

PROSTATE, LUNG, COLORECTAL, AND OVARIAN CANCER SCREENING TRIAL

DIETARY QUESTIONNAIRE

STATEMENT OF CONFIDENTIALITY

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For Office Use Only

Form Processing

- Form Received into SMS
- Manual Review Completed

Data Retrieval

- Completed by Center
- Completed by NOVA
- None required

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102331

This form asks about your usual food intake.

It takes about 35 minutes to complete. Please follow these instructions:

- Answer each question as best you can—estimate if you aren't sure.
- Use only a No. 2 pencil.
- Be certain to completely blacken in each of your answers, and erase completely if you make any changes.

CORRECT MARK: ●

INCORRECT MARKS: 

1. SEX

Male Female

3. What is the date you are completing this questionnaire?

DATE		
MO.	DAY	YR.
0	0	0
1	1	1
2	2	2
3	3	3
4	4	4
5	5	5
6	6	6
7	7	7
8	8	8
9	9	9

2. What is your date of birth?

DATE		
MO.	DAY	YR.
0	0	0
1	1	1
2	2	2
3	3	3
4	4	4
5	5	5
6	6	6
7	7	7
8	8	8
9	9	9

4. This section is about your usual eating habits over the past year.

- Mark the column to show how often, on the average, you ate the food during the past year.
- Please BE CAREFUL which column you put your answer in.
- Please DO NOT SKIP any foods. If you never eat a food, mark "Never."

EXAMPLE: This person ate rice about twice per month and never ate winter squash.

TYPE OF FOOD	HOW OFTEN									
	NEVER	SERVINGS								
		LESS THAN ONCE PER MONTH	1 TIME PER MONTH	2-3 TIMES PER MONTH	1 TIME PER WEEK	2 TIMES PER WEEK	3-4 TIMES PER WEEK	5-6 TIMES PER WEEK	1 TIME PER DAY	2+ TIMES PER DAY
Rice	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Winter squash, baked squash	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

TYPE OF FOOD	HOW OFTEN									
	NEVER	SERVINGS								
		LESS THAN ONCE PER MONTH	1 TIME PER MONTH	2-3 TIMES PER MONTH	1 TIME PER WEEK	2 TIMES PER WEEK	3-4 TIMES PER WEEK	5-6 TIMES PER WEEK	1 TIME PER DAY	2+ TIMES PER DAY
FRUITS (do not count fruit juices)										
Fresh apples (in season)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Fresh apples (rest of year)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Applesauce	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Fresh pears (in season)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Fresh pears (rest of year)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Bananas	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Fresh peaches or nectarines (in season)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Canned peaches	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Fresh plums (in season)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Cantaloupe (in season)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Watermelon (in season)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Fresh strawberries (in season)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Fresh or frozen strawberries (rest of year)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>



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TYPE OF FOOD	HOW OFTEN									
	NEVER	SERVINGS								
		LESS THAN ONCE PER MONTH	1 TIME PER MONTH	2-3 TIMES PER MONTH	1 TIME PER WEEK	2 TIMES PER WEEK	3-4 TIMES PER WEEK	5-6 TIMES PER WEEK	1 TIME PER DAY	2+ TIMES PER DAY
FRUITS (continued)										
Fresh oranges (in season)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Fresh oranges (rest of year)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Fresh grapefruit (in season)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Fresh grapefruit (rest of year)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Grapes	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Apricots, fresh, dried, or canned	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Raisins	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Prunes	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Canned pineapple	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Canned fruit cocktail or mixed fruits	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

VEGETABLES										
String beans, green beans	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Peas	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Sweet corn (in season)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Sweet corn (rest of year)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Summer squash, like zucchini or yellow crookneck	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Winter squash, like acorn, butternut	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Broccoli	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Cauliflower	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Brussel sprouts	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Spinach (raw)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Spinach (cooked)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Mustard greens, turnip greens, collards, kale, swiss chard	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Mixed vegetables, cooked	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Cole slaw, cabbage, sauerkraut	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

HOW OFTEN

SERVINGS

TYPE OF FOOD

NEVER	LESS THAN ONCE PER MONTH	1 TIME PER MONTH	2-3 TIMES PER MONTH	1 TIME PER WEEK	2 TIMES PER WEEK	3-4 TIMES PER WEEK	5-6 TIMES PER WEEK	1 TIME PER DAY	2+ TIMES PER DAY
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VEGETABLES *(continued)*

Carrots, cooked	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Carrots, raw	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Head lettuce, like iceberg (as part of a salad)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Leaf lettuce, like romaine (as part of a salad)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Green pepper	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Cucumber	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Celery	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Beets	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Fresh tomatoes (in season)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Fresh tomatoes (rest of year)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Canned tomatoes	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Tomato sauce or spaghetti sauce	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Ketchup, red chili sauce, taco sauce, or salsa picante	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Onions	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Garlic	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
French fries and fried potatoes	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Potatoes prepared in other ways, like boiled, baked, mashed, or potato salad	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Sweet potatoes, yams	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Tofu or soybeans	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Chili with beans	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Other beans, such as baked beans, pintos, kidney, limas, and lentils	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Vegetable and tomato soups, including vegetable beef, minestrone	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Other soups	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>



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For the questions on pages 6 through 11, please estimate the average serving size you ate during the past year.

- Mark the column to show HOW OFTEN, on the average, you ate the food during the past year.
- Mark the column on the right to show HOW MUCH your average serving size is (estimate small, medium, or large, based on the medium serving shown for each type of food).
- Please BE CAREFUL which column you put your answer in.
- Please DO NOT SKIP any foods. If you never eat a food, mark "Never."

EXAMPLE: This person ate fried chicken about 2 times per month and usually ate more than 2 small pieces or 1 large piece.

TYPE OF FOOD	HOW OFTEN										HOW MUCH			
	NEVER	SERVINGS									YOUR SERVING SIZE			
		LESS THAN ONCE PER MONTH	1 TIME PER MONTH	2-3 TIMES PER MONTH	1 TIME PER WEEK	2 TIMES PER WEEK	3-4 TIMES PER WEEK	5-6 TIMES PER WEEK	1 TIME PER DAY	2+ TIMES PER DAY	SMALL	MEDIUM	LARGE	
Fried chicken	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	2 small or 1 large pc	<input type="radio"/>	<input checked="" type="radio"/>

TYPE OF FOOD	HOW OFTEN										HOW MUCH			
	NEVER	SERVINGS									YOUR SERVING SIZE			
		LESS THAN ONCE PER MONTH	1 TIME PER MONTH	2-3 TIMES PER MONTH	1 TIME PER WEEK	2 TIMES PER WEEK	3-4 TIMES PER WEEK	5-6 TIMES PER WEEK	1 TIME PER DAY	2+ TIMES PER DAY	SMALL	MEDIUM	LARGE	
CEREALS, BREADS, GRAINS, PASTA														
Cooked cereal or grits	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	1 medium bowl	<input type="radio"/>	<input type="radio"/>
High fiber cereals, such as Fiber One, All Bran, 100% Bran, or unprocessed bran	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	1 medium bowl	<input type="radio"/>	<input type="radio"/>
Other fiber cereals, such as Raisin Bran, Corn Bran, Grape Nuts, Wheaties, Shredded Wheat, granola, etc.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	1 medium bowl	<input type="radio"/>	<input type="radio"/>
Highly fortified cereals, such as Total, Just Right, or Product 19	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	1 medium bowl	<input type="radio"/>	<input type="radio"/>
Other cold cereals, such as corn flakes, Rice Krispies, Cheerios	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	1 medium bowl	<input type="radio"/>	<input type="radio"/>
Milk on cereal	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	1/2 cup	<input type="radio"/>	<input type="radio"/>
Sugar added to cereal	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	2 teaspoons	<input type="radio"/>	<input type="radio"/>
Pancakes or waffles	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	2 pancakes or waffles	<input type="radio"/>	<input type="radio"/>

TYPE OF FOOD	HOW OFTEN										HOW MUCH		
	NEVER	SERVINGS									YOUR SERVING SIZE		
		LESS THAN ONCE PER MONTH	1 TIME PER MONTH	2-3 TIMES PER MONTH	1 TIME PER WEEK	2 TIMES PER WEEK	3-4 TIMES PER WEEK	5-6 TIMES PER WEEK	1 TIME PER DAY	2+ TIMES PER DAY	SMALL	MEDIUM	LARGE

CEREALS, BREADS, GRAINS, PASTA (continued)

White bread (including sandwiches, bagels, burger rolls, French or Italian bread)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	2 slices <input type="radio"/>	<input type="radio"/>
Dark bread, such as wheat, rye, pumpernickel (including sandwiches)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	2 slices <input type="radio"/>	<input type="radio"/>
Corn bread, corn muffins, corn tortillas	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	1 medium piece <input type="radio"/>	<input type="radio"/>
Biscuits, muffins (including fast food)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	1 medium piece <input type="radio"/>	<input type="radio"/>
White rice	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	3/4 cup <input type="radio"/>	<input type="radio"/>
Brown or wild rice	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	3/4 cup <input type="radio"/>	<input type="radio"/>
Other grains, such as bulgar, couscous, kasha, etc.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	3/4 cup <input type="radio"/>	<input type="radio"/>
Mixed dishes with cheese (such as macaroni and cheese)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	1 cup <input type="radio"/>	<input type="radio"/>
Lasagna	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	1 cup <input type="radio"/>	<input type="radio"/>
Spaghetti, noodles, or other pasta	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	1 cup <input type="radio"/>	<input type="radio"/>

MEAT, POULTRY, FISH, EGGS, MIXED DISHES

Hamburgers, cheeseburgers	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	1 medium or 4 oz. <input type="radio"/>	<input type="radio"/>
Meatloaf, burritos, tacos (beef only)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	4 ounces <input type="radio"/>	<input type="radio"/>
Steaks	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	4 ounces <input type="radio"/>	<input type="radio"/>
Roast beef (including sandwiches)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	4 ounces <input type="radio"/>	<input type="radio"/>
Beef stew or pot pie with carrots or other vegetables	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	1 cup <input type="radio"/>	<input type="radio"/>



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TYPE OF FOOD	HOW OFTEN										HOW MUCH		
	NEVER	SERVINGS									YOUR SERVING SIZE		
		LESS THAN ONCE PER MONTH	1 TIME PER MONTH	2-3 TIMES PER MONTH	1 TIME PER WEEK	2 TIMES PER WEEK	3-4 TIMES PER WEEK	5-6 TIMES PER WEEK	1 TIME PER DAY	2+ TIMES PER DAY	SMALL	MEDIUM	LARGE
MEAT, POULTRY, FISH, EGGS, MIXED DISHES (continued)													
Hot dogs	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	2 hot dogs <input type="radio"/>	<input type="radio"/>
Lunch meats, such as bologna, salami, or processed ham	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	2 slices or 2 oz. <input type="radio"/>	<input type="radio"/>
Pork chops	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	2 chops or 4 oz. <input type="radio"/>	<input type="radio"/>
Pork roast	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	4 ounces <input type="radio"/>	<input type="radio"/>
Baked or cured ham	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	4 ounces <input type="radio"/>	<input type="radio"/>
Fried chicken	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	2 small or 1 large pc <input type="radio"/>	<input type="radio"/>
Other chicken or turkey (roasted, stewed, or broiled, including on sandwiches)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	2 small or 1 large pc <input type="radio"/>	<input type="radio"/>
Liver (all kinds)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	4 ounces <input type="radio"/>	<input type="radio"/>
Fried fish, including on sandwiches	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	4 oz. or 1 sandwich <input type="radio"/>	<input type="radio"/>
Tuna, tuna salad, tuna casserole	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	1/2 cup <input type="radio"/>	<input type="radio"/>
Shellfish (shrimp, crab, lobster, etc.)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	5 pcs, 1/4 c. or 3 oz. <input type="radio"/>	<input type="radio"/>
Other fish (broiled or baked)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	4 ounces <input type="radio"/>	<input type="radio"/>
Bacon	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	2 slices <input type="radio"/>	<input type="radio"/>
Sausage	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	2 patties or links <input type="radio"/>	<input type="radio"/>
Eggs	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	2 eggs <input type="radio"/>	<input type="radio"/>
Pizza	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	2 slices <input type="radio"/>	<input type="radio"/>

TYPE OF FOOD	HOW OFTEN										HOW MUCH		
	NEVER	SERVINGS									YOUR SERVING SIZE		
		LESS THAN ONCE PER MONTH	1 TIME PER MONTH	2-3 TIMES PER MONTH	1 TIME PER WEEK	2 TIMES PER WEEK	3-4 TIMES PER WEEK	5-6 TIMES PER WEEK	1 TIME PER DAY	2+ TIMES PER DAY	SMALL	MEDIUM	LARGE
DAIRY PRODUCTS													
Cottage cheese	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	1/2 cup <input type="radio"/>	<input type="radio"/>
Other cheeses and cheese spreads	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	2 slices or 2 ounces <input type="radio"/>	<input type="radio"/>
Yogurt	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	1 cup <input type="radio"/>	<input type="radio"/>
Sour cream	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	2 tablespoons <input type="radio"/>	<input type="radio"/>
Sweet cream, added to coffee, tea, fruit, or dessert	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	1 tablespoon <input type="radio"/>	<input type="radio"/>
Ice cream, regular	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	1 scoop or 1/2 cup <input type="radio"/>	<input type="radio"/>
Frozen yogurt, ice milk, low-fat ice cream	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	1 scoop or 1/2 cup <input type="radio"/>	<input type="radio"/>

OTHER													
Margarine on bread, toast, or rolls	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	2 pats <input type="radio"/>	<input type="radio"/>
Butter on bread, toast, or rolls	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	2 pats <input type="radio"/>	<input type="radio"/>
Margarine, butter, or oil on vegetables or potatoes	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	2 pats <input type="radio"/>	<input type="radio"/>
Gravies made with meat drippings	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	2 tablespoons <input type="radio"/>	<input type="radio"/>
White sauce or cheese sauce	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	2 tablespoons <input type="radio"/>	<input type="radio"/>
Salad dressing or mayonnaise on salads or sandwiches	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	2 tablespoons <input type="radio"/>	<input type="radio"/>
Peanuts, peanut butter	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	2 tablespoons <input type="radio"/>	<input type="radio"/>
Salty snacks, such as potato chips, corn chips, popcorn	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	2 handfuls or 1 cup <input type="radio"/>	<input type="radio"/>

TYPE OF FOOD	HOW OFTEN										HOW MUCH			
	NEVER	SERVINGS									YOUR SERVING SIZE			
		LESS THAN ONCE PER MONTH	1 TIME PER MONTH	2-3 TIMES PER MONTH	1 TIME PER WEEK	2 TIMES PER WEEK	3-4 TIMES PER WEEK	5-6 TIMES PER WEEK	1 TIME PER DAY	2+ TIMES PER DAY	SMALL	MEDIUM	LARGE	
OTHER (continued)														
Crackers	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	4 crackers <input type="radio"/>	<input type="radio"/>
Pumpkin pie, sweet potato pie	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	1 medium slice <input type="radio"/>	<input type="radio"/>
Other pies	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	1 medium slice <input type="radio"/>	<input type="radio"/>
Cake	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	1 piece <input type="radio"/>	<input type="radio"/>
Doughnuts, sweet rolls, or coffee cake	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	1 piece <input type="radio"/>	<input type="radio"/>
Cookies or brownies	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	1 pc or 3 cookies <input type="radio"/>	<input type="radio"/>
Chocolate bar or chocolate candy	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	1 small bar or 1 oz. <input type="radio"/>	<input type="radio"/>
Other candy	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	3 pieces or 1 tbs <input type="radio"/>	<input type="radio"/>
Jelly, jam, or honey	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	1 tablespoon <input type="radio"/>	<input type="radio"/>

TYPE OF FOOD	HOW OFTEN										HOW MUCH			
	NEVER	SERVINGS									YOUR SERVING SIZE			
		LESS THAN ONCE PER MONTH	1-3 TIMES PER MONTH	1 TIME PER WEEK	2-4 TIMES PER WEEK	5-6 TIMES PER WEEK	1 TIME PER DAY	2-3 TIMES PER DAY	4-5 TIMES PER DAY	6+ TIMES PER DAY	SMALL	MEDIUM	LARGE	
BEVERAGES														
Orange juice or grapefruit juice	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	6-ounce glass <input type="radio"/>	<input type="radio"/>
Apple juice or apple cider	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	6-ounce glass <input type="radio"/>	<input type="radio"/>
Other fruit juices	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	6-ounce glass <input type="radio"/>	<input type="radio"/>



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TYPE OF FOOD	HOW OFTEN										HOW MUCH		
	NEVER	SERVINGS									YOUR SERVING SIZE		
		LESS THAN ONCE PER MONTH	1-3 TIMES PER MONTH	1 TIME PER WEEK	2-4 TIMES PER WEEK	5-6 TIMES PER WEEK	1 TIME PER DAY	2-3 TIMES PER DAY	4-5 TIMES PER DAY	6+ TIMES PER DAY	SMALL	MEDIUM	LARGE
BEVERAGES (continued)													
Fruit drinks, such as Hi-C, Kool-Aid, or Hawaiian Punch	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	6-ounce glass <input type="checkbox"/>	<input type="checkbox"/>
Tomato juice or vegetable juice	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	6-ounce glass <input type="checkbox"/>	<input type="checkbox"/>
Whole milk and beverages with whole milk (<u>not</u> including on cereal)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	8-ounce glass <input type="checkbox"/>	<input type="checkbox"/>
1% or 2% milk and beverages with 2% milk (<u>not</u> including on cereal)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	8-ounce glass <input type="checkbox"/>	<input type="checkbox"/>
Skim milk, 1/2% milk, or buttermilk (<u>not</u> including on cereal)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	8-ounce glass <input type="checkbox"/>	<input type="checkbox"/>
Regular soft drinks (not diet soda)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	12-oz. can or bottle <input type="checkbox"/>	<input type="checkbox"/>
Beer	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	12-oz. can or bottle <input type="checkbox"/>	<input type="checkbox"/>
Wine or wine coolers	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	1 medium glass <input type="checkbox"/>	<input type="checkbox"/>
Liquor, such as whiskey, vodka, gin, or rum	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	1 shot <input type="checkbox"/>	<input type="checkbox"/>
Coffee, regular or decaf	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	1 medium cup <input type="checkbox"/>	<input type="checkbox"/>
Tea, hot or iced	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	1 medium cup <input type="checkbox"/>	<input type="checkbox"/>

5. Please indicate the usual method that you choose when eating or preparing the following foods. We realize many people cook by more than one method, but please choose only one response for each question.

When you eat steak, how is it usually cooked? (Mark only one response)	DON'T EAT STEAK	PAN FRIED	OVEN BROILED	GRILLED OR BARBECUED	DON'T KNOW
	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

When you eat steak how well done is it usually cooked? (Mark only one response)	DON'T EAT STEAK	RARE	MEDIUM RARE	MEDIUM	MEDIUM WELL DONE	WELL DONE	VERY WELL DONE	DON'T KNOW
	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

When you eat hamburger, how is it usually cooked? (Mark only one response)	DON'T EAT HAMBURGER	PAN FRIED	OVEN BROILED	GRILLED OR BARBECUED	DON'T KNOW
	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

When you eat hamburger how well done is it usually cooked? (Mark only one response)	DON'T EAT HAMBURGER	RARE	MEDIUM RARE	MEDIUM	MEDIUM WELL DONE	WELL DONE	VERY WELL DONE	DON'T KNOW
	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Not counting fried chicken, when you eat chicken, how is it usually cooked? (Mark only one response)	DON'T EAT CHICKEN	EAT ONLY FRIED CHICKEN	ROASTED OR BAKED	GRILLED OR BARBECUED	BROILED	STEWED OR BOILED	DON'T KNOW
	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

When you eat pork chops, how are they usually cooked? (Mark only one response)	DON'T EAT PORK CHOPS	BAKED	GRILLED OR BARBECUED	FRIED	BROILED	DON'T KNOW
	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

When you eat bacon or sausage, how well done is it usually cooked? (Mark only one response)	DON'T EAT BACON OR SAUSAGE	JUST UNTIL DONE	WELL DONE OR CRISP	CHARRED	DON'T KNOW
	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>



During summer, how often do you eat meat, fish, or poultry that has been grilled or barbecued over coals, open fire, or ceramic briquets?	NEVER	LESS THAN ONCE PER MONTH	1 TIME PER MONTH	2-3 TIMES PER MONTH	1 TIME PER WEEK	2 TIMES PER WEEK	3-4 TIMES PER WEEK	5-6 TIMES PER WEEK	1 TIME PER DAY	2+ TIMES PER DAY
	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

During the rest of the year, how often do you eat meat, fish, or poultry that has been grilled or barbecued over coals, open fire, or ceramic briquets?	NEVER	LESS THAN ONCE PER MONTH	1 TIME PER MONTH	2-3 TIMES PER MONTH	1 TIME PER WEEK	2 TIMES PER WEEK	3-4 TIMES PER WEEK	5-6 TIMES PER WEEK	1 TIME PER DAY	2+ TIMES PER DAY
	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

When you eat grilled or barbecued meat, fish, or poultry, how often is it charred on the surface?	NEVER GRILL OR BARBECUE MEAT	ALMOST NEVER OR NEVER	OCCASIONALLY	ABOUT HALF THE TIME	FREQUENTLY	ALMOST ALWAYS OR ALWAYS
	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

When you eat pan-fried or oven-broiled meat, how often is it well-browned on the surface?	NEVER PAN-FRY OR OVEN-BROIL MEAT	ALMOST NEVER OR NEVER	OCCASIONALLY	ABOUT HALF THE TIME	FREQUENTLY	ALMOST ALWAYS OR ALWAYS
	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

6. Vitamins and Supplements

For each of the dietary supplements listed below that you have **ever taken since age 25**, please answer all questions **on both pages** for number of years, time periods, and amount you usually take. (If you have not taken a type of supplement since age 25, you do not need to answer for number of years, time periods, and amount you usually take for that supplement.)

Since you were 25, have you **at any time** taken multivitamins or other vitamin or mineral supplements?

Yes

No (If "No," SKIP TO QUESTION 8)

MULTIVITAMINS	TAKEN SINCE AGE 25?		HOW MANY YEARS HAVE YOU TAKEN IT?							ARE YOU TAKING IT NOW?		WERE YOU TAKING IT 2 YEARS AGO?		WERE YOU TAKING IT 5 YEARS AGO?			
	YES	NO	<1	1-2	3-4	5-9	10-14	15-19	20+	YES	NO	YES	NO	YES	NO		
One-a-Day type (100% RDA)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	→
Therapeutic or high-dose type (> 100% RDA, like Theragran)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	→
Stresstabs (B-Complex + Vitamin C)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	→
B-Complex	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	→
Other	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	→
OTHER SUPPLEMENTS	TAKEN SINCE AGE 25?		HOW MANY YEARS HAVE YOU TAKEN IT?							ARE YOU TAKING IT NOW?		WERE YOU TAKING IT 2 YEARS AGO?		WERE YOU TAKING IT 5 YEARS AGO?			
	YES	NO	<1	1-2	3-4	5-9	10-14	15-19	20+	YES	NO	YES	NO	YES	NO		
Vitamin A	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	→
Beta-carotene	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	→
Vitamin C	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	→
Vitamin E	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	→
Calcium, Dolomite, Tums, etc.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	→
Vitamin D (could be combined with calcium or vitamin A)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	
	TAKEN SINCE AGE 25?		HOW MANY YEARS HAVE YOU TAKEN IT?							ARE YOU TAKING IT NOW?		WERE YOU TAKING IT 2 YEARS AGO?		WERE YOU TAKING IT 5 YEARS AGO?			
	YES	NO	<1	1-2	3-4	5-9	10-14	15-19	20+	YES	NO	YES	NO	YES	NO		
Cod liver oil or fish liver oil	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	→



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HOW MANY PILLS DID/DO YOU USUALLY TAKE?

<2/week 2-4/week 5-6/week 1/day 2+/day

→	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
→	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
→	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
→	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
→	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

WHAT DOSE PER DAY DID/DO YOU USUALLY TAKE?
(SELECT THE CLOSEST AMOUNT)

→	5000 I.U. <input type="radio"/>	10000 I.U. <input type="radio"/>	15000 I.U. <input type="radio"/>	20000 I.U. <input type="radio"/>	25000+ I.U. <input type="radio"/>	Don't Know <input type="radio"/>
→	5000 I.U. <input type="radio"/>	10000 I.U. <input type="radio"/>	15000 I.U. <input type="radio"/>	20000 I.U. <input type="radio"/>	25000+ I.U. <input type="radio"/>	Don't Know <input type="radio"/>
→	100 mg. <input type="radio"/>	250 mg. <input type="radio"/>	500 mg. <input type="radio"/>	1000 mg. <input type="radio"/>	1500+ mg. <input type="radio"/>	Don't Know <input type="radio"/>
→	100 I.U. <input type="radio"/>	200 I.U. <input type="radio"/>	400 I.U. <input type="radio"/>	800 I.U. <input type="radio"/>	1000+ I.U. <input type="radio"/>	Don't Know <input type="radio"/>
→	100 mg. <input type="radio"/>	250 mg. <input type="radio"/>	500 mg. <input type="radio"/>	800 mg. <input type="radio"/>	1200+ mg. <input type="radio"/>	Don't Know <input type="radio"/>

WHAT DOSE PER DAY DID/DO YOU USUALLY TAKE?
(INDICATE TEASPOONS OR CAPSULES)

→	<1 <input type="radio"/>	1 <input type="radio"/>	2 <input type="radio"/>	3+ <input type="radio"/>	<input type="radio"/> Teaspoons	<input type="radio"/> Capsules
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7. In addition to the vitamin supplements listed above, do you now take any of these specific supplements on a regular basis? No

- Brewer's yeast Folic acid Niacin Vitamin B-6 Omega-fatty acids
 Iron Zinc Magnesium Selenium Copper

(If male, SKIP TO QUESTION 9)

8. During how many pregnancies did you take prenatal vitamins for at least 3 months?

- None, or never pregnant 1 2 3 4 5+

9. Summary Questions

AVERAGE USE LAST YEAR

During the past year, how often did you usually eat:	NEVER OR LESS THAN ONCE PER WEEK	1-2 TIMES PER WEEK	3-4 TIMES PER WEEK	5-6 TIMES PER WEEK	1 TIME PER DAY	BETWEEN 1 and 2 TIMES PER DAY	2 TIMES PER DAY	BETWEEN 2 and 3 TIMES PER DAY	3 TIMES PER DAY	4 TIMES PER DAY	5+ TIMES PER DAY
A serving of fresh fruit	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
A serving of canned fruit	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
A serving of fruit juice (do not count fruit drinks like Kool-Aid or Hi-C)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
A serving of baked, boiled, or mashed potatoes (do not count french fries or fried potatoes)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
A serving of beans (do not count green beans)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
A serving of cooked vegetables (do not count potatoes, rice, or any beans other than green beans)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
A serving of lettuce	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
A serving of raw vegetables other than lettuce	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

10. Exercise	NONE	LESS THAN 1 HOUR PER WEEK	1 HOUR PER WEEK	2 HOURS PER WEEK	3 HOURS PER WEEK	4+ HOURS PER WEEK
About how many hours do you spend in vigorous activities, such as swimming, brisk walking, etc.?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
When you were 40 years old, about how many hours did you spend in vigorous activities, such as swimming, brisk walking, etc.?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

THANK YOU VERY MUCH FOR TAKING THE TIME TO FILL OUT THIS QUESTIONNAIRE

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



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