

A black and white photograph of a plated meal. The main dish is a large, dark, seared piece of meat, possibly lamb chops, garnished with a sprig of herbs. It is served with a mound of white rice, a portion of peas, and a small portion of potatoes. A fork and knife are visible on the left side of the plate.

Please use **pencil**.

Answer by filling in the correct oval.

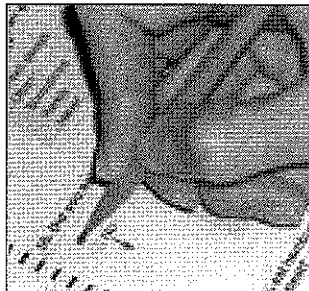
☒ Yes ☐ No

Do not make any other marks on the form. Please use a separate piece of paper to make comments.

SEX

☐ Male

☐ Female



TODAY'S DATE							
MO		DAY		YEAR			
0	0	0	0	0	0	0	0
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IDENTIFICATION NUMBER							
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GNA

Part I: Usual Food Choices

These questions are about the types of foods you ate during the past few months

1. Did you eat chicken or turkey?

- ☐ Yes →
☐ No ↓

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

- ☐ Almost always
☐ Often
☐ Sometimes
☐ Rarely
☐ Never

2. Did you eat beef, pork, ham or lamb?

- ☐ Yes →
☐ No ↓

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

- ☐ Almost always
☐ Often
☐ Sometimes
☐ Rarely
☐ Never

3. Did you eat hamburger or other ground meat?

- ☐ Yes →
☐ No ↓

When you ate hamburger or other ground meat, was it usually... Mark one or two.

- ☐ Regular
☐ Lean
☐ Extra lean
☐ Ground chicken or turkey
☐ Don't know

4. Did you drink orange, grapefruit or other fruit juices?

- ☐ Yes →
☐ No ↓

Were any of these vitamins or minerals added (specially fortified) to the juices you drank? Mark all that apply.

- ☐ Extra Vitamin C
☐ Vitamin E
☐ Calcium
☐ None
☐ Don't know

5. Did you eat cold cereals?

- ☐ Yes →
☐ No ↓

When you ate cold cereal, what type did you usually eat?

Mark one or two.

- ☐ Highly fortified cereals (100% of Daily Values) such as Total®, Smart Start® and Product 19®
☐ High fiber or bran cereals such as Raisin Bran® and All Bran®
☐ Sweetened cereals such as Frosted Flakes® and Froot Loops®
☐ All other cereals such as Cheerios®, Corn Flakes® and granola

6. Did you put milk (all types), cream or creamer on cereal?

- ☐ Yes →
☐ No ↓

When you put 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 or buttermilk
☐ Nonfat or skim milk
☐ Soy milk
☐ Non-dairy creamer
☐ Don't know

7. Did you put milk (all types), cream or creamer in coffee or tea?

☐ Yes → When you put milk, cream or creamer in coffee or tea, what type did you usually use? Mark one or two.
☐ No ↓

- ☐ Cream or half and half
- ☐ Whole milk
- ☐ 2% milk
- ☐ 1% milk or buttermilk
- ☐ Nonfat or skim milk
- ☐ Soy milk
- ☐ Non-dairy creamer
- ☐ Don't know

8. Did you drink milk (all types)? Also include beverages made with milk, such as lattes, cappuccinos, mochas or hot chocolate.

☐ Yes → When you drank milk or beverages made with milk, was it usually... Mark one or two.
☐ No ↓

- ☐ Whole milk
- ☐ 2% milk
- ☐ 1% milk or buttermilk
- ☐ Nonfat or skim milk
- ☐ Soy milk
- ☐ Don't know

9. Did you use salad dressing?

☐ Yes → When you used salad dressing, what type did you usually use? Mark one or two.
☐ No ↓

- ☐ Regular, including oil and vinegar
- ☐ Low or reduced fat
- ☐ Fat free or nonfat

10. Did you use mayonnaise?

☐ Yes → When you used mayonnaise, what type did you usually use? Mark one or two.
☐ No ↓

- ☐ Regular
- ☐ Low or reduced fat
- ☐ Fat free or nonfat

11. Did you eat cookies or cakes?

☐ Yes → When you ate cookies or cakes, how often were they fig bars, angel food cakes, or other types of low or nonfat cookies or cakes?
☐ No ↓

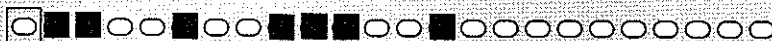
- ☐ Almost always
- ☐ Often
- ☐ Sometimes
- ☐ Rarely
- ☐ Never

12. In your household, what kinds of fat were usually used when cooking, for example to flavor vegetables or fry meat? Mark up to four.

- ☐ Butter
- ☐ Butter blended with oil or margarine
- ☐ Stick margarine
- ☐ Regular tub margarine
- ☐ Diet or light margarine (tub or liquid)
- ☐ Olive oil
- ☐ Canola oil
- ☐ Other oils such as corn, soybean, peanut and safflower
- ☐ Lard, bacon fat or meat drippings
- ☐ Didn't use fat or used non-stick spray (Pam®)

13. What kinds of fat did you use at the table, for example on breads, vegetables or potatoes? Mark up to four.

- ☐ Butter
- ☐ Butter blended with oil or margarine
- ☐ Stick margarine
- ☐ Regular tub margarine
- ☐ Diet or light margarine (tub or liquid)
- ☐ Olive oil
- ☐ Sour cream
- ☐ Didn't use fat



PLEASE DO NOT WRITE IN THIS AREA

10022

Part II: Usual Food Use

These questions are about foods you ate during the past few months

14. Mark the column to show how often, on average, you ate the following foods.

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

- A small serving is about one-half ($\frac{1}{2}$) the medium serving size or less.
- A large serving is about one-and-a-half ($1\frac{1}{2}$) times the medium serving size or more.

EXAMPLE: This person ate spaghetti with meat sauce every Saturday. They usually ate about $1\frac{1}{2}$ cups.

	HOW OFTEN DID YOU EAT THESE FOODS?									→	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	S	M
Spaghetti, lasagna, and other pasta with tomato and meat sauce	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	1 cup	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>

CEREALS, BREADS, SNACKS

	HOW OFTEN DID YOU EAT THESE FOODS?									→	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	S	M
Cold cereals	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	1 cup	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Cooked cereals and grits	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	1cup	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Milk on cereals	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	½ cup	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Pancakes, French toast and waffles	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	2 pieces	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Muffins, scones, croissants and biscuits	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	1 medium	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
White breads, including bagels, rolls and English muffins	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	2 slices or 1 medium	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Whole grain breads and rolls	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	2 slices or 1 medium	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Plain tortillas as a side dish (include flour and corn)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	2 small or 1 medium	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Cornbread and corn muffins	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	2 slices or 1 medium	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Butter or margarine on breads, cereals, pancakes, etc.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	2 pats or 2 teaspoons	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Jam, jelly, honey, syrup and sugar (including in coffee, tea and cereal)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	2 Tbsp.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Granola bars and cereal bars such as Nutri-Grain Bars®	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	1 bar	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Sports or meal replacement bars such as Power Bars® and Clif Bars®	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	1 bar	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

**CEREALS, BREADS,
SNACKS (continued)**
HOW OFTEN DID YOU EAT THESE FOODS?
→ 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	S	M	L
Low or nonfat potato chips, tortilla chips, corn chips and pretzels	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	2 handfuls or 1 sm. bag	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Regular potato chips, tortilla chips, corn chips and puffs	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	2 handfuls or 1 sm. bag	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Plain popcorn (no butter) or lowfat microwave popcorn	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	4 handfuls	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Buttered or regular microwave popcorn	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	4 handfuls	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Low or nonfat crackers such as saltines	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	6 medium	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Whole grain crackers such as Triscuits® and rye crispbread	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	6 medium	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Regular crackers such as Ritz® and club crackers	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	6 medium	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Peanut butter, peanuts and other nuts and seeds	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	2 Tbsp. (spreads) or 1/4 cup (nuts)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

MEAT, FISH, EGGS
HOW OFTEN DID YOU EAT THESE FOODS?
→ 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	S	M	L
Eggs (egg substitute, mark "NEVER")	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	2 eggs	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Bacon and breakfast sausage	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	3 strips or 2 links	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Low or reduced fat hot dogs and sausage	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	1 hot dog or 2 ounces	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Regular hot dogs and sausage such as bratwurst and chorizo	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	1 hot dog or 2 ounces	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Lunch meats such as ham, turkey and lowfat bologna	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	2 slices	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
All other lunch meat such as bologna, salami and Spam®	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	2 slices	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Canned tuna, tuna salad and tuna casserole	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	1/2 can tuna or 1 cup casserole	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Beef, pork, ham and lamb	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	4 ounces	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Ground meat, including hamburgers and meatloaf	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	1 medium patty or 3 ounces	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Liver, chicken liver and organ meats	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	4 ounces	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Fried chicken, including nuggets and tenders	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	1 large piece or 6 nuggets	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>



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MEAT, FISH, EGGS (continued)**HOW OFTEN DID YOU EAT THESE FOODS?****→ 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	S	M	L
Chicken and turkey (roasted, stewed, grilled or broiled)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	1 large or 2 small pieces	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Fried fish, fish sandwich and fried shellfish (shrimp and oysters)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	3 ounces or 1 sandwich	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Shellfish, not fried (shrimp, lobster, crab and oysters)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	3 ounces or 1/2 cup	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
White fish (broiled or baked) such as sole, halibut, snapper and cod	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	4 ounces	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Dark fish (broiled or baked) such as salmon, mackerel and bluefish	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	4 ounces	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

SPAGHETTI, MIXED DISHES, SOUPS**HOW OFTEN DID YOU EAT THESE FOODS?****→ 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	S	M	L
Stew, pot pie, curries and casseroles with meat or chicken	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	1 cup	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Chili with meat and beans	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	1 cup	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Spaghetti, lasagna and other pasta with tomato and meat sauce	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	1 cup	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Spaghetti and other pasta with tomato sauce (no meat)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	1 cup	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Pasta with oil, cheese, or cream sauce, including macaroni and cheese	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	1 cup	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Asian-style (stir-fried) noodles and rice such as chow mein, fried rice and Pad Thai	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	1 cup	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Pizza	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	2 slices	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Tofu, tempeh and products such as tofu hot dogs, soy burgers and tofu cheese	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	3 ounces, 1 hot dog or 1 burger	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Burritos, tacos, tostadas and quesadillas	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	1 medium	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Enchiladas and tamales	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	1 medium	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Vegetable, minestrone and tomato soup	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	1 cup	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Cream soups such as chowders, potato and cheese	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	1 cup	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

SPAGHETTI, MIXED DISHES, SOUPS (continued)

	HOW OFTEN DID YOU EAT THESE FOODS?									→ 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	S	M	L
Bean soups such as pea, lentil and black bean	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	1 cup	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Miso soup	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	1 cup	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Ramen noodle soup	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	1 cup	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Other soups such as chicken noodle	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	1 cup	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

DAIRY PRODUCTS

	HOW OFTEN DID YOU EAT THESE FOODS?									→ 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	S	M	L
Cottage cheese and ricotta cheese	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	1/2 cup	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Low or reduced fat cheese, including cheese used in cooking	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	1 slice or 1/4 cup shredded	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
All other cheese (American, cheddar or cream), including cheese used in cooking	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	1 slice, 1/4 cup shredded or 2 Tbsp. cream	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Yogurt, all types except frozen	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	6 ounces	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

VEGETABLES and GRAINS

	HOW OFTEN DID YOU EAT THESE FOODS?									→ 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	S	M	L
Mark all vegetables you ate, including in salads, mixed dishes, sandwiches and stir-fries.													
Green salad (lettuce or spinach)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	1 cup	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Salad dressing (all types)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	2 Tbsp.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Fresh tomatoes	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	1 medium or 4 slices	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Carrots	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	1/2 cup	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Green peppers and green chilies	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	1/4 cup	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Red peppers and red chilies	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	1/4 cup	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

**VEGETABLES and
GRAINS (continued)**

HOW OFTEN DID YOU EAT THESE FOODS?

→ 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	S	M	L
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Mark all vegetables you ate, including in salads, mixed dishes, sandwiches and stir-fries.

Broccoli	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	1/2 cup	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Cauliflower, cabbage and Brussels sprouts	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	1/2 cup	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Green or string beans	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	1/2 cup	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Green peas	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	1/2 cup	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Corn and hominy	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	1/2 cup	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Summer squash and zucchini	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	1/2 cup	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Winter squash such as acorn, butternut and pumpkin	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	1/2 cup	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Yams and sweet potatoes	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	1 medium	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Cooked greens such as spinach, mustard greens and collards	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	1/2 cup	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Onions and leeks	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	1/4 cup	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Fresh garlic, including in cooking	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	1 clove	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Avocado and guacamole	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	1/4 medium or 1/4 cup	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
French fries, fried potatoes and hash browns	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	3/4 cup	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Potatoes (boiled, baked or mashed)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	1 medium or 3/4 cup	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Refried beans	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	1/2 cup	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
All other beans (baked, lima or chili without meat)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	1/2 cup	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Coleslaw	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	1/2 cup	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Potato, macaroni and pasta salads made with mayonnaise or oil	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	1/2 cup	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Brown rice, whole wheat pasta and other whole grains (as a side dish)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	1 cup	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
White rice, noodles and other grains (as a side dish)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	1 cup	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Butter, margarine, sour cream and other fat added to vegetables, potatoes and rice	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	1 pat or 1 teaspoon	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>



PLEASE DO NOT WRITE IN THIS AREA

10022

SAUCES and CONDIMENTS

	HOW OFTEN DID YOU EAT THESE FOODS?									→	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	S	M	L
Cheese sauce and cream sauce	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>		1/4 cup	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Meat gravies	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>		1/4 cup	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Ketchup	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>		2 Tbsp.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Salsa (as dip or on foods)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>		1/4 cup	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Mayonnaise and mayonnaise-type spreads	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>		2 Tbsp.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

FRUITS

	HOW OFTEN DID YOU EAT THESE FOODS?									→	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	S	M	L
Apples, applesauce and pears	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>		1 medium or 1/2 cup	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Bananas	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>		1 medium	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Peaches, nectarines and plums	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>		1 medium or 1/2 cup	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Apricots (fresh, canned or dried)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>		2 medium or 4 halves	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Dried fruit (other than apricots) such as raisins and prunes	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>		1/4 cup	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Oranges, grapefruit and tangerines (not juice)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>		1 orange or 1/2 grapefruit	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Berries such as strawberries and blueberries	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>		1/2 cup	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Cantaloupe, orange melon and mango	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>		1/4 melon or 1/2 mango	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Watermelon and red melon	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>		1 medium slice	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Any other fruit such as grapes, fruit cocktail, pineapple and cherries	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>		1/2 cup	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

SWEETS

HOW OFTEN DID YOU EAT THESE FOODS?

→ 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	S	M	L
Low or nonfat frozen desserts such as lowfat ice cream, frozen yogurt and sherbet	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	1 scoop	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Ice cream and milkshakes	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	1 scoop or 1 shake	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Pudding, custard and flan	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	3/4 cup	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Doughnuts, pies and pastries	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	1 medium piece or slice	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Cookies and cakes	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	2 med. cookies or 1 piece of cake	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Chocolate, candy bars and toffee	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	1 regular bar or 2 pieces	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Other candy such as Lifesavers®, licorice and jelly beans	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	4 pieces or 12 jellybeans	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

PLEASE ANSWER THESE THREE IMPORTANT QUESTIONS!

	NEVER or less than once 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
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Note that the frequency headings are different.

How often did you eat foods that were cooked in fat (pan-fried, sautéed, or deep-fried)? <i>Count all fat such as margarine, butter, oil or lard.</i>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
How often did you eat a serving of vegetables? <i>Do not count potatoes, salad or beans.</i>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
How often did you eat a serving of fruit? <i>Do not count juices.</i>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>



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10022

BEVERAGES and ALCOHOL

HOW OFTEN DID YOU DRINK THESE BEVERAGES?



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

S

M

L

Note that the frequency headings are different.

Milk (all types) as a beverage	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	1 cup	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Latte, cappuccino, mocha or hot chocolate	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	1 cup	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Coffee (not lattes or mochas)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	1 cup	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Tea, unsweetened or diet	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	1 cup	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Tea, presweetened, bottled or instant	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	1 cup	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Milk, cream or creamer added to tea and coffee	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	1 Tbsp.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Tomato juice, V-8® and other vegetable juices	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	1 cup	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Orange juice and grapefruit juice	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	1 cup	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Other 100% fruit juice such as apple, grape and cranberry	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	1 cup	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Fruit drinks fortified with Vitamin C such as Hi-C®, and Kool-Aid®	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	1 cup	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Meal replacement drinks and shakes such as Slim-Fast® and Ensure®	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	1 cup	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Diet soft drinks (include energy drinks)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	12 ounces or 1 can	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Regular soft drinks (include energy drinks)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	12 ounces or 1 can	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Water (tap, bottled or sparkling)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	1 cup	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Beer (all types)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	12 ounce can or bottle	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Red wine	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	1 medium glass (6 oz)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
White or rosé wine	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	1 medium glass (6 oz)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Liquor and mixed drinks	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	1 shot (1½ oz) or 1 mixed drink	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

THANK YOU!

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



PLEASE DO NOT WRITE IN THIS AREA

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