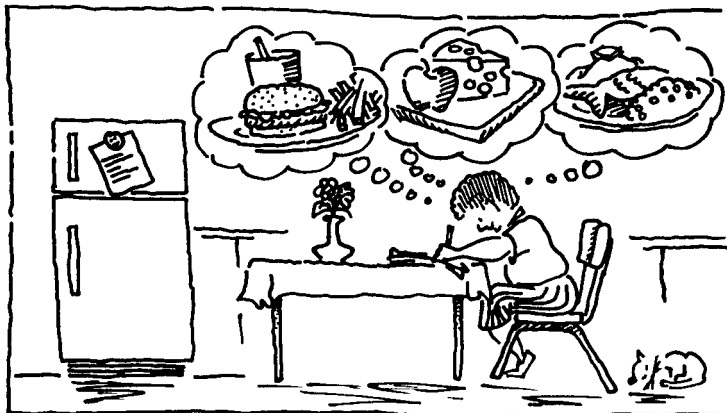




FOOD QUESTIONNAIRE



Name _____

Date _____

Public reporting burden for this collection of information is estimated to average 40 minutes per response, including the time for reviewing instructions, searching existing data sources, gathering and maintaining the data needed, and completing and reviewing the collection of information. An agency may not conduct or sponsor, and a person is not required to respond to, a collection of information unless it displays a currently valid OMB control number. Send comments regarding this burden estimate or any other aspect of this collection of information, including suggestions for reducing this burden, to: NIH, Project Clearance Branch, 6705 Rockledge Drive, MSC 7974, Bethesda, MD 20892-7974, ATTN: PRA (0925-0414). Do not return the completed form to this address.

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1. Date Completed:

S

Month Day Year

M 1 2 3 4 5 6 7 8 9 10 11 12
D 1 2 3 4 5 6 7 8 9 10 11 12
Y 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31

2. Reviewed By:

3. Contact Type:

- ☐ Phone
- ☐ Mail
- ☐ Visit
- ☐ Other

4. Visit Type:

Screening 1 2 3 4 5 6 7 8 9 10 11 12
Semi-Annual 1 2 3 4 5 6 7 8 9 10 11 12
Annual 1 2 3 4 5 6 7 8 9 10 11 12
Non Routine 1 2 3 4 5 6 7 8 9 10 11 12

5. Form Administration:

- ☐ Self
- ☐ Group
- ☐ Interview
- ☐ Assistance

6. Language:

☒ E ☐ S

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Your answers to this questionnaire will help us learn about nutrition and health. It takes about 45 minutes to complete. Please follow these instructions:

- Answer each question as best you can - estimate if you aren't sure. There are no "right" or "wrong" answers.
- Use an ordinary (#2) pencil. Do not use pen or felt-tipped marker.
- Fill in the ovals completely. Do not use check marks, Xs, or other marks.
- Do not make any other marks or write anything else on this form.
- Answer each question completely. Some questions have more than one part as shown in the example below. Make sure you complete all parts of the question.

Example: This woman ate oil-packed tuna. It was usually prepared as tuna salad or tuna noodle casserole.

4. Did you eat canned tuna during the last three months?

No (Go to question 5.) ☒ Yes

4.1 When you ate canned tuna was it usually . . .

Water-packed

☒ Oil-packed

Either one

Don't know

4.2 When you ate canned tuna how was it usually prepared? (Mark one or two.)

Tuna, plain

☒ Tuna salad with mayonnaise

☒ Tuna noodle casserole

These questions ask about the foods you ate during the **LAST THREE (3) MONTHS.**

1. Did you eat chicken or turkey during the last three months?

No (Go to question 2.) Yes

1.1 When you ate chicken or turkey, how often did you eat the skin?

Almost always

Often

Sometimes

Rarely

Never

1.2 Did you usually choose . . .

Light meat

Dark meat

Both

2. Did you eat beef, pork or lamb during the last three months?

No (Go to question 3.) Yes

2.1 When you ate beef, pork or lamb, how often did you eat the fat?

Almost always

Often

Sometimes

Rarely

Never

3. Did you eat hamburger or other ground meat during the last three months? (Mark one.)

No (Go to question 4.) Yes

3.1 When you ate hamburger or other ground meat, was it usually . . .

Regular

Lean

Extra lean

Ground turkey

Don't know

4. Did you eat canned tuna during the last three months?

No (Go to question 5.) Yes

4.1 When you ate canned tuna was it usually . . .

Water-packed

Oil-packed

Either one

Don't know

4.2 When you ate canned tuna how was it usually prepared? (Mark one or two.)

Tuna, plain

Tuna salad with mayonnaise

Tuna noodle casserole

5. Did you drink milk or beverages made with milk, such as hot chocolate, during the last three months? (Do not include milk used on cereal or in coffee or tea.) (Mark one.)

No (Go to question 6.) Yes

- 5.1 When you drank milk or milk beverages, was it usually . . .
- Whole milk
 - 2% milk
 - 1% milk or buttermilk
 - Non-fat or skim milk
 - Evaporated or condensed milk
 - Soy milk
 - Don't know

6. Did you use milk, cream or creamer on cereal during the last three months?

No (Go to question 7.) Yes

- 6.1 When you used milk, cream or creamer on cereal, what type did you usually use? (Mark one or two.)
- Cream or half and half
 - Whole milk
 - 2% milk
 - 1% milk
 - Non-fat or skim milk
 - Evaporated or condensed milk
 - Soy milk
 - Non-dairy creamer
 - Don't know

7. Did you use milk, cream or creamer in coffee or tea during the last three months?

No (Go to question 8.) Yes

- 7.1 When you used milk, cream or creamer in coffee or tea, what type did you usually use? (Mark one or two.)
- Cream or half and half
 - Whole milk
 - 2% milk
 - 1% milk
 - Non-fat or skim milk
 - Evaporated or condensed milk
 - Soy milk
 - Non-dairy creamer
 - Don't know

8. Did you eat cold cereals during the last three months?

No (Go to question 9.) Yes

8.1 When you ate cold cereals, what type did you usually eat? (Mark one or two.)

- Granola cereals
- High-fiber or bran cereals such as FiberOne®, Raisin Bran®
- Whole grain cereals such as Cheerios®, Shredded Wheat®
- Fortified cereals such as Total®, Product 19®
- Other cereals such as corn flakes, Frosted Flakes®

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

No (Go to question 10.) Yes

9.1 When you ate okra, squash, or yams, how often were they fried? (Do not include potatoes.)

- Almost always
- Often
- Sometimes
- Rarely
- Never

10. What kinds of fat did you usually use to deep fry, pan fry or sauté foods? (Mark one or two.)

- Stick margarine
- Tub margarine
- Butter
- Shortening (Crisco®, lard, bacon fat or drippings, salt pork, ham hock)
- Olive or canola oil
- Other oils (vegetable, corn, peanut, safflower)
- Non-stick spray (Pam®)
- Didn't add fat



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11. What kinds of fat did you usually add when cooking beans, rice, vegetables and potatoes? (Mark one or two.)

- Low calorie or low fat margarine
- Stick margarine
- Tub margarine
- Butter
- Shortening (Crisco®, lard, bacon fat or drippings, salt pork, ham hock)
- Olive or canola oil
- Other oils (vegetable, corn, peanut, safflower)
- Non-stick spray (Pam®)
- Non-fat margarine or didn't add fat

12. What kinds of fat did you usually add after cooking vegetables, beans, rice and potatoes? (Mark one or two.)

- Low calorie or low fat margarine
- Stick margarine
- Tub margarine
- Butter
- Sour cream
- Olive or canola oil
- Other oils (vegetable, corn, peanut, safflower)
- Non-fat margarine or didn't add fat

13. What kinds of fat did you usually use on breads, muffins, tortillas and rolls? (Mark one or two.)

- Low calorie or low fat margarine
- Stick margarine
- Tub margarine
- Butter
- Olive or canola oil
- Other oils (vegetable, corn, peanut, safflower)
- Non-fat margarine or didn't add fat

14. Did you make your own tortillas during the last three months?

- No (Go to question 15.)
- Yes

14.1 When you made tortillas, did you make them with lard, shortening, or other fat?

- Yes, made with fat.
- No, made without fat.

15. What type of salad dressing did you usually use? (Mark one.)

- Regular, such as French or oil and vinegar
- Low-fat (diet)
- Fat-free (no oil)
- Didn't use salad dressing

16. What type of mayonnaise did you usually use? (Mark one.)

- Regular
- Low-fat (diet)
- Fat-free
- Didn't use mayonnaise

17. Did you eat popcorn during the last three months?

- No (Go to question 18.)
- Yes

17.1 What type of popcorn did you usually eat? (Mark one.)

- Popped in oil, pre-popped, or at movies
- Regular microwave
- Air-popped or special "lite" microwave

17.2 When you ate popcorn, how often did you add butter or margarine?

- Almost always
- Often
- Sometimes
- Rarely
- Never

18. Did you eat cookies during the last three months?

- No (Go to question 19.)
- Yes

18.1 When you ate cookies, how often were they graham crackers, vanilla wafers, fig bars, or special low fat or no fat cookies?

- Almost always
- Often
- Sometimes
- Rarely
- Never

19. Did you eat cakes or other pastries during the last three months?

- No (Go to next page.)
- Yes

19.1 When you ate cakes or other pastries, how often were they angel food cakes, sponge cakes, or special low fat or no fat cakes or pastries?

- Almost always
- Often
- Sometimes
- Rarely
- Never

The next section is about how often you usually eat specific foods. Please think about what you usually ate during the last **THREE (3) MONTHS**.

First: Mark the column to show how often, on the average, you ate the food.

Second: Mark your usual serving size as small, medium or large.

Please note:

- A small serving is about one-half (1/2) the medium serving size, or less.
- A large serving is about one-and-a-half (1 1/2) times the medium serving size, or more.
- If you never ate a food, mark "Never or less than once per month," and omit the serving size altogether.
- Please *do not skip* any foods.

Example: This person ate a medium serving of rice about twice per month and never ate sausage.

TYPE OF FOOD	HOW OFTEN DID YOU EAT THE FOOD (Mark one)										AMOUNT		
	Never or less than once per month	1 per month	2-3 per month	1 per week	2 per week	3-4 per week	5-6 per week	1 per day	2+ per day	Medium Serving Size	Your Serving Size		
											S	M	L
Rice			●							3/4 cup		●	
Sausage	●									2 slices or 2 ounces			

During the last three (3) months . . .

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



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

TYPE OF FOOD	HOW OFTEN DID YOU EAT THE FOOD (Mark one)										AMOUNT		
	Never or less than once per month	1 per month	2-3 per month	1 per week	2 per week	3-4 per week	5-6 per week	1 per day	2+ per day	Medium Serving Size	Your Serving Size		
											S	M	L
Lettuce and plain lettuce salad										1 medium bowl			
Mixed lettuce or spinach salad with vegetables such as carrots or tomatoes										1 medium bowl			
Salad dressing, such as Italian, 1000 Island, French (include low-fat and fat-free dressings)										2 tablespoons			
Plantains, fried										1 cup			
French fries, fried potatoes, fried rice, fried cassava and fritters										3/4 cup			
Sweet potatoes and yams										1/2 cup			
Other potatoes, cassava, and yucca (boiled, baked, or mashed)										1 medium or 1/2 cup			
Potato, macaroni, or pasta salads made with mayonnaise or oil										1/2 cup			
Rice, grains and plain noodles										3/4 cup			
Butter, margarine, sour cream, oils, or other fat added to vegetables, beans, rice, and potatoes, <u>after</u> cooking										2 pats or 2 teaspoons			

MEAT, FISH, POULTRY, LUNCH ITEMS


Ground meat including hamburgers, meatloaf, and picadillo										1 medium or 3 ounces			
Beef, pork and lamb as a main dish, such as steak, roast and ham										4 ounces			
Beef, pork and lamb as a sandwich (steak sandwich, BBQ sandwich)										3 ounces			
Stew, pot pie and casseroles with meat or chicken										1 cup			
Chili with meat and beans										1 cup			
Liver, including chicken liver, and other organ meats										4 ounces			
Fried chicken										2 small or 1 large piece			
Chicken and turkey (roasted, stewed or broiled)										2 small or 1 large piece			
Gravies made with meat drippings and white sauce										1/4 cup			
Fried fish, fish sandwich, and fried shellfish (shrimp, oysters)										3 ounces or 1 sandwich			

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

TYPE OF FOOD	HOW OFTEN DID YOU EAT THE FOOD (Mark one)									AMOUNT			
	Never or less than once per month	1 per month	2-3 per month	1 per week	2 per week	3-4 per week	5-6 per week	1 per day	2+ per day	Medium Serving Size	Your Serving Size S M L		
BREAKFAST FOODS													
Cold cereal										1 cup or 1 medium bowl			
Cooked cereals and grits										1 cup or 1 medium bowl			
Margarine or butter added to cooked cereal or grits										2 pats or 2 teaspoons			
Milk on cereal (cold and cooked)										1/2 cup			
Pancakes and waffles										2 pancakes or 1 medium waffle			
Eggs										2 eggs			
Bacon, breakfast sausage, and scrapple										3 strips or 2 links or 1 slice			
DAIRY PRODUCTS													
Low-fat cottage cheese										1/2 cup			
Cottage cheese and ricotta cheese										1/2 cup			
Non-fat cheeses. Include cheese added to foods and in cooking										2 slices or 1/4 cup shredded			
Part-skim or reduced fat cheeses, such as Mexican-type cheeses or mozzarella. Include cheese added to foods and in cooking										2 slices or 1/4 cup shredded			
All other cheeses, such as cheddar, Swiss, or cream cheese. Include cheese added to foods and in cooking										2 slices or 1/4 cup shredded			
Non-fat yogurt (not frozen)										1 cup			
All other yogurt (not frozen)										1 cup			
SWEETS													
Ice cream										1 scoop or 3/4 cup			
Pudding, custard, and flan										3/4 cup			
Low-fat or non-fat frozen desserts, such as frozen yogurt, sherbet, ice milk, and low-fat milkshakes										1 scoop or 3/4 cup			

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

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

During the last three (3) months . . .

SUMMARY QUESTIONS (please note that the frequency headings are different.) →

How often did you use fat to deep-fry, pan fry, or sauté? Count all fat such as margarine, oil, bacon drippings, or lard.

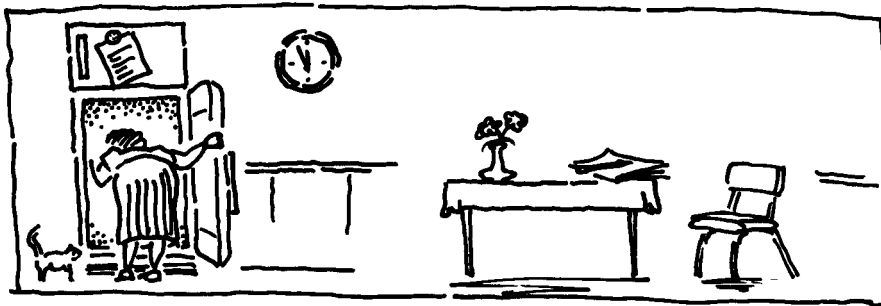
How often did you add fat when cooking beans, rice, vegetables, and potatoes? Count all fat such as margarine, oil, bacon drippings, or lard.

How often did you eat a serving of vegetables? Do not count salad, potatoes or dried beans or peas.

How often did you eat a serving of fruit? Do not count juices.

Less than one per week	1-2 per week	3-4 per week	5-6 per week	1 per day	2 per day	3 per day	4 per day	5+ per day

THANK YOU! Please take a moment to fill in any questions you may have skipped.



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