet bread	Sweet Breads, Coffee Cakes, Sweet Rolls, Pastries, Muffins (not corn), Croissants, Toaster Strudel, Pop Tarts, Toaster Pastries
Sweet bun	Sweet Breads, Coffee Cakes, Sweet Rolls, Pastries, Muffins (not corn), Croissants, Toaster Strudel, Pop Tarts, Toaster Pastries
Sweet potato	Sweet Potatoes
Sweet potato chips	Potato chips
Sweet potato fries	French Fries, Tater Tots
Sweet potato pie	Pies, Tarts
Sweet roll	Sweet Breads, Coffee Cakes, Sweet Rolls, Pastries, Muffins (not corn), Croissants, Toaster Strudel, Pop Tarts, Toaster Pastries
Sweet Tarts candy	Candy
Sweet tea	Tea, Hot & Iced
Swiss cake roll	Cakes, Cupcakes, Snack Cakes
Swiss chard	Vegetables, Dry Beans
Swiss cheese	Cheese
Swiss steak	Mixed Dishes, Casseroles, Stews
Swordfish	Fish, Shellfish
Syrup	Syrups, Pancake Syrup
Szechuan beef	Chinese Mixed Dishes
Szechuan chicken	Chinese Mixed Dishes
Szechuan pork	Chinese Mixed Dishes
Szechuan shrimp	Chinese Mixed Dishes
T bone steak	Beef, Lamb, Veal, Game Meats
Tab	Sodas, Pop, Soft Drinks
Tab Energy Drink	Cocoa, Hot Chocolate
Tabasco sauce	Condiments
Tabbouleh	Mixed Dishes, Casseroles, Stews
Taco	Tacos, Burritos, Enchiladas, Fajitas, Quesadillas, Nachos, Chalupas, Gorditas, Sopas, Pupusas
Taco Bell burrito supreme	Tacos, Burritos, Enchiladas, Fajitas, Quesadillas, Nachos, Chalupas, Gorditas, Sopas, Pupusas
Taco Bell Cinnamon Twist	Sweet Breads, Coffee Cakes, Sweet Rolls, Pastries, Muffins (not corn), Croissants, Toaster Strudel, Pop Tarts, Toaster Pastries
Taco Bell Mexican pizza	Tacos, Burritos, Enchiladas, Fajitas, Quesadillas, Nachos, Chalupas, Gorditas, Sopas, Pupusas

Food Name	FIB Category
Taco Bell nachos	Tacos, Burritos, Enchiladas, Fajitas, Quesadillas, Nachos, Chalupas, Gorditas, Sopes, Pupusas
Taco Bell nachos supreme	Tacos, Burritos, Enchiladas, Fajitas, Quesadillas, Nachos, Chalupas, Gorditas, Sopes, Pupusas
Taco Bell soft taco	Tacos, Burritos, Enchiladas, Fajitas, Quesadillas, Nachos, Chalupas, Gorditas, Sopes, Pupusas
Taco Bell taco	Tacos, Burritos, Enchiladas, Fajitas, Quesadillas, Nachos, Chalupas, Gorditas, Sopes, Pupusas
Taco Bell taco roll up	Tacos, Burritos, Enchiladas, Fajitas, Quesadillas, Nachos, Chalupas, Gorditas, Sopes, Pupusas
Taco Bell taco salad	Other Salads
Taco Bell taco supreme	Tacos, Burritos, Enchiladas, Fajitas, Quesadillas, Nachos, Chalupas, Gorditas, Sopes, Pupusas
Taco dip	Dip
Taco salad	Other Salads
Taco sauce	Condiments
Taco shell	Tortillas, Taco Shells, Gordita Shells, Sope Shells, Chalupa Shells
Taffy	Candy
Tahine	Peanut Butter
Tamale	Tacos, Burritos, Enchiladas, Fajitas, Quesadillas, Nachos, Chalupas, Gorditas, Sopes, Pupusas
Tamarind	Fruits, Berries
Tamarind candy	Candy
Tamarind drink	Juices (100%), Nectars
Tang drink	Juices (100%), Nectars
Tangelo	Fruits, Berries
Tangerine	Fruits, Berries
Tannier	Vegetables, Dry Beans
Tap water	Water, Carbonated Water
Tapioca pudding	Pudding
Taquito	Tacos, Burritos, Enchiladas, Fajitas, Quesadillas, Nachos, Chalupas, Gorditas, Sopes, Pupusas
Taro	Vegetables, Dry Beans
Taro leaves	Vegetables, Dry Beans
Tart	Pies, Tarts
Tartar sauce	Condiments
Tastykake	Cakes, Cupcakes, Snack Cakes
Tater tots	French Fries, Tater Tots
Tea	Tea, Hot & Iced
Teddy Grahams	Crackers
Tempeh	Meat Substitutes, Meat Alternatives, Vegetarian and/or "Meatless" Versions of Meat, Poultry, or Fish Entrees
Tempura	Tempura
Tequila	Nonalcoholic and Alcoholic Beer, Wine, Cocktails, Liquor
Teriyaki sauce	Condiments
Texas toast	Breadsticks
Textured vegetable protein TVP	Meat Substitutes, Meat Alternatives, Vegetarian and/or "Meatless" Versions of Meat, Poultry, or Fish Entrees
Thousand Island dressing	Salad Dressings, Mayonnaise
Three bean salad	Other Salads

Food Name	FIB Category
Three Musketeers candy bar	Candy
Tic Tacs	Candy
Tigers milk supplement	Powdered Breakfast Drinks, Meal Replacements, Protein Supplements
Tilapia	Fish, Shellfish
Tiramisu dessert	Pudding
Toast	Bread (Not Sweet)
Toaster pastry	Sweet Breads, Coffee Cakes, Sweet Rolls, Pastries, Muffins (not corn), Croissants, Toaster Strudel, Pop Tarts, Toaster Pastries
Toaster strudel	Sweet Breads, Coffee Cakes, Sweet Rolls, Pastries, Muffins (not corn), Croissants, Toaster Strudel, Pop Tarts, Toaster Pastries
Toffee	Candy
Tofu	Meat Substitutes, Meat Alternatives, Vegetarian and/or "Meatless" Versions of Meat, Poultry, or Fish Entrees
Tofu mixed dish	Mixed Dishes, Casseroles, Stews
Tofu w vegetables	Chinese Mixed Dishes
Tom Collins	Nonalcoholic and Alcoholic Beer, Wine, Cocktails, Liquor
Tomato and cucumber salad	Other Salads
Tomato aspic	Other Salads
Tomato juice	Juices (100%), Nectars
Tomato sandwich	Vegetarian Sandwiches, Veggie Burger, Garden Burger, Sandwiches using Meat Substitutes, or "Meatless" Versions of Meat, Poultry or Fish
Tomato sauce	Condiments
Tomato soup	Soups
Tomatoes	Vegetables, Dry Beans
Tongue	Liver, Organ Meats
Tonic water	Water, Carbonated Water
Tootsie Roll	Candy
Tootsie Roll Pop	Candy
Top Ramen noodle soup	Soups
Torte	Cakes, Cupcakes, Snack Cakes
Tortellini	Ravioli, Tortellini, Manicotti, Cannelloni, Stuffed Shells
Tortilla	Tortillas, Taco Shells, Gordita Shells, Sope Shells, Chalupa Shells
Tortilla chips	Other chips and puffs
Tortilla Espanola	Eggs, Egg Substitutes
Tossed salad	Green Salads
Tostada	Tacos, Burritos, Enchiladas, Fajitas, Quesadillas, Nachos, Chalupas, Gorditas, Sopas, Pupusas
Tostada chips	Other chips and puffs
Tostitos	Other chips and puffs
Total cereal	Ready-to-Eat Cereals
Town House crackers	Crackers
Trail mix	Trail and Snack Mix
Treet	Deli Meats, Packaged Lunch Meats, Meat Spreads, Potted Meat
Trifle pudding	Pudding
Tripe	Liver, Organ Meats

Food Name	FIB Category
Triple delight Chinese	Chinese Mixed Dishes
Triscuit crackers	Crackers
Trix cereal	Ready-to-Eat Cereals
Trout	Fish, Shellfish
Truffles	Candy
Tuna	Fish, Shellfish
Tuna casserole	Mixed Dishes, Casseroles, Stews
Tuna Helper	Hamburger Helper, Chicken Helper, Tuna Helper
Tuna melt sandwich	Fish, Shellfish Sandwiches
Tuna noodle casserole	Mixed Dishes, Casseroles, Stews
Tuna salad	Other Salads
Tuna salad sandwich	Fish, Shellfish Sandwiches
Tuna sandwich	Fish, Shellfish Sandwiches
Tuna sub	Fish, Shellfish Sandwiches
Turkey	Poultry
Turkey and cheese sandwich	Beef, Ham, Pork, Chicken, Turkey, Vegetarian, Other Sandwiches
Turkey and stuffing	Mixed Dishes, Casseroles, Stews
Turkey bacon	Bacon
Turkey breast luncheon deli meat	Deli Meats, Packaged Lunch Meats, Meat Spreads, Potted Meat
Turkey club sandwich	Beef, Ham, Pork, Chicken, Turkey, Vegetarian, Other Sandwiches
Turkey luncheon deli meat	Deli Meats, Packaged Lunch Meats, Meat Spreads, Potted Meat
Turkey nuggets	Poultry
Turkey salad	Other Salads
Turkey salad sandwich	Beef, Ham, Pork, Chicken, Turkey, Vegetarian, Other Sandwiches
Turkey sandwich	Beef, Ham, Pork, Chicken, Turkey, Vegetarian, Other Sandwiches
Turkey sausage	Sausage
Turnip	Vegetables, Dry Beans
Turnip greens	Vegetables, Dry Beans
Turnover	Cobblers, Crisps, Strudels, Turnovers
Turtles candy	Candy
TV din	Frozen Meals, Frozen Main Dishes
Twinkie	Cakes, Cupcakes, Snack Cakes
Twix bar	Candy
Twizzlers candy	Candy
Tzatziki dip	Dip
Uncrustables PBJ sandwich	Peanut Butter Sandwich, Peanut Butter and Jelly Sandwich
Unknown food	Unknown Foods
Unknown meal	Unknown Foods
V8 Fusion drink	Juices (100%), Nectars
V8 Juice	Juices (100%), Nectars
V8 Splash drink	Juices (100%), Nectars
Vanilla milkshake	Milk Shakes
Vanilla pudding	Pudding
Vanilla wafer	Cookies, Brownies
Vault Energy Drink	Cocoa, Hot Chocolate

Food Name	FIB Category
Vault Zero Energy Drink	Cocoa, Hot Chocolate
Veal	Beef, Lamb, Veal, Game Meats
Veal parmigiana	Mixed Dishes, Casseroles, Stews
Vegetable beef soup	Soups
Vegetable biryani	Mixed Dishes, Casseroles, Stews
Vegetable casserole	Mixed Dishes, Casseroles, Stews
Vegetable chips	Other chips and puffs
Vegetable crisps	Other chips and puffs
Vegetable curry	Curry
Vegetable dip	Dip
Vegetable fried rice	Chinese Mixed Dishes
Vegetable juice	Juices (100%), Nectars
Vegetable lo mein	Chinese Mixed Dishes
Vegetable salad	Other Salads
Vegetable sandwich	Vegetarian Sandwiches, Veggie Burger, Garden Burger, Sandwiches using Meat Substitutes, or "Meatless" Versions of Meat, Poultry or Fish
Vegetable soup	Soups
Vegetable stew	Stews, Guisado, Goulash
Vegetable tempura	Tempura
Vegetables	Vegetables, Dry Beans
Vegetarian bacon	Meat Substitutes, Meat Alternatives, Vegetarian and/or "Meatless" Versions of Meat, Poultry, or Fish Entrees
Vegetarian chicken	Meat Substitutes, Meat Alternatives, Vegetarian and/or "Meatless" Versions of Meat, Poultry, or Fish Entrees
Vegetarian chicken nuggets	Meat Substitutes, Meat Alternatives, Vegetarian and/or "Meatless" Versions of Meat, Poultry, or Fish Entrees
Vegetarian chicken sticks	Meat Substitutes, Meat Alternatives, Vegetarian and/or "Meatless" Versions of Meat, Poultry, or Fish Entrees
Vegetarian chili	Chili, Chili Con Carne
Vegetarian din loaf	Meat Substitutes, Meat Alternatives, Vegetarian and/or "Meatless" Versions of Meat, Poultry, or Fish Entrees
Vegetarian fish fillet	Meat Substitutes, Meat Alternatives, Vegetarian and/or "Meatless" Versions of Meat, Poultry, or Fish Entrees
Vegetarian fish sticks	Meat Substitutes, Meat Alternatives, Vegetarian and/or "Meatless" Versions of Meat, Poultry, or Fish Entrees
Vegetarian hot dog	Hot Dogs
Vegetarian luncheon meat	Meat Substitutes, Meat Alternatives, Vegetarian and/or "Meatless" Versions of Meat, Poultry, or Fish Entrees
Vegetarian meat substitute	Meat Substitutes, Meat Alternatives, Vegetarian and/or "Meatless" Versions of Meat, Poultry, or Fish Entrees
Vegetarian meatballs	Meatloaf, Meatballs
Vegetarian meatloaf	Meatloaf, Meatballs
Vegetarian rice loaf	Meat Substitutes, Meat Alternatives, Vegetarian and/or "Meatless" Versions of Meat, Poultry, or Fish Entrees
Vegetarian sausage	Meat Substitutes, Meat Alternatives, Vegetarian and/or "Meatless" Versions of Meat, Poultry, or Fish Entrees
Vegetarian scallops	Meat Substitutes, Meat Alternatives, Vegetarian and/or "Meatless" Versions of Meat, Poultry, or Fish Entrees
Vegetarian swiss steak w gravy	Meat Substitutes, Meat Alternatives, Vegetarian and/or "Meatless" Versions of Meat, Poultry, or Fish Entrees

Food Name	FIB Category
Veggie burger	Meat Substitutes, Meat Alternatives, Vegetarian and/or "Meatless" Versions of Meat, Poultry, or Fish Entrees
Veggie sub	Vegetarian Sandwiches, Veggie Burger, Garden Burger, Sandwiches using Meat Substitutes, or "Meatless" Versions of Meat, Poultry or Fish
Velveeta	Cheese
Venison	Beef, Lamb, Veal, Game Meats
Vienna sausage	Sausage
Vietnamese Pho soup	Soups
Vinaigrette dressing	Salad Dressings, Mayonnaise
Vinegar	Condiments
Vinegar and oil dressing	Salad Dressings, Mayonnaise
Vitamin water	Water, Carbonated Water
Vodka	Nonalcoholic and Alcoholic Beer, Wine, Cocktails, Liquor
Vodka and Cranberry	Nonalcoholic and Alcoholic Beer, Wine, Cocktails, Liquor
Vodka and Grapefruit	Nonalcoholic and Alcoholic Beer, Wine, Cocktails, Liquor
Vodka and Red Bull	Nonalcoholic and Alcoholic Beer, Wine, Cocktails, Liquor
Vodka and tonic	Nonalcoholic and Alcoholic Beer, Wine, Cocktails, Liquor
Vodka Collins	Nonalcoholic and Alcoholic Beer, Wine, Cocktails, Liquor
Vodka martini	Nonalcoholic and Alcoholic Beer, Wine, Cocktails, Liquor
Waffle	Waffles
Waffle fries	French Fries, Tater Tots
Waldorf salad	Other Salads
Walnuts	Nuts, Seeds, Snack Mixtures
Wasabi paste or sauce	Condiments
Wasabi peas	Vegetables, Dry Beans
Water	Water, Carbonated Water
Water chestnut	Vegetables, Dry Beans
Watergate salad	Other Salads
Watermelon	Fruits, Berries
Wedding cake	Cakes, Cupcakes, Snack Cakes
Weight Watchers Smart Ones frozen din	Frozen Meals, Frozen Main Dishes
Wendy's Baconator	Hamburger on Bun or Bread
Wendys cheeseburger	Hamburger on Bun or Bread
Wendys chicken sandwich	Beef, Ham, Pork, Chicken, Turkey, Vegetarian, Other Sandwiches
Wendys french fries	French Fries, Tater Tots
Wendys Frosty	Milk Shakes
Wendys hamburger	Hamburger on Bun or Bread
Wendy's Jr. Bacon Cheeseburger	Hamburger on Bun or Bread
Wendys salad	Green Salads
Wendys sandwich	Beef, Ham, Pork, Chicken, Turkey, Vegetarian, Other Sandwiches
Western omelet	Eggs, Egg Substitutes
Whataburger cheeseburger	Hamburger on Bun or Bread
Whataburger hamburger	Hamburger on Bun or Bread
Whataburger Sandwich	Beef, Ham, Pork, Chicken, Turkey, Vegetarian, Other Sandwiches
Wheat bran	Ready-to-Eat Cereals
Wheat bread	Bread (Not Sweet)
Wheat cereal	Ready-to-Eat Cereals

Food Name	FIB Category
Wheat germ	Ready-to-Eat Cereals
Wheat Thins	Crackers
Wheatena cereal	Cooked Cereals
Wheaties cereal	Ready-to-Eat Cereals
Whipped cream	Cream, Creamers, Cream Substitutes
Whipped topping	Cream, Creamers, Cream Substitutes
Whiskey	Nonalcoholic and Alcoholic Beer, Wine, Cocktails, Liquor
Whiskey and Coke	Nonalcoholic and Alcoholic Beer, Wine, Cocktails, Liquor
Whiskey Sour	Nonalcoholic and Alcoholic Beer, Wine, Cocktails, Liquor
White bread	Bread (Not Sweet)
White chocolate	Candy
White rice	Rice
White wine	Nonalcoholic and Alcoholic Beer, Wine, Cocktails, Liquor
Whole milk	Milk
Whole wheat bread	Bread (Not Sweet)
Whoppers candy	Candy
Wiener	Hot Dogs
Wild rice	Rice
Wine	Nonalcoholic and Alcoholic Beer, Wine, Cocktails, Liquor
Wine cooler	Nonalcoholic and Alcoholic Beer, Wine, Cocktails, Liquor
Winter melon	Vegetables, Dry Beans
Wonton Chinese	Egg Roll, Spring Roll, Summer Roll, Fresh Garden Roll
Wonton soup	Soups
Worcestershire sauce	Condiments
XXX	#N/A
Yaki Soba	Mixed Dishes, Casseroles, Stews
Yam	Sweet Potatoes
Yellow rice	Rice
Yogurt	Yogurt
Yogurt shake	Milk Shakes
Yogurt smoothie	Milk Shakes
Yogurt tube	Yogurt
Yoo hoo	Chocolate Milk, Flavored Milk, Hot Chocolate, Milk Drinks
Yuca	Vegetables, Dry Beans
Yuca fries	French Fries, Tater Tots
Zinger	Cakes, Cupcakes, Snack Cakes
Ziti	Pasta, plain or with sauce
Zucchini	Vegetables, Dry Beans
Zucchini bread	Sweet Breads, Coffee Cakes, Sweet Rolls, Pastries, Muffins (not corn), Croissants, Toaster Strudel, Pop Tarts, Toaster Pastries
Zwieback toast	Bread (Not Sweet)

**Appendix B**  
**Food Categories**



## Appendix B Food Categories

### Group 1 – Basic categories:

These categories collect basic details to identify the food and in some cases, additions.

BAC – bacon	JBL – jambalaya
BAK – baked beans	JDM – jerky/ dried meats
BIS – biscuit	MAC – macaroni & cheese
BMI* – breast milk	MAY – mayo/ dressings
BRB – breakfast bars	MEA – deli meats
BST – bread sticks	MIL – milk
CAK – cake	MTL – meatloaf/ balls
CAL – calzones, etc	OIX – oil
CBR – corn bread/ muffins	OLV – olives
CCH – cream cheese	PAN – pancakes
CER – ready to eat cereals	PBS – peanut butter spread
CHC – cocoa/ hot chocolate	PIC – pickles
CHE – cheese	PUD – pudding
CHI – chili	PZL – pretzels
COF – coffee	SCR – sour cream
COO – cookies	SOD – soda
COT – cottage cheese	SPS – spaghetti sauce
CRL – creole	SSH – sushi
CRW – creamers	SUG – sugars
CSS – condiments/ sauces	SWE – low cal sweeteners
DUM – dumplings	SWP – sweet potato
EGN – eggnog	SYR – syrups
ESD – energy sports drinks	TEA – tea
ESR – egg rolls	TEM – tempura
FFR – french fries	TTS – taco/ tortilla shells
FRE – french toast	WAF – waffles
GEL – gelatin	WAT – water
JAM – jam	YOG – yogurt

**Group 2 – Complex categories:**

These categories collect detailed information about ingredients and/or preparation methods and additions.

ALC – alcohol	OTS – other salads
BBQ – barbecue/ sloppy joe	PBD – powdered beverage drinks
BLV – beef, lamb, veal	PCH – potato chips
BNR – beans & rice	PIZ – pizza
BRE – bread	POT – potatoes
BUT – butter	PSS – popsicles, etc
CDY – candy	QCH – quiche
CKC – cooked cereals	PAS – pasta, plain or with sauce
CMD – Chinese mixed dishes	PCO – popcorn
CNT – chicken nuggets, tenders, patty	POR – pork
CRA – crackers	POU – poultry
CST – cobbler/ strudel	PTP – pot pie
CUR – curry	RTM – ravioli, tortellini
DIP – dip	RIC – rice
DOU – doughnut	SCS – sweet breads. Coffee cakes
EGG – eggs/egg substitutes	SHP – shepherd’s pie
FIS – fish	STF – stroganoff
FMD – flavored milk drinks	RBB – rolls, buns, bagels
FRU – fruit	SCP – stuffed cabbage/peppers
GRA – gravy	SGE – sausage
HEL – hamburger helpers	SOF – soufflé
JDA – juice drinks/ades	STD – stuffing
MSA – meat substitutes	STW – stew
MXD – mixed dishes	VEG – vegetables
OCH – other chips and puffs	

**Group 3 – Component categories:**

These categories collect detailed ingredients, preparation methods and amounts of the ingredients in most cases.

BBS – Bacon, sausage sandwich	LTP – lunchables
BUR – Burger on bun	MEX – Mexican foods
DOG – hot dog	MSH – milkshakes
ESS – egg, egg salad sandwich	OSA – other sandwich (meat)
FRZ – frozen meal	PBJ – Peanut butter & jelly sandwich
GCS – grilled cheese sandwich	SHS – fish/shellfish sandwich
GRS – green salad	SOU – soup
ICR – ice cream	VSA – vegetarian sandwich

**Group 4 – Others:**

These categories do not fit elsewhere because of the way they collect additions or ingredient information.

BJU – baby food juice
DBC – dry baby cereal
FMA – formula
JBF – jarred baby cereal

### Linking Food Categories

Category	Answer	New Category
Beef, lamb, Veal, Game meats	Bacon	Bacon
Beef, lamb, Veal, Game meats	Bacon	Bacon
Meat Substitutes, Meat Alternates, Vegetarian and/or "Meatless" Versions	Bacon	Bacon
Unknown	Bacon	Bacon
Mixed Dishes, Casseroles	Beans and franks	Baked beans
Mixed Dishes, Casseroles	Beans, baked	Baked beans
Mixed Dishes, Casseroles	Beans, Boston baked	Baked beans
Mixed Dishes, Casseroles	Pork and beans	Baked beans
Stews, Guisado, Goulash	Beans and franks	Baked beans
Stews, Guisado, Goulash	Beans, baked	Baked beans
Stews, Guisado, Goulash	Beans, Boston baked	Baked beans
Stews, Guisado, Goulash	Pork and beans	Baked beans
Unknown	Baked beans	Baked beans
Unknown	Beans and franks	Baked beans
Unknown	Beans, baked	Baked beans
Unknown	Beans, Boston baked	Baked beans
Unknown	Pork and beans	Baked beans
Unknown	Baked beans	Baked beans
Unknown	Beans and Franks	Baked beans
Unknown	Boston baked beans	Baked beans
Unknown	Pork and beans	Baked beans
Unknown	Beans and franks	Baked beans
Unknown	Beans, baked	Baked beans
Unknown	Beans, Boston baked	Baked beans
Unknown	Pork and beans	Baked beans
Beef, Ham, Pork, Chicken, Turkey, Vegetarian, Other Sandwiches	Barbecue	BBQ, sloppy joe
Beef, Ham, Pork, Chicken, Turkey, Vegetarian, Other Sandwiches	Beef barbecue	BBQ, sloppy joe
Beef, Ham, Pork, Chicken, Turkey, Vegetarian, Other Sandwiches	Chicken barbecue	BBQ, sloppy joe

**Linking Food Categories (continued)**

<b>Category</b>	<b>Answer</b>	<b>New Category</b>
Beef, Ham, Pork, Chicken, Turkey, Vegetarian, Other Sandwiches	Manwich	BBQ, sloppy joe
Beef, Ham, Pork, Chicken, Turkey, Vegetarian, Other Sandwiches	Pork barbecue	BBQ, sloppy joe
Beef, Ham, Pork, Chicken, Turkey, Vegetarian, Other Sandwiches	Sloppy joe	BBQ, sloppy joe
Beef, lamb, Veal, Game meats	Barbecue (any kind)	BBQ, sloppy Joe
Beef, lamb, Veal, Game meats	Sloppy joe	BBQ, sloppy Joe
Beef, lamb, Veal, Game meats	Barbecue	BBQ, sloppy Joe
Beef, lamb, Veal, Game meats	Sloppy joe	BBQ, sloppy Joe
Ham or pork	Barbecue	BBQ, sloppy joe
Ham or pork	Barbecue	BBQ, sloppy joe
Ham or pork	Barbecue sandwich	BBQ, sloppy joe
Ham or pork	Sloppy joe	BBQ, sloppy joe
Poultry	Barbecue sandwich	BBQ, sloppy joe
Poultry	Yes	BBQ, sloppy joe
Unknown	Barbecue	BBQ, sloppy joe
Unknown	Sloppy Joe	BBQ, sloppy joe
Mixed Dishes, Casseroles	Beans and rice	Beans and Rice
Mixed Dishes, Casseroles	Chickpeas and rice	Beans and Rice
Mixed Dishes, Casseroles	Lentils and rice	Beans and Rice
Mixed Dishes, Casseroles	Rice with beans	Beans and Rice
Mixed Dishes, Casseroles	Rice with beans and chicken	Beans and Rice
Mixed Dishes, Casseroles	Rice with beans and pork	Beans and Rice
Unknown	Beans and rice	Beans and Rice
Meat Substitutes, Meat Alternates, Vegetarian and/or "Meatless" Versions	Stroganoff	Beef Stroganoff
Mixed Dishes, Casseroles	Stroganoff	Beef Stroganoff
Unknown	Stroganoff	Beef Stroganoff
Bacon, Sausage, BLT Sandwiches	OthSandKindOS	Beef, Ham, Pork, Chix, Turkey, Veg, Other Sand
Biscuits	Biscuit sandwich	Beef, Ham, Pork, Chix, Turkey, Veg, Other Sand
Ham or pork	Sandwich	Beef, Ham, Pork, Chix, Turkey, Veg, Other Sand
Poultry	Sandwich	Beef, Ham, Pork, Chix, Turkey, Veg, Other Sand
Poultry	Yes	Beef, Ham, Pork, Chix, Turkey, Veg, Other Sand

**Linking Food Categories (continued)**

<b>Category</b>	<b>Answer</b>	<b>New Category</b>
Unknown	Beef sandwich	Beef, Ham, Pork, Chix, Turkey, Veg, Other Sand
Unknown	Chicken sandwich	Beef, Ham, Pork, Chix, Turkey, Veg, Other Sand
Unknown	Fast food breakfast sandwich	Beef, Ham, Pork, Chix, Turkey, Veg, Other Sand
Unknown	Fast food sandwich	Beef, Ham, Pork, Chix, Turkey, Veg, Other Sand
Unknown	Finger sandwich	Beef, Ham, Pork, Chix, Turkey, Veg, Other Sand
Unknown	Ham sandwich	Beef, Ham, Pork, Chix, Turkey, Veg, Other Sand
Unknown	Pork sandwich	Beef, Ham, Pork, Chix, Turkey, Veg, Other Sand
Unknown	Sandwich	Beef, Ham, Pork, Chix, Turkey, Veg, Other Sand
Unknown	Turkey sandwich	Beef, Ham, Pork, Chix, Turkey, Veg, Other Sand
Ham or pork	Beef	Beef, Ham, Pork, Chix, Turkey, Veg, Other Sand
Ham or pork	Lamb	Beef, Lamb, Veal, Game Meats
Ham or pork	Venison	Beef, Lamb, Veal, Game Meats
Meat Substitutes, Meat Alternates, Vegetarian and/or "Meatless" Versions	Cutlets	Beef, Lamb, Veal, Game Meats
Meat Substitutes, Meat Alternates, Vegetarian and/or "Meatless" Versions	Steak	Beef, Lamb, Veal, Game Meats
Mixed Dishes, Casseroles	Sauerbraten	Beef, Lamb, Veal, Game Meats
Unknown	Beef	Beef, Lamb, Veal, Game Meats
Unknown	Game meat	Beef, Lamb, Veal, Game Meats
Unknown	Lamb	Beef, Lamb, Veal, Game Meats
Unknown	Meat	Beef, Lamb, Veal, Game Meats
Unknown	Veal	Beef, Lamb, Veal, Game Meats
Bread (Not Sweet)	Biscuit	Biscuits
Rolls, Buns, Bagels, English Muffins	Biscuit	Biscuits
Sweet Breads, Coffee Cakes, Sweet Rolls, pastries, Muffins...	Biscuit	Biscuits
Sweet Breads, Coffee Cakes, Sweet Rolls, pastries, Muffins...	Crumpet	Biscuits
Unknown	Biscuit	Biscuits
Unknown	Crumpet	Biscuits
Unknown	Bread	Bread (Not Sweet)
Unknown	Injera Ethiopian bread	Bread (Not Sweet)
Unknown	Nan Indian bread	Bread (Not Sweet)
Unknown	Poori Indian bread	Bread (Not Sweet)

**Linking Food Categories (continued)**

<b>Category</b>	<b>Answer</b>	<b>New Category</b>
Unknown	Puri Indian bread	Bread (Not Sweet)
Unknown	Roti Indian bread	Bread (Not Sweet)
Beef, Ham, Pork, Chicken, Turkey, Vegetarian, Other Sandwiches	Bread dressing	Bread or Rice Stuffing, Dressing
Egg, Egg Salad Sandwiches	Bread dressing	Bread or Rice Stuffing, Dressing
Green salad	Bread dressing	Bread or Rice Stuffing, Dressing
Other salads	Bread dressing	Bread or Rice Stuffing, Dressing
Salad dressings, Mayonnaise	Bread dressing	Bread or Rice Stuffing, Dressing
Shepherd's pie	Bread dressing	Bread or Rice Stuffing, Dressing
Unknown	Bread dressing	Bread or Rice Stuffing, Dressing
Unknown	Bread stuffing	Bread or Rice Stuffing, Dressing
Unknown	Bread sticks	Breadsticks
Unknown	Breakfast bar	Breakfast Bars, Granola Bars, Meal Replacements Bars
Unknown	Granola bar	Breakfast Bars, Granola Bars, Meal Replacements Bars
Unknown	Meal replacement bar	Breakfast Bars, Granola Bars, Meal Replacements Bars
Unknown	Nut butter/paste	Butter, Margarine, Spreads, Butter Replacements
Unknown	Peanut butter	Butter, Margarine, Spreads, Butter Replacements
Pies, Tarts	Boston cream	Cakes, Cupcakes, Snack Cakes
Pies, Tarts	Cream cheese	Cakes, Cupcakes, Snack Cakes
Unknown	Cake	Cakes, Cupcakes, Snack Cakes
Unknown	Cupcake	Cakes, Cupcakes, Snack Cakes
Unknown	Dobos torte	Cakes, Cupcakes, Snack Cakes
Unknown	Petit Fours	Cakes, Cupcakes, Snack Cakes
Unknown	Snack cake	Cakes, Cupcakes, Snack Cakes
Beef, Ham, Pork, Chicken, Turkey, Vegetarian, Other Sandwiches	Bacon	Calzones, Stromboli
Beef, Ham, Pork, Chicken, Turkey, Vegetarian, Other Sandwiches	Bacon and cheese	Calzones, Stromboli
Beef, Ham, Pork, Chicken, Turkey, Vegetarian, Other Sandwiches	Bacon and egg	Calzones, Stromboli

**Linking Food Categories (continued)**

<b>Category</b>	<b>Answer</b>	<b>New Category</b>
Beef, Ham, Pork, Chicken, Turkey, Vegetarian, Other Sandwiches	Bacon, egg, and cheese	Calzones, Stromboli
Beef, Ham, Pork, Chicken, Turkey, Vegetarian, Other Sandwiches	BLT (bacon, lettuce, tomato)	Calzones, Stromboli
Beef, Ham, Pork, Chicken, Turkey, Vegetarian, Other Sandwiches	Bratwurst	Calzones, Stromboli
Beef, Ham, Pork, Chicken, Turkey, Vegetarian, Other Sandwiches	Half smoke	Calzones, Stromboli
Beef, Ham, Pork, Chicken, Turkey, Vegetarian, Other Sandwiches	Italian sausage	Calzones, Stromboli
Beef, Ham, Pork, Chicken, Turkey, Vegetarian, Other Sandwiches	Kielbasa	Calzones, Stromboli
Beef, Ham, Pork, Chicken, Turkey, Vegetarian, Other Sandwiches	Polish sausage	Calzones, Stromboli
Beef, Ham, Pork, Chicken, Turkey, Vegetarian, Other Sandwiches	Sausage	Calzones, Stromboli
Beef, Ham, Pork, Chicken, Turkey, Vegetarian, Other Sandwiches	Sausage and egg	Calzones, Stromboli
Beef, Ham, Pork, Chicken, Turkey, Vegetarian, Other Sandwiches	Sausage and spaghetti sauce	Calzones, Stromboli
Beef, Ham, Pork, Chicken, Turkey, Vegetarian, Other Sandwiches	Sausage, egg, and cheese	Calzones, Stromboli
Unknown	Calzone	Calzones, Stromboli
Unknown	Stromboli	Calzones, Stromboli
Unknown	Bacon sandwich	Calzones, Stromboli
Unknown	BLT sandwich	Calzones, Stromboli
Unknown	Sausage sandwich	Calzones, Stromboli
Unknown	Candy	Candy
Unknown	Candy bar	Candy
Unknown	Sixlets candy	Candy
Unknown	Cheese	Cheese
Unknown	Queso asadero	Cheese
Meat Substitutes, Meat Alternates, Vegetarian and/or "Meatless" Versions	Chili	Chili, Chili con Carne

**Linking Food Categories (continued)**

<b>Category</b>	<b>Answer</b>	<b>New Category</b>
Unknown	Chili	Chili, Chili con Carne
Unknown	Chili con carne	Chili, Chili con Carne
Mixed Dishes, Casseroles	Beef Sukiyaki	Chinese Mixed Dishes
Mixed Dishes, Casseroles	Pot stickers	Chinese Mixed Dishes
Mixed Dishes, Casseroles	Wontons	Chinese Mixed Dishes
Mixed Dishes, Casseroles	Stir-fry	Chinese Mixed Dishes
Rice	Fried rice	Chinese Mixed Dishes
Stews, Guisado, Goulash	Stir-fry	Chinese Mixed Dishes
Unknown	Moo goo gai pan	Chinese Mixed Dishes
Unknown	Chinese mixed dish	Chinese Mixed Dishes
Unknown	Chop suey	Chinese Mixed Dishes
Unknown	General Tsos	Chinese Mixed Dishes
Unknown	Moo shi	Chinese Mixed Dishes
Unknown	Pad thai noodles	Chinese Mixed Dishes
Unknown	Stir-fry	Chinese Mixed Dishes
Unknown	Stir-fry	Chinese Mixed Dishes
Tortillas, Taco Shells, Gordita Shells, Sope Shells, Chalupa Shells	Tortilla chips	Chips, Puffs, Twists, Potato Sticks
Unknown	Chips	Chips, Puffs, Twists, Potato Sticks
Unknown	Potato sticks	Chips, Puffs, Twists, Potato Sticks
Unknown	Puffs	Chips, Puffs, Twists, Potato Sticks
Unknown	Salty Snack	Chips, Puffs, Twists, Potato Sticks
Unknown	Twists	Chips, Puffs, Twists, Potato Sticks
Unknown	Baklava	Cobblers, Crisps, Strudels, Turnovers
Unknown	Cobbler	Cobblers, Crisps, Strudels, Turnovers
Unknown	Crisp	Cobblers, Crisps, Strudels, Turnovers
Unknown	Empanada	Cobblers, Crisps, Strudels, Turnovers
Unknown	Strudel	Cobblers, Crisps, Strudels, Turnovers
Unknown	Turnover	Cobblers, Crisps, Strudels, Turnovers
Unknown	Hot chocolate	Cocoa, Hot chocolate
Unknown	Hot cocoa	Cocoa, Hot chocolate
Unknown	Coffee	Coffee, Speciality Coffees
Unknown	Coffee and cocoa	Coffee, Speciality Coffees

**Linking Food Categories (continued)**

<b>Category</b>	<b>Answer</b>	<b>New Category</b>
Unknown	Coffee drink	Coffee, Speciality Coffees
Unknown	Postum coffee	Coffee, Speciality Coffees
Unknown	Tamarind drink	Coffee, Speciality Coffees
Fruit, Berries	Fruit relish	Condiments, Sauce, Salsa
Fruit.	Fruit sauce	Condiments, Sauce, Salsa
Gravy	Cheese sauce	Condiments, Sauce, Salsa
Gravy	White sauce	Condiments, Sauce, Salsa
Unknown	Sauce	Condiments, Sauce, Salsa
RTE cereal	Buckwheat groats	Cooked Cereals
RTE cereal	Cocoa Wheats	Cooked Cereals
RTE cereal	Cornmeal mush	Cooked Cereals
RTE cereal	Cream of Rice	Cooked Cereals
RTE cereal	Cream of Rye	Cooked Cereals
RTE cereal	Cream of Wheat	Cooked Cereals
RTE cereal	Farina	Cooked Cereals
RTE cereal	Fruit and Cream Oatmeal	Cooked Cereals
RTE cereal	Grits	Cooked Cereals
RTE cereal	Instant Grits, all flavors	Cooked Cereals
RTE cereal	Kasha	Cooked Cereals
RTE cereal	Maltex	Cooked Cereals
RTE cereal	Maypo	Cooked Cereals
RTE cereal	Micro Muesli	Cooked Cereals
RTE cereal	Multigrain Oatmeal	Cooked Cereals
RTE cereal	Oatmeal Swirlers	Cooked Cereals
RTE cereal	Old Wessex Irish Style Oatmeal	Cooked Cereals
RTE cereal	Roman Meal	Cooked Cereals
RTE cereal	Seven-grain cereal	Cooked Cereals
RTE cereal	Total Oatmeal	Cooked Cereals
RTE cereal	Under Cover Bears	Cooked Cereals
RTE cereal	Wheatena	Cooked Cereals
RTE cereal	Zoom	Cooked Cereals
RTE cereal	Cooked	Cooked Cereals
Unknown	Buckwheat groats	Cooked Cereals

**Linking Food Categories (continued)**

<b>Category</b>	<b>Answer</b>	<b>New Category</b>
Unknown	Bulgur	Cooked Cereals
Unknown	Cooked cereal	Cooked Cereals
Unknown	Masa harina	Cooked Cereals
Unknown	Millet	Cooked Cereals
Unknown	Polenta	Cooked Cereals
Cakes, Cupcakes, Snack Cakes	Cookie	Cookies, Brownies
Cakes, Cupcakes, Snack Cakes	Little Debbie Apple Delights	Cookies, Brownies
Cakes, Cupcakes, Snack Cakes	Little Debbie Banana Marshmallow Pies	Cookies, Brownies
Cakes, Cupcakes, Snack Cakes	Little Debbie Caramel Cookie bars	Cookies, Brownies
Cakes, Cupcakes, Snack Cakes	Little Debbie Chocolate Marshmallow Pies	Cookies, Brownies
Cakes, Cupcakes, Snack Cakes	Little Debbie Coconut Rounds	Cookies, Brownies
Cakes, Cupcakes, Snack Cakes	Little Debbie Figaroos	Cookies, Brownies
Cakes, Cupcakes, Snack Cakes	Little Debbie Fudge Brownies	Cookies, Brownies
Cakes, Cupcakes, Snack Cakes	Little Debbie Fudge Rounds	Cookies, Brownies
Cakes, Cupcakes, Snack Cakes	Little Debbie German Chocolate Cookie Rings	Cookies, Brownies
Cakes, Cupcakes, Snack Cakes	Little Debbie Jelly Creme Pies	Cookies, Brownies
Cakes, Cupcakes, Snack Cakes	Little Debbie Marshmallow Supremes	Cookies, Brownies
Cakes, Cupcakes, Snack Cakes	Little Debbie Nutty Bars	Cookies, Brownies
Cakes, Cupcakes, Snack Cakes	Little Debbie Oatmeal Creme Pies	Cookies, Brownies
Cakes, Cupcakes, Snack Cakes	Little Debbie Peanut Butter & Jelly Sandwich	Cookies, Brownies
Cakes, Cupcakes, Snack Cakes	Little Debbie Peanut Butter bars	Cookies, Brownies
Cakes, Cupcakes, Snack Cakes	Little Debbie Peanut Clusters	Cookies, Brownies
Cakes, Cupcakes, Snack Cakes	Little Debbie Raisin Creme Pies	Cookies, Brownies
Cakes, Cupcakes, Snack Cakes	Little Debbie Star Crunch	Cookies, Brownies
Cakes, Cupcakes, Snack Cakes	Little Debbie Vanilla Marshmallow Pies	Cookies, Brownies
Cakes, Cupcakes, Snack Cakes	Little Debbie Yo Yo's	Cookies, Brownies
Unknown	Biscotti	Cookies, Brownies
Unknown	Brownie	Cookies, Brownies
Unknown	Cookie	Cookies, Brownies
Unknown	Lady finger	Cookies, Brownies
Unknown	Lebkuchen	Cookies, Brownies
Bread (Not Sweet)	Cornbread	Cornbread, Corn muffins, Corn pone
Bread (Not Sweet)	Cornbread	Cornbread, Corn muffins, Corn pone

**Linking Food Categories (continued)**

<b>Category</b>	<b>Answer</b>	<b>New Category</b>
PB sandwich, PBJ Sandwich	Cornbread	Cornbread, Corn muffins, Corn pone
Rolls, Buns, Bagels, English Muffins	Corn muffin	Cornbread, Corn muffins, Corn pone
Sweet Breads, Coffee Cakes, Sweet Rolls, pastries, Muffins...	Corn muffin	Cornbread, Corn muffins, Corn pone
Unknown	Corn muffins	Cornbread, Corn muffins, Corn pone
Unknown	Corn pone	Cornbread, Corn muffins, Corn pone
Unknown	Cornbread	Cornbread, Corn muffins, Corn pone
Unknown	Spoonbread	Cornbread, Corn muffins, Corn pone
Cheese	Cottage cheese	Cottage cheese
Grilled Cheese and Cheese Sandwiches	Cottage cheese	Cottage cheese
Other salads	Cottage cheese	Cottage cheese
Unknown	Cottage cheese	Cottage cheese
Unknown	Cracker	Crackers
Unknown	Sandwich crackers	Crackers
Cheese	Cream cheese	Cream cheese
Cheese	Cream cheese	Cream cheese
Grilled Cheese and Cheese Sandwiches	Cream cheese	Cream cheese
Other salads	Cream cheese	Cream cheese
Unknown	Cream cheese	Cream cheese
Milk	Cream	Cream, Creamers, Whipped Toppings
Milk	Creamer	Cream, Creamers, Whipped Toppings
Milk	Half and half	Cream, Creamers, Whipped Toppings
Unknown	Cream	Cream, Creamers, Whipped Toppings
Unknown	Creamer	Cream, Creamers, Whipped Toppings
Unknown	Whipped topping	Cream, Creamers, Whipped Toppings
Mixed Dishes, Casseroles	Creole	Creole
Unknown	Creole	Creole
Mixed Dishes, Casseroles	Curry	Curry
Unknown	Curry	Curry
Ham or pork	Yes	Deli, Pkg Lunch, Meat Spreads, Potted Meat
Ham or pork	Spam	Deli, Pkg Lunch, Meat Spreads, Potted Meat
Ham or pork	Treet	Deli, Pkg Lunch, Meat Spreads, Potted Meat
Ham or pork	Turkey ham	Deli, Pkg Lunch, Meat Spreads, Potted Meat

**Linking Food Categories (continued)**

<b>Category</b>	<b>Answer</b>	<b>New Category</b>
Poultry	Deli loaf	Deli, Pkg Lunch, Meat Spreads, Potted Meat
Poultry	Deli meat	Deli, Pkg Lunch, Meat Spreads, Potted Meat
Poultry	Luncheon meat	Deli, Pkg Lunch, Meat Spreads, Potted Meat
Unknown	Capicola	Deli, Pkg Lunch, Meat Spreads, Potted Meat
Unknown	Deli meat	Deli, Pkg Lunch, Meat Spreads, Potted Meat
Unknown	Meat spread	Deli, Pkg Lunch, Meat Spreads, Potted Meat
Unknown	Mortadella	Deli, Pkg Lunch, Meat Spreads, Potted Meat
Unknown	Packaged lunch meat	Deli, Pkg Lunch, Meat Spreads, Potted Meat
Unknown	Potted meat	Deli, Pkg Lunch, Meat Spreads, Potted Meat
Unknown	Souse	Deli, Pkg Lunch, Meat Spreads, Potted Meat
Beef, lamb, Veal, Game meats	Deli meat	Deli, Pkg Lunch, Meat Spreads, Potted Meat
Beef, lamb, Veal, Game meats	Luncheon meats	Deli, Pkg Lunch, Meat Spreads, Potted Meat
Beef, lamb, Veal, Game meats	Pastrami	Deli, Pkg Lunch, Meat Spreads, Potted Meat
Beef, lamb, Veal, Game meats	Deli meat	Deli, Pkg Lunch, Meat Spreads, Potted Meat
Beef, lamb, Veal, Game meats	Luncheon meat	Deli, Pkg Lunch, Meat Spreads, Potted Meat
Condiments, Sauce, Salsa	Chili con queso	Dip
Fruit, Berries	Fruit dip	Dip
Unknown	Baba Ghanoush	Dip
Unknown	Dip	Dip
Unknown	Hummus	Dip
Cakes, Cupcakes, Snack Cakes	Little Debbie Donut Sticks	Doughnuts
Cakes, Cupcakes, Snack Cakes	Tastykake Mini Donuts	Doughnuts
Cakes, Cupcakes, Snack Cakes	Tastykake Orange Frosted Donuts	Doughnuts
Cakes, Cupcakes, Snack Cakes	Tastykake Powdered Donuts	Doughnuts
Cakes, Cupcakes, Snack Cakes	Tastykake Rich Frosted Donuts	Doughnuts
Sweet Breads, Coffee Cakes, Sweet Rolls, pastries, Muffins...	Doughnut	Doughnuts
Unknown	Churro	Doughnuts
Unknown	Doughnut	Doughnuts
Unknown	Mexican cruller	Doughnuts
Mixed Dishes, Casseroles	Manapua	Dumplings
Pasta: Noodles, Macaroni	Pierogi	Dumplings
Unknown	Dumplings	Dumplings

**Linking Food Categories (continued)**

<b>Category</b>	<b>Answer</b>	<b>New Category</b>
Unknown	Kreplach	Dumplings
Unknown	Pierogi	Dumplings
Unknown	Piroshki	Dumplings
Unknown	Fresh garden roll	Egg roll, Spring, Summer, Fresh garden roll
Unknown	Lumpia	Egg roll, Spring, Summer, Fresh garden roll
Unknown	Spring roll	Egg roll, Spring, Summer, Fresh garden roll
Unknown	Summer roll	Egg roll, Spring, Summer, Fresh garden roll
Unknown	Egg roll	Egg roll, Spring, Summer, Fresh garden roll
Beef, Ham, Pork, Chicken, Turkey, Vegetarian, Other Sandwiches	Egg	Egg, Egg salad sandwich
Beef, Ham, Pork, Chicken, Turkey, Vegetarian, Other Sandwiches	Egg salad	Egg, Egg salad sandwich
Beef, Ham, Pork, Chicken, Turkey, Vegetarian, Other Sandwiches	Egg, cheese, and beef	Egg, Egg salad sandwich
Beef, Ham, Pork, Chicken, Turkey, Vegetarian, Other Sandwiches	Egg, cheese, and ham	Egg, Egg salad sandwich
Beef, Ham, Pork, Chicken, Turkey, Vegetarian, Other Sandwiches	Egg, cheese, and steak	Egg, Egg salad sandwich
Beef, Ham, Pork, Chicken, Turkey, Vegetarian, Other Sandwiches	Fried egg	Egg, Egg salad sandwich
Beef, Ham, Pork, Chicken, Turkey, Vegetarian, Other Sandwiches	Hard boiled egg	Egg, Egg salad sandwich
Beef, Ham, Pork, Chicken, Turkey, Vegetarian, Other Sandwiches	Omelet	Egg, Egg salad sandwich
Beef, Ham, Pork, Chicken, Turkey, Vegetarian, Other Sandwiches	Poached egg	Egg, Egg salad sandwich
Beef, Ham, Pork, Chicken, Turkey, Vegetarian, Other Sandwiches	Scrambled egg	Egg, Egg salad sandwich
Unknown	Egg salad sandwich	Egg, Egg salad sandwich
Unknown	Egg sandwich	Egg, Egg salad sandwich
Unknown	Eggnog	Eggnog
Unknown	Egg	Eggs, Egg substitute
Unknown	Egg substitute	Eggs, Egg substitute
Beef, lamb, Veal, Game meats	Eel	Fish, Shellfish

**Linking Food Categories (continued)**

<b>Category</b>	<b>Answer</b>	<b>New Category</b>
Beef, lamb, Veal, Game meats	Fish	Fish, Shellfish
Beef, lamb, Veal, Game meats	Frog legs	Fish, Shellfish
Beef, lamb, Veal, Game meats	Shellfish	Fish, Shellfish
Beef, lamb, Veal, Game meats	Fish	Fish, Shellfish
Beef, lamb, Veal, Game meats	Shellfish	Fish, Shellfish
Mixed Dishes, Casseroles	Fish, stuffed	Fish, Shellfish
Mixed Dishes, Casseroles	Seafood, stuffed	Fish, Shellfish
Unknown	Bouillabaisse	Fish, Shellfish
Unknown	Fish	Fish, Shellfish
Unknown	Shellfish	Fish, Shellfish
Unknown	Surimi	Fish, Shellfish
Beef, Ham, Pork, Chicken, Turkey, Vegetarian, Other Sandwiches	Crab cake	Fish, Shellfish Sandwiches
Beef, Ham, Pork, Chicken, Turkey, Vegetarian, Other Sandwiches	Crab salad	Fish, Shellfish Sandwiches
Beef, Ham, Pork, Chicken, Turkey, Vegetarian, Other Sandwiches	Fish	Fish, Shellfish Sandwiches
Beef, Ham, Pork, Chicken, Turkey, Vegetarian, Other Sandwiches	Fish fillet	Fish, Shellfish Sandwiches
Beef, Ham, Pork, Chicken, Turkey, Vegetarian, Other Sandwiches	Fish fillet with cheese	Fish, Shellfish Sandwiches
Beef, Ham, Pork, Chicken, Turkey, Vegetarian, Other Sandwiches	Fried oyster	Fish, Shellfish Sandwiches
Beef, Ham, Pork, Chicken, Turkey, Vegetarian, Other Sandwiches	Grilled fish	Fish, Shellfish Sandwiches
Beef, Ham, Pork, Chicken, Turkey, Vegetarian, Other Sandwiches	Lobster salad	Fish, Shellfish Sandwiches
Beef, Ham, Pork, Chicken, Turkey, Vegetarian, Other Sandwiches	Lox	Fish, Shellfish Sandwiches
Beef, Ham, Pork, Chicken, Turkey, Vegetarian, Other Sandwiches	Salmon cake	Fish, Shellfish Sandwiches
Beef, Ham, Pork, Chicken, Turkey, Vegetarian, Other Sandwiches	Sardine	Fish, Shellfish Sandwiches

**Linking Food Categories (continued)**

<b>Category</b>	<b>Answer</b>	<b>New Category</b>
Beef, Ham, Pork, Chicken, Turkey, Vegetarian, Other Sandwiches	Seafood salad	Fish, Shellfish Sandwiches
Beef, Ham, Pork, Chicken, Turkey, Vegetarian, Other Sandwiches	Shrimp cake	Fish, Shellfish Sandwiches
Beef, Ham, Pork, Chicken, Turkey, Vegetarian, Other Sandwiches	Shrimp salad	Fish, Shellfish Sandwiches
Beef, Ham, Pork, Chicken, Turkey, Vegetarian, Other Sandwiches	Soft shell crab	Fish, Shellfish Sandwiches
Beef, Ham, Pork, Chicken, Turkey, Vegetarian, Other Sandwiches	Tuna cake	Fish, Shellfish Sandwiches
Beef, Ham, Pork, Chicken, Turkey, Vegetarian, Other Sandwiches	Tuna fish	Fish, Shellfish Sandwiches
Beef, Ham, Pork, Chicken, Turkey, Vegetarian, Other Sandwiches	Tuna melt	Fish, Shellfish Sandwiches
Beef, Ham, Pork, Chicken, Turkey, Vegetarian, Other Sandwiches	Tuna salad	Fish, Shellfish Sandwiches
Beef, Ham, Pork, Chicken, Turkey, Vegetarian, Other Sandwiches	Tuna salad with cheese	Fish, Shellfish Sandwiches
Fish, Shellfish	Crab cake sandwich	Fish, Shellfish Sandwiches
Fish, Shellfish	Crab cake sandwich	Fish, Shellfish Sandwiches
Unknown	Fish sandwich	Fish, Shellfish Sandwiches
Unknown	Shellfish sandwich	Fish, Shellfish Sandwiches
Fish, Shellfish	Fish nugget	Fish, Shellfish
Fish, Shellfish	Fish patty	Fish, Shellfish
Fish, Shellfish	Fish stick	Fish, Shellfish
Fish, Shellfish	Fish nugget	Fish, Shellfish
Fish, Shellfish	Fish stick	Fish, Shellfish
Unknown	Fishsticks	Fish, Shellfish
Milk	Chocolate milk	Flavored Milk Drinks
Milk	Malted milk/Milk drink	Flavored Milk Drinks
Unknown	Chocolate milk	Flavored Milk Drinks
Unknown	Flavored milk drink	Flavored Milk Drinks
Unknown	Horchata	Flavored Milk Drinks
Milk	Formula	Formula

**Linking Food Categories (continued)**

<b>Category</b>	<b>Answer</b>	<b>New Category</b>
Milk	Breast milk	Formula
Unknown	Formula	Formula
Unknown	French fries	French fries, Tater Tots
Unknown	Tator tots	French fries, Tater Tots
White potatoes	French fries	French fries, Tater Tots
White potatoes	Potato puffs	French fries, Tater Tots
White potatoes	Tater tots	French fries, Tater Tots
Condiments, Sauce, Salsa	Applesauce	Fruit, Berries
Unknown	Apple chips	Fruit, Berries
Unknown	Berries	Fruit, Berries
Unknown	Cassaba melon	Fruit, Berries
Unknown	Fruit	Fruit, Berries
Unknown	Loquats	Fruit, Berries
Unknown	Lychees	Fruit, Berries
Mixed Dishes, Casseroles	Gnocchi	Gnocchi
Unknown	Gnocchi	Gnocchi
Unknown	Gravy	Gravy
Other salads	Layered salad	Green salad
Other salads	Seven-layer salad	Green salad
Other salads	Yes (with greens)	Green salad
Unknown	Green salad	Green salad
Unknown	Layered salad	Green salad
Unknown	Salad	Green salad
Beef, Ham, Pork, Chicken, Turkey, Vegetarian, Other Sandwiches	Cheese	Grilled cheese and Cheese Sandwiches
Beef, Ham, Pork, Chicken, Turkey, Vegetarian, Other Sandwiches	Cheese spread	Grilled cheese and Cheese Sandwiches
Beef, Ham, Pork, Chicken, Turkey, Vegetarian, Other Sandwiches	Grilled cheese	Grilled cheese and Cheese Sandwiches
Beef, Ham, Pork, Chicken, Turkey, Vegetarian, Other Sandwiches	Pimento cheese	Grilled cheese and Cheese Sandwiches
Unknown	Cheese sandwich	Grilled cheese and Cheese Sandwiches
Unknown	Grilled cheese sandwich	Grilled cheese and Cheese Sandwiches
Barbecue, Sloppy Joe	Rib	Ham or pork

**Linking Food Categories (continued)**

<b>Category</b>	<b>Answer</b>	<b>New Category</b>
Beef, lamb, Veal, Game meats	Baby back ribs	Ham or pork
Beef, lamb, Veal, Game meats	Ham	Ham or pork
Beef, lamb, Veal, Game meats	Pork	Ham or pork
Beef, lamb, Veal, Game meats	Spare rib	Ham or pork
Beef, lamb, Veal, Game meats	Ham	Ham or pork
Beef, lamb, Veal, Game meats	Pork	Ham or pork
Poultry	Pork	Ham or pork
Unknown	Ham	Ham or pork
Unknown	Pork	Ham or pork
Mixed Dishes, Casseroles	Hamburger Helper	Hamburger, Chix , Tuna Helper
Pasta: Noodles, Macaroni	Chicken Helper	Hamburger, Chix , Tuna Helper
Pasta: Noodles, Macaroni	Hamburger Helper	Hamburger, Chix , Tuna Helper
Pasta: Noodles, Macaroni	Tuna Helper	Hamburger, Chix , Tuna Helper
Spaghetti Sauce	Hamburger Helper dry mix	Hamburger, Chix , Tuna Helper
Unknown	Chicken Helper	Hamburger, Chix , Tuna Helper
Unknown	Hamburger Helper	Hamburger, Chix , Tuna Helper
Unknown	Tuna Helper	Hamburger, Chix , Tuna Helper
Beef, Ham, Pork, Chicken, Turkey, Vegetarian, Other Sandwiches	Buffalo burger	Hamburger on bun or Bread (Not Fast Food)
Beef, Ham, Pork, Chicken, Turkey, Vegetarian, Other Sandwiches	Cheeseburger	Hamburger on bun or Bread (Not Fast Food)
Beef, Ham, Pork, Chicken, Turkey, Vegetarian, Other Sandwiches	Chicken burger	Hamburger on bun or Bread (Not Fast Food)
Beef, Ham, Pork, Chicken, Turkey, Vegetarian, Other Sandwiches	Chili burger	Hamburger on bun or Bread (Not Fast Food)
Beef, Ham, Pork, Chicken, Turkey, Vegetarian, Other Sandwiches	Hamburger	Hamburger on bun or Bread (Not Fast Food)
Beef, Ham, Pork, Chicken, Turkey, Vegetarian, Other Sandwiches	Pizzaburger	Hamburger on bun or Bread (Not Fast Food)
Beef, Ham, Pork, Chicken, Turkey, Vegetarian, Other Sandwiches	Tacoburger	Hamburger on bun or Bread (Not Fast Food)
Beef, Ham, Pork, Chicken, Turkey, Vegetarian, Other Sandwiches	Turkey burger	Hamburger on bun or Bread (Not Fast Food)
Unknown	Burger	Hamburger on bun or Bread (Not Fast Food)

**Linking Food Categories (continued)**

<b>Category</b>	<b>Answer</b>	<b>New Category</b>
Unknown	Hamburger	Hamburger on bun or Bread (Not Fast Food)
Beef, Ham, Pork, Chicken, Turkey, Vegetarian, Other Sandwiches	Hot dog	Hot Dogs
Beef, Ham, Pork, Chicken, Turkey, Vegetarian, Other Sandwiches	Meatless hot dog	Hot Dogs
Beef, lamb, Veal, Game meats	Frankfurter	Hot Dogs
Beef, lamb, Veal, Game meats	Hot dog	Hot Dogs
Beef, lamb, Veal, Game meats	Frankfurter	Hot Dogs
Beef, lamb, Veal, Game meats	Hot dog	Hot Dogs
Ham or pork	Hot dog	Hot Dogs
Meat Substitutes, Meat Alternates, Vegetarian and/or "Meatless" Versions	Hot dog	Hot Dogs
Unknown	Hot dog	Hot Dogs
Unknown	Hot dog, meatless	Hot Dogs
Popsicles, Ices, Frozen Fruit Bars, Sorbets, Slurpees, Smoothies	Creamsicle	Ice Crm, Sherbet, Tofu Desserts, Frz Dairy...
Popsicles, Ices, Frozen Fruit Bars, Sorbets, Slurpees, Smoothies	Dreamsicle	Ice Crm, Sherbet, Tofu Desserts, Frz Dairy...
Popsicles, Ices, Frozen Fruit Bars, Sorbets, Slurpees, Smoothies	Fudgesicle	Ice Crm, Sherbet, Tofu Desserts, Frz Dairy...
Popsicles, Ices, Frozen Fruit Bars, Sorbets, Slurpees, Smoothies	Ice cream bar (all types)	Ice Crm, Sherbet, Tofu Desserts, Frz Dairy...
Unknown	Baked Alaska	Ice Crm, Sherbet, Tofu Desserts, Frz Dairy...
Unknown	Frozen dairy dessert	Ice Crm, Sherbet, Tofu Desserts, Frz Dairy...
Unknown	Frozen yogurt	Ice Crm, Sherbet, Tofu Desserts, Frz Dairy...
Unknown	Ice cream	Ice Crm, Sherbet, Tofu Desserts, Frz Dairy...
Unknown	Sherbet	Ice Crm, Sherbet, Tofu Desserts, Frz Dairy...
Unknown	Sundae	Ice Crm, Sherbet, Tofu Desserts, Frz Dairy...
Unknown	Tofu dessert	Ice Crm, Sherbet, Tofu Desserts, Frz Dairy...
Unknown	Yes	Ice Crm, Sherbet, Tofu Desserts, Frz Dairy...
Cakes, Cupcakes, Snack Cakes	Baskin Robbins	Ice Crm, Sherbet, Tofu Desserts, Frz Dairy...
Cakes, Cupcakes, Snack Cakes	Carvel	Ice Crm, Sherbet, Tofu Desserts, Frz Dairy...
Cakes, Cupcakes, Snack Cakes	Dairy Queen	Ice Crm, Sherbet, Tofu Desserts, Frz Dairy...
Cakes, Cupcakes, Snack Cakes	Ice cream cake	Ice Crm, Sherbet, Tofu Desserts, Frz Dairy...

**Linking Food Categories (continued)**

<b>Category</b>	<b>Answer</b>	<b>New Category</b>
Cakes, Cupcakes, Snack Cakes	Viennetta	Ice Crm, Sherbet, Tofu Desserts, Frz Dairy...
Fruit, Berries	Fruit spreads	Jam, Jelly, Fruit Spreads
Unknown	Apple butter	Jam, Jelly, Fruit Spreads
Unknown	Bean paste	Jam, Jelly, Fruit Spreads
Unknown	Fruit spread	Jam, Jelly, Fruit Spreads
Unknown	Guava paste	Jam, Jelly, Fruit Spreads
Unknown	Jam	Jam, Jelly, Fruit Spreads
Unknown	Jelly	Jam, Jelly, Fruit Spreads
Mixed Dishes, Casseroles	Jambalaya	Jambalya
Unknown	Jambalaya	Jambalya
Dry baby cereal	Jarred	Jarred (Not dry) baby food
Jarred (Not Dry) Baby Foods	Dry baby cereal	Jarred (Not dry) baby food
Unknown	Dry baby cereal	Jarred (Not dry) baby food
Unknown	Baby food	Jarred (Not dry) baby food
Unknown	Jarred baby food	Jarred (Not dry) baby food
Unknown	Gelatin	Jello, Gelatin
Unknown	Jello	Jello, Gelatin
Beef, lamb, Veal, Game meats	Chipped beef	Jerky, dried meat
Beef, lamb, Veal, Game meats	Jerky	Jerky, dried meat
Beef, lamb, Veal, Game meats	Dried meat	Jerky, dried meat
Ham or pork	Dried meat	Jerky, dried meat
Unknown	Dried meat	Jerky, dried meat
Unknown	Jerky	Jerky, dried meat
Unknown	Baby juice	Juice, Baby food
Unknown	Juice	Juices (100%), Drinks, Ades
Unknown	Juice drink	Juices (100%), Drinks, Ades
Unknown	Mistic juice beverage, any flavor	Juices (100%), Drinks, Ades
Unknown	Mistic Lemonade	Juices (100%), Drinks, Ades
Unknown	Snapple Lemonade	Juices (100%), Drinks, Ades
Unknown	Snapple, any flavor	Juices (100%), Drinks, Ades
Unknown	Pop	Juices (100%), Drinks, Ades
Unknown	Soda	Juices (100%), Drinks, Ades
Unknown	Soft drink	Juices (100%), Drinks, Ades

**Linking Food Categories (continued)**

<b>Category</b>	<b>Answer</b>	<b>New Category</b>
Unknown	Fruit ade	Juices (100%), Drinks, Ades
Unknown	Fruit punch	Juices (100%), Drinks, Ades
Unknown	Lasagna	Lasagna
Beef, lamb, Veal, Game meats	Organ meats	Liver, organ meats
Poultry	Giblets	Liver, organ meats
Poultry	Gizzards	Liver, organ meats
Poultry	Heart	Liver, organ meats
Poultry	Liver	Liver, organ meats
Unknown	Chitterlings	Liver, organ meats
Unknown	Hog maws (stomach)	Liver, organ meats
Unknown	Liver	Liver, organ meats
Unknown	Organ meat	Liver, organ meats
Sugar	Low calorie sweetener	Low cal sweeteners, Sugar Substitutes
Sugar	Sugar substitute	Low cal sweeteners, Sugar Substitutes
Unknown	Low calorie sweetener	Low cal sweeteners, Sugar Substitutes
Unknown	Sugar substitute	Low cal sweeteners, Sugar Substitutes
Unknown	Sweetener	Low cal sweeteners, Sugar Substitutes
Unknown	Lunchables	Lunchables
Unknown	Pak-a-lunch	Lunchables
Unknown	Tastefuls	Lunchables
Mixed Dishes, Casseroles	Macaroni and cheese	Mac and cheese
Pasta: Noodles, Macaroni	Macaroni and cheese	Mac and cheese
Unknown	Macaroni and cheese	Mac and cheese
Unknown	Meat alternate	Meat sub, Meat alt, Veg and/or "Meatless" ver
Unknown	Meatless entree	Meat sub, Meat alt, Veg and/or "Meatless" ver
Unknown	Seitan	Meat sub, Meat alt, Veg and/or "Meatless" ver
Unknown	Soyburger	Meat sub, Meat alt, Veg and/or "Meatless" ver
Unknown	Tempeh	Meat sub, Meat alt, Veg and/or "Meatless" ver
Unknown	TVP, Textured vegetable protein	Meat sub, Meat alt, Veg and/or "Meatless" ver
Unknown	Vegetarian entree	Meat sub, Meat alt, Veg and/or "Meatless" ver
Unknown	Vegetarian meat substitute	Meat sub, Meat alt, Veg and/or "Meatless" ver
Beef, lamb, Veal, Game meats	Meatballs	Meatloaf, Meatballs
Beef, lamb, Veal, Game meats	Meatloaf	Meatloaf, Meatballs

**Linking Food Categories (continued)**

<b>Category</b>	<b>Answer</b>	<b>New Category</b>
Beef, lamb, Veal, Game meats	Meatballs	Meatloaf, Meatballs
Meat Substitutes, Meat Alternates, Vegetarian and/or "Meatless" Versions	Bean loaf	Meatloaf, Meatballs
Meat Substitutes, Meat Alternates, Vegetarian and/or "Meatless" Versions	Dinner loaf	Meatloaf, Meatballs
Meat Substitutes, Meat Alternates, Vegetarian and/or "Meatless" Versions	Meatloaf	Meatloaf, Meatballs
Meat Substitutes, Meat Alternates, Vegetarian and/or "Meatless" Versions	Rice loaf	Meatloaf, Meatballs
Poultry	Meat loaf	Meatloaf, Meatballs
Poultry	Meatball	Meatloaf, Meatballs
Unknown	Meatball	Meatloaf, Meatballs
Unknown	Meatloaf	Meatloaf, Meatballs
Unknown	Porcupine balls	Meatloaf, Meatballs
Cream, Creamers, Whipped Toppings	Milk	Milk
Unknown	Kefir milk	Milk
Unknown	Milk	Milk
Unknown	Milk drink	Milk
Flavored Milk Drinks	Orange Julius, all flavors	Milk Shakes
Ice cream, Sherbet, Tofu Desserts, Frozen Dairy Desserts, Frozen Yogurt	Baskin Robbins Blast	Milk Shakes
Ice cream, Sherbet, Tofu Desserts, Frozen Dairy Desserts, Frozen Yogurt	Baskin Robbins Freeze	Milk Shakes
Ice cream, Sherbet, Tofu Desserts, Frozen Dairy Desserts, Frozen Yogurt	Baskin Robbins Frozen Tornado	Milk Shakes
Ice cream, Sherbet, Tofu Desserts, Frozen Dairy Desserts, Frozen Yogurt	Dairy Queen Blizzard	Milk Shakes
Ice cream, Sherbet, Tofu Desserts, Frozen Dairy Desserts, Frozen Yogurt	Dairy Queen Breeze	Milk Shakes
Ice cream, Sherbet, Tofu Desserts, Frozen Dairy Desserts, Frozen Yogurt	McDonalds McFlurry	Milk Shakes
Ice cream, Sherbet, Tofu Desserts, Frozen Dairy Desserts, Frozen Yogurt	Milky Way Shake	Milk Shakes

**Linking Food Categories (continued)**

<b>Category</b>	<b>Answer</b>	<b>New Category</b>
Ice cream, Sherbet, Tofu Desserts, Frozen Dairy Desserts, Frozen Yogurt	TCBY Fruit Blender	Milk Shakes
Ice cream, Sherbet, Tofu Desserts, Frozen Dairy Desserts, Frozen Yogurt	TCBY Shiver	Milk Shakes
Ice cream, Sherbet, Tofu Desserts, Frozen Dairy Desserts, Frozen Yogurt	Wendy's Frosty Dairy Dessert	Milk Shakes
Unknown	Milk shake	Milk Shakes
Unknown	Smoothie	Milk Shakes
Meat Substitutes, Meat Alternates, Vegetarian and/or "Meatless" Versions	Swiss steak	Mixed Dishes, Casseroles
Meat Substitutes, Meat Alternates, Vegetarian and/or "Meatless" Versions	Yes, Mixed dish	Mixed Dishes, Casseroles
Pasta: Noodles, Macaroni	Casserole	Mixed Dishes, Casseroles
Pasta: Noodles, Macaroni	Mixed dish	Mixed Dishes, Casseroles
Poultry	Stuffed chicken	Mixed Dishes, Casseroles
Unknown	Arroz con pollo	Mixed Dishes, Casseroles
Unknown	Asopao de gandules	Mixed Dishes, Casseroles
Unknown	Casserole	Mixed Dishes, Casseroles
Unknown	Manapua	Mixed Dishes, Casseroles
Unknown	Mixed dish	Mixed Dishes, Casseroles
Unknown	Moussaka	Mixed Dishes, Casseroles
Unknown	Paella	Mixed Dishes, Casseroles
Unknown	Tabbouleh	Mixed Dishes, Casseroles
Unknown	Tembleque	Mixed Dishes, Casseroles
Unknown	Yaki Soba	Mixed Dishes, Casseroles
Coffee, Specialty Coffees	Coffee Royale	Nonalc/Alcoholic Beer, Wine, Cocktails, Liq
Coffee, Specialty Coffees	Irish coffee	Nonalc/Alcoholic Beer, Wine, Cocktails, Liq
Juices (100%), Drinks, Ades	Alcoholic punch	Nonalc/Alcoholic Beer, Wine, Cocktails, Liq
Juices (100%), Drinks, Ades	Planter's punch	Nonalc/Alcoholic Beer, Wine, Cocktails, Liq
Unknown	Alcoholic cocktail	Nonalc/Alcoholic Beer, Wine, Cocktails, Liq
Unknown	Alcoholic coffee drink	Nonalc/Alcoholic Beer, Wine, Cocktails, Liq
Unknown	Alcoholic mixed drink	Nonalc/Alcoholic Beer, Wine, Cocktails, Liq
Unknown	Alcoholic punch	Nonalc/Alcoholic Beer, Wine, Cocktails, Liq
Unknown	Beer	Nonalc/Alcoholic Beer, Wine, Cocktails, Liq

**Linking Food Categories (continued)**

<b>Category</b>	<b>Answer</b>	<b>New Category</b>
Unknown	Coconut beverage (alcoholic)	Nonalc/Alcoholic Beer, Wine, Cocktails, Liq
Unknown	Hard liquor	Nonalc/Alcoholic Beer, Wine, Cocktails, Liq
Unknown	Liqueur (cordial)	Nonalc/Alcoholic Beer, Wine, Cocktails, Liq
Unknown	Mimosa	Nonalc/Alcoholic Beer, Wine, Cocktails, Liq
Unknown	Nonalcoholic beer	Nonalc/Alcoholic Beer, Wine, Cocktails, Liq
Unknown	Planter's punch	Nonalc/Alcoholic Beer, Wine, Cocktails, Liq
Unknown	Saki Japanese wine	Nonalc/Alcoholic Beer, Wine, Cocktails, Liq
Unknown	Wine	Nonalc/Alcoholic Beer, Wine, Cocktails, Liq
Unknown	Mixture of nuts and seeds	Nuts, Seeds, and Mixtures of Nuts and Seeds
Unknown	Nuts	Nuts, Seeds, and Mixtures of Nuts and Seeds
Unknown	Pignolias	Nuts, Seeds, and Mixtures of Nuts and Seeds
Unknown	Seeds	Nuts, Seeds, and Mixtures of Nuts and Seeds
Unknown	Olives	Olives
Fish, Shellfish	Crab salad	Other salads
Fish, Shellfish	Crab salad	Other salads
Fruit, Berries	Ambrosia	Other salads
Fruit, Berries	Fruit salad	Other salads
Green salad	Antipasto	Other salads
Green salad	Carrot Salad	Other salads
Green salad	Carrot-raisin Salad	Other salads
Green salad	Cucumber Salad	Other salads
Green salad	Fruit Salad	Other salads
Green salad	Gelatin/Jello Salad	Other salads
Green salad	Not greens based salad	Other salads
Green salad	Taco Salad	Other salads
Green salad	Three-bean, 3-bean Salad	Other salads
Green salad	Tomato Salad	Other salads
Pasta: Noodles, Macaroni	Salad	Other salads
Unknown	Fruit salad	Other salads
Unknown	Macaroni salad	Other salads
Unknown	Meat mixture salad	Other salads
Unknown	Pasta salad	Other salads
Unknown	Potato salad	Other salads

**Linking Food Categories (continued)**

<b>Category</b>	<b>Answer</b>	<b>New Category</b>
Unknown	Somen salad	Other salads
Unknown	Taco salad	Other salads
Unknown	Tostado salad	Other salads
White potatoes	Potato salad	Other salads
Unknown	Flapjack	Pancakes/Flapjacks
Unknown	Norwegian lefse	Pancakes/Flapjacks
Unknown	Pancake	Pancakes/Flapjacks
Spaghetti Sauce	No	Pasta:Noodles, Macaroni
Unknown	Couscous	Pasta:Noodles, Macaroni
Unknown	Macaroni	Pasta:Noodles, Macaroni
Unknown	Noodles	Pasta:Noodles, Macaroni
Unknown	Pasta	Pasta:Noodles, Macaroni
Beef, Ham, Pork, Chicken, Turkey, Vegetarian, Other Sandwiches	Peanut butter	PB sandwich, PBJ Sandwich
Beef, Ham, Pork, Chicken, Turkey, Vegetarian, Other Sandwiches	Peanut butter and banana	PB sandwich, PBJ Sandwich
Beef, Ham, Pork, Chicken, Turkey, Vegetarian, Other Sandwiches	Peanut butter and jelly	PB sandwich, PBJ Sandwich
Unknown	Peanut butter and jelly sandwich	PB sandwich, PBJ Sandwich
Unknown	Peanut butter sandwich	PB sandwich, PBJ Sandwich
Unknown	Fried pickles	Pickles, Fried Pickles
Unknown	Pickles	Pickles, Fried Pickles
Cakes, Cupcakes, Snack Cakes	Pie	Pie, Tarts
Cakes, Cupcakes, Snack Cakes	Tastykake Pies, apple	Pie, Tarts
Cakes, Cupcakes, Snack Cakes	Tastykake Pies, blueberry	Pie, Tarts
Cakes, Cupcakes, Snack Cakes	Tastykake Pies, cherry	Pie, Tarts
Cakes, Cupcakes, Snack Cakes	Tastykake Pies, coconut creme	Pie, Tarts
Cakes, Cupcakes, Snack Cakes	Tastykake Pies, lemon	Pie, Tarts
Cakes, Cupcakes, Snack Cakes	Tastykake Pies, peach	Pie, Tarts
Cakes, Cupcakes, Snack Cakes	Tastykake Pies, pineapple cheese	Pie, Tarts
Cakes, Cupcakes, Snack Cakes	Tastykake Pies, Tasty Clairs	Pie, Tarts
Unknown	Pie	Pie, Tarts
Unknown	Tart	Pie, Tarts

**Linking Food Categories (continued)**

<b>Category</b>	<b>Answer</b>	<b>New Category</b>
Unknown	Bagel bites	Pizza, Pizza Roll, Bagel Bites
Unknown	Pizza	Pizza, Pizza Roll, Bagel Bites
Unknown	Pizza roll	Pizza, Pizza Roll, Bagel Bites
Unknown	Popcorn	Popcorn
Ice cream, Sherbet, Tofu Desserts, Frozen Dairy Desserts, Frozen Yogurt	Sorbet	Pops, Ices, Frz Fruit Bars, Sorbets, Slurpees...
Unknown	Frozen fruit bar	Pops, Ices, Frz Fruit Bars, Sorbets, Slurpees...
Unknown	Icee	Pops, Ices, Frz Fruit Bars, Sorbets, Slurpees...
Unknown	Popsicle	Pops, Ices, Frz Fruit Bars, Sorbets, Slurpees...
Unknown	Slurpee	Pops, Ices, Frz Fruit Bars, Sorbets, Slurpees...
Unknown	Sorbet	Pops, Ices, Frz Fruit Bars, Sorbets, Slurpees...
Mixed Dishes, Casseroles	Greek meat pie	Pot pie
Mixed Dishes, Casseroles	Greek spinach pie	Pot pie
Mixed Dishes, Casseroles	Hamburger pie	Pot pie
Mixed Dishes, Casseroles	Oyster pie	Pot pie
Mixed Dishes, Casseroles	Pot pie	Pot pie
Mixed Dishes, Casseroles	Sirloin burger pie	Pot pie
Mixed Dishes, Casseroles	Spanakopitta	Pot pie
Mixed Dishes, Casseroles	Spinach pie	Pot pie
Pies, Tarts	Pot Pie	Pot pie
Unknown	Pot pie	Pot pie
Beef, lamb, Veal, Game meats	Chicken	Poultry
Beef, lamb, Veal, Game meats	Duck	Poultry
Beef, lamb, Veal, Game meats	Emu	Poultry
Beef, lamb, Veal, Game meats	Ostrich	Poultry
Beef, lamb, Veal, Game meats	Turkey	Poultry
Beef, lamb, Veal, Game meats	Chicken	Poultry
Beef, lamb, Veal, Game meats	Poultry	Poultry
Beef, lamb, Veal, Game meats	Turkey	Poultry
Ham or pork	Chicken	Poultry
Unknown	Poultry	Poultry
Unknown	Meal replacement beverage/drink	Pwd Bkfst drink, Meal Replace, Protein Supp
Unknown	Powdered breakfast drink	Pwd Bkfst drink, Meal Replace, Protein Supp

**Linking Food Categories (continued)**

<b>Category</b>	<b>Answer</b>	<b>New Category</b>
Unknown	Protein supplement beverage	Pwd Bkfst drink, Meal Replace, Protein Supp
Unknown	Pretzels	Pretzels
Condiments, Sauce, Salsa	Custard sauce	Pudding
Fruit, Berries	Fruit whip	Pudding
Unknown	Firni Indian dessert	Pudding
Unknown	Flan	Pudding
Unknown	Mousse	Pudding
Unknown	Pudding	Pudding
Unknown	Tiramasu dessert	Pudding
Mixed Dishes, Casseroles	Quiche	Quiche
Unknown	Quiche	Quiche
Mixed Dishes, Casseroles	Cannelloni	Ravioli, Tortellini, Manicotti, Cannelloni...
Mixed Dishes, Casseroles	Fettuccini Alfredo	Ravioli, Tortellini, Manicotti, Cannelloni...
Mixed Dishes, Casseroles	Manicotti	Ravioli, Tortellini, Manicotti, Cannelloni...
Mixed Dishes, Casseroles	Noodles Romanoff	Ravioli, Tortellini, Manicotti, Cannelloni...
Mixed Dishes, Casseroles	Ravioli	Ravioli, Tortellini, Manicotti, Cannelloni...
Mixed Dishes, Casseroles	Stuffed pasta	Ravioli, Tortellini, Manicotti, Cannelloni...
Mixed Dishes, Casseroles	Stuffed shells	Ravioli, Tortellini, Manicotti, Cannelloni...
Mixed Dishes, Casseroles	Tortellini	Ravioli, Tortellini, Manicotti, Cannelloni...
Pasta: Noodles, Macaroni	Canelloni	Ravioli, Tortellini, Manicotti, Cannelloni...
Pasta: Noodles, Macaroni	Fettucine Alfredo	Ravioli, Tortellini, Manicotti, Cannelloni...
Pasta: Noodles, Macaroni	Manicotti	Ravioli, Tortellini, Manicotti, Cannelloni...
Pasta: Noodles, Macaroni	Noodles Romanoff	Ravioli, Tortellini, Manicotti, Cannelloni...
Pasta: Noodles, Macaroni	Ravioli	Ravioli, Tortellini, Manicotti, Cannelloni...
Pasta: Noodles, Macaroni	Stuffed pasta	Ravioli, Tortellini, Manicotti, Cannelloni...
Pasta: Noodles, Macaroni	Stuffed shells	Ravioli, Tortellini, Manicotti, Cannelloni...
Pasta: Noodles, Macaroni	Tortellini	Ravioli, Tortellini, Manicotti, Cannelloni...
Unknown	Cannelloni	Ravioli, Tortellini, Manicotti, Cannelloni...
Unknown	Manicotti	Ravioli, Tortellini, Manicotti, Cannelloni...
Unknown	Ravioli	Ravioli, Tortellini, Manicotti, Cannelloni...
Unknown	Stuffed shells	Ravioli, Tortellini, Manicotti, Cannelloni...
Unknown	Tortellini	Ravioli, Tortellini, Manicotti, Cannelloni...
Mixed Dishes, Casseroles	Risotto	Rice

**Linking Food Categories (continued)**

<b>Category</b>	<b>Answer</b>	<b>New Category</b>
Unknown	Rice	Rice
Unknown	Risotto	Rice
Bread (Not Sweet)	Bagel	Rolls, Buns, Bagels, English Muffins
Bread (Not Sweet)	English muffin	Rolls, Buns, Bagels, English Muffins
Bread (Not Sweet)	Roll	Rolls, Buns, Bagels, English Muffins
Sweet Breads, Coffee Cakes, Sweet Rolls, pastries, Muffins...	Bagel	Rolls, Buns, Bagels, English Muffins
Sweet Breads, Coffee Cakes, Sweet Rolls, pastries, Muffins...	English muffin	Rolls, Buns, Bagels, English Muffins
Sweet Breads, Coffee Cakes, Sweet Rolls, pastries, Muffins...	English	Rolls, Buns, Bagels, English Muffins
Unknown	Bagel	Rolls, Buns, Bagels, English Muffins
Unknown	Bun	Rolls, Buns, Bagels, English Muffins
Unknown	English muffin	Rolls, Buns, Bagels, English Muffins
Unknown	Roll	Rolls, Buns, Bagels, English Muffins
Unknown	Cereal	RTE cereal
Unknown	Kashi cereal	RTE cereal
Unknown	Ready-to-eat cereal	RTE cereal
Unknown	Brummel and Brown Spread	Salad dressing, Mayonnaise
Unknown	Butter	Salad dressing, Mayonnaise
Unknown	Butter replacement	Salad dressing, Mayonnaise
Unknown	Margarine	Salad dressing, Mayonnaise
Unknown	Spread	Salad dressing, Mayonnaise
Unknown	Oil	Salad dressing, Mayonnaise
Unknown	Mayonnaise	Salad dressing, Mayonnaise
Unknown	Salad dressing	Salad dressing, Mayonnaise
Beef, lamb, Veal, Game meats	Sausage	Sausage
Meat Substitutes, Meat Alternates, Vegetarian and/or "Meatless" Versions	Sausage	Sausage
Meat Substitutes, Meat Alternates, Vegetarian and/or "Meatless" Versions	Sausage crumbles	Sausage
Unknown	Sausage	Sausage
Mixed Dishes, Casseroles	Shepherd's pie	Shepherd's pie
Pies, Tarts	Shepherd's	Shepherd's pie

**Linking Food Categories (continued)**

<b>Category</b>	<b>Answer</b>	<b>New Category</b>
Unknown	Shepherd's pie	Shepherd's pie
Juices (100%), Drinks, Ades	Carbonated flavored water	Sodas, Pop, Soft Drinks
Juices (100%), Drinks, Ades	Spring Water 'n Juice	Sodas, Pop, Soft Drinks
Unknown	Carbonated water	Sodas, Pop, Soft Drinks
Unknown	Flavored water	Sodas, Pop, Soft Drinks
Unknown	Mistic Sparkling Water Beverage	Sodas, Pop, Soft Drinks
Mixed Dishes, Casseroles	Souffle	Souffle
Unknown	Souffle	Souffle
Unknown	Menudo soup	Soup
Unknown	Miso soup	Soup
Unknown	Mondongo soup	Soup
Unknown	Soup	Soup
Unknown	Vietnamese Pho soup	Soup
Unknown	Sour cream	Sour cream
Condiments, Sauce, Salsa	Marinara sauce	Spaghetti Sauce
Condiments, Sauce, Salsa	Spaghetti sauce	Spaghetti Sauce
Gravy	Tomato sauce	Spaghetti Sauce
Unknown	Spaghetti sauce	Spaghetti Sauce
Pasta: Noodles, Macaroni	Spaghetti with sauce	Spagh, w/Sauce, w/Meatballs/sauce
Pasta: Noodles, Macaroni	With sauce	Spagh, w/Sauce, w/Meatballs/sauce
Unknown	Spaghetti	Spagh, w/Sauce, w/Meatballs/sauce
Unknown	Spaghetti with meatballs and sauce	Spagh, w/Sauce, w/Meatballs/sauce
Unknown	Spaghetti with sauce	Spagh, w/Sauce, w/Meatballs/sauce
Mixed Dishes, Casseroles	Goulash	Stews, Guisado, Goulash
Mixed Dishes, Casseroles	Guisada	Stews, Guisado, Goulash
Mixed Dishes, Casseroles	Stew	Stews, Guisado, Goulash
Soup	Beef stew	Stews, Guisado, Goulash
Soup	Chicken stew	Stews, Guisado, Goulash
Soup	Lamb/Mutton stew	Stews, Guisado, Goulash
Soup	Oyster stew	Stews, Guisado, Goulash
Soup	Pork stew	Stews, Guisado, Goulash
Soup	Seafood stew	Stews, Guisado, Goulash
Soup	Stew	Stews, Guisado, Goulash

**Linking Food Categories (continued)**

<b>Category</b>	<b>Answer</b>	<b>New Category</b>
Soup	Tripe stew	Stews, Guisado, Goulash
Soup	Turkey stew	Stews, Guisado, Goulash
Soup	Vegetable stew	Stews, Guisado, Goulash
Soup	Venison stew	Stews, Guisado, Goulash
Unknown	Goulash	Stews, Guisado, Goulash
Unknown	Guisado	Stews, Guisado, Goulash
Unknown	Stew	Stews, Guisado, Goulash
Mixed Dishes, Casseroles	Stuffed cabbage roll	Stuff cab/pepper/grape leaves, Chile rellenos
Mixed Dishes, Casseroles	Stuffed chile pepper	Stuff cab/pepper/grape leaves, Chile rellenos
Mixed Dishes, Casseroles	Stuffed grape leaves	Stuff cab/pepper/grape leaves, Chile rellenos
Mixed Dishes, Casseroles	Stuffed pepper	Stuff cab/pepper/grape leaves, Chile rellenos
Unknown	Chiles rellenos	Stuff cab/pepper/grape leaves, Chile rellenos
Unknown	Stuffed cabbage	Stuff cab/pepper/grape leaves, Chile rellenos
Unknown	Stuffed grape leaves	Stuff cab/pepper/grape leaves, Chile rellenos
Unknown	Stuffed peppers	Stuff cab/pepper/grape leaves, Chile rellenos
Unknown	Rice stuffing	Stuffing
Unknown	Sugar	Sugar
Fish, Shellfish	Sushi	Sushi
Mixed Dishes, Casseroles	Sashimi	Sushi
Mixed Dishes, Casseroles	Sushi	Sushi
Unknown	Sushi	Sushi
Bread (Not Sweet)	Croissant	Sweet brds, Coffee Cakes, Sweet Rolls....
Bread (Not Sweet)	Muffin	Sweet brds, Coffee Cakes, Sweet Rolls....
Bread (Not Sweet)	Sweet bread	Sweet brds, Coffee Cakes, Sweet Rolls....
Cakes, Cupcakes, Snack Cakes	Brownie	Sweet brds, Coffee Cakes, Sweet Rolls....
Cakes, Cupcakes, Snack Cakes	Little Debbie Coffee Cake	Sweet brds, Coffee Cakes, Sweet Rolls....
Cakes, Cupcakes, Snack Cakes	Little Debbie Honey Bun	Sweet brds, Coffee Cakes, Sweet Rolls....
Cakes, Cupcakes, Snack Cakes	Coffee cake	Sweet brds, Coffee Cakes, Sweet Rolls....
Cakes, Cupcakes, Snack Cakes	Honey bun	Sweet brds, Coffee Cakes, Sweet Rolls....
Cakes, Cupcakes, Snack Cakes	Little Debbie Banana Nut Muffin Loaves	Sweet brds, Coffee Cakes, Sweet Rolls....
Cakes, Cupcakes, Snack Cakes	Little Debbie Blueberry Muffin Loaves	Sweet brds, Coffee Cakes, Sweet Rolls....
Cakes, Cupcakes, Snack Cakes	Little Debbie Pecan Spinwheels	Sweet brds, Coffee Cakes, Sweet Rolls....
Cakes, Cupcakes, Snack Cakes	Pastry	Sweet brds, Coffee Cakes, Sweet Rolls....

**Linking Food Categories (continued)**

<b>Category</b>	<b>Answer</b>	<b>New Category</b>
Cakes, Cupcakes, Snack Cakes	Sweet roll	Sweet brds, Coffee Cakes, Sweet Rolls....
Cakes, Cupcakes, Snack Cakes	Tastykake Low Fat Koffee Kakes, Lemon, Raspberry and Apple (coffee cakes)	Sweet brds, Coffee Cakes, Sweet Rolls....
Rolls, Buns, Bagels, English Muffins	Caramel roll	Sweet brds, Coffee Cakes, Sweet Rolls....
Rolls, Buns, Bagels, English Muffins	Cinnabon	Sweet brds, Coffee Cakes, Sweet Rolls....
Rolls, Buns, Bagels, English Muffins	Cinnamon bun	Sweet brds, Coffee Cakes, Sweet Rolls....
Rolls, Buns, Bagels, English Muffins	Cinnamon raisin bun	Sweet brds, Coffee Cakes, Sweet Rolls....
Rolls, Buns, Bagels, English Muffins	Cinnamon roll	Sweet brds, Coffee Cakes, Sweet Rolls....
Rolls, Buns, Bagels, English Muffins	Croissant	Sweet brds, Coffee Cakes, Sweet Rolls....
Rolls, Buns, Bagels, English Muffins	Honey bun	Sweet brds, Coffee Cakes, Sweet Rolls....
Rolls, Buns, Bagels, English Muffins	Hot cross bun	Sweet brds, Coffee Cakes, Sweet Rolls....
Rolls, Buns, Bagels, English Muffins	Muffin	Sweet brds, Coffee Cakes, Sweet Rolls....
Rolls, Buns, Bagels, English Muffins	Sticky bun	Sweet brds, Coffee Cakes, Sweet Rolls....
Rolls, Buns, Bagels, English Muffins	Sweet bun	Sweet brds, Coffee Cakes, Sweet Rolls....
Rolls, Buns, Bagels, English Muffins	Sweet roll	Sweet brds, Coffee Cakes, Sweet Rolls....
Unknown	Babka	Sweet brds, Coffee Cakes, Sweet Rolls....
Unknown	Brioche	Sweet brds, Coffee Cakes, Sweet Rolls....
Unknown	Cannoli pastry, dessert	Sweet brds, Coffee Cakes, Sweet Rolls....
Unknown	Coffee cake	Sweet brds, Coffee Cakes, Sweet Rolls....
Unknown	Croissant	Sweet brds, Coffee Cakes, Sweet Rolls....
Unknown	Muffin	Sweet brds, Coffee Cakes, Sweet Rolls....
Unknown	Pan Dulce Mexican sweet bread	Sweet brds, Coffee Cakes, Sweet Rolls....
Unknown	Pastry	Sweet brds, Coffee Cakes, Sweet Rolls....
Unknown	Pop Tarts	Sweet brds, Coffee Cakes, Sweet Rolls....
Unknown	Sopaipilla	Sweet brds, Coffee Cakes, Sweet Rolls....
Unknown	Sweet bread	Sweet brds, Coffee Cakes, Sweet Rolls....
Unknown	Sweet roll	Sweet brds, Coffee Cakes, Sweet Rolls....
Unknown	Toaster pastry	Sweet brds, Coffee Cakes, Sweet Rolls....
Unknown	Toaster strudel	Sweet brds, Coffee Cakes, Sweet Rolls....
Mixed Dishes, Casseroles	Sweet potato	Sweet potatoes
Stews, Guisado, Goulash	Sweet potato	Sweet potatoes
Unknown	Sweet potato	Sweet potatoes
Unknown	Sweet potato	Sweet potatoes

**Linking Food Categories (continued)**

<b>Category</b>	<b>Answer</b>	<b>New Category</b>
Unknown	Sweet potato	Sweet potatoes
White potatoes	Sweet potato	Sweet potatoes
Unknown	Pancake syrup	Syrups, Pancake syrups
Unknown	Syrup	Syrups, Pancake syrups
Mac and cheese	Frozen	Taco, Burrito, Enchil, Fajita, Quesad, Nacho..
Mixed Dishes, Casseroles	Chile rellenos	Taco, Burrito, Enchil, Fajita, Quesad, Nacho..
Mixed Dishes, Casseroles	Pupusas	Taco, Burrito, Enchil, Fajita, Quesad, Nacho..
Mixed Dishes, Casseroles	Tamale	Taco, Burrito, Enchil, Fajita, Quesad, Nacho..
Spaghetti Sauce	Frozen	Taco, Burrito, Enchil, Fajita, Quesad, Nacho..
Tortillas, Taco Shells, Gordita Shells, Sope Shells, Chalupa Shells	Yes	Taco, Burrito, Enchil, Fajita, Quesad, Nacho..
Unknown	Burrito	Taco, Burrito, Enchil, Fajita, Quesad, Nacho..
Unknown	Chalupa	Taco, Burrito, Enchil, Fajita, Quesad, Nacho..
Unknown	Chilaquile	Taco, Burrito, Enchil, Fajita, Quesad, Nacho..
Unknown	Chimichanga	Taco, Burrito, Enchil, Fajita, Quesad, Nacho..
Unknown	Enchilada	Taco, Burrito, Enchil, Fajita, Quesad, Nacho..
Unknown	Fajitas	Taco, Burrito, Enchil, Fajita, Quesad, Nacho..
Unknown	Flauta	Taco, Burrito, Enchil, Fajita, Quesad, Nacho..
Unknown	Gordita	Taco, Burrito, Enchil, Fajita, Quesad, Nacho..
Unknown	Nachos	Taco, Burrito, Enchil, Fajita, Quesad, Nacho..
Unknown	Pupusa	Taco, Burrito, Enchil, Fajita, Quesad, Nacho..
Unknown	Quesadilla	Taco, Burrito, Enchil, Fajita, Quesad, Nacho..
Unknown	Sope	Taco, Burrito, Enchil, Fajita, Quesad, Nacho..
Unknown	Taco	Taco, Burrito, Enchil, Fajita, Quesad, Nacho..
Unknown	Taquito	Taco, Burrito, Enchil, Fajita, Quesad, Nacho..
Unknown	Frozen dinner	Taco, Burrito, Enchil, Fajita, Quesad, Nacho..
Unknown	Frozen entree	Taco, Burrito, Enchil, Fajita, Quesad, Nacho..
Unknown	Frozen main dish	Taco, Burrito, Enchil, Fajita, Quesad, Nacho..
Unknown	Frozen meal	Taco, Burrito, Enchil, Fajita, Quesad, Nacho..
Juices (100%), Drinks, Ades	Iced tea	Tea, Hot & Iced
Unknown	Corn tea	Tea, Hot & Iced
Unknown	Mistic Iced Tea	Tea, Hot & Iced
Unknown	Snapple Iced Tea	Tea, Hot & Iced

**Linking Food Categories (continued)**

<b>Category</b>	<b>Answer</b>	<b>New Category</b>
Unknown	Tea	Tea, Hot & Iced
Mixed Dishes, Casseroles	Tempura	Tempura
Unknown	Tempura	Tempura
Unknown	Chalupa shell	Tortillas, Taco/Gordita/Sope/Chalupa Shells
Unknown	Gordita shell	Tortillas, Taco/Gordita/Sope/Chalupa Shells
Unknown	Sope shell	Tortillas, Taco/Gordita/Sope/Chalupa Shells
Unknown	Taco shell	Tortillas, Taco/Gordita/Sope/Chalupa Shells
Unknown	Tortilla	Tortillas, Taco/Gordita/Sope/Chalupa Shells
Nuts, Seeds, and Mixtures of Nuts and Seeds	Gorp	Trail and Snack Mix
Nuts, Seeds, and Mixtures of Nuts and Seeds	Mixture of nuts, seeds, and dried fruit	Trail and Snack Mix
Nuts, Seeds, and Mixtures of Nuts and Seeds	Trail Mix	Trail and Snack Mix
Unknown	Trail and snack mix	Trail and Snack Mix
Beef, Ham, Pork, Chicken, Turkey, Vegetarian, Other Sandwiches	Bean burger	Veg Sand, Veggie Burger, Garden Burger.....
Beef, Ham, Pork, Chicken, Turkey, Vegetarian, Other Sandwiches	Bean loaf	Veg Sand, Veggie Burger, Garden Burger.....
Beef, Ham, Pork, Chicken, Turkey, Vegetarian, Other Sandwiches	Better'n burger	Veg Sand, Veggie Burger, Garden Burger.....
Beef, Ham, Pork, Chicken, Turkey, Vegetarian, Other Sandwiches	Boca burger	Veg Sand, Veggie Burger, Garden Burger.....
Beef, Ham, Pork, Chicken, Turkey, Vegetarian, Other Sandwiches	Chik patty	Veg Sand, Veggie Burger, Garden Burger.....
Beef, Ham, Pork, Chicken, Turkey, Vegetarian, Other Sandwiches	ChikStik	Veg Sand, Veggie Burger, Garden Burger.....
Beef, Ham, Pork, Chicken, Turkey, Vegetarian, Other Sandwiches	CrispyChik patty	Veg Sand, Veggie Burger, Garden Burger.....
Beef, Ham, Pork, Chicken, Turkey, Vegetarian, Other Sandwiches	Cucumber	Veg Sand, Veggie Burger, Garden Burger.....
Beef, Ham, Pork, Chicken, Turkey, Vegetarian, Other Sandwiches	Dinner loaf	Veg Sand, Veggie Burger, Garden Burger.....
Beef, Ham, Pork, Chicken, Turkey, Vegetarian, Other Sandwiches	FriChik	Veg Sand, Veggie Burger, Garden Burger.....
Beef, Ham, Pork, Chicken, Turkey, Vegetarian, Other Sandwiches	FriPat	Veg Sand, Veggie Burger, Garden Burger.....

**Linking Food Categories (continued)**

<b>Category</b>	<b>Answer</b>	<b>New Category</b>
Beef, Ham, Pork, Chicken, Turkey, Vegetarian, Other Sandwiches	Garden grille	Veg Sand, Veggie Burger, Garden Burger.....
Beef, Ham, Pork, Chicken, Turkey, Vegetarian, Other Sandwiches	Garden hamburger	Veg Sand, Veggie Burger, Garden Burger.....
Beef, Ham, Pork, Chicken, Turkey, Vegetarian, Other Sandwiches	Garden vegan	Veg Sand, Veggie Burger, Garden Burger.....
Beef, Ham, Pork, Chicken, Turkey, Vegetarian, Other Sandwiches	Garden veggie patty	Veg Sand, Veggie Burger, Garden Burger.....
Beef, Ham, Pork, Chicken, Turkey, Vegetarian, Other Sandwiches	Gardenburger	Veg Sand, Veggie Burger, Garden Burger.....
Beef, Ham, Pork, Chicken, Turkey, Vegetarian, Other Sandwiches	Griller	Veg Sand, Veggie Burger, Garden Burger.....
Beef, Ham, Pork, Chicken, Turkey, Vegetarian, Other Sandwiches	Harvest burger	Veg Sand, Veggie Burger, Garden Burger.....
Beef, Ham, Pork, Chicken, Turkey, Vegetarian, Other Sandwiches	Lentil rice loaf	Veg Sand, Veggie Burger, Garden Burger.....
Beef, Ham, Pork, Chicken, Turkey, Vegetarian, Other Sandwiches	Okara patty	Veg Sand, Veggie Burger, Garden Burger.....
Beef, Ham, Pork, Chicken, Turkey, Vegetarian, Other Sandwiches	Redi-burger	Veg Sand, Veggie Burger, Garden Burger.....
Beef, Ham, Pork, Chicken, Turkey, Vegetarian, Other Sandwiches	Soyburger	Veg Sand, Veggie Burger, Garden Burger.....
Beef, Ham, Pork, Chicken, Turkey, Vegetarian, Other Sandwiches	Tomato	Veg Sand, Veggie Burger, Garden Burger.....
Beef, Ham, Pork, Chicken, Turkey, Vegetarian, Other Sandwiches	Vegan burger	Veg Sand, Veggie Burger, Garden Burger.....
Beef, Ham, Pork, Chicken, Turkey, Vegetarian, Other Sandwiches	Vegetable	Veg Sand, Veggie Burger, Garden Burger.....
Beef, Ham, Pork, Chicken, Turkey, Vegetarian, Other Sandwiches	Vegetarian	Veg Sand, Veggie Burger, Garden Burger.....
Beef, Ham, Pork, Chicken, Turkey, Vegetarian, Other Sandwiches	Vegetarian burger	Veg Sand, Veggie Burger, Garden Burger.....
Beef, Ham, Pork, Chicken, Turkey, Vegetarian, Other Sandwiches	Veggie burger	Veg Sand, Veggie Burger, Garden Burger.....

**Linking Food Categories (continued)**

<b>Category</b>	<b>Answer</b>	<b>New Category</b>
Beef, Ham, Pork, Chicken, Turkey, Vegetarian, Other Sandwiches	Veggie patty	Veg Sand, Veggie Burger, Garden Burger.....
Unknown	Arugula	Vegetables, Dry Beans
Unknown	Bean curd	Vegetables, Dry Beans
Unknown	Cactus	Vegetables, Dry Beans
Unknown	Calabaza	Vegetables, Dry Beans
Unknown	Cassava	Vegetables, Dry Beans
Unknown	Chinese melon	Vegetables, Dry Beans
Unknown	Dry beans	Vegetables, Dry Beans
Unknown	Falafil	Vegetables, Dry Beans
Unknown	Jicama	Vegetables, Dry Beans
Unknown	Kelp	Vegetables, Dry Beans
Unknown	Kim Chee	Vegetables, Dry Beans
Unknown	Lotus root	Vegetables, Dry Beans
Unknown	Miso soybean paste	Vegetables, Dry Beans
Unknown	Natto	Vegetables, Dry Beans
Unknown	Radicchio	Vegetables, Dry Beans
Unknown	Sea moss	Vegetables, Dry Beans
Unknown	Seaweed	Vegetables, Dry Beans
Unknown	Soybean cake	Vegetables, Dry Beans
Unknown	Soybean curd	Vegetables, Dry Beans
Unknown	Succotash	Vegetables, Dry Beans
Unknown	Taro leaves	Vegetables, Dry Beans
Unknown	Tofu	Vegetables, Dry Beans
Unknown	Vegetable	Vegetables, Dry Beans
Unknown	Vegetable sticks	Vegetables, Dry Beans
Unknown	Yuca blanca	Vegetables, Dry Beans
Hamburger on Bun or Bread (Not Fast Food)	Garden vegetable burger	Veg Sand, Veggie Burger, Garden Burger.....
Hamburger on Bun or Bread (Not Fast Food)	Harvest burger	Veg Sand, Veggie Burger, Garden Burger.....
Hamburger on Bun or Bread (Not Fast Food)	Soyburger	Veg Sand, Veggie Burger, Garden Burger.....
Hamburger on Bun or Bread (Not Fast Food)	Spicy black bean burger	Veg Sand, Veggie Burger, Garden Burger.....
Hamburger on Bun or Bread (Not Fast Food)	Vegetarian burger	Veg Sand, Veggie Burger, Garden Burger.....
Hamburger on Bun or Bread (Not Fast Food)	Garden vegetable burger	Veg Sand, Veggie Burger, Garden Burger.....

**Linking Food Categories (continued)**

<b>Category</b>	<b>Answer</b>	<b>New Category</b>
Hamburger on Bun or Bread (Not Fast Food)	Harvest burger	Veg Sand, Veggie Burger, Garden Burger.....
Hamburger on Bun or Bread (Not Fast Food)	Soyburger	Veg Sand, Veggie Burger, Garden Burger.....
Hamburger on Bun or Bread (Not Fast Food)	Spicy black bean burger	Veg Sand, Veggie Burger, Garden Burger.....
Hamburger on Bun or Bread (Not Fast Food)	TVP	Veg Sand, Veggie Burger, Garden Burger.....
Hamburger on Bun or Bread (Not Fast Food)	Vegetarian burger	Veg Sand, Veggie Burger, Garden Burger.....
Meat Substitutes, Meat Alternates, Vegetarian and/or "Meatless" Versions	Yes, Sandwich	Veg Sand, Veggie Burger, Garden Burger.....
Unknown	Garden burger	Veg Sand, Veggie Burger, Garden Burger.....
Unknown	Meat substitute sandwich	Veg Sand, Veggie Burger, Garden Burger.....
Unknown	Tomato sandwich	Veg Sand, Veggie Burger, Garden Burger.....
Unknown	Vegetarian sandwich	Veg Sand, Veggie Burger, Garden Burger.....
Unknown	Veggie burger	Veg Sand, Veggie Burger, Garden Burger.....
Unknown	Waffles	Waffles
Unknown	French toast	Waffles
Sodas, Pop, Soft Drinks	Club soda	Water
Sodas, Pop, Soft Drinks	Perrier	Water
Sodas, Pop, Soft Drinks	Seltzer water	Water
Sodas, Pop, Soft Drinks	Tonic water	Water
French Fries, Tater Tots	Home fries	White Potatoes
Mixed Dishes, Casseroles	Potato(es)	White Potatoes
Stews, Guisado, Goulash	Potato(es)	White Potatoes
Unknown	White potato	White Potatoes
Unknown	Potato(es)	White Potatoes
Unknown	Potato(es)	White Potatoes
Unknown	Yogurt	Yogurt

## **Appendix C**

### **Responses Included Under Food Source Codes**



# Appendix C

## Responses Included Under Food Source Codes

### Stores

#### Code 1 - Store – grocery/supermarket

Bakery	Health food store	Warehouse store
Commissary	Produce stand	(Costco, Sam's Club, B.J.'s)
Delivery from store	Salad/food bar items	Weight loss program
Ethnic food store	Sample from store	(Jenny Craig, LA Weight Loss)
Farmer's market	Seafood store/stand	Wal-Mart/Target/Kmart
Grocery store	Supermarket	

#### Code 27 – Store – convenience type

Convenience-type store (7-11, Circle K)	Dollar store	Gift shop
	Drug store	Liquor/beer store
	Gas station	

#### Code 28 – Store – no additional info

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### Restaurants

#### Code 2 – Restaurant with waiter/waitress

Buffet	Hotel room service	Restaurants with
Diner	Lodge	waiter/waitress service

#### Code 3 – Restaurant fast food/Pizza

All fast food places	Coffee shop	Ice-cream shop
All pizza places	Deli/sandwich shop	Drive thrus
Bagel shop	Doughnut shop	
Carry out	Food courts	

#### Code 4 – Bar/Tavern/Lounge

Bar/tavern	Cocktail lounge	Other “drinking places”
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#### Code 5 – Restaurant no additional info

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## Cafeterias/Care Centers

### Code 6 – Cafeteria NOT in a K-12 school

All cafeterias (except in K-12 schools)	College/university cafeteria Hospital cafeteria	Work cafeteria
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### Code 7 – Cafeteria in a K-12 school

School cafeteria  
(only in K-12 school)

### Code 8 – Child/adult care center

Child or adult care center other than homes  
Day camp

### Code 9 – Child/adult home daycare

Private home providing paid daycare for children or adult

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## Community Food Programs

### Code 10 – Soup kitchen/Shelter/Food pantry

Emergency food source (flood, earthquake relief)	Food bank	Homeless shelter
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### Code 11 – Meals on Wheels Program

Other community programs providing meals to homebound elderly and disabled persons

### Code 12 – Community food program – other

Programs providing food on a regular basis	Senior citizen center State/Federal congregate meal site	WIC office (Not from store with WIC voucher)
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### Code 13 – Community program no additional info

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## Other Sources

### Code 14 – Vending machine

### Code 15 – Common coffee pot or snack tray

### Code 16 – From someone else/Gift (not paid for by SP)

Church	Home of family/friend	Picnic
Clinic/doctor's office	Meeting	Wedding reception
Given by family/friend	Party	Work – from someone else

### Code 17 – Mail order purchase

Catalog	Mail order	Internet order
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### Code 18 – Residential dining facility

Base dining hall	Nursing home
Group home	Senior retirement facility

### Code 19 – Grown or caught by you or someone you know

Home-grown food (vegetables from garden, eggs from chicken)	Hunted wild food (rabbit, deer, duck, etc)
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### Code 20 – Fish caught by you or someone you know

Includes fish and seafood

### Code 24 – Sport, recreation, or entertainment facility

Amusement/theme park	Concert	Skating/ice rink
Bowling alley/bingo	Fair/festival	Sporting event/game
Carnival/circus/zoo	Flea market	Sports stadium
Casino	Movie theater	Swimming pool

### Code 25 – Street vendor, vending truck

Coffee cart	Hot dog stand	Street concession stand
Food truck		

### Code 26 – Fundraiser sales

Boy/Girl Scout purchase	School fundraiser	Sport fundraiser
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### Code 91 – Other, Specify

## **Appendix D**

### **List of Acceptable Abbreviations**



## Appendix D

# List of Acceptable Abbreviations

### Measuring Abbreviations

Bottle	Bot	Package	pkg
Cup	C	Pint	Pt
Diameter	Dia	Pound	LB
Extra Large	Xlrg	Quart	Qt
Fluid ounce	FO	Regular	Reg
Gallon	Gal	Small	Sm
Height	H	Tablespoon	TB
Inches	In	Teaspoon	TS
Large	Lrg	Thickness	Th
Length	L	Weight	Wt
Medium	Med	Weight ounce	WO
Miniature	Mini	Width	W

### Food Item Abbreviations

Barbecue	Bbq	Margarine	Marg
Beverage	Bev	Mayonnaise	Mayo
Casserole	Cass	Mineral	Min
Cereal	Cer	Mozzarella	Mozz
Chicken	Chic	Orange juice	Oj
Coffee	Cof	Peanut butter	Pb
Cottage cheese	Cott ch	Peanut butter & jelly sandwich	Pbj
Crackers	Crac	Sauce	Sau
Cream cheese	Cr ch	Spaghetti	Spag
Decaffeinated	Decaf	Substitute	Subst
Dinner	Din	Supper	Sup
French fries	Ffries	Tomato	Tom
Grapefruit	Grpf	Vitamin	Vit
Juice	Jc	Vegetables	Veg
Lettuce	Lett	Water	Wat
Lunch	Lun	Whole wheat	Wh wh
Macaroni	Mac		

**Descriptive Abbreviations**

Additions	Adds	Low fat	Lf
Amount	Amt	Natural	Natl
Baby food	Bf	Occasion	Occ
Baked	Bkd	Other	Oth
Breakfast	Bfast	Package	Pkg
Calorie	Cal	Piece(s)	Pc(s)
Canned	Can	Powdered	Pwd
Carbonated	Carb	Preparation	Prep
Cholesterol	Chol	Presliced	Presl
Chopped	Chpd	Presweetened	Preswt
Commercial	Comm	Processed	Proc
Concentrate	Conc	Reduced	Red
Cooked	Ckd	Regular	Reg
Cooking	Ckg	Rectangular	Rect
Directions	Dir	Same as	Sa
Don't know	Dk	Served	Svd
Fast food place	Ffplace	Serving	Svg
Fat free	Ff	Size	Sz
Frozen	Frz	Slice(s)	Sl(s)
Ground	Grd	Square	Sq
Including	Incl	Sweetened	Swt
Ingredients	Ingred	With	W/
Low calorie	Low cal	Without	Wo/