

Multi-Ethnic Study of Atherosclerosis

Exam 5



Food Frequency Questionnaire

Participant ID:

Visit Date: / /

Acrostic:

INSTRUCTIONS:

The questions on this form are about your usual eating habits over the last year. Please follow the directions and complete the questionnaire.

Try to complete the questionnaire in one sitting, but feel free to take short breaks if you are getting tired. If you have any questions, you may call _____ at _____.

Please bring this questionnaire with you to the clinic when you come for your scheduled exam on _____.

A member of the clinic staff will review the questionnaire with you during your exam, giving you an opportunity to ask questions or make any clarifications you feel are important.

Please answer the questions by filling in the bubbles using a **NO. 2 PENCIL**. Be sure to fill in the bubbles completely. If you make a mistake, just erase the mistake and fill in the correct bubble.

Please indicate **BOTH** frequency **AND** serving size for each food and beverage item listed.

Like This:



Not Like This:



First, please answer these questions:

How many times per day do you usually eat, including both meals & snacks?

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

How many times per week do you eat at restaurants for meals, including fast-food and take-out?

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

The following pages include a list of foods and a place for you to tell us how often you typically eat the food and whether your usual serving size is small, medium or large.

A. For each line, fill in the bubble that best describes **HOW OFTEN** you eat the foods.

B. Then, fill in the bubble that best describes your **USUAL SERVING SIZE**. Simply mark "small", "medium", or "large" compared to what seems typical for other men or women about your age.

EXAMPLE: John eats 1 medium-sized banana, 5 days a week.

Type of Food	Average Last Year									Your Serving Size		
	Rare or Never	1 Time Per Month	2-3 Times Per Month	1 Time Per Week	2 Times Per Week	3-4 Times Per Week	5-6 Times Per Week	1 Time Per Day	2+ Times Per Day	Small	Medium	Large
Bananas, plantains	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>

IF YOU DON'T EAT THE FOOD, you may leave the serving size blank.

If you don't recognize the name of a food, you probably don't eat it and can mark "Rare or Never."

Please include foods that you eat at home and at restaurants, as well as TV dinners and other frozen foods.

No one remembers everything about what they eat. Just relax and answer to the best of your ability. Thank you very much for taking the time to fill out this questionnaire!

FRUITS AND JUICES

Type of Food	Average Last Year									Your Serving Size		
	Rare or Never	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	Small	Medium	Large
Fruits Eaten During The Months When They Are In Season												
1. Peaches, apricots, nectarines, plums	<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"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
2. Cantaloupe, mango, papaya	<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"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
3. Strawberries, blueberries, other berries	<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"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
All Other Fruits, Eaten All Year												
4. Apples, apple sauce, pears	<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"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
5. Bananas, plantains	<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"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
6. Oranges, grapefruit, tangerines, kiwi	<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"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
7. Dried fruits including raisins, prunes, figs, apricots	<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"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
8. Any other fruit (pineapple, persimmon, grapes, other melon, canned peaches, fruit cocktail, 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"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Fruit Juices												
9. Orange juice, 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"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
10. Any other fruit juice (apple, grape, punch, kool-aid, guava juice, 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"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

CEREAL AND OTHER BREAKFAST FOODS

(please include here even if you eat these foods at times other than breakfast)

Type of Food	Average Last Year									Your Serving Size		
	Rare or Never	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	Small	Medium	Large
11. Eggs, omlettes, huevos rancheros	<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"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
12. Sausage, chorizo, scrapple, bacon	<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"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
13. Pancakes, waffles, French toast	<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"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
14. Oatmeal	<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"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
15. Other hot cereal (grits, cream of wheat, mush, congee)	<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"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
16. Cold 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"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

16a. ***IF YOU EAT COLD CEREAL***, what is the name of the cold cereal that you eat most often?

Clinical use only:

BREADS

17. White bread or rolls (hamburger buns, bagels, pita, English muffins, 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"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
18. Dark, whole grain breads or rolls (hamburger buns, bagels, pita, English muffins, 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"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
19. Bran 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"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
20. Biscuits, other muffins, croissants, corn bread, hush puppies	<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"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
21. Margarine or mayonnaise on bread or 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"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
22. Butter on bread or 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"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

SNACKS

Type of Food	Average Last Year									Your Serving Size		
	Rare or Never	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	Small	Medium	Large
23. Potato, corn or tortilla chips	<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"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
24. Crackers, pretzels, 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"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
25. Almonds, walnuts, pecans, other nuts	<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"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
26. Sunflower, pinyon, other 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"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
27. Peanuts, peanut butter	<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"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

CHEESE, YOGURT

28. Cottage or ricotta 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"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
29. Cheddar, American, Chihuahua, Swiss, cream cheese, cheese spreads, other 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"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
30. Plain yogurt (unflavored)	<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"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
31. Flavored yogurt	<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"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

31a. ***IF YOU EAT YOGURT*** (plain or flavored), how often is it low-fat or fat-free?

- Seldom/never
 Sometimes
 Often/always

SOUPS

32. Cream soups including chowders, potato and cheese soups	<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"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
33. Pea, lentil, black bean, potajes soups	<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"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
34. Miso soup or sauce with soybean paste	<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"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
35. Other soups including vegetable beef, tomato, egg drop, chicken noodle	<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"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

SALADS, VEGETABLES AND BEANS

(not including vegetables in mixed dishes - these are included later)

Type of Food	Average Last Year									Your Serving Size		
	Rare or Never	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	Small	Medium	Large
36. Tossed salad with iceberg or light green lettuce	<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"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
37. Tossed salad with spinach, romaine or dark greens, cooked spinach, turnip greens, collards	<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"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
38. Tomatoes (cooked or raw), tomato 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"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
39. Avocado, guacamole	<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"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
40. Carrots	<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"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
41. Broccoli, cabbage, cauliflower, brussel sprouts, sauerkraut, kimchee	<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"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
42. Green beans, peas, snow peas	<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"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
43. Corn, hominy	<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"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
44. Winter squash, acorn squash	<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"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
45. Pinto, black, baked, butter or red beans, pork and beans, black-eyed peas	<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"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
46. Any other vegetables including summer squash, zucchini, asparagus, mixed vegetables	<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"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

RICE AND POTATOES

47. White, Mexican or sticky rice	<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"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
48. Brown or wild rice	<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"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
49. Fried rice	<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"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

RICE AND POTATOES (Continued)

Type of Food	Average Last Year									Your Serving Size		
	Rare or Never	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	Small	Medium	Large
50. French fries, fried potatoes, hash browns	<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"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
51. Boiled, baked, mashed or other potatoes, turnips	<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"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
52. Sweet potatoes, yams	<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"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
53. Margarine or oil on vegetables, rice or potatoes	<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"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
54. Butter on vegetables, rice or potatoes	<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"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

CHINESE FOOD AND TOFU

55. Oriental noodles with meat (saimen, ramen, wonton mein)	<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"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
56. Chinese dumplings, spring roll, dim sum (not fried), Chinese bun with meat, sausage and vegetables	<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"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
57. Chow mein	<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"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
58. Stir-fried beef, pork or chicken with vegetables, including beef broccoli	<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"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

58a. ***IF YOU EAT THE FOOD*** item listed above, which does it contain? Check all that apply.

- Pork Chicken Beef

59. Stir-fried shrimp or fish with vegetables	<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"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
60. Stir-fried tofu or tempeh with vegetables	<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"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
61. Stir-fried vegetables (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"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

MEXICAN FOOD

Type of Food	Average Last Year									Your Serving Size		
	Rare or Never	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	Small	Medium	Large
62. Burritos or quesadillas with 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"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
63. Burritos, quesadillas or fajitas with meat, poultry or seafood	<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"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

63a. ***IF YOU EAT THE FOOD*** item listed above, which does it contain? Check all that apply.

- Meat (including pork, beef or lamb)
- Poultry (including turkey or chicken)
- Seafood (including crab, shrimp or lobster)

64. Enchiladas, tamales, tacos or nachos with 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"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
65. Enchiladas, tamales, tacos or nachos with meat, poultry or seafood	<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"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

65a. ***IF YOU EAT THE FOOD*** item listed above, which does it contain? Check all that apply.

- Meat (including pork, beef or lamb)
- Poultry (including turkey or chicken)
- Seafood (including crab, shrimp or lobster)

66. Picadillo, carne quisada, menudo	<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"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
67. Arroz con pollo	<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"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
68. Chile 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"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
69. Red chile con carne with 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"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
70. Green chile con carne with 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"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
71. Refried beans as a side dish	<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"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
72. Salsa, pico de gallo	<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"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
73. Flour or corn tortilla on the side	<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"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

NOODLES, CASSEROLES, ITALIAN SPAGHETTI AND PIZZA

Type of Food	Average Last Year									Your Serving Size		
	Rare or Never	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	Small	Medium	Large
74. Pasta with cream sauce or cheese (no meat), including macaroni and cheese, quiche, pesto	<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"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
75. Pasta with cream sauce, cheese and meat, poultry or seafood, including tuna noodle 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"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

75a. ***IF YOU EAT THE FOOD*** item listed above, which does it contain? Check all that apply.

- | | |
|--|---|
| <input type="radio"/> Beef
<input type="radio"/> Pork
<input type="radio"/> Poultry (including chicken and turkey) | <input type="radio"/> Seafood (including crab, shrimp or lobster)
<input type="radio"/> Tuna (as in tuna noodle casserole) |
|--|---|

76. Pasta with tomato sauce (no meat), including spaghetti and lasagna	<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"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
77. Pasta with tomato sauce and meat, poultry or seafood, including spaghetti and lasagna	<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"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

77a. ***IF YOU EAT THE FOOD*** item listed above, which does it contain? Check all that apply.

- | | |
|---|--|
| <input type="radio"/> Meat (including pork, beef or lamb)
<input type="radio"/> Poultry (including turkey or chicken)
<input type="radio"/> Seafood (including crab, shrimp or lobster) | |
|---|--|

78. 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"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
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OTHER MIXED DISHES

Type of Food	Average Last Year									Your Serving Size		
	Rare or Never	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	Small	Medium	Large
79. Meat, chicken or turkey stew, pot pie or empanada	<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"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

79a. ***IF YOU EAT THE FOOD*** item listed above, which does it contain? Check all that apply.

- Meat (including pork, beef or lamb)
 Poultry (including turkey or chicken)

80. Fish stew or seafood gumbo, paella	<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"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
81. Chicken salad, tuna salad or egg salad	<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"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
82. Pasta salad, macaroni salad, potato salad, cole slaw	<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"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

MEAT AND POULTRY

(not including meats in the mixed dishes listed above)

83. Hamburger, cheeseburger, meat loaf, hash	<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"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
84. Beef, pork or lamb steaks, roasts, barbeque or ribs	<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"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
85. Ham hocks, pigs' feet, chicharones	<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"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
86. Ham, hot dogs, bologna, salami, other lunch 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"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
87. Roasted, broiled, baked or ground chicken or turkey	<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"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

MEAT AND POULTRY (Continued)

Type of Food	Average Last Year									Your Serving Size		
	Rare or Never	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	Small	Medium	Large
88. Fried 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"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
89. Liver including chicken livers, other 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"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
90. Gravies made with meat or poultry drippings	<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"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

FISH (not including fish in the mixed dishes listed above)

91. Fried fish or fish sandwich, fried shrimp, calamari	<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"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
92. Shrimp, lobster, crab, oysters, mussels (not fried)	<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"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
93. Tuna, salmon, sardines (including sashimi or sushi)	<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"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
94. Other broiled, steamed, baked or raw fish (trout, sole, halibut, poke, grouper)	<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"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

SWEETS

95. Sugar, jelly, jam, molasses on bread or in 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"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
96. Regular ice cream	<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"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
97. Frozen yogurt, low-fat ice cream, ice milk, sherbert	<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"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
98. Dessert made with tofu	<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"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
99. White doughnuts, cookies, cakes, pastries, Pop Tarts, Chinese desserts, Mexican desserts	<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"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

SWEETS (Continued)

Type of Food	Average Last Year									Your Serving Size		
	Rare or Never	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	Small	Medium	Large
100. Pure chocolate candy bar or packet (e.g., Hershey's, M&M's, Dove chocolate bar)	<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"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
101. Chocolate doughnuts, cookies, cakes, brownies or mixed chocolate candy bars (e.g. Snickers, 3 Musketeers, Butterfinger)	<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"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
102. Other candy including hard candy, licorice, other non-chocolate candy 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"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
103. Pies	<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"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
104. Pudding, custard, 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"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

BEVERAGES

NOTE: CHOICES FOR AVERAGE LAST YEAR. THE BEVERAGE SECTION BELOW ARE DIFFERENT FROM THE FOOD SECTION ABOVE. When you answer these questions about milk, include ONLY beverages; DO NOT include milk that you use on your cereal.

Type of Food	Average Last Year									Your Serving Size		
	Rare or Never	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	Small	Medium	Large
105. Whole milk	<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"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
106. 2% milk or buttermilk	<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"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
107. Skim milk or 1% milk	<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"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Beverages (Continued)

Type of Food	Average Last Year									Your Serving Size		
	Rare or Never	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	Small	Medium	Large
108. Sweetened condensed milk	<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"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
109. Soy milk	<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"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
110. Coke, Pepsi, 7-up or other carbonated beverages (not 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"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
111. Sweetened mineral water (not 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"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
112. Diet Coke, Diet Pepsi, Diet 7-up or other diet carbonated beverages	<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"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
113. Unsweetened mineral water	<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"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
114. Instant breakfast, Ensure, Slimfast	<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"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
115. 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"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
116. Cafe latte, cafe au lait made with low-fat or skim milk	<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"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Beverages (Continued)

Type of Food	Average Last Year									Your Serving Size		
	Rare or Never	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	Small	Medium	Large
117. Cafe latte, cafe au lait made with whole milk	<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"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
118. Coffee (regular or decaffeinated) not including latte, cafe au lait	<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"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
119. Herbal tea	<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"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
120. Black or green tea	<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"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
121. Low-fat or skim milk in coffee or tea	<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"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
122. Whole milk in coffee or tea	<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"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
123. Cream, half-and-half or non-dairy creamer in coffee or tea	<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"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
124. Sugar or honey in coffee or tea (not including artificial sweeteners)	<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"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
125. 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"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
126. Non-alcoholic beer	<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"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
127. Beer	<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"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
128. Liquor or 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"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

*The next few questions will help us understand the kind of food you eat.
If you never eat the food, please mark "I Do Not Eat The Food".*

	I Do Not Eat The Food	SELDOM or NEVER	SOMETIMES	OFTEN or ALWAYS
How often do you eat the skin on chicken?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
How often do you eat the fat on meat?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
If you eat ground beef, how often is it lean or extra lean ground beef?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
How often do you add salt to food at the table?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
If you eat fresh fruit (not including oranges or bananas), how often do you eat the peel?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
If you eat potatoes, how often do you eat the skin?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
If you eat salads, how often do you use either diet salad dressing or no salad dressing?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
If you drink juice, how often do you drink calcium-fortified juice?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
If you drink juice, how often do you drink Vitamin C-fortified juice?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Not all dark or wheat breads are 100% whole grain. If you eat dark or wheat bread or rolls, how often is it 100% whole grain?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Continued:

	I Do Not Eat The Food	SELDOM or NEVER	SOMETIMES	OFTEN or ALWAYS
If you eat hot dogs, bologna or other lunch meats, how often are they low-fat?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
If you eat snacks such as chips or popcorn, how often are they low-fat?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
If you eat bacon or sausage, how often is it low-fat?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
If you eat cheese, how often is it low-fat cheese?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
If you eat yogurt, how often is it low-fat yogurt?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
If you eat cookies or cake, how often are they low-fat cookies or cake?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
If you eat fresh fruit or drink fruit juice, how often is that fruit or fruit juice "organically grown" (fruit or fruit juice with a "USDA Organic" label, purchased locally from an "organic farm", or grown without pesticides in a home garden)?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
If you eat fresh vegetables, how often are those vegetables "organically grown" (vegetables with a "USDA Organic" label, purchased locally from an "organic farm", or grown without pesticides in a home garden)?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

IF YOU SOMETIMES, OFTEN, OR ALWAYS eat organically grown fruit, fruit juice or vegetables, how long have you been doing so?

- More than 10 years
- 5-10 years
- 1-5 years
- Less than 1 year

The next few questions are about using fat in cooking. If someone else does the cooking, please answer to the best of your knowledge.

	Average Last Year								
	Less Than 1 Per Week	1-2 Per Week	3-4 Per Week	5-6 Per Week	1 Per Day	1 1/2 Per Day	2 Per Day	3 Per Day	4+ Per Day
How often is fat or oil used in cooking the foods you eat? For example in sauteing, stir frying or frying eggs, meat or vegetables?	<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"/>

What kind of fat or oil is usually used in cooking? (You may select two fats used in sauteing, stir frying or frying food)

- Don't know
- Soft margarine (tub or liquid)
- Stick margarine or shortening
- Butter
- Lard, fatback, bacon fat, fat from hamburger
- Pam or no oil
- Olive oil
- Canola oil
- Coconut oil
- Other oil (such as vegetable, corn, sesame, sunflower or safflower)

If you eat refried beans or pinto beans, what kind of oil or fat is used in cooking the beans? (You may select two choices)

- Don't know / Don't eat beans
- Soft margarine (tub or liquid)
- Stick margarine or shortening
- Butter
- Lard, fatback, bacon fat, fat from hamburger
- Pam or no oil
- Olive oil
- Canola oil
- Coconut oil
- Other oil (such as vegetable, corn, sesame, sunflower or safflower)

What kind of fat do you usually add to vegetables, potatoes, etc. at the table? (You may select two choices)

- Don't add fat
- Soft margarine (tub or liquid)
- Stick margarine or shortening
- Butter
- Lard, fatback, bacon fat
- Olive oil
- Canola oil
- Coconut oil
- Other oil (such as vegetable, corn, sunflower or safflower)
- Sour cream

Is there any other food that you eat **at least once a week** that you have not seen listed in the previous pages?

Yes No



List:

Is there anything else that you would like to tell us about your eating habits?

Yes No



Clinical Use Only:

EDITOR: Review form for completeness and consistency, complete missing items and obtain clarifications.

- Comments? 1 None
 2 Yes, no review needed
 3 Yes, Diet Data Center review needed (questionable accuracy, etc.)

Comments/Notes:

Is review by Diet Data Center required for coding food items? No Yes

For MESA Field Center Use Only:

Form Completed:

- 1 Self at home (**returned in clinic**) 4 By telephone (**lead interview after exam**)
 2 Self at home (**sent after exam**) 5 In Clinic (**interviewer administration**)
 3 Self (**during exam**)

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Date

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Interviewer ID:

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Reviewer ID:

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Data Entry ID: