



14161

# NATIONAL INSTITUTES OF HEALTH

## DIET HISTORY QUESTIONNAIRE



### GENERAL INSTRUCTIONS

- Answer each question as best you can. Estimate if you are not sure. A guess is better than leaving a blank.
- Use only a blue or black ball point pen. Do not use pencil or felt-tip pen. Do not fold, staple, or tear the pages.
- Be sure to completely blacken in each of the answers.
- If you make any changes, cross out the incorrect answer and blacken the correct answer. Also draw a circle around the correct answer.
- Do not make any stray marks on this form.
- If you mark NEVER, NO, or DON'T KNOW for a question, please follow any arrows or instructions that direct you to the next question.

**BEFORE TURNING THE PAGE, PLEASE COMPLETE THE FOLLOWING QUESTIONS**

Subject ID:

\_\_\_\_\_

BAR CODE LABEL OR SUBJECT ID HERE

Today's Date:

MONTH	DAY	YEAR
<input type="radio"/> JAN	<input type="text"/>	<input type="radio"/> 2007
<input type="radio"/> FEB	<input type="text"/>	<input type="radio"/> 2008
<input type="radio"/> MAR	<input type="radio"/> 0 <input type="radio"/> 0	<input type="radio"/> 2009
<input type="radio"/> APR	<input type="radio"/> 1 <input type="radio"/> 1	<input type="radio"/> 2010
<input type="radio"/> MAY	<input type="radio"/> 2 <input type="radio"/> 2	<input type="radio"/> 2011
<input type="radio"/> JUN	<input type="radio"/> 3 <input type="radio"/> 3	
<input type="radio"/> JUL	<input type="radio"/> 4	
<input type="radio"/> AUG	<input type="radio"/> 5	
<input type="radio"/> SEP	<input type="radio"/> 6	
<input type="radio"/> OCT	<input type="radio"/> 7	
<input type="radio"/> NOV	<input type="radio"/> 8	
<input type="radio"/> DEC	<input type="radio"/> 9	

In what month were you born?

- ☐ JAN
- ☐ FEB
- ☐ MAR
- ☐ APR
- ☐ MAY
- ☐ JUN
- ☐ JUL
- ☐ AUG
- ☐ SEP
- ☐ OCT
- ☐ NOV
- ☐ DEC

In what year were you born?

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

Are you male or female?

- ☐ Male
- ☐ Female



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1. Over the past 12 months, how often did you drink **tomato juice** or **vegetable juice**?

☐ NEVER (GO TO QUESTION 2)

- |  |   |
|--|---|
| <input type="radio"/> 1 time per month or less | <input type="radio"/> 1 time per day          |
| <input type="radio"/> 2-3 times per month      | <input type="radio"/> 2-3 times per day       |
| <input type="radio"/> 1-2 times per week       | <input type="radio"/> 4-5 times per day       |
| <input type="radio"/> 3-4 times per week       | <input type="radio"/> 6 or more times per day |
| <input type="radio"/> 5-6 times per week       |   |

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

- ☐ Less than 3/4 cup (6 ounces)  
☐ 3/4 to 1 1/4 cups (6 to 10 ounces)  
☐ More than 1 1/4 cups (10 ounces)

2. Over the past 12 months, how often did you drink **orange juice** or **grapefruit juice**?

☐ NEVER (GO TO QUESTION 3)

- |  |   |
|--|---|
| <input type="radio"/> 1 time per month or less | <input type="radio"/> 1 time per day          |
| <input type="radio"/> 2-3 times per month      | <input type="radio"/> 2-3 times per day       |
| <input type="radio"/> 1-2 times per week       | <input type="radio"/> 4-5 times per day       |
| <input type="radio"/> 3-4 times per week       | <input type="radio"/> 6 or more times per day |
| <input type="radio"/> 5-6 times per week       |   |

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

- ☐ Less than 3/4 cup (6 ounces)  
☐ 3/4 to 1 1/4 cups (6 to 10 ounces)  
☐ More than 1 1/4 cups (10 ounces)

3. Over the past 12 months, how often did you drink **other 100% fruit juice** or **100% fruit juice mixtures** (such as apple, grape, pineapple, or others)?

☐ NEVER (GO TO QUESTION 4)

- |  |   |
|--|---|
| <input type="radio"/> 1 time per month or less | <input type="radio"/> 1 time per day          |
| <input type="radio"/> 2-3 times per month      | <input type="radio"/> 2-3 times per day       |
| <input type="radio"/> 1-2 times per week       | <input type="radio"/> 4-5 times per day       |
| <input type="radio"/> 3-4 times per week       | <input type="radio"/> 6 or more times per day |
| <input type="radio"/> 5-6 times per week       |   |

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

- ☐ Less than 3/4 cup (6 ounces)  
☐ 3/4 to 1 1/2 cups (6 to 12 ounces)  
☐ More than 1 1/2 cups (12 ounces)

Question 4 appears in the next column.

#### Over the past 12 months...

4. How often did you drink other **fruit drinks** (e.g. cranberry cocktail, Hi-C, lemonade, or Kool-Aid, diet or regular)?

☐ NEVER (GO TO QUESTION 5)

- |  |   |
|--|---|
| <input type="radio"/> 1 time per month or less | <input type="radio"/> 1 time per day          |
| <input type="radio"/> 2-3 times per month      | <input type="radio"/> 2-3 times per day       |
| <input type="radio"/> 1-2 times per week       | <input type="radio"/> 4-5 times per day       |
| <input type="radio"/> 3-4 times per week       | <input type="radio"/> 6 or more times per day |
| <input type="radio"/> 5-6 times per week       |   |

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

- ☐ Less than 1 cup (8 ounces)  
☐ 1 to 2 cups (8 to 16 ounces)  
☐ More than 2 cups (16 ounces)

- 4b. How often were your fruit drinks **diet** or **sugar-free drinks**?

- ☐ Almost never or never  
☐ About 1/4 of the time  
☐ About 1/2 of the time  
☐ About 3/4 of the time  
☐ Almost always or always

5. How often did you drink **milk as a beverage** (NOT in coffee, NOT in cereal)? (Please include chocolate milk and hot chocolate.)

☐ NEVER (GO TO QUESTION 6)

- |  |   |
|--|---|
| <input type="radio"/> 1 time per month or less | <input type="radio"/> 1 time per day          |
| <input type="radio"/> 2-3 times per month      | <input type="radio"/> 2-3 times per day       |
| <input type="radio"/> 1-2 times per week       | <input type="radio"/> 4-5 times per day       |
| <input type="radio"/> 3-4 times per week       | <input type="radio"/> 6 or more times per day |
| <input type="radio"/> 5-6 times per week       |   |

- 5a. Each time you drank **milk as a beverage**, how much did you usually drink?

- ☐ Less than 1 cup (8 ounces)  
☐ 1 to 1 1/2 cups (8 to 12 ounces)  
☐ More than 1 1/2 cups (12 ounces)

- 5b. What kind of **milk** did you usually drink?

- ☐ Whole milk  
☐ 2% fat milk  
☐ 1% fat milk  
☐ Skim, nonfat, or 1/2% fat milk  
☐ Soy milk  
☐ Rice milk  
☐ Other

Question 6 appears on the next page.



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**Over the past 12 months...**

6. How often did you drink **meal replacement, energy, or high-protein beverages** such as Instant Breakfast, Ensure, Slimfast, Sustacal or others?

☐ NEVER (GO TO QUESTION 7)

- |  |   |
|--|---|
| <input type="radio"/> 1 time per month or less | <input type="radio"/> 1 time per day          |
| <input type="radio"/> 2-3 times per month      | <input type="radio"/> 2-3 times per day       |
| <input type="radio"/> 1-2 times per week       | <input type="radio"/> 4-5 times per day       |
| <input type="radio"/> 3-4 times per week       | <input type="radio"/> 6 or more times per day |
| <input type="radio"/> 5-6 times per week       |   |

- 6a. Each time you drank **meal replacement beverages**, how much did you usually drink?

- ☐ Less than 1 cup (8 ounces)  
☐ 1 to 1 1/2 cups (8 to 12 ounces)  
☐ More than 1 1/2 cups (12 ounces)

7. Over the past 12 months, did you drink **soft drinks, soda, or pop**?

☐ NO (GO TO QUESTION 8)

☐ YES

- 7a. How often did you drink **soft drinks, soda, or pop IN THE SUMMER**?

☐ NEVER

- |  |   |
|--|---|
| <input type="radio"/> 1 time per month or less | <input type="radio"/> 1 time per day          |
| <input type="radio"/> 2-3 times per month      | <input type="radio"/> 2-3 times per day       |
| <input type="radio"/> 1-2 times per week       | <input type="radio"/> 4-5 times per day       |
| <input type="radio"/> 3-4 times per week       | <input type="radio"/> 6 or more times per day |
| <input type="radio"/> 5-6 times per week       |   |

- 7b. How often did you drink **soft drinks, soda, or pop DURING THE REST OF THE YEAR**?

☐ NEVER

- |  |   |
|--|---|
| <input type="radio"/> 1 time per month or less | <input type="radio"/> 1 time per day          |
| <input type="radio"/> 2-3 times per month      | <input type="radio"/> 2-3 times per day       |
| <input type="radio"/> 1-2 times per week       | <input type="radio"/> 4-5 times per day       |
| <input type="radio"/> 3-4 times per week       | <input type="radio"/> 6 or more times per day |
| <input type="radio"/> 5-6 times per week       |   |

- 7c. Each time you drank **soft drinks, soda, or pop**, how much did you usually drink?

- ☐ Less than 12 ounces or less than 1 can or bottle  
☐ 12 to 16 ounces or 1 can or bottle  
☐ More than 16 ounces or more than 1 can or bottle

Question 8 appears in the next column.

- 7d. How often were these soft drinks, soda, or pop **diet or sugar-free**?

- ☐ Almost never or never  
☐ About 1/4 of the time  
☐ About 1/2 of the time  
☐ About 3/4 of the time  
☐ Almost always or always

- 7e. How often were these soft drinks, soda, or pop **caffeine-free**?

- ☐ Almost never or never  
☐ About 1/4 of the time  
☐ About 1/2 of the time  
☐ About 3/4 of the time  
☐ Almost always or always

8. Over the past 12 months, did you drink **beer**?

☐ NO (GO TO QUESTION 9)

☐ YES

- 8a. How often did you drink **beer IN THE SUMMER**?

☐ NEVER

- |  |   |
|--|---|
| <input type="radio"/> 1 time per month or less | <input type="radio"/> 1 time per day          |
| <input type="radio"/> 2-3 times per month      | <input type="radio"/> 2-3 times per day       |
| <input type="radio"/> 1-2 times per week       | <input type="radio"/> 4-5 times per day       |
| <input type="radio"/> 3-4 times per week       | <input type="radio"/> 6 or more times per day |
| <input type="radio"/> 5-6 times per week       |   |

- 8b. How often did you drink **beer DURING THE REST OF THE YEAR**?

☐ NEVER

- |  |   |
|--|---|
| <input type="radio"/> 1 time per month or less | <input type="radio"/> 1 time per day          |
| <input type="radio"/> 2-3 times per month      | <input type="radio"/> 2-3 times per day       |
| <input type="radio"/> 1-2 times per week       | <input type="radio"/> 4-5 times per day       |
| <input type="radio"/> 3-4 times per week       | <input type="radio"/> 6 or more times per day |
| <input type="radio"/> 5-6 times per week       |   |

- 8c. Each time you drank **beer**, how much did you usually drink?

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



Question 9 appears on the next page.



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**Over the past 12 months...**9. How often did you drink **wine** or **wine coolers**?☐ NEVER (GO TO QUESTION 10)

- |  |   |
|--|---|
| <input type="radio"/> 1 time per month or less | <input type="radio"/> 1 time per day          |
| <input type="radio"/> 2-3 times per month      | <input type="radio"/> 2-3 times per day       |
| <input type="radio"/> 1-2 times per week       | <input type="radio"/> 4-5 times per day       |
| <input type="radio"/> 3-4 times per week       | <input type="radio"/> 6 or more times per day |
| <input type="radio"/> 5-6 times per week       |   |

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

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

10. How often did you drink **liquor** or **mixed drinks**?☐ NEVER (GO TO QUESTION 11)

- |  |   |
|--|---|
| <input type="radio"/> 1 time per month or less | <input type="radio"/> 1 time per day          |
| <input type="radio"/> 2-3 times per month      | <input type="radio"/> 2-3 times per day       |
| <input type="radio"/> 1-2 times per week       | <input type="radio"/> 4-5 times per day       |
| <input type="radio"/> 3-4 times per week       | <input type="radio"/> 6 or more times per day |
| <input type="radio"/> 5-6 times per week       |   |

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

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

11. Over the past 12 months, did you eat **oatmeal**, **grits**, or **other cooked cereal**?☐ NO (GO TO QUESTION 12)☐ YES11a. How often did you eat **oatmeal**, **grits**, or **other cooked cereal IN THE WINTER**?

- |   |   |
|---|---|
| <input type="radio"/> NEVER                 |   |
| <input type="radio"/> 1-6 times per winter  | <input type="radio"/> 2 times per week        |
| <input type="radio"/> 7-11 times per winter | <input type="radio"/> 3-4 times per week      |
| <input type="radio"/> 1 time per month      | <input type="radio"/> 5-6 times per week      |
| <input type="radio"/> 2-3 times per month   | <input type="radio"/> 1 time per day          |
| <input type="radio"/> 1 time per week       | <input type="radio"/> 2 or more times per day |

Question 12 appears in the next column.

11b. How often did you eat **oatmeal**, **grits**, or **other cooked cereal DURING THE REST OF THE YEAR**?☐ NEVER

- |   |   |
|---|---|
| <input type="radio"/> 1-6 times per year  | <input type="radio"/> 2 times per week        |
| <input type="radio"/> 7-11 times per year | <input type="radio"/> 3-4 times per week      |
| <input type="radio"/> 1 time per month    | <input type="radio"/> 5-6 times per week      |
| <input type="radio"/> 2-3 times per month | <input type="radio"/> 1 time per day          |
| <input type="radio"/> 1 time per week     | <input type="radio"/> 2 or more times per day |

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

- ☐ Less than 3/4 cup  
☐ 3/4 to 1 1/4 cups  
☐ More than 1 1/4 cups

12. How often did you eat **cold cereal**?☐ NEVER (GO TO QUESTION 13)

- |   |   |
|---|---|
| <input type="radio"/> 1-6 times per year  | <input type="radio"/> 2 times per week        |
| <input type="radio"/> 7-11 times per year | <input type="radio"/> 3-4 times per week      |
| <input type="radio"/> 1 time per month    | <input type="radio"/> 5-6 times per week      |
| <input type="radio"/> 2-3 times per month | <input type="radio"/> 1 time per day          |
| <input type="radio"/> 1 time per week     | <input type="radio"/> 2 or more times per day |

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

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

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

- ☐ Almost never or never  
☐ About 1/4 of the time  
☐ About 1/2 of the time  
☐ About 3/4 of the time  
☐ Almost always or always

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

- ☐ Almost never or never  
☐ About 1/4 of the time  
☐ About 1/2 of the time  
☐ About 3/4 of the time  
☐ Almost always or always

Question 13 appears on the next page.



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**Over the past 12 months...**

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

- ☐ Almost never or never
- ☐ About 1/4 of the time
- ☐ About 1/2 of the time
- ☐ About 3/4 of the time
- ☐ Almost always or always

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

- ☐ Almost never or never
- ☐ About 1/4 of the time
- ☐ About 1/2 of the time
- ☐ About 3/4 of the time
- ☐ Almost always or always

12f. Was **milk** added to your cold cereal?

- ☐ NO (GO TO QUESTION 13)
- ☐ YES

12g. What kind of **milk** was usually added?

- ☐ Whole Milk
- ☐ 2% fat milk
- ☐ 1% fat milk
- ☐ Skim, nonfat, or 1/2% fat milk
- ☐ Soy milk
- ☐ Rice milk
- ☐ Other

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

- ☐ Less than 1/2 cup
- ☐ 1/2 to 1 cup
- ☐ More than 1 cup

13. How often did you eat **applesauce**?

- ☐ NEVER (GO TO QUESTION 14)
- ☐ 1-6 times per year
- ☐ 7-11 times per year
- ☐ 1 time per month
- ☐ 2-3 times per month
- ☐ 1 time per week
- ☐ 2 times per week
- ☐ 3-4 times per week
- ☐ 5-6 times per week
- ☐ 1 time per day
- ☐ 2 or more times per day

Question 14 appears in the next column.

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

- ☐ Less than 1/2 cup
- ☐ 1/2 to 1 cup
- ☐ More than 1 cup

14. How often did you eat **apples**?

- ☐ NEVER (GO TO QUESTION 15)
- ☐ 1-6 times per year
- ☐ 7-11 times per year
- ☐ 1 time per month
- ☐ 2-3 times per month
- ☐ 1 time per week
- ☐ 2 times per week
- ☐ 3-4 times per week
- ☐ 5-6 times per week
- ☐ 1 time per day
- ☐ 2 or more times per day

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

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

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

- ☐ NEVER (GO TO QUESTION 16)
- ☐ 1-6 times per year
- ☐ 7-11 times per year
- ☐ 1 time per month
- ☐ 2-3 times per month
- ☐ 1 time per week
- ☐ 2 times per week
- ☐ 3-4 times per week
- ☐ 5-6 times per week
- ☐ 1 time per day
- ☐ 2 or more times per day

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

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

16. How often did you eat **bananas**?

- ☐ NEVER (GO TO QUESTION 17)
- ☐ 1-6 times per year
- ☐ 7-11 times per year
- ☐ 1 time per month
- ☐ 2-3 times per month
- ☐ 1 time per week
- ☐ 2 times per week
- ☐ 3-4 times per week
- ☐ 5-6 times per week
- ☐ 1 time per day
- ☐ 2 or more times per day

Question 17 appears on the next page.



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**Over the past 12 months...**

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

- ☐ Less than 1 banana
- ☐ 1 banana
- ☐ More than 1 banana

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

☐ NEVER (GO TO QUESTION 18)

- |   |   |
|---|---|
| <input type="radio"/> 1-6 times per year  | <input type="radio"/> 2 times per week        |
| <input type="radio"/> 7-11 times per year | <input type="radio"/> 3-4 times per week      |
| <input type="radio"/> 1 time per month    | <input type="radio"/> 5-6 times per week      |
| <input type="radio"/> 2-3 times per month | <input type="radio"/> 1 time per day          |
| <input type="radio"/> 1 time per week     | <input type="radio"/> 2 or more times per day |

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

- ☐ Less than 2 tablespoons
- ☐ 2 to 5 tablespoons
- ☐ More than 5 tablespoons

18. Over the past 12 months, did you eat **peaches, nectarines, or plums**?

☐ NO (GO TO QUESTION 19)

☐ YES

18a. How often did you eat **fresh peaches, nectarines, or plums WHEN IN SEASON**?

☐ NEVER

- |   |   |
|---|---|
| <input type="radio"/> 1-6 times per season  | <input type="radio"/> 2 times per week        |
| <input type="radio"/> 7-11 times per season | <input type="radio"/> 3-4 times per week      |
| <input type="radio"/> 1 time per month      | <input type="radio"/> 5-6 times per week      |
| <input type="radio"/> 2-3 times per month   | <input type="radio"/> 1 time per day          |
| <input type="radio"/> 1 time per week       | <input type="radio"/> 2 or more times per day |

18b. How often did you eat **peaches, nectarines, or plums** (fresh, canned, or frozen) **DURING THE REST OF THE YEAR**?

☐ NEVER

- |   |   |
|---|---|
| <input type="radio"/> 1-6 times per year  | <input type="radio"/> 2 times per week        |
| <input type="radio"/> 7-11 times per year | <input type="radio"/> 3-4 times per week      |
| <input type="radio"/> 1 time per month    | <input type="radio"/> 5-6 times per week      |
| <input type="radio"/> 2-3 times per month | <input type="radio"/> 1 time per day          |
| <input type="radio"/> 1 time per week     | <input type="radio"/> 2 or more times per day |

Question 19 appears in the next column.

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

- ☐ Less than 1 fruit or less than 1/2 cup
- ☐ 1 to 2 fruits or 1/2 to 3/4 cup
- ☐ More than 2 fruits or more than 3/4 cup

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

☐ NEVER (GO TO QUESTION 20)

- |   |   |
|---|---|
| <input type="radio"/> 1-6 times per year  | <input type="radio"/> 2 times per week        |
| <input type="radio"/> 7-11 times per year | <input type="radio"/> 3-4 times per week      |
| <input type="radio"/> 1 time per month    | <input type="radio"/> 5-6 times per week      |
| <input type="radio"/> 2-3 times per month | <input type="radio"/> 1 time per day          |
| <input type="radio"/> 1 time per week     | <input type="radio"/> 2 or more times per day |

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

- ☐ Less than 1/2 cup or less than 10 grapes
- ☐ 1/2 to 1 cup or 10 to 30 grapes
- ☐ More than 1 cup or more than 30 grapes

20. Over the past 12 months, did you eat **cantaloupe**?

☐ NO (GO TO QUESTION 21)

☐ YES

20a. How often did you eat **fresh cantaloupe WHEN IN SEASON**?

☐ NEVER

- |   |   |
|---|---|
| <input type="radio"/> 1-6 times per season  | <input type="radio"/> 2 times per week        |
| <input type="radio"/> 7-11 times per season | <input type="radio"/> 3-4 times per week      |
| <input type="radio"/> 1 time per month      | <input type="radio"/> 5-6 times per week      |
| <input type="radio"/> 2-3 times per month   | <input type="radio"/> 1 time per day          |
| <input type="radio"/> 1 time per week       | <input type="radio"/> 2 or more times per day |

20b. How often did you eat **fresh or frozen cantaloupe DURING THE REST OF THE YEAR**?

☐ NEVER

- |   |   |
|---|---|
| <input type="radio"/> 1-6 times per year  | <input type="radio"/> 2 times per week        |
| <input type="radio"/> 7-11 times per year | <input type="radio"/> 3-4 times per week      |
| <input type="radio"/> 1 time per month    | <input type="radio"/> 5-6 times per week      |
| <input type="radio"/> 2-3 times per month | <input type="radio"/> 1 time per day          |
| <input type="radio"/> 1 time per week     | <input type="radio"/> 2 or more times per day |

Question 21 appears on the next page.



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**Over the past 12 months...**

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

- ☐ Less than 1/4 melon or less than 1/2 cup  
☐ 1/4 melon or 1/2 to 1 cup  
☐ More than 1/4 melon or more than 1 cup

21. Over the past 12 months, did you eat **melon, other than cantaloupe** (such as watermelon or honeydew)?

☐ NO (GO TO QUESTION 22)

☐ YES

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

- ☐ NEVER
- |   |   |
|---|---|
| <input type="radio"/> 1-6 times per season  | <input type="radio"/> 2 times per week        |
| <input type="radio"/> 7-11 times per season | <input type="radio"/> 3-4 times per week      |
| <input type="radio"/> 1 time per month      | <input type="radio"/> 5-6 times per week      |
| <input type="radio"/> 2-3 times per month   | <input type="radio"/> 1 time per day          |
| <input type="radio"/> 1 time per week       | <input type="radio"/> 2 or more times per day |

21b. How often did you eat **fresh or frozen melon, other than cantaloupe** (such as watermelon or honeydew) **DURING THE REST OF THE YEAR?**

- ☐ NEVER
- |   |   |
|---|---|
| <input type="radio"/> 1-6 times per year  | <input type="radio"/> 2 times per week        |
| <input type="radio"/> 7-11 times per year | <input type="radio"/> 3-4 times per week      |
| <input type="radio"/> 1 time per month    | <input type="radio"/> 5-6 times per week      |
| <input type="radio"/> 2-3 times per month | <input type="radio"/> 1 time per day          |
| <input type="radio"/> 1 time per week     | <input type="radio"/> 2 or more times per day |

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

- ☐ Less than 1/2 cup or 1 small wedge  
☐ 1/2 to 2 cups or 1 medium wedge  
☐ More than 2 cups or 1 large wedge



Question 23 appears in the next column.

22. Over the past 12 months, did you eat **strawberries**?

☐ NO (GO TO QUESTION 23)

☐ YES



22a. How often did you eat **fresh strawberries WHEN IN SEASON?**

- ☐ NEVER
- |   |   |
|---|---|
| <input type="radio"/> 1-6 times per season  | <input type="radio"/> 2 times per week        |
| <input type="radio"/> 7-11 times per season | <input type="radio"/> 3-4 times per week      |
| <input type="radio"/> 1 time per month      | <input type="radio"/> 5-6 times per week      |
| <input type="radio"/> 2-3 times per month   | <input type="radio"/> 1 time per day          |
| <input type="radio"/> 1 time per week       | <input type="radio"/> 2 or more times per day |

22b. How often did you eat **fresh or frozen strawberries DURING THE REST OF THE YEAR?**

- ☐ NEVER
- |   |   |
|---|---|
| <input type="radio"/> 1-6 times per year  | <input type="radio"/> 2 times per week        |
| <input type="radio"/> 7-11 times per year | <input type="radio"/> 3-4 times per week      |
| <input type="radio"/> 1 time per month    | <input type="radio"/> 5-6 times per week      |
| <input type="radio"/> 2-3 times per month | <input type="radio"/> 1 time per day          |
| <input type="radio"/> 1 time per week     | <input type="radio"/> 2 or more times per day |

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

- ☐ Less than 1/4 cup or or less than 3 berries  
☐ 1/4 to 3/4 cup or 3 to 8 berries  
☐ More than 3/4 cup or more than 8 berries

23. Over the past 12 months, did you eat **oranges, tangerines, or tangelos**?

☐ NO (GO TO QUESTION 24)

☐ YES



23a. How often did you eat **fresh oranges, tangerines, or tangelos WHEN IN SEASON?**

- ☐ NEVER
- |   |   |
|---|---|
| <input type="radio"/> 1-6 times per season  | <input type="radio"/> 2 times per week        |
| <input type="radio"/> 7-11 times per season | <input type="radio"/> 3-4 times per week      |
| <input type="radio"/> 1 time per month      | <input type="radio"/> 5-6 times per week      |
| <input type="radio"/> 2-3 times per month   | <input type="radio"/> 1 time per day          |
| <input type="radio"/> 1 time per week       | <input type="radio"/> 2 or more times per day |

Question 24 appears on the next page.



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**Over the past 12 months...**

23b. How often did you eat **oranges, tangerines, or tangelos** (fresh or canned) **DURING THE REST OF THE YEAR?**

☐ NEVER

- |   |   |
|---|---|
| <input type="radio"/> 1-6 times per year  | <input type="radio"/> 2 times per week        |
| <input type="radio"/> 7-11 times per year | <input type="radio"/> 3-4 times per week      |
| <input type="radio"/> 1 time per month    | <input type="radio"/> 5-6 times per week      |
| <input type="radio"/> 2-3 times per month | <input type="radio"/> 1 time per day          |
| <input type="radio"/> 1 time per week     | <input type="radio"/> 2 or more times per day |

23c. Each time you ate **oranges, tangerines, or tangelos**, how much did you usually eat?

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

24. Over the past 12 months, did you eat **grapefruit**?

☐ NO (GO TO QUESTION 25)

☐ YES

24a. How often did you eat **fresh grapefruit WHEN IN SEASON?**

☐ NEVER

- |   |   |
|---|---|
| <input type="radio"/> 1-6 times per season  | <input type="radio"/> 2 times per week        |
| <input type="radio"/> 7-11 times per season | <input type="radio"/> 3-4 times per week      |
| <input type="radio"/> 1 time per month      | <input type="radio"/> 5-6 times per week      |
| <input type="radio"/> 2-3 times per month   | <input type="radio"/> 1 time per day          |
| <input type="radio"/> 1 time per week       | <input type="radio"/> 2 or more times per day |

24b. How often did you eat **grapefruit** (fresh or canned) **DURING THE REST OF THE YEAR?**

☐ NEVER

- |   |   |
|---|---|
| <input type="radio"/> 1-6 times per year  | <input type="radio"/> 2 times per week        |
| <input type="radio"/> 7-11 times per year | <input type="radio"/> 3-4 times per week      |
| <input type="radio"/> 1 time per month    | <input type="radio"/> 5-6 times per week      |
| <input type="radio"/> 2-3 times per month | <input type="radio"/> 1 time per day          |
| <input type="radio"/> 1 time per week     | <input type="radio"/> 2 or more times per day |

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

- ☐ Less than 1/2 grapefruit  
☐ 1/2 grapefruit  
☐ More than 1/2 grapefruit

Question 25 appears in the next column.

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

☐ NEVER (GO TO QUESTION 26)

- |   |   |
|---|---|
| <input type="radio"/> 1-6 times per year  | <input type="radio"/> 2 times per week        |
| <input type="radio"/> 7-11 times per year | <input type="radio"/> 3-4 times per week      |
| <input type="radio"/> 1 time per month    | <input type="radio"/> 5-6 times per week      |
| <input type="radio"/> 2-3 times per month | <input type="radio"/> 1 time per day          |
| <input type="radio"/> 1 time per week     | <input type="radio"/> 2 or more times per day |

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

- ☐ Less than 1/4 cup  
☐ 1/4 to 3/4 cup  
☐ More than 3/4 cup

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

☐ NEVER (GO TO QUESTION 27)

- |   |   |
|---|---|
| <input type="radio"/> 1-6 times per year  | <input type="radio"/> 2 times per week        |
| <input type="radio"/> 7-11 times per year | <input type="radio"/> 3-4 times per week      |
| <input type="radio"/> 1 time per month    | <input type="radio"/> 5-6 times per week      |
| <input type="radio"/> 2-3 times per month | <input type="radio"/> 1 time per day          |
| <input type="radio"/> 1 time per week     | <input type="radio"/> 2 or more times per day |

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

- ☐ Less than 1/2 cup  
☐ 1/2 to 1 cup  
☐ More than 1 cup

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

☐ NEVER (GO TO QUESTION 28)

- |   |   |
|---|---|
| <input type="radio"/> 1-6 times per year  | <input type="radio"/> 2 times per week        |
| <input type="radio"/> 7-11 times per year | <input type="radio"/> 3-4 times per week      |
| <input type="radio"/> 1 time per month    | <input type="radio"/> 5-6 times per week      |
| <input type="radio"/> 2-3 times per month | <input type="radio"/> 1 time per day          |
| <input type="radio"/> 1 time per week     | <input type="radio"/> 2 or more times per day |

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

- ☐ Less than 1/2 cup  
☐ 1/2 to 1 cup  
☐ More than 1 cup

Question 28 appears on the next page.



**Over the past 12 months...**28. How often did you eat **coleslaw**?☐ NEVER (GO TO QUESTION 29)

- |   |   |
|---|---|
| <input type="radio"/> 1-6 times per year  | <input type="radio"/> 2 times per week        |
| <input type="radio"/> 7-11 times per year | <input type="radio"/> 3-4 times per week      |
| <input type="radio"/> 1 time per month    | <input type="radio"/> 5-6 times per week      |
| <input type="radio"/> 2-3 times per month | <input type="radio"/> 1 time per day          |
| <input type="radio"/> 1 time per week     | <input type="radio"/> 2 or more times per day |

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

- ☐ Less than 1/4 cup  
☐ 1/4 to 3/4 cup  
☐ More than 3/4 cup

29. How often did you eat **sauerkraut** or **cabbage** (other than coleslaw)?☐ NEVER (GO TO QUESTION 30)

- |   |   |
|---|---|
| <input type="radio"/> 1-6 times per year  | <input type="radio"/> 2 times per week        |
| <input type="radio"/> 7-11 times per year | <input type="radio"/> 3-4 times per week      |
| <input type="radio"/> 1 time per month    | <input type="radio"/> 5-6 times per week      |
| <input type="radio"/> 2-3 times per month | <input type="radio"/> 1 time per day          |
| <input type="radio"/> 1 time per week     | <input type="radio"/> 2 or more times per day |

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

- ☐ Less than 1/4 cup  
☐ 1/4 to 1 cup  
☐ More than 1 cup

30. How often did you eat **carrots** (fresh, canned, or frozen)?☐ NEVER (GO TO QUESTION 31)

- |   |   |
|---|---|
| <input type="radio"/> 1-6 times per year  | <input type="radio"/> 2 times per week        |
| <input type="radio"/> 7-11 times per year | <input type="radio"/> 3-4 times per week      |
| <input type="radio"/> 1 time per month    | <input type="radio"/> 5-6 times per week      |
| <input type="radio"/> 2-3 times per month | <input type="radio"/> 1 time per day          |
| <input type="radio"/> 1 time per week     | <input type="radio"/> 2 or more times per day |

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

- ☐ Less than 1/4 cup or less than 2 baby carrots  
☐ 1/4 to 1/2 cup or 2 to 5 baby carrots  
☐ More than 1/2 cup or more than 5 baby carrots



Question 31 appears in the next column.

31. How often did you eat **string beans** or **green beans** (fresh, canned, or frozen)?☐ NEVER (GO TO QUESTION 32)

- |   |   |
|---|---|
| <input type="radio"/> 1-6 times per year  | <input type="radio"/> 2 times per week        |
| <input type="radio"/> 7-11 times per year | <input type="radio"/> 3-4 times per week      |
| <input type="radio"/> 1 time per month    | <input type="radio"/> 5-6 times per week      |
| <input type="radio"/> 2-3 times per month | <input type="radio"/> 1 time per day          |
| <input type="radio"/> 1 time per week     | <input type="radio"/> 2 or more times per day |

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

- ☐ Less than 1/2 cup  
☐ 1/2 to 1 cup  
☐ More than 1 cup

32. How often did you eat **peas** (fresh, canned, or frozen)?☐ NEVER (GO TO QUESTION 33)

- |   |   |
|---|---|
| <input type="radio"/> 1-6 times per year  | <input type="radio"/> 2 times per week        |
| <input type="radio"/> 7-11 times per year | <input type="radio"/> 3-4 times per week      |
| <input type="radio"/> 1 time per month    | <input type="radio"/> 5-6 times per week      |
| <input type="radio"/> 2-3 times per month | <input type="radio"/> 1 time per day          |
| <input type="radio"/> 1 time per week     | <input type="radio"/> 2 or more times per day |

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

- ☐ Less than 1/4 cup  
☐ 1/4 to 3/4 cup  
☐ More than 3/4 cup

33. Over the past 12 months, did you eat **corn**?☐ NO (GO TO QUESTION 34)☐ YES33a. How often did you eat **fresh corn** **WHEN IN SEASON**?☐ NEVER

- |   |   |
|---|---|
| <input type="radio"/> 1-6 times per season  | <input type="radio"/> 2 times per week        |
| <input type="radio"/> 7-11 times per season | <input type="radio"/> 3-4 times per week      |
| <input type="radio"/> 1 time per month      | <input type="radio"/> 5-6 times per week      |
| <input type="radio"/> 2-3 times per month   | <input type="radio"/> 1 time per day          |
| <input type="radio"/> 1 time per week       | <input type="radio"/> 2 or more times per day |

Question 34 appears on the next page.



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**Over the past 12 months...**

33b. How often did you eat **corn** (fresh, canned, or frozen) **DURING THE REST OF THE YEAR**?

☐ NEVER

- |   |   |
|---|---|
| <input type="radio"/> 1-6 times per year  | <input type="radio"/> 2 times per week        |
| <input type="radio"/> 7-11 times per year | <input type="radio"/> 3-4 times per week      |
| <input type="radio"/> 1 time per month    | <input type="radio"/> 5-6 times per week      |
| <input type="radio"/> 2-3 times per month | <input type="radio"/> 1 time per day          |
| <input type="radio"/> 1 time per week     | <input type="radio"/> 2 or more times per day |

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

- ☐ Less than 1 ear or less than 1/2 cup  
☐ 1 ear or 1/2 to 1 cup  
☐ More than 1 ear or more than 1 cup

34. Over the past 12 months, how often did you eat **broccoli** (fresh or frozen)?

☐ NEVER (GO TO QUESTION 35)

- |   |   |
|---|---|
| <input type="radio"/> 1-6 times per year  | <input type="radio"/> 2 times per week        |
| <input type="radio"/> 7-11 times per year | <input type="radio"/> 3-4 times per week      |
| <input type="radio"/> 1 time per month    | <input type="radio"/> 5-6 times per week      |
| <input type="radio"/> 2-3 times per month | <input type="radio"/> 1 time per day          |
| <input type="radio"/> 1 time per week     | <input type="radio"/> 2 or more times per day |

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

- ☐ Less than 1/4 cup  
☐ 1/4 to 1 cup  
☐ More than 1 cup

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

☐ NEVER (GO TO QUESTION 36)

- |   |   |
|---|---|
| <input type="radio"/> 1-6 times per year  | <input type="radio"/> 2 times per week        |
| <input type="radio"/> 7-11 times per year | <input type="radio"/> 3-4 times per week      |
| <input type="radio"/> 1 time per month    | <input type="radio"/> 5-6 times per week      |
| <input type="radio"/> 2-3 times per month | <input type="radio"/> 1 time per day          |
| <input type="radio"/> 1 time per week     | <input type="radio"/> 2 or more times per day |

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

- ☐ Less than 1/4 cup  
☐ 1/4 to 1/2 cup  
☐ More than 1/2 cup

Question 36 appears in the next column.

36. How often did you eat **mixed vegetables**?

☐ NEVER (Go to Question 37)

- |   |   |
|---|---|
| <input type="radio"/> 1-6 times per year  | <input type="radio"/> 2 times per week        |
| <input type="radio"/> 7-11 times per year | <input type="radio"/> 3-4 times per week      |
| <input type="radio"/> 1 time per month    | <input type="radio"/> 5-6 times per week      |
| <input type="radio"/> 2-3 times per month | <input type="radio"/> 1 time per day          |
| <input type="radio"/> 1 time per week     | <input type="radio"/> 2 or more times per day |

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

- ☐ Less than 1/2 cup  
☐ 1/2 to 1 cup  
☐ More than 1 cup

37. How often did you eat **onions**?

☐ NEVER (GO TO QUESTION 38)

- |   |   |
|---|---|
| <input type="radio"/> 1-6 times per year  | <input type="radio"/> 2 times per week        |
| <input type="radio"/> 7-11 times per year | <input type="radio"/> 3-4 times per week      |
| <input type="radio"/> 1 time per month    | <input type="radio"/> 5-6 times per week      |
| <input type="radio"/> 2-3 times per month | <input type="radio"/> 1 time per day          |
| <input type="radio"/> 1 time per week     | <input type="radio"/> 2 or more times per day |

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

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

38. Now think about all the **cooked vegetables** you ate in the past 12 months and how they were prepared. How often were your vegetables **COOKED WITH** some sort of **fat**, including oil spray? (*Please do not include potatoes.*)

☐ NEVER (GO TO QUESTION 39)

- |   |   |
|---|---|
| <input type="radio"/> 1-6 times per year  | <input type="radio"/> 2 times per week        |
| <input type="radio"/> 7-11 times per year | <input type="radio"/> 3-4 times per week      |
| <input type="radio"/> 1 time per month    | <input type="radio"/> 5-6 times per week      |
| <input type="radio"/> 2-3 times per month | <input type="radio"/> 1 time per day          |
| <input type="radio"/> 1 time per week     | <input type="radio"/> 2 or more times per day |



Question 39 appears on the next page.

Over the past 12 months...

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

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

39. Now, thinking again about all the **cooked vegetables** you ate in the past 12 months, how often was some sort of fat, sauce, or dressing added **AFTER COOKING OR AT THE TABLE**? (Please do not include potatoes.)

☐ NEVER (GO TO QUESTION 40)

- ☐ 1-6 times per year
- ☐ 7-11 times per year
- ☐ 1 time per month
- ☐ 2-3 times per month
- ☐ 1-2 times per week
- ☐ 3-4 times per week
- ☐ 5-6 times per week
- ☐ 1 time per day
- ☐ 2 times per day
- ☐ 3 or more times per day

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

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

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

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

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

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

Question 40 appears in the next column.

40. Over the past 12 months, how often did you eat **sweet peppers** (green, red, or yellow)?

☐ NEVER (GO TO QUESTION 41)

- ☐ 1-6 times per year
- ☐ 7-11 times per year
- ☐ 1 time per month
- ☐ 2-3 times per month
- ☐ 1 time per week
- ☐ 2 times per week
- ☐ 3-4 times per week
- ☐ 5-6 times per week
- ☐ 1 time per day
- ☐ 2 or more times per day

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

- ☐ Less than 1/8 pepper
- ☐ 1/8 to 1/4 pepper
- ☐ More than 1/4 pepper

41. Over the past 12 months, did you eat **fresh tomatoes** (including those in salads)?

☐ NO (GO TO QUESTION 42)

☐ YES

41a. How often did you eat **fresh tomatoes** (including those in salads) **WHEN IN SEASON**?

☐ NEVER

- ☐ 1-6 times per season
- ☐ 7-11 times per season
- ☐ 1 time per month
- ☐ 2-3 times per month
- ☐ 1 time per week
- ☐ 2 times per week
- ☐ 3-4 times per week
- ☐ 5-6 times per week
- ☐ 1 time per day
- ☐ 2 or more times per day

41b. How often did you eat **fresh tomatoes** (including those in salads) **DURING THE REST OF THE YEAR**?

☐ NEVER

- ☐ 1-6 times per year
- ☐ 7-11 times per year
- ☐ 1 time per month
- ☐ 2-3 times per month
- ☐ 1 time per week
- ☐ 2 times per week
- ☐ 3-4 times per week
- ☐ 5-6 times per week
- ☐ 1 time per day
- ☐ 2 or more times per day

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

- ☐ Less than 1/4 tomato
- ☐ 1/4 to 1/2 tomato
- ☐ More than 1/2 tomato

Question 42 appears on the next page.



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**Over the past 12 months...**

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

☐ NEVER (GO TO QUESTION 43)

- |   |   |
|---|---|
| <input type="radio"/> 1-6 times per year  | <input type="radio"/> 2 times per week        |
| <input type="radio"/> 7-11 times per year | <input type="radio"/> 3-4 times per week      |
| <input type="radio"/> 1 time per month    | <input type="radio"/> 5-6 times per week      |
| <input type="radio"/> 2-3 times per month | <input type="radio"/> 1 time per day          |
| <input type="radio"/> 1 time per week     | <input type="radio"/> 2 or more times per day |

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

- ☐ Less than 1/4 cup  
☐ 1/4 to 1 1/4 cups  
☐ More than 1 1/4 cups

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

☐ NEVER (GO TO QUESTION 44)

- |   |   |
|---|---|
| <input type="radio"/> 1-6 times per year  | <input type="radio"/> 2 times per week        |
| <input type="radio"/> 7-11 times per year | <input type="radio"/> 3-4 times per week      |
| <input type="radio"/> 1 time per month    | <input type="radio"/> 5-6 times per week      |
| <input type="radio"/> 2-3 times per month | <input type="radio"/> 1 time per day          |
| <input type="radio"/> 1 time per week     | <input type="radio"/> 2 or more times per day |

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

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

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

☐ NEVER (GO TO QUESTION 45)

- |   |   |
|---|---|
| <input type="radio"/> 1-6 times per year  | <input type="radio"/> 2 times per week        |
| <input type="radio"/> 7-11 times per year | <input type="radio"/> 3-4 times per week      |
| <input type="radio"/> 1 time per month    | <input type="radio"/> 5-6 times per week      |
| <input type="radio"/> 2-3 times per month | <input type="radio"/> 1 time per day          |
| <input type="radio"/> 1 time per week     | <input type="radio"/> 2 or more times per day |

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

- ☐ 1 small potato or less than 1/4 cup  
☐ 1 medium potato or 1/4 to 3/4 cup  
☐ 1 large potato or more than 3/4 cup

Question 45 appears in the next column.

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

☐ NEVER (GO TO QUESTION 46)

- |   |   |
|---|---|
| <input type="radio"/> 1-6 times per year  | <input type="radio"/> 2 times per week        |
| <input type="radio"/> 7-11 times per year | <input type="radio"/> 3-4 times per week      |
| <input type="radio"/> 1 time per month    | <input type="radio"/> 5-6 times per week      |
| <input type="radio"/> 2-3 times per month | <input type="radio"/> 1 time per day          |
| <input type="radio"/> 1 time per week     | <input type="radio"/> 2 or more times per day |

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

- ☐ Less than 10 fries or less than 1/2 cup  
☐ 10 to 25 fries or 1/2 to 1 cup  
☐ More than 25 fries or more than 1 cup

46. How often did you eat **potato salad**?

☐ NEVER (GO TO QUESTION 47)

- |   |   |
|---|---|
| <input type="radio"/> 1-6 times per year  | <input type="radio"/> 2 times per week        |
| <input type="radio"/> 7-11 times per year | <input type="radio"/> 3-4 times per week      |
| <input type="radio"/> 1 time per month    | <input type="radio"/> 5-6 times per week      |
| <input type="radio"/> 2-3 times per month | <input type="radio"/> 1 time per day          |
| <input type="radio"/> 1 time per week     | <input type="radio"/> 2 or more times per day |

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

- ☐ Less than 1/2 cup  
☐ 1/2 to 1 cup  
☐ More than 1 cup

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

☐ NEVER (GO TO QUESTION 48)

- |   |   |
|---|---|
| <input type="radio"/> 1-6 times per year  | <input type="radio"/> 2 times per week        |
| <input type="radio"/> 7-11 times per year | <input type="radio"/> 3-4 times per week      |
| <input type="radio"/> 1 time per month    | <input type="radio"/> 5-6 times per week      |
| <input type="radio"/> 2-3 times per month | <input type="radio"/> 1 time per day          |
| <input type="radio"/> 1 time per week     | <input type="radio"/> 2 or more times per day |

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

- ☐ 1 small potato or less than 1/2 cup  
☐ 1 medium potato or 1/2 to 1 cup  
☐ 1 large potato or more than 1 cup

Question 48 appears on the next page.



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**Over the past 12 months...**

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

- ☐ Almost never or never (GO TO QUESTION 47d)
- ☐ About 1/4 of the time
- ☐ About 1/2 of the time
- ☐ About 3/4 of the time
- ☐ Almost always or always

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

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

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

- ☐ Almost never or never
- ☐ About 1/4 of the time
- ☐ About 1/2 of the time
- ☐ About 3/4 of the time
- ☐ Almost always or always

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

- ☐ Almost never or never
- ☐ About 1/4 of the time
- ☐ About 1/2 of the time
- ☐ About 3/4 of the time
- ☐ Almost always or always

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

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

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

- ☐ Almost never or never (GO TO QUESTION 48)
- ☐ About 1/4 of the time
- ☐ About 1/2 of the time
- ☐ About 3/4 of the time
- ☐ Almost always or always

Question 48 appears in the next column.

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

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

48. How often did you eat **salsa**?

- ☐ NEVER (GO TO QUESTION 49)
- ☐ 1-6 times per year
- ☐ 7-11 times per year
- ☐ 1 time per month
- ☐ 2-3 times per month
- ☐ 1 time per week
- ☐ 2 times per week
- ☐ 3-4 times per week
- ☐ 5-6 times per week
- ☐ 1 time per day
- ☐ 2 or more times per day

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

- ☐ Less than 1 tablespoon
- ☐ 1 to 5 tablespoons
- ☐ More than 5 tablespoons

49. How often did you eat **catsup**?

- ☐ NEVER (GO TO QUESTION 50)
- ☐ 1-6 times per year
- ☐ 7-11 times per year
- ☐ 1 time per month
- ☐ 2-3 times per month
- ☐ 1 time per week
- ☐ 2 times per week
- ☐ 3-4 times per week
- ☐ 5-6 times per week
- ☐ 1 time per day
- ☐ 2 or more times per day

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

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

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

- ☐ NEVER (GO TO QUESTION 51)
- ☐ 1-6 times per year
- ☐ 7-11 times per year
- ☐ 1 time per month
- ☐ 2-3 times per month
- ☐ 1 time per week
- ☐ 2 times per week
- ☐ 3-4 times per week
- ☐ 5-6 times per week
- ☐ 1 time per day
- ☐ 2 or more times per day

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

- ☐ Less than 1/2 cup
- ☐ 1/2 to 1 cup
- ☐ More than 1 cup

Question 51 appears on the next page.



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**Over the past 12 months...**51. How often did you eat **chili**?

- ☐ NEVER (GO TO QUESTION 52)
- |   |   |
|---|---|
| <input type="radio"/> 1-6 times per year  | <input type="radio"/> 2 times per week        |
| <input type="radio"/> 7-11 times per year | <input type="radio"/> 3-4 times per week      |
| <input type="radio"/> 1 time per month    | <input type="radio"/> 5-6 times per week      |
| <input type="radio"/> 2-3 times per month | <input type="radio"/> 1 time per day          |
| <input type="radio"/> 1 time per week     | <input type="radio"/> 2 or more times per day |

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

- ☐ Less than 1/2 cup  
☐ 1/2 to 1 3/4 cup  
☐ More than 1 3/4 cup

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

- ☐ NEVER (GO TO QUESTION 53)
- |   |   |
|---|---|
| <input type="radio"/> 1-6 times per year  | <input type="radio"/> 2 times per week        |
| <input type="radio"/> 7-11 times per year | <input type="radio"/> 3-4 times per week      |
| <input type="radio"/> 1 time per month    | <input type="radio"/> 5-6 times per week      |
| <input type="radio"/> 2-3 times per month | <input type="radio"/> 1 time per day          |
| <input type="radio"/> 1 time per week     | <input type="radio"/> 2 or more times per day |

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

- ☐ Less than 1 taco, burrito, etc.  
☐ 1 to 2 tacos, burritos, etc.  
☐ More than 2 tacos, burritos, etc.

53. How often did you eat **cooked dried beans** (such as baked beans, pinto, kidney, blackeyed peas, lima, lentils, soybeans, or refried beans)? *(Please don't include bean soups or chili.)*

- ☐ NEVER (GO TO QUESTION 54)
- |   |   |
|---|---|
| <input type="radio"/> 1-6 times per year  | <input type="radio"/> 2 times per week        |
| <input type="radio"/> 7-11 times per year | <input type="radio"/> 3-4 times per week      |
| <input type="radio"/> 1 time per month    | <input type="radio"/> 5-6 times per week      |
| <input type="radio"/> 2-3 times per month | <input type="radio"/> 1 time per day          |
| <input type="radio"/> 1 time per week     | <input type="radio"/> 2 or more times per day |

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

- ☐ Less than 1/2 cup  
☐ 1/2 to 1 cup  
☐ More than 1 cup

Question 54 appears in the next column.

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

- ☐ Almost never or never  
☐ About 1/4 of the time  
☐ About 1/2 of the time  
☐ About 3/4 of the time  
☐ Almost always or always

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

- ☐ NEVER (GO TO QUESTION 55)
- |   |   |
|---|---|
| <input type="radio"/> 1-6 times per year  | <input type="radio"/> 2 times per week        |
| <input type="radio"/> 7-11 times per year | <input type="radio"/> 3-4 times per week      |
| <input type="radio"/> 1 time per month    | <input type="radio"/> 5-6 times per week      |
| <input type="radio"/> 2-3 times per month | <input type="radio"/> 1 time per day          |
| <input type="radio"/> 1 time per week     | <input type="radio"/> 2 or more times per day |

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

- ☐ Less than 1/4 cup  
☐ 1/4 to 1/2 cup  
☐ More than 1/2 cup

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

- ☐ NEVER (GO TO QUESTION 56)
- |   |   |
|---|---|
| <input type="radio"/> 1-6 times per year  | <input type="radio"/> 2 times per week        |
| <input type="radio"/> 7-11 times per year | <input type="radio"/> 3-4 times per week      |
| <input type="radio"/> 1 time per month    | <input type="radio"/> 5-6 times per week      |
| <input type="radio"/> 2-3 times per month | <input type="radio"/> 1 time per day          |
| <input type="radio"/> 1 time per week     | <input type="radio"/> 2 or more times per day |

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

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

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

- ☐ Almost never or never  
☐ About 1/4 of the time  
☐ About 1/2 of the time  
☐ About 3/4 of the time  
☐ Almost always or always

Question 56 appears on the next page.

## Over the past 12 months...

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

☐ NEVER (GO TO QUESTION 57)

- |   |   |
|---|---|
| <input type="radio"/> 1-6 times per year  | <input type="radio"/> 2 times per week        |
| <input type="radio"/> 7-11 times per year | <input type="radio"/> 3-4 times per week      |
| <input type="radio"/> 1 time per month    | <input type="radio"/> 5-6 times per week      |
| <input type="radio"/> 2-3 times per month | <input type="radio"/> 1 time per day          |
| <input type="radio"/> 1 time per week     | <input type="radio"/> 2 or more times per day |

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

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

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

- ☐ Almost never or never  
☐ About 1/4 of the time  
☐ About 1/2 of the time  
☐ About 3/4 of the time  
☐ Almost always or always

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

- ☐ Almost never or never  
☐ About 1/4 of the time  
☐ About 1/2 of the time  
☐ About 3/4 of the time  
☐ Almost always or always

56d. Each time **margarine** or **butter** was added to your pancakes, waffles, or French toast, how much was usually added?

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

56e. How often was **syrup** added to your pancakes, waffles, or French toast?

- ☐ Almost never or never (GO TO QUESTION 57)  
☐ About 1/4 of the time  
☐ About 1/2 of the time  
☐ About 3/4 of the time  
☐ Almost always or always

Question 57 appears in the next column.

56f. Each time **syrup** was added to your pancakes, waffles, or French toast, how much was usually added?

- ☐ Less than 1 tablespoon  
☐ 1 to 4 tablespoons  
☐ More than 4 tablespoons

57. How often did you eat **lasagna, stuffed shells, stuffed manicotti, ravioli, or tortellini**? (Please do not include spaghetti or other pasta.)

☐ NEVER (GO TO QUESTION 58)

- |   |   |
|---|---|
| <input type="radio"/> 1-6 times per year  | <input type="radio"/> 2 times per week        |
| <input type="radio"/> 7-11 times per year | <input type="radio"/> 3-4 times per week      |
| <input type="radio"/> 1 time per month    | <input type="radio"/> 5-6 times per week      |
| <input type="radio"/> 2-3 times per month | <input type="radio"/> 1 time per day          |
| <input type="radio"/> 1 time per week     | <input type="radio"/> 2 or more times per day |

57a. Each time you ate **lasagna, stuffed shells, stuffed manicotti, ravioli, or tortellini**, how much did you usually eat?

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

58. How often did you eat **macaroni and cheese**?

☐ NEVER (GO TO QUESTION 59)

- |   |   |
|---|---|
| <input type="radio"/> 1-6 times per year  | <input type="radio"/> 2 times per week        |
| <input type="radio"/> 7-11 times per year | <input type="radio"/> 3-4 times per week      |
| <input type="radio"/> 1 time per month    | <input type="radio"/> 5-6 times per week      |
| <input type="radio"/> 2-3 times per month | <input type="radio"/> 1 time per day          |
| <input type="radio"/> 1 time per week     | <input type="radio"/> 2 or more times per day |

58a. Each time you ate **macaroni and cheese**, how much did you usually eat?

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

59. How often did you eat **pasta salad or macaroni salad**?

☐ NEVER (GO TO QUESTION 60)

- |   |   |
|---|---|
| <input type="radio"/> 1-6 times per year  | <input type="radio"/> 2 times per week        |
| <input type="radio"/> 7-11 times per year | <input type="radio"/> 3-4 times per week      |
| <input type="radio"/> 1 time per month    | <input type="radio"/> 5-6 times per week      |
| <input type="radio"/> 2-3 times per month | <input type="radio"/> 1 time per day          |
| <input type="radio"/> 1 time per week     | <input type="radio"/> 2 or more times per day |

Question 60 appears on the next page.



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**Over the past 12 months...**

59a. Each time you ate **pasta salad** or **macaroni salad**, how much did you usually eat?

- ☐ Less than 1/2 cup  
☐ 1/2 to 1 cup  
☐ More than 1 cup

60. Other than the pastas listed in Question 57, 58, and 59, how often did you eat **pasta, spaghetti, or other noodles**?

☐ NEVER (GO TO QUESTION 61)

- |   |   |
|---|---|
| <input type="radio"/> 1-6 times per year  | <input type="radio"/> 2 times per week        |
| <input type="radio"/> 7-11 times per year | <input type="radio"/> 3-4 times per week      |
| <input type="radio"/> 1 time per month    | <input type="radio"/> 5-6 times per week      |
| <input type="radio"/> 2-3 times per month | <input type="radio"/> 1 time per day          |
| <input type="radio"/> 1 time per week     | <input type="radio"/> 2 or more times per day |

60a. Each time you ate **pasta, spaghetti or other noodles**, how much did you usually eat?

- ☐ Less than 1 cup  
☐ 1 to 3 cups  
☐ More than 3 cups

60b. How often did you eat your pasta, spaghetti, or other noodles with **tomato sauce** or **spaghetti sauce made WITH meat**?

- ☐ Almost never or never  
☐ About 1/4 of the time  
☐ About 1/2 of the time  
☐ About 3/4 of the time  
☐ Almost always or always

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

- ☐ Almost never or never  
☐ About 1/4 of the time  
☐ About 1/2 of the time  
☐ About 3/4 of the time  
☐ Almost always or always

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

- ☐ Almost never or never  
☐ About 1/4 of the time  
☐ About 1/2 of the time  
☐ About 3/4 of the time  
☐ Almost always or always

Question 61 appears in the next column.

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

☐ NEVER (GO TO INTRODUCTION TO QUESTION 62)

- |   |   |
|---|---|
| <input type="radio"/> 1-6 times per year  | <input type="radio"/> 2 times per week        |
| <input type="radio"/> 7-11 times per year | <input type="radio"/> 3-4 times per week      |
| <input type="radio"/> 1 time per month    | <input type="radio"/> 5-6 times per week      |
| <input type="radio"/> 2-3 times per month | <input type="radio"/> 1 time per day          |
| <input type="radio"/> 1 time per week     | <input type="radio"/> 2 or more times per day |

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

- ☐ Less than 1 bagel or English muffin  
☐ 1 bagel or English muffin  
☐ More than 1 bagel or English muffin

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

- ☐ Almost never or never  
☐ About 1/4 of the time  
☐ About 1/2 of the time  
☐ About 3/4 of the time  
☐ Almost always or always

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

- ☐ Almost never or never  
☐ About 1/4 of the time  
☐ About 1/2 of the time  
☐ About 3/4 of the time  
☐ Almost always or always

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

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

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

- ☐ Almost never or never (GO TO INTRODUCTION TO QUESTION 62)  
☐ About 1/4 of the time  
☐ About 1/2 of the time  
☐ About 3/4 of the time  
☐ Almost always or always



Introduction to Question 62 appears on the next page.





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**Over the past 12 months...**

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

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

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

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

☐ NEVER (GO TO QUESTION 63)

- |   |   |
|---|---|
| <input type="radio"/> 1-6 times per year  | <input type="radio"/> 2 times per week        |
| <input type="radio"/> 7-11 times per year | <input type="radio"/> 3-4 times per week      |
| <input type="radio"/> 1 time per month    | <input type="radio"/> 5-6 times per week      |
| <input type="radio"/> 2-3 times per month | <input type="radio"/> 1 time per day          |
| <input type="radio"/> 1 time per week     | <input type="radio"/> 2 or more times per day |

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

- ☐ 1 slice or 1/2 roll  
☐ 2 slices or 1 roll  
☐ More than 2 slices or more than 1 roll

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

- ☐ Almost never or never  
☐ About 1/4 of the time  
☐ About 1/2 of the time  
☐ About 3/4 of the time  
☐ Almost always or always

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

- ☐ Almost never or never (GO TO QUESTION 62e)  
☐ About 1/4 of the time  
☐ About 1/2 of the time  
☐ About 3/4 of the time  
☐ Almost always or always

Question 62e appears in the next column

Question 63 appears in the next column.

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

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

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

- ☐ Almost never or never  
☐ About 1/4 of the time  
☐ About 1/2 of the time  
☐ About 3/4 of the time  
☐ Almost always or always

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

- ☐ Almost never or never  
☐ About 1/4 of the time  
☐ About 1/2 of the time  
☐ About 3/4 of the time  
☐ Almost always or always

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

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

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

☐ NEVER (GO TO INTRODUCTION TO QUESTION 64)

- |   |   |
|---|---|
| <input type="radio"/> 1-6 times per year  | <input type="radio"/> 2 times per week        |
| <input type="radio"/> 7-11 times per year | <input type="radio"/> 3-4 times per week      |
| <input type="radio"/> 1 time per month    | <input type="radio"/> 5-6 times per week      |
| <input type="radio"/> 2-3 times per month | <input type="radio"/> 1 time per day          |
| <input type="radio"/> 1 time per week     | <input type="radio"/> 2 or more times per day |

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

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



Question 64 appears on the next page.



14161

**Over the past 12 months...**

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

- ☐ Almost never or never
- ☐ About 1/4 of the time
- ☐ About 1/2 of the time
- ☐ About 3/4 of the time
- ☐ Almost always or always

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

- ☐ Almost never or never
- ☐ About 1/4 of the time
- ☐ About 1/2 of the time
- ☐ About 3/4 of the time
- ☐ Almost always or always

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

- ☐ Almost never or never
- ☐ About 1/4 of the time
- ☐ About 1/2 of the time
- ☐ About 3/4 of the time
- ☐ Almost always or always

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

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

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

- ☐ Almost never or never (GO TO QUESTION 64)
- ☐ About 1/4 of the time
- ☐ About 1/2 of the time
- ☐ About 3/4 of the time
- ☐ Almost always or always

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

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

Question 64 appears in the next column.

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

- ☐ NEVER (GO TO QUESTION 65)
- ☐ 1-6 times per year
- ☐ 7-11 times per year
- ☐ 1 time per month
- ☐ 2-3 times per month
- ☐ 1 time per week
- ☐ 2 times per week
- ☐ 3-4 times per week
- ☐ 5-6 times per week
- ☐ 1 time per day
- ☐ 2 or more times per day

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

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

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

- ☐ NEVER (GO TO QUESTION 66)
- ☐ 1-6 times per year
- ☐ 7-11 times per year
- ☐ 1 time per month
- ☐ 2-3 times per month
- ☐ 1 time per week
- ☐ 2 times per week
- ☐ 3-4 times per week
- ☐ 5-6 times per week
- ☐ 1 time per day
- ☐ 2 or more times per day

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

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

66. How often did you eat **roast beef or steak IN SANDWICHES**?

- ☐ NEVER (GO TO QUESTION 67)
- ☐ 1-6 times per year
- ☐ 7-11 times per year
- ☐ 1 time per month
- ☐ 2-3 times per month
- ☐ 1 time per week
- ☐ 2 times per week
- ☐ 3-4 times per week
- ☐ 5-6 times per week
- ☐ 1 time per day
- ☐ 2 or more times per day

66a. Each time you ate **roast beef or steak IN SANDWICHES**, how much did you usually eat?

- ☐ Less than 1 slice or less than 2 ounces
- ☐ 1 to 2 slices or 2 to 4 ounces
- ☐ More than 2 slices or more than 4 ounces

Question 67 appears on the next page.

Over the past 12 months...

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

☐ NEVER (GO TO QUESTION 68)

- |   |   |
|---|---|
| <input type="radio"/> 1-6 times per year  | <input type="radio"/> 2 times per week        |
| <input type="radio"/> 7-11 times per year | <input type="radio"/> 3-4 times per week      |
| <input type="radio"/> 1 time per month    | <input type="radio"/> 5-6 times per week      |
| <input type="radio"/> 2-3 times per month | <input type="radio"/> 1 time per day          |
| <input type="radio"/> 1 time per week     | <input type="radio"/> 2 or more times per day |

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

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



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

☐ NEVER (GO TO QUESTION 69)

- |   |   |
|---|---|
| <input type="radio"/> 1-6 times per year  | <input type="radio"/> 2 times per week        |
| <input type="radio"/> 7-11 times per year | <input type="radio"/> 3-4 times per week      |
| <input type="radio"/> 1 time per month    | <input type="radio"/> 5-6 times per week      |
| <input type="radio"/> 2-3 times per month | <input type="radio"/> 1 time per day          |
| <input type="radio"/> 1 time per week     | <input type="radio"/> 2 or more times per day |

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

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

68b. How often was the luncheon or deli-style ham you ate **light**, **low-fat**, or **fat-free**?

- ☐ Almost never or never  
☐ About 1/4 of the time  
☐ About 1/2 of the time  
☐ About 3/4 of the time  
☐ Almost always or always

Question 69 appears in the next column.

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

☐ NEVER (GO TO QUESTION 70)

- |   |   |
|---|---|
| <input type="radio"/> 1-6 times per year  | <input type="radio"/> 2 times per week        |
| <input type="radio"/> 7-11 times per year | <input type="radio"/> 3-4 times per week      |
| <input type="radio"/> 1 time per month    | <input type="radio"/> 5-6 times per week      |
| <input type="radio"/> 2-3 times per month | <input type="radio"/> 1 time per day          |
| <input type="radio"/> 1 time per week     | <input type="radio"/> 2 or more times per day |

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

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

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

- ☐ Almost never or never  
☐ About 1/4 of the time  
☐ About 1/2 of the time  
☐ About 3/4 of the time  
☐ Almost always or always

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

☐ NEVER (GO TO QUESTION 71)

- |   |   |
|---|---|
| <input type="radio"/> 1-6 times per year  | <input type="radio"/> 2 times per week        |
| <input type="radio"/> 7-11 times per year | <input type="radio"/> 3-4 times per week      |
| <input type="radio"/> 1 time per month    | <input type="radio"/> 5-6 times per week      |
| <input type="radio"/> 2-3 times per month | <input type="radio"/> 1 time per day          |
| <input type="radio"/> 1 time per week     | <input type="radio"/> 2 or more times per day |

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

- ☐ Less than 1/4 cup or less than 2 ounces  
☐ 1/4 to 1/2 cup or 2 to 3 ounces  
☐ More than 1/2 cup or more than 3 ounces

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

- ☐ Almost never or never  
☐ About 1/4 of the time  
☐ About 1/2 of the time  
☐ About 3/4 of the time  
☐ Almost always or always

Question 71 appears on the next page.



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**Over the past 12 months...**

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

- ☐ Almost never or never
- ☐ About 1/4 of the time
- ☐ About 1/2 of the time
- ☐ About 3/4 of the time
- ☐ Almost always or always

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

☐ NEVER (GO TO QUESTION 72)

- ☐ 1-6 times per year
- ☐ 7-11 times per year
- ☐ 1 time per month
- ☐ 2-3 times per month
- ☐ 1 time per week
- ☐ 2 times per week
- ☐ 3-4 times per week
- ☐ 5-6 times per week
- ☐ 1 time per day
- ☐ 2 or more times per day

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

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

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

☐ NEVER (GO TO QUESTION 73)

- ☐ 1-6 times per year
- ☐ 7-11 times per year
- ☐ 1 time per month
- ☐ 2-3 times per month
- ☐ 1 time per week
- ☐ 2 times per week
- ☐ 3-4 times per week
- ☐ 5-6 times per week
- ☐ 1 time per day
- ☐ 2 or more times per day

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

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

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

- ☐ Almost never or never
- ☐ About 1/4 of the time
- ☐ About 1/2 of the time
- ☐ About 3/4 of the time
- ☐ Almost always or always

Question 73 appears in the next column.

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

☐ NEVER (GO TO QUESTION 74)

- ☐ 1-6 times per year
- ☐ 7-11 times per year
- ☐ 1 time per month
- ☐ 2-3 times per month
- ☐ 1 time per week
- ☐ 2 times per week
- ☐ 3-4 times per week
- ☐ 5-6 times per week
- ☐ 1 time per day
- ☐ 2 or more times per day

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

- ☐ Less than 3 ounces or less than 1/2 cup
- ☐ 3 to 8 ounces or 1/2 to 1 cup
- ☐ More than 8 ounces or more than 1 cup

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

☐ NEVER (GO TO QUESTION 75)

- ☐ 1-6 times per year
- ☐ 7-11 times per year
- ☐ 1 time per month
- ☐ 2-3 times per month
- ☐ 1 time per week
- ☐ 2 times per week
- ☐ 3-4 times per week
- ☐ 5-6 times per week
- ☐ 1 time per day
- ☐ 2 or more times per day

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

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

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

- ☐ Almost never or never
- ☐ About 1/4 of the time
- ☐ About 1/2 of the time
- ☐ About 3/4 of the time
- ☐ Almost always or always



Question 75 appears on the next page.



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**Over the past 12 months...**

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

☐ NEVER (GO TO QUESTION 76)

- |   |   |
|---|---|
| <input type="radio"/> 1-6 times per year  | <input type="radio"/> 2 times per week        |
| <input type="radio"/> 7-11 times per year | <input type="radio"/> 3-4 times per week      |
| <input type="radio"/> 1 time per month    | <input type="radio"/> 5-6 times per week      |
| <input type="radio"/> 2-3 times per month | <input type="radio"/> 1 time per day          |
| <input type="radio"/> 1 time per week     | <input type="radio"/> 2 or more times per day |

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

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

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

☐ NEVER (GO TO QUESTION 77)

- |   |   |
|---|---|
| <input type="radio"/> 1-6 times per year  | <input type="radio"/> 2 times per week        |
| <input type="radio"/> 7-11 times per year | <input type="radio"/> 3-4 times per week      |
| <input type="radio"/> 1 time per month    | <input type="radio"/> 5-6 times per week      |
| <input type="radio"/> 2-3 times per month | <input type="radio"/> 1 time per day          |
| <input type="radio"/> 1 time per week     | <input type="radio"/> 2 or more times per day |

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

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

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

☐ NEVER (GO TO QUESTION 78)

- |   |   |
|---|---|
| <input type="radio"/> 1-6 times per year  | <input type="radio"/> 2 times per week        |
| <input type="radio"/> 7-11 times per year | <input type="radio"/> 3-4 times per week      |
| <input type="radio"/> 1 time per month    | <input type="radio"/> 5-6 times per week      |
| <input type="radio"/> 2-3 times per month | <input type="radio"/> 1 time per day          |
| <input type="radio"/> 1 time per week     | <input type="radio"/> 2 or more times per day |

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

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

Question 78 appears in the next column.

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

- ☐ Almost never or never  
☐ About 1/4 of the time  
☐ About 1/2 of the time  
☐ About 3/4 of the time  
☐ Almost always or always

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

☐ NEVER (GO TO QUESTION 79)

- |   |   |
|---|---|
| <input type="radio"/> 1-6 times per year  | <input type="radio"/> 2 times per week        |
| <input type="radio"/> 7-11 times per year | <input type="radio"/> 3-4 times per week      |
| <input type="radio"/> 1 time per month    | <input type="radio"/> 5-6 times per week      |
| <input type="radio"/> 2-3 times per month | <input type="radio"/> 1 time per day          |
| <input type="radio"/> 1 time per week     | <input type="radio"/> 2 or more times per day |

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

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

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

☐ NEVER (GO TO QUESTION 80)

- |   |   |
|---|---|
| <input type="radio"/> 1-6 times per year  | <input type="radio"/> 2 times per week        |
| <input type="radio"/> 7-11 times per year | <input type="radio"/> 3-4 times per week      |
| <input type="radio"/> 1 time per month    | <input type="radio"/> 5-6 times per week      |
| <input type="radio"/> 2-3 times per month | <input type="radio"/> 1 time per day          |
| <input type="radio"/> 1 time per week     | <input type="radio"/> 2 or more times per day |

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

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

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

☐ NEVER (GO TO QUESTION 81)

- |   |   |
|---|---|
| <input type="radio"/> 1-6 times per year  | <input type="radio"/> 2 times per week        |
| <input type="radio"/> 7-11 times per year | <input type="radio"/> 3-4 times per week      |
| <input type="radio"/> 1 time per month    | <input type="radio"/> 5-6 times per week      |
| <input type="radio"/> 2-3 times per month | <input type="radio"/> 1 time per day          |
| <input type="radio"/> 1 time per week     | <input type="radio"/> 2 or more times per day |

Question 81 appears on the next page.



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**Over the past 12 months...**

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

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

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

☐ NEVER (GO TO QUESTION 82)

- ☐ 1-6 times per year
- ☐ 7-11 times per year
- ☐ 1 time per month
- ☐ 2-3 times per month
- ☐ 1 time per week
- ☐ 2 times per week
- ☐ 3-4 times per week
- ☐ 5-6 times per week
- ☐ 1 time per day
- ☐ 2 or more times per day

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

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

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

- ☐ Almost never or never
- ☐ About 1/4 of the time
- ☐ About 1/2 of the time
- ☐ About 3/4 of the time
- ☐ Almost always or always

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

- ☐ Almost never or never
- ☐ About 1/4 of the time
- ☐ About 1/2 of the time
- ☐ About 3/4 of the time
- ☐ Almost always or always

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

- ☐ Almost never or never
- ☐ About 1/4 of the time
- ☐ About 1/2 of the time
- ☐ About 3/4 of the time
- ☐ Almost always or always

Question appears 82 in the next column.

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

☐ NEVER (GO TO QUESTION 83)

- ☐ 1-6 times per year
- ☐ 7-11 times per year
- ☐ 1 time per month
- ☐ 2-3 times per month
- ☐ 1 time per week
- ☐ 2 times per week
- ☐ 3-4 times per week
- ☐ 5-6 times per week
- ☐ 1 time per day
- ☐ 2 or more times per day

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

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

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

☐ NEVER (GO TO QUESTION 84)

- ☐ 1-6 times per year
- ☐ 7-11 times per year
- ☐ 1 time per month
- ☐ 2-3 times per month
- ☐ 1 time per week
- ☐ 2 times per week
- ☐ 3-4 times per week
- ☐ 5-6 times per week
- ☐ 1 time per day
- ☐ 2 or more times per day

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

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

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

☐ NEVER (GO TO QUESTION 85)

- ☐ 1-6 times per year
- ☐ 7-11 times per year
- ☐ 1 time per month
- ☐ 2-3 times per month
- ☐ 1 time per week
- ☐ 2 times per week
- ☐ 3-4 times per week
- ☐ 5-6 times per week
- ☐ 1 time per day
- ☐ 2 or more times per day

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

- ☐ Less than 1/8 cup
- ☐ 1/8 to 1/2 cup
- ☐ More than 1/2 cup

Question 85 appears on the next page.

Over the past 12 months...

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

☐ NEVER (GO TO QUESTION 86)

- |   |   |
|---|---|
| <input type="radio"/> 1-6 times per year  | <input type="radio"/> 2 times per week        |
| <input type="radio"/> 7-11 times per year | <input type="radio"/> 3-4 times per week      |
| <input type="radio"/> 1 time per month    | <input type="radio"/> 5-6 times per week      |
| <input type="radio"/> 2-3 times per month | <input type="radio"/> 1 time per day          |
| <input type="radio"/> 1 time per week     | <input type="radio"/> 2 or more times per day |

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

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

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

☐ NEVER (GO TO QUESTION 87)

- |   |   |
|---|---|
| <input type="radio"/> 1-6 times per year  | <input type="radio"/> 2 times per week        |
| <input type="radio"/> 7-11 times per year | <input type="radio"/> 3-4 times per week      |
| <input type="radio"/> 1 time per month    | <input type="radio"/> 5-6 times per week      |
| <input type="radio"/> 2-3 times per month | <input type="radio"/> 1 time per day          |
| <input type="radio"/> 1 time per week     | <input type="radio"/> 2 or more times per day |

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

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

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

- ☐ Almost never or never  
☐ About 1/4 of the time  
☐ About 1/2 of the time  
☐ About 3/4 of the time  
☐ Almost always or always

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

☐ NEVER (GO TO QUESTION 88)

- |   |   |
|---|---|
| <input type="radio"/> 1-6 times per year  | <input type="radio"/> 2 times per week        |
| <input type="radio"/> 7-11 times per year | <input type="radio"/> 3-4 times per week      |
| <input type="radio"/> 1 time per month    | <input type="radio"/> 5-6 times per week      |
| <input type="radio"/> 2-3 times per month | <input type="radio"/> 1 time per day          |
| <input type="radio"/> 1 time per week     | <input type="radio"/> 2 or more times per day |

Question 88 appears in the next column.

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

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

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

- ☐ Almost never or never  
☐ About 1/4 of the time  
☐ About 1/2 of the time  
☐ About 3/4 of the time  
☐ Almost always or always

88. How often did you eat **fish sticks** or **fried fish** (including fried seafood or shellfish)?

☐ NEVER (GO TO QUESTION 89)

- |   |   |
|---|---|
| <input type="radio"/> 1-6 times per year  | <input type="radio"/> 2 times per week        |
| <input type="radio"/> 7-11 times per year | <input type="radio"/> 3-4 times per week      |
| <input type="radio"/> 1 time per month    | <input type="radio"/> 5-6 times per week      |
| <input type="radio"/> 2-3 times per month | <input type="radio"/> 1 time per day          |
| <input type="radio"/> 1 time per week     | <input type="radio"/> 2 or more times per day |

88a. Each time you ate **fish sticks** or **fried fish**, how much did you usually eat?

- ☐ Less than 2 ounces or less than 1 fillet  
☐ 2 to 7 ounces or 1 fillet  
☐ More than 7 ounces or more than 1 fillet

89. How often did you eat **fish** or **seafood that was NOT FRIED** (including shellfish)?

☐ NEVER (GO TO INTRODUCTION TO QUESTION 90)

- |   |   |
|---|---|
| <input type="radio"/> 1-6 times per year  | <input type="radio"/> 2 times per week        |
| <input type="radio"/> 7-11 times per year | <input type="radio"/> 3-4 times per week      |
| <input type="radio"/> 1 time per month    | <input type="radio"/> 5-6 times per week      |
| <input type="radio"/> 2-3 times per month | <input type="radio"/> 1 time per day          |
| <input type="radio"/> 1 time per week     | <input type="radio"/> 2 or more times per day |

89a. Each time you ate **fish** or **seafood that was not fried**, how much did you usually eat?

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



Introduction to Question 90 appears on the next page.



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Over the past 12 months...

Now think about all the meat, poultry, and fish you ate in the past 12 months and how they were prepared.

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

☐ NEVER (GO TO QUESTION 91)

- |   |   |
|---|---|
| <input type="radio"/> 1-6 times per year  | <input type="radio"/> 2 times per week        |
| <input type="radio"/> 7-11 times per year | <input type="radio"/> 3-4 times per week      |
| <input type="radio"/> 1 time per month    | <input type="radio"/> 5-6 times per week      |
| <input type="radio"/> 2-3 times per month | <input type="radio"/> 1 time per day          |
| <input type="radio"/> 1 time per week     | <input type="radio"/> 2 or more times per day |

90a. Which of the following **fats** were regularly used to prepare your meat, poultry, or fish? (Mark all that apply.)

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

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

☐ NEVER (GO TO QUESTION 92)

- |   |   |
|---|---|
| <input type="radio"/> 1-6 times per year  | <input type="radio"/> 2 times per week        |
| <input type="radio"/> 7-11 times per year | <input type="radio"/> 3-4 times per week      |
| <input type="radio"/> 1 time per month    | <input type="radio"/> 5-6 times per week      |
| <input type="radio"/> 2-3 times per month | <input type="radio"/> 1 time per day          |
| <input type="radio"/> 1 time per week     | <input type="radio"/> 2 or more times per day |

91a. Each time you ate **tofu, soy burgers, or soy meat-substitutes**, how much did you usually eat?

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

Question 92 appears in the next column.

92. Over the past 12 months, did you eat **soups**?

☐ NO (Go To Question 93)

☐ YES



92a. How often did you eat **soup DURING THE WINTER**?

☐ NEVER

- |   |   |
|---|---|
| <input type="radio"/> 1-6 times per winter  | <input type="radio"/> 2 times per week        |
| <input type="radio"/> 7-11 times per winter | <input type="radio"/> 3-4 times per week      |
| <input type="radio"/> 1 time per month      | <input type="radio"/> 5-6 times per week      |
| <input type="radio"/> 2-3 times per month   | <input type="radio"/> 1 time per day          |
| <input type="radio"/> 1 time per week       | <input type="radio"/> 2 or more times per day |

92b. How often did you eat **soup DURING THE REST OF THE YEAR**?

☐ NEVER

- |   |   |
|---|---|
| <input type="radio"/> 1-6 times per year  | <input type="radio"/> 2 times per week        |
| <input type="radio"/> 7-11 times per year | <input type="radio"/> 3-4 times per week      |
| <input type="radio"/> 1 time per month    | <input type="radio"/> 5-6 times per week      |
| <input type="radio"/> 2-3 times per month | <input type="radio"/> 1 time per day          |
| <input type="radio"/> 1 time per week     | <input type="radio"/> 2 or more times per day |

92c. Each time you ate **soup**, how much did you usually eat?

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

92d. How often were the soups you ate **bean soups**?

- ☐ Almost never or never  
☐ About 1/4 of the time  
☐ About 1/2 of the time  
☐ About 3/4 of the time  
☐ Almost always or always

92e. How often were the soups you ate **cream soups** (including chowders)?

- ☐ Almost never or never  
☐ About 1/4 of the time  
☐ About 1/2 of the time  
☐ About 3/4 of the time  
☐ Almost always or always

Question 93 appears on the next page.





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**Over the past 12 months...**

92f. How often were the soups you ate **tomato** or **vegetable soups**?

- ☐ Almost never or never
- ☐ About 1/4 of the time
- ☐ About 1/2 of the time
- ☐ About 3/4 of the time
- ☐ Almost always or always

92g. How often were the soups you ate **broth soups** (including chicken) **with** or **without noodles** or **rice**?

- ☐ Almost never or never
- ☐ About 1/4 of the time
- ☐ About 1/2 of the time
- ☐ About 3/4 of the time
- ☐ Almost always or always

93. How often did you eat **pizza**?

☐ NEVER (GO TO QUESTION 94)

- ☐ 1-6 times per year
- ☐ 7-11 times per year
- ☐ 1 time per month
- ☐ 2-3 times per month
- ☐ 1 time per week
- ☐ 2 times per week
- ☐ 3-4 times per week
- ☐ 5-6 times per week
- ☐ 1 time per day
- ☐ 2 or more times per day

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

- ☐ Less than 1 slice or less than 1 mini pizza
- ☐ 1 to 3 slices or 1 mini pizza
- ☐ More than 3 slices or more than 1 mini pizza

93b. How often did you eat pizza with **pepperoni**, **sausage**, or **other meat**?

- ☐ Almost never or never
- ☐ About 1/4 of the time
- ☐ About 1/2 of the time
- ☐ About 3/4 of the time
- ☐ Almost always or always

94. How often did you eat **crackers**?

☐ NEVER (GO TO QUESTION 95)

- ☐ 1-6 times per year
- ☐ 7-11 times per year
- ☐ 1 time per month
- ☐ 2-3 times per month
- ☐ 1 time per week
- ☐ 2 times per week
- ☐ 3-4 times per week
- ☐ 5-6 times per week
- ☐ 1 time per day
- ☐ 2 or more times per day

Question 95 appears in the next column.

94a. Each time you ate **crackers**, how many did you usually eat?

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

95. How often did you eat **corn bread** or **corn muffins**?

☐ NEVER (GO TO QUESTION 96)

- ☐ 1-6 times per year
- ☐ 7-11 times per year
- ☐ 1 time per month
- ☐ 2-3 times per month
- ☐ 1 time per week
- ☐ 2 times per week
- ☐ 3-4 times per week
- ☐ 5-6 times per week
- ☐ 1 time per day
- ☐ 2 or more times per day

95a. Each time you ate **corn bread** or **corn muffins**, how much did you usually eat?

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

96. How often did you eat **biscuits**?

☐ NEVER (GO TO QUESTION 97)

- ☐ 1-6 times per year
- ☐ 7-11 times per year
- ☐ 1 time per month
- ☐ 2-3 times per month
- ☐ 1 time per week
- ☐ 2 times per week
- ☐ 3-4 times per week
- ☐ 5-6 times per week
- ☐ 1 time per day
- ☐ 2 or more times per day

96a. Each time you ate **biscuits**, how many did you usually eat?

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

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

☐ NEVER (GO TO QUESTION 98)

- ☐ 1-6 times per year
- ☐ 7-11 times per year
- ☐ 1 time per month
- ☐ 2-3 times per month
- ☐ 1 time per week
- ☐ 2 times per week
- ☐ 3-4 times per week
- ☐ 5-6 times per week
- ☐ 1 time per day
- ☐ 2 or more times per day

Question 98 appears on the next page.



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**Over the past 12 months...**

97a. Each time you ate **potato chips, tortilla chips, or corn chips**, how much did you usually eat?

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

97b. How often were the chips you ate **Wow chips** or other **chips made with fat substitute** (Olean or Olestra)?

- ☐ Almost never or never  
☐ About 1/4 of the time  
☐ About 1/2 of the time  
☐ About 3/4 of the time  
☐ Almost always or always

97c. How often were the chips you ate other **low-fat or fat-free chips**?

- ☐ Almost never or never  
☐ About 1/4 of the time  
☐ About 1/2 of the time  
☐ About 3/4 of the time  
☐ Almost always or always

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

☐ NEVER (GO TO QUESTION 99)

- |   |   |
|---|---|
| <input type="radio"/> 1-6 times per year  | <input type="radio"/> 2 times per week        |
| <input type="radio"/> 7-11 times per year | <input type="radio"/> 3-4 times per week      |
| <input type="radio"/> 1 time per month    | <input type="radio"/> 5-6 times per week      |
| <input type="radio"/> 2-3 times per month | <input type="radio"/> 1 time per day          |
| <input type="radio"/> 1 time per week     | <input type="radio"/> 2 or more times per day |

98a. Each time you ate **popcorn**, how much did you usually eat?

- ☐ Less than 2 cups, popped  
☐ 2 to 5 cups, popped  
☐ More than 5 cups, popped

99. How often did you eat **pretzels**?

☐ NEVER (GO TO QUESTION 100)

- |   |   |
|---|---|
| <input type="radio"/> 1-6 times per year  | <input type="radio"/> 2 times per week        |
| <input type="radio"/> 7-11 times per year | <input type="radio"/> 3-4 times per week      |
| <input type="radio"/> 1 time per month    | <input type="radio"/> 5-6 times per week      |
| <input type="radio"/> 2-3 times per month | <input type="radio"/> 1 time per day          |
| <input type="radio"/> 1 time per week     | <input type="radio"/> 2 or more times per day |

Question 100 appears in the next column.

99a. Each time you ate **pretzels**, how many did you usually eat?

- ☐ Fewer than 5 average twists  
☐ 5 to 20 average twists  
☐ More than 20 average twists

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

☐ NEVER (GO TO QUESTION 101)

- |   |   |
|---|---|
| <input type="radio"/> 1-6 times per year  | <input type="radio"/> 2 times per week        |
| <input type="radio"/> 7-11 times per year | <input type="radio"/> 3-4 times per week      |
| <input type="radio"/> 1 time per month    | <input type="radio"/> 5-6 times per week      |
| <input type="radio"/> 2-3 times per month | <input type="radio"/> 1 time per day          |
| <input type="radio"/> 1 time per week     | <input type="radio"/> 2 or more times per day |

100a. Each time you ate **peanuts, walnuts, seeds, or other nuts**, how much did you usually eat?

- ☐ Less than 1/4 cup  
☐ 1/4 to 1/2 cup  
☐ More than 1/2 cup

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

☐ NEVER (GO TO QUESTION 102)

- |   |   |
|---|---|
| <input type="radio"/> 1-6 times per year  | <input type="radio"/> 2 times per week        |
| <input type="radio"/> 7-11 times per year | <input type="radio"/> 3-4 times per week      |
| <input type="radio"/> 1 time per month    | <input type="radio"/> 5-6 times per week      |
| <input type="radio"/> 2-3 times per month | <input type="radio"/> 1 time per day          |
| <input type="radio"/> 1 time per week     | <input type="radio"/> 2 or more times per day |

101a. Each time you ate **energy, high-protein, or breakfast bars**, how much did you usually eat?

- ☐ Less than 1 bar  
☐ 1 bar  
☐ More than 1 bar

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

☐ NEVER (GO TO QUESTION 103)

- |   |   |
|---|---|
| <input type="radio"/> 1-6 times per year  | <input type="radio"/> 2 times per week        |
| <input type="radio"/> 7-11 times per year | <input type="radio"/> 3-4 times per week      |
| <input type="radio"/> 1 time per month    | <input type="radio"/> 5-6 times per week      |
| <input type="radio"/> 2-3 times per month | <input type="radio"/> 1 time per day          |
| <input type="radio"/> 1 time per week     | <input type="radio"/> 2 or more times per day |

Question 103 appears on the next page.



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**Over the past 12 months...**

102a. Each time you ate **yogurt**, how much did you usually eat?

- ☐ Less than 1/2 cup or less than 1 container
- ☐ 1/2 to 1 cup or 1 container
- ☐ More than 1 cup or more than 1 container

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

☐ NEVER (GO TO QUESTION 104)

- |   |   |
|---|---|
| <input type="radio"/> 1-6 times per year  | <input type="radio"/> 2 times per week        |
| <input type="radio"/> 7-11 times per year | <input type="radio"/> 3-4 times per week      |
| <input type="radio"/> 1 time per month    | <input type="radio"/> 5-6 times per week      |
| <input type="radio"/> 2-3 times per month | <input type="radio"/> 1 time per day          |
| <input type="radio"/> 1 time per week     | <input type="radio"/> 2 or more times per day |

103a. Each time you ate **cottage cheese**, how much did you usually eat?

- ☐ Less than 1/4 cup
- ☐ 1/4 to 1 cup
- ☐ More than 1 cup

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

☐ NEVER (GO TO QUESTION 105)

- |   |   |
|---|---|
| <input type="radio"/> 1-6 times per year  | <input type="radio"/> 2 times per week        |
| <input type="radio"/> 7-11 times per year | <input type="radio"/> 3-4 times per week      |
| <input type="radio"/> 1 time per month    | <input type="radio"/> 5-6 times per week      |
| <input type="radio"/> 2-3 times per month | <input type="radio"/> 1 time per day          |
| <input type="radio"/> 1 time per week     | <input type="radio"/> 2 or more times per day |

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

- ☐ Less than 1/2 ounce or less than 1 slice
- ☐ 1/2 to 1 1/2 ounces or 1 slice
- ☐ More than 1 1/2 ounces or more than 1 slice

104b. How often was the cheese you ate **light** or **low-fat cheese**?

- ☐ Almost never or never
- ☐ About 1/4 of the time
- ☐ About 1/2 of the time
- ☐ About 3/4 of the time
- ☐ Almost always or always

Question 105 appears in the next column.

104c. How often was the cheese you ate **fat-free cheese**?

- ☐ Almost never or never
- ☐ About 1/4 of the time
- ☐ About 1/2 of the time
- ☐ About 3/4 of the time
- ☐ Almost always or always

105. How often did you eat **frozen yogurt, sorbet, or ices** (including low-fat or fat-free)?

☐ NEVER (GO TO QUESTION 106)

- |   |   |
|---|---|
| <input type="radio"/> 1-6 times per year  | <input type="radio"/> 2 times per week        |
| <input type="radio"/> 7-11 times per year | <input type="radio"/> 3-4 times per week      |
| <input type="radio"/> 1 time per month    | <input type="radio"/> 5-6 times per week      |
| <input type="radio"/> 2-3 times per month | <input type="radio"/> 1 time per day          |
| <input type="radio"/> 1 time per week     | <input type="radio"/> 2 or more times per day |

105a. Each time you ate frozen **yogurt, sorbet, or ices**, how much did you usually eat?

- ☐ Less than 1/2 cup or less than 1 scoop
- ☐ 1/2 to 1 cup or 1 to 2 scoops
- ☐ More than 1 cup or more than 2 scoops

106. How often did you eat **ice cream, ice cream bars, or sherbet** (including low-fat or fat-free)?

☐ NEVER (GO TO QUESTION 107)

- |   |   |
|---|---|
| <input type="radio"/> 1-6 times per year  | <input type="radio"/> 2 times per week        |
| <input type="radio"/> 7-11 times per year | <input type="radio"/> 3-4 times per week      |
| <input type="radio"/> 1 time per month    | <input type="radio"/> 5-6 times per week      |
| <input type="radio"/> 2-3 times per month | <input type="radio"/> 1 time per day          |
| <input type="radio"/> 1 time per week     | <input type="radio"/> 2 or more times per day |

106a. Each time you ate **ice cream, ice cream bars, or sherbet**, how much did you usually eat?

- ☐ Less than 1/2 cup or less than 1 scoop
- ☐ 1/2 to 1 1/2 cups or 1 to 2 scoops
- ☐ More than 1 1/2 cups or more than 2 scoops

106b. How often was the ice cream you ate **light, low-fat, or fat-free ice cream or sherbet**?

- ☐ Almost never or never
- ☐ About 1/4 of the time
- ☐ About 1/2 of the time
- ☐ About 3/4 of the time
- ☐ Almost always or always

Question 107 appears on the next page.



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**Over the past 12 months...**

107. How often did you eat **cake** (including low-fat or fat-free)?

☐ NEVER (GO TO QUESTION 108)

- |   |   |
|---|---|
| <input type="radio"/> 1-6 times per year  | <input type="radio"/> 2 times per week        |
| <input type="radio"/> 7-11 times per year | <input type="radio"/> 3-4 times per week      |
| <input type="radio"/> 1 time per month    | <input type="radio"/> 5-6 times per week      |
| <input type="radio"/> 2-3 times per month | <input type="radio"/> 1 time per day          |
| <input type="radio"/> 1 time per week     | <input type="radio"/> 2 or more times per day |

107a. Each time you ate **cake**, how much did you usually eat?

- ☐ Less than 1 medium piece  
☐ 1 medium piece  
☐ More than 1 medium piece

107b. How often was the cake you ate **light, low-fat, or fat-free cake**?

- ☐ Almost never or never  
☐ About 1/4 of the time  
☐ About 1/2 of the time  
☐ About 3/4 of the time  
☐ Almost always or always

108. How often did you eat **cookies or brownies** (including low-fat or fat-free)?

☐ NEVER (GO TO QUESTION 109)

- |   |   |
|---|---|
| <input type="radio"/> 1-6 times per year  | <input type="radio"/> 2 times per week        |
| <input type="radio"/> 7-11 times per year | <input type="radio"/> 3-4 times per week      |
| <input type="radio"/> 1 time per month    | <input type="radio"/> 5-6 times per week      |
| <input type="radio"/> 2-3 times per month | <input type="radio"/> 1 time per day          |
| <input type="radio"/> 1 time per week     | <input type="radio"/> 2 or more times per day |

108a. Each time you ate **cookies or brownies**, how much did you usually eat?

- ☐ Less than 2 cookies or 1 small brownie  
☐ 2 to 4 cookies or 1 medium brownie  
☐ More than 4 cookies or 1 large brownie

108b. How often were the cookies or brownies you ate **light, low-fat, or fat-free cookies or brownies**?

- ☐ Almost never or never  
☐ About 1/4 of the time  
☐ About 1/2 of the time  
☐ About 3/4 of the time  
☐ Almost always or always

Question 109 appears in the next column.

109. How often did you eat **doughnuts, sweet rolls, Danish, or pop-tarts**?

☐ NEVER (GO TO QUESTION 110)

- |   |   |
|---|---|
| <input type="radio"/> 1-6 times per year  | <input type="radio"/> 2 times per week        |
| <input type="radio"/> 7-11 times per year | <input type="radio"/> 3-4 times per week      |
| <input type="radio"/> 1 time per month    | <input type="radio"/> 5-6 times per week      |
| <input type="radio"/> 2-3 times per month | <input type="radio"/> 1 time per day          |
| <input type="radio"/> 1 time per week     | <input type="radio"/> 2 or more times per day |

109a. Each time you ate **doughnuts, sweet rolls, Danish, or pop-tarts**, how much did you usually eat?

- ☐ Less than 1 piece  
☐ 1 to 2 pieces  
☐ More than 2 pieces

110. How often did you eat **sweet muffins or dessert breads** (including low-fat or fat-free)?

☐ NEVER (GO TO QUESTION 111)

- |   |   |
|---|---|
| <input type="radio"/> 1-6 times per year  | <input type="radio"/> 2 times per week        |
| <input type="radio"/> 7-11 times per year | <input type="radio"/> 3-4 times per week      |
| <input type="radio"/> 1 time per month    | <input type="radio"/> 5-6 times per week      |
| <input type="radio"/> 2-3 times per month | <input type="radio"/> 1 time per day          |
| <input type="radio"/> 1 time per week     | <input type="radio"/> 2 or more times per day |

110a. Each time you ate **sweet muffins or dessert breads**, how much did you usually eat?

- ☐ Less than 1 medium piece  
☐ 1 medium piece  
☐ More than 1 medium piece

110b. How often were the sweet muffins or dessert breads you ate **light, low-fat, or fat-free sweet muffins or dessert breads**?

- ☐ Almost never or never  
☐ About 1/4 of the time  
☐ About 1/2 of the time  
☐ About 3/4 of the time  
☐ Almost always or always

111. How often did you eat **fruit crisp, cobbler, or strudel**?

☐ NEVER (GO TO QUESTION 112)

- |   |   |
|---|---|
| <input type="radio"/> 1-6 times per year  | <input type="radio"/> 2 times per week        |
| <input type="radio"/> 7-11 times per year | <input type="radio"/> 3-4 times per week      |
| <input type="radio"/> 1 time per month    | <input type="radio"/> 5-6 times per week      |
| <input type="radio"/> 2-3 times per month | <input type="radio"/> 1 time per day          |
| <input type="radio"/> 1 time per week     | <input type="radio"/> 2 or more times per day |

Question 112 appears on the next page.



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**Over the past 12 months...**

111a. Each time you ate **fruit crisp, cobbler, or strudel**, how much did you usually eat?

- ☐ Less than 1/2 cup
- ☐ 1/2 cup to 1 cup
- ☐ More than 1 cup

112. How often did you eat **pie**?

☐ NEVER (GO TO QUESTION 113)

- |   |   |
|---|---|
| <input type="radio"/> 1-6 times per year  | <input type="radio"/> 2 times per week        |
| <input type="radio"/> 7-11 times per year | <input type="radio"/> 3-4 times per week      |
| <input type="radio"/> 1 time per month    | <input type="radio"/> 5-6 times per week      |
| <input type="radio"/> 2-3 times per month | <input type="radio"/> 1 time per day          |
| <input type="radio"/> 1 time per week     | <input type="radio"/> 2 or more times per day |

112a. Each time you ate **pie**, how much did you usually eat?

- ☐ Less than 1/8 of a pie
- ☐ About 1/8 of a pie
- ☐ More than 1/8 of a pie

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

112b. How often were the pies you ate **fruit pie** (such as apple, blueberry, others)?

- ☐ Almost never or never
- ☐ About 1/4 of the time
- ☐ About 1/2 of the time
- ☐ About 3/4 of the time
- ☐ Almost always or always

112c. How often were the pies you ate **cream, pudding, custard, or meringue pie**?

- ☐ Almost never or never
- ☐ About 1/4 of the time
- ☐ About 1/2 of the time
- ☐ About 3/4 of the time
- ☐ Almost always or always

112d. How often were the pies you ate **pumpkin or sweet potato pie**?

- ☐ Almost never or never
- ☐ About 1/4 of the time
- ☐ About 1/2 of the time
- ☐ About 3/4 of the time
- ☐ Almost always or always

Question 113 appears in the next column.

112e. How often were the pies you ate **pecan pie**?

- ☐ Almost never or never
- ☐ About 1/4 of the time
- ☐ About 1/2 of the time
- ☐ About 3/4 of the time
- ☐ Almost always or always

113. How often did you eat **chocolate candy**?

☐ NEVER (GO TO QUESTION 114)

- |   |   |
|---|---|
| <input type="radio"/> 1-6 times per year  | <input type="radio"/> 2 times per week        |
| <input type="radio"/> 7-11 times per year | <input type="radio"/> 3-4 times per week      |
| <input type="radio"/> 1 time per month    | <input type="radio"/> 5-6 times per week      |
| <input type="radio"/> 2-3 times per month | <input type="radio"/> 1 time per day          |
| <input type="radio"/> 1 time per week     | <input type="radio"/> 2 or more times per day |

113a. Each time you ate **chocolate candy**, how much did you usually eat?

- ☐ Less than 1 average bar or less than 1 ounce
- ☐ 1 average bar or 1 to 2 ounces
- ☐ More than 1 average bar or more than 2 ounces

114. How often did you eat **other candy**?

☐ NEVER (GO TO QUESTION 115)

- |   |   |
|---|---|
| <input type="radio"/> 1-6 times per year  | <input type="radio"/> 2 times per week        |
| <input type="radio"/> 7-11 times per year | <input type="radio"/> 3-4 times per week      |
| <input type="radio"/> 1 time per month    | <input type="radio"/> 5-6 times per week      |
| <input type="radio"/> 2-3 times per month | <input type="radio"/> 1 time per day          |
| <input type="radio"/> 1 time per week     | <input type="radio"/> 2 or more times per day |

114a. Each time you ate **other candy**, how much did you usually eat?

- ☐ Fewer than 2 pieces
- ☐ 2 to 9 pieces
- ☐ More than 9 pieces

115. How often did you eat **eggs, egg whites, or egg substitutes** (NOT counting eggs in baked goods and desserts)? *(Please include eggs in salads, quiche, and souffles.)*

☐ NEVER (GO TO QUESTION 116)

- |   |   |
|---|---|
| <input type="radio"/> 1-6 times per year  | <input type="radio"/> 2 times per week        |
| <input type="radio"/> 7-11 times per year | <input type="radio"/> 3-4 times per week      |
| <input type="radio"/> 1 time per month    | <input type="radio"/> 5-6 times per week      |
| <input type="radio"/> 2-3 times per month | <input type="radio"/> 1 time per day          |
| <input type="radio"/> 1 time per week     | <input type="radio"/> 2 or more times per day |

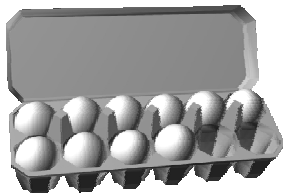
Question 116 appears on the next page.



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**Over the past 12 months...**

- 115a. Each time you ate **eggs**, how many did you usually eat?
- ☐ 1 egg
  - ☐ 2 eggs
  - ☐ 3 or more eggs
- 115b. How often were the eggs you ate **egg substitutes**?
- ☐ Almost never or never
  - ☐ About 1/4 of the time
  - ☐ About 1/2 of the time
  - ☐ About 3/4 of the time
  - ☐ Almost always or always
- 115c. How often were the eggs you ate **egg whites only**?
- ☐ Almost never or never
  - ☐ About 1/4 of the time
  - ☐ About 1/2 of the time
  - ☐ About 3/4 of the time
  - ☐ Almost always or always
- 115d. How often were the eggs you ate **regular whole eggs**?
- ☐ Almost never or never
  - ☐ About 1/4 of the time
  - ☐ About 1/2 of the time
  - ☐ About 3/4 of the time
  - ☐ Almost always or always
- 115e. How often were the eggs you ate **cooked in oil, butter, or margarine**?
- ☐ Almost never or never
  - ☐ About 1/4 of the time
  - ☐ About 1/2 of the time
  - ☐ About 3/4 of the time
  - ☐ Almost always or always
- 115f. How often were the eggs you ate part of **egg salad**?
- ☐ Almost never or never
  - ☐ About 1/4 of the time
  - ☐ About 1/2 of the time
  - ☐ About 3/4 of the time
  - ☐ Almost always or always



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

- ☐ NONE (GO TO QUESTION 117)
- |   |  |
|---|--|
| <input type="radio"/> Less than 1 cup per month | <input type="radio"/> 1 cup per day          |
| <input type="radio"/> 1-3 cups per month        | <input type="radio"/> 2-3 cups per day       |
| <input type="radio"/> 1 cup per week            | <input type="radio"/> 4-5 cups per day       |
| <input type="radio"/> 2-4 cups per week         | <input type="radio"/> 6 or more cups per day |
| <input type="radio"/> 5-6 cups per week         |  |

- 116a. How often was the coffee you drank **decaffeinated**?

- ☐ Almost never or never
- ☐ About 1/4 of the time
- ☐ About 1/2 of the time
- ☐ About 3/4 of the time
- ☐ Almost always or always

117. How many glasses of **ICED tea**, caffeinated or decaffeinated, did you drink?

- ☐ NONE (GO TO QUESTION 118)
- |   |  |
|---|--|
| <input type="radio"/> Less than 1 cup per month | <input type="radio"/> 1 cup per day          |
| <input type="radio"/> 1-3 cups per month        | <input type="radio"/> 2-3 cups per day       |
| <input type="radio"/> 1 cup per week            | <input type="radio"/> 4-5 cups per day       |
| <input type="radio"/> 2-4 cups per week         | <input type="radio"/> 6 or more cups per day |
| <input type="radio"/> 5-6 cups per week         |  |

- 117a. How often was the iced tea you drank **decaffeinated or herbal tea**?

- ☐ Almost never or never
- ☐ About 1/4 of the time
- ☐ About 1/2 of the time
- ☐ About 3/4 of the time
- ☐ Almost always or always

118. How many cups of **HOT tea**, caffeinated or decaffeinated, did you drink?

- ☐ NONE (GO TO QUESTION 119)
- |   |  |
|---|--|
| <input type="radio"/> Less than 1 cup per month | <input type="radio"/> 1 cup per day          |
| <input type="radio"/> 1-3 cups per month        | <input type="radio"/> 2-3 cups per day       |
| <input type="radio"/> 1 cup per week            | <input type="radio"/> 4-5 cups per day       |
| <input type="radio"/> 2-4 cups per week         | <input type="radio"/> 6 or more cups per day |
| <input type="radio"/> 5-6 cups per week         |  |

- 118a. How often was the hot tea you drank **decaffeinated or herbal tea**?

- ☐ Almost never or never
- ☐ About 1/4 of the time
- ☐ About 1/2 of the time
- ☐ About 3/4 of the time
- ☐ Almost always or always

Question 119 appears on the next page.



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**Over the past 12 months...**

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

☐ NEVER (GO TO QUESTION 120)

- |  |   |
|--|---|
| <input type="radio"/> Less than 1 time per month | <input type="radio"/> 1 time per day          |
| <input type="radio"/> 1-3 times per month        | <input type="radio"/> 2-3 times per day       |
| <input type="radio"/> 1 time per week            | <input type="radio"/> 4-5 times per day       |
| <input type="radio"/> 2-4 times per week         | <input type="radio"/> 6 or more times per day |
| <input type="radio"/> 5-6 times per week         |   |

119a. Each time **sugar** or **honey** was added to your coffee or tea, how much was usually added?

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

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

☐ NEVER (GO TO QUESTION 121)

- |  |   |
|--|---|
| <input type="radio"/> Less than 1 time per month | <input type="radio"/> 1 time per day          |
| <input type="radio"/> 1-3 times per month        | <input type="radio"/> 2-3 times per day       |
| <input type="radio"/> 1 time per week            | <input type="radio"/> 4-5 times per day       |
| <input type="radio"/> 2-4 times per week         | <input type="radio"/> 6 or more times per day |
| <input type="radio"/> 5-6 times per week         |   |

120a. What kind of **artificial sweetener** did you usually use?

- ☐ Equal or aspartame  
☐ Sweet N Low or saccharin

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

☐ NEVER (GO TO QUESTION 122)

- |  |   |
|--|---|
| <input type="radio"/> Less than 1 time per month | <input type="radio"/> 1 time per day          |
| <input type="radio"/> 1-3 times per month        | <input type="radio"/> 2-3 times per day       |
| <input type="radio"/> 1 time per week            | <input type="radio"/> 4-5 times per day       |
| <input type="radio"/> 2-4 times per week         | <input type="radio"/> 6 or more times per day |
| <input type="radio"/> 5-6 times per week         |   |

121a. Each time **non-dairy creamer** was added to your coffee or tea, how much was usually used?

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

121b. What kind of **non-dairy creamer** did you usually use?

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

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

☐ NEVER (GO TO QUESTION 123)

- |  |   |
|--|---|
| <input type="radio"/> Less than 1 time per month | <input type="radio"/> 1 time per day          |
| <input type="radio"/> 1-3 times per month        | <input type="radio"/> 2-3 times per day       |
| <input type="radio"/> 1 time per week            | <input type="radio"/> 4-5 times per day       |
| <input type="radio"/> 2-4 times per week         | <input type="radio"/> 6 or times more per day |
| <input type="radio"/> 5-6 times per week         |   |

122a. Each time **cream** or **half and half** was added to your coffee or tea, how much was usually added?

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

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

☐ NEVER (GO TO QUESTION 124)

- |  |   |
|--|---|
| <input type="radio"/> Less than 1 time per month | <input type="radio"/> 1 time per day          |
| <input type="radio"/> 1-3 times per month        | <input type="radio"/> 2-3 times per day       |
| <input type="radio"/> 1 time per week            | <input type="radio"/> 4-5 times per day       |
| <input type="radio"/> 2-4 times per week         | <input type="radio"/> 6 or times more per day |
| <input type="radio"/> 5-6 times per week         |   |

123a. Each time **milk** was added to your coffee or tea, how much was usually added?

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

123b. What kind of **milk** was usually added to your coffee or tea?

- ☐ Whole milk  
☐ 2% milk  
☐ 1% milk  
☐ Skim, nonfat, or 1/2% milk  
☐ Evaporated or condensed (canned) milk  
☐ Soy milk  
☐ Rice milk  
☐ Other

Question 122 appears in the next column.

Question 124 appears on the next page.



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**Over the past 12 months...**

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

☐ NEVER (GO TO INTRODUCTION TO QUESTION 125)

- |   |   |
|---|---|
| <input type="radio"/> 1-6 times per year  | <input type="radio"/> 2 times per week        |
| <input type="radio"/> 7-11 times per year | <input type="radio"/> 3-4 times per week      |
| <input type="radio"/> 1 time per month    | <input type="radio"/> 5-6 times per week      |
| <input type="radio"/> 2-3 times per month | <input type="radio"/> 1 time per day          |
| <input type="radio"/> 1 time per week     | <input type="radio"/> 2 or more times per day |

- 124a. Each time **sugar** or **honey** was added to foods you ate, how much was usually added?

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

**The following questions are about the kinds of margarine, mayonnaise, sour cream, cream cheese, and salad dressing that you eat. If possible, please check the labels of these foods to help you answer.**

125. Over the past 12 months, did you eat **margarine**?

☐ NO (GO TO QUESTION 126)

☐ YES

- 125a. How often was the margarine you ate **regular-fat margarine** (stick or tub)?

- ☐ Almost never or never  
☐ About 1/4 of the time  
☐ About 1/2 of the time  
☐ About 3/4 of the time  
☐ Almost always or always

- 125b. How often was the margarine you ate **light** or **low-fat margarine** (stick or tub)?

- ☐ Almost never or never  
☐ About 1/4 of the time  
☐ About 1/2 of the time  
☐ About 3/4 of the time  
☐ Almost always or always



Question 126 appears in the next column.

- 125c. How often was the margarine you ate **fat-free margarine**?

- ☐ Almost never or never  
☐ About 1/4 of the time  
☐ About 1/2 of the time  
☐ About 3/4 of the time  
☐ Almost always or always

126. Over the past 12 months, did you eat **butter**?

☐ NO (GO TO QUESTION 127)

☐ YES

- 126a. How often was the butter you ate **light** or **low-fat butter**?

- ☐ Almost never or never  
☐ About 1/4 of the time  
☐ About 1/2 of the time  
☐ About 3/4 of the time  
☐ Almost always or always

127. Over the past 12 months, did you eat **mayonnaise** or **mayonnaise-type dressing**?

☐ NO (GO TO QUESTION 128)

☐ YES

- 127a. How often was the mayonnaise you ate **regular-fat mayonnaise**?

- ☐ Almost never or never  
☐ About 1/4 of the time  
☐ About 1/2 of the time  
☐ About 3/4 of the time  
☐ Almost always or always

- 127b. How often was the mayonnaise you ate **light** or **low-fat mayonnaise**?

- ☐ Almost never or never  
☐ About 1/4 of the time  
☐ About 1/2 of the time  
☐ About 3/4 of the time  
☐ Almost always or always



Question 128 appears on the next page.





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**Over the past 12 months...**

127c. How often was the mayonnaise you ate **fat-free mayonnaise**?

- ☐ Almost never or never
- ☐ About 1/4 of the time
- ☐ About 1/2 of the time
- ☐ About 3/4 of the time
- ☐ Almost always or always

128. Over the past 12 months, did you eat **sour cream**?

☐ NO (GO TO QUESTION 129)

☐ YES



128a. How often was the sour cream you ate **regular-fat sour cream**?

- ☐ Almost never or never
- ☐ About 1/4 of the time
- ☐ About 1/2 of the time
- ☐ About 3/4 of the time
- ☐ Almost always or always

128b. How often was the sour cream you ate **light, low-fat, or fat free sour cream**?

- ☐ Almost never or never
- ☐ About 1/4 of the time
- ☐ About 1/2 of the time
- ☐ About 3/4 of the time
- ☐ Almost always or always

129. Over the past 12 months, did you eat **cream cheese**?

☐ NO (GO TO QUESTION 130)

☐ YES



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

- ☐ Almost never or never
- ☐ About 1/4 of the time
- ☐ About 1/2 of the time
- ☐ About 3/4 of the time
- ☐ Almost always or always

*Question 130 appears in the next column.*

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

- ☐ Almost never or never
- ☐ About 1/4 of the time
- ☐ About 1/2 of the time
- ☐ About 3/4 of the time
- ☐ Almost always or always

130. Over the past 12 months, did you eat **salad dressing**?

☐ NO (GO TO INTRODUCTION TO QUESTION 131)

☐ YES



130a. How often was the salad dressing you ate **regular-fat salad dressing** (including oil and vinegar dressing)?

- ☐ Almost never or never
- ☐ About 1/4 of the time
- ☐ About 1/2 of the time
- ☐ About 3/4 of the time
- ☐ Almost always or always

130b. How often was the salad dressing you ate **light or low-fat salad dressing**?

- ☐ Almost never or never
- ☐ About 1/4 of the time
- ☐ About 1/2 of the time
- ☐ About 3/4 of the time
- ☐ Almost always or always

130c. How often was the salad dressing you ate **fat-free salad dressing**?

- ☐ Almost never or never
- ☐ About 1/4 of the time
- ☐ About 1/2 of the time
- ☐ About 3/4 of the time
- ☐ Almost always or always

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

131. Over the past 12 months, how many servings of **vegetables** (not including salad or potatoes) did you eat per week or per day?

- |  |   |
|--|---|
| <input type="radio"/> Less than 1 per week | <input type="radio"/> 2 per day         |
| <input type="radio"/> 1-2 per week         | <input type="radio"/> 3 per day         |
| <input type="radio"/> 3-4 per week         | <input type="radio"/> 4 per day         |
| <input type="radio"/> 5-6 per week         | <input type="radio"/> 5 or more per day |
| <input type="radio"/> 1 per day            |   |



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**Over the past 12 months...**

132. Over the past 12 months, how many servings of **fruit** (not including juices) did you eat per week or per day?

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

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

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

134. For **ALL** of the past 12 months, have you followed any type of **vegetarian diet**?

☐ NO (GO TO INTRODUCTION TO QUESTION 135)  
☐ YES

- 134a. Which of the following foods did you **TOTALLY EXCLUDE** from your diet? *(Mark all that apply.)*

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



Introduction to Question 135 appears in the next column.

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

135. Over the past 12 months, did you take any of the following types of **fiber** or **fiber supplements** on a regular basis (more than once per week for at least 6 of the last 12 months)? *(Mark all that apply.)*

☐ NO, didn't take any fiber supplements on a regular basis (GO TO QUESTION 136)  
☐ YES, psyllium products (such as Metamucil, Fiberall, Serutan, Perdiem, Correctol)  
☐ YES, methylcellulose/cellulose products (such as Citrucel, Unifiber)  
☐ YES, Fibercon  
☐ YES, Bran (such as wheat bran, oat bran, or bran wafers)

136. Over the past 12 months, did you take any **multivitamins**, such as One-a-Day-, Theragran-, or Centrum-type multivitamins (as pills, liquids, or packets)?

☐ NO (GO TO INTRODUCTION TO QUESTION 138)  
☐ YES

137. How often did you take **One-a-Day-**, **Theragran-**, or **Centrum-type** multivitamins?

☐ Less than 1 day per month  
☐ 1-3 days per month  
☐ 1-3 days per week  
☐ 4-6 days per week  
☐ Every day

- 137a. Does your **multivitamin** usually contain **minerals** (such as iron, zinc, etc.)?

☐ NO  
☐ YES  
☐ Don't know

- 137b. For how many years have you taken **multivitamins**?

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



Question 138 appears on the next page.



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**Over the past 12 months...**

137c. Over the past 12 months, did you take any vitamins, minerals, or other herbal supplements other than your multivitamin?

☐ No

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

- Did not skip any pages,
- Completely blackened-in each answer, and
- Crossed out the incorrect answer and circled the correct answer if you made any changes.

☐ YES (GO TO INTRODUCTION TO QUESTION 138)

These last questions are about the vitamins, minerals, or herbal supplements you took that are **NOT** part of One-a-Day-, Theragran-, or Centrum-type of multivitamin.

Please include vitamins taken as part of an antioxidant supplement.

138. How often did you take **Beta-carotene** (**NOT** as part of a multivitamin in Question 137)?

- ☐ NEVER (GO TO QUESTION 139)
- ☐ Less than 1 day per month
- ☐ 1-3 days per month
- ☐ 1-3 days per week
- ☐ 4-6 days per week
- ☐ Every day

138a. When you took **Beta-carotene**, about how much did you take in one day?

- ☐ Less than 10,000 IU
- ☐ 10,000 - 14,999 IU
- ☐ 15,000 - 19,999 IU
- ☐ 20,000 - 24,999 IU
- ☐ 25,000 IU or more
- ☐ Don't know

138b. For how many years have you taken **Beta-carotene**?

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

Question 139 appears in the next column.

139. How often did you take **Vitamin A** (**NOT** as part of a multivitamin in Question 137)?

- ☐ NEVER (GO TO QUESTION 140)
- ☐ Less than 1 day per month
- ☐ 1-3 days per month
- ☐ 1-3 days per week
- ☐ 4-6 days per week
- ☐ Every day

139a. When you took **Vitamin A**, about how much did you take in one day?

- ☐ Less than 8,000 IU
- ☐ 8,000 - 9,999 IU
- ☐ 10,000 - 14,999 IU
- ☐ 15,000 - 24,999 IU
- ☐ 25,000 IU or more
- ☐ Don't know

139b. For how many years have you taken **Vitamin A**?

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

140. How often did you take **Vitamin C** (**NOT** as part of a multivitamin in Question 137)?

- ☐ NEVER (GO TO QUESTION 141)
- ☐ Less than 1 day per month
- ☐ 1-3 days per month
- ☐ 1-3 days per week
- ☐ 4-6 days per week
- ☐ Every day

140a. When you took **Vitamin C**, about how much did you take in one day?

- ☐ Less than 500 mg
- ☐ 500 - 999 mg
- ☐ 1,000 - 1,499 mg
- ☐ 1,500 - 1,999 mg
- ☐ 2,000 mg or more
- ☐ Don't know

140b. For how many years have you taken **Vitamin C**?

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

Question 141 appears on the next page.



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**Over the past 12 months...**

141. How often did you take **Vitamin E** (**NOT** as part of a multivitamin in Question 137)?

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

141a. When you took **Vitamin E**, about how much did you take in one day?

- ☐ Less than 400 IU
- ☐ 400-799 IU
- ☐ 800-999 IU
- ☐ 1,000 IU or more
- ☐ Don't know

141b. For how many years have you taken **Vitamin E**?

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

142. How often did you take **Calcium or Calcium-containing antacids** (**NOT** as part of a multivitamin in Question 137)?

- ☐ NEVER (GO TO QUESTION 143)
- ☐ Less than 1 day per month
- ☐ 1-3 days per month
- ☐ 1-3 days per week
- ☐ 4-6 days per week
- ☐ Every day

142a. When you took **Calcium or Calcium-containing antacids**, about how much elemental calcium did you take in one day? *(If possible, please check the label for elemental calcium.)*

- ☐ Less than 500 mg
- ☐ 500 - 599 mg
- ☐ 600 - 999 mg
- ☐ 1,000 mg or more
- ☐ Don't know

Question 143 appears in the next column.

142b. For how many years have you taken Calcium or Calcium-containing antacids?

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

**The next two questions ask you about other supplements you took more than once per week.**

143. Please mark any of the following **single supplements** you took more than once per week (**NOT** as part of a multivitamin in Question 137):

- |                                      |   |
|--------------------------------------|---|
| <input type="radio"/> B-6            | <input type="radio"/> Folic acid/folate       |
| <input type="radio"/> B-complex      | <input type="radio"/> Glucosamine             |
| <input type="radio"/> Brewer's yeast | <input type="radio"/> Hydroxytryptophan (HTP) |
| <input type="radio"/> Cod liver oil  | <input type="radio"/> Iron                    |
| <input type="radio"/> Coenzyme Q     | <input type="radio"/> Niacin                  |
| <input type="radio"/> Fish Oil       | <input type="radio"/> Selenium                |
| (Omega-3 fatty acids)                | <input type="radio"/> Zinc                    |

144. Please mark any of the following **herbal or botanical supplements** you took more than once per week.

- |  |   |
|--|---|
| <input type="radio"/> Aloe vera            | <input type="radio"/> Ginger                      |
| <input type="radio"/> Astragalus           | <input type="radio"/> Ginkgo biloba               |
| <input type="radio"/> Bilberry             | <input type="radio"/> Ginseng (American or Asian) |
| <input type="radio"/> Cascara sagrada      | <input type="radio"/> Goldenseal                  |
| <input type="radio"/> Cat's claw           | <input type="radio"/> Grapeseed extract           |
| <input type="radio"/> Cayenne              | <input type="radio"/> Kava, kava                  |
| <input type="radio"/> Cranberry            | <input type="radio"/> Milk thistle                |
| <input type="radio"/> Dong Kuai (Tangkwei) | <input type="radio"/> Saw palmetto                |
| <input type="radio"/> Echinacea            | <input type="radio"/> Siberian ginseng            |
| <input type="radio"/> Evening primrose oil | <input type="radio"/> St. John's wort             |
| <input type="radio"/> Feverfew             | <input type="radio"/> Valerian                    |
| <input type="radio"/> Garlic               | <input type="radio"/> Other                       |

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

- Did not skip any pages,
- Completely blackened-in each answer, and
- Crossed out the incorrect answer and circled the correct answer if you made any changes.