

GRAINS, LEGUMES, AND FIBER

Grains, Legumes, and Fiber

How many servings of whole grain breads/whole wheat tortillas did you have yesterday? A serving is one slice of bread, one tortilla, 1/2 an English muffin, or a small dinner roll.(#)

Preliminary Rank Medium **Instrument** California Dietary Practices Survey (2001)

Administration

Population State
Subgroup Adults in California, oversampling of low-income, African American, and Latino participants.
Sample Size(s) n=1,500-1,700 adults biennially.
Mode Interviewer:Telephone (RDD).

Documented

Description

Other Languages **X** Spanish
Low-Income **X**
Low Education Level

Evidence

Reliability
Internal Validity
External Validity
Sensitive to Change
Related to
Outcome(s)
Other

Notes:

Citations: Oppen M et al. 2002.

Grains, Legumes, and Fiber

Yesterday did you eat any whole-grain bread such as 100% whole wheat, wheatberry, bran bread, rye, pumpernickel, or whole wheat tortillas? [INTERVIEWER: DO NOT INCLUDE FLOUR OR CORN TORTILLAS] (Y, N)

Preliminary Rank Medium **Instrument** California Dietary Practices Survey (2001)

Administration

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Related to
Outcome(s)
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Notes:

Citations: Oppen M et al. 2002.

Grains, Legumes, and Fiber

Yesterday did you eat any beans such as kidney beans, refried beans, chili beans, bean soup, bean salad, or lentils? (Y, N)

Preliminary Rank Medium **Instrument** California Dietary Practices Survey (2001)

Administration

Population State

Subgroup Adults in California, oversampling of low-income, African American, and Latino participants.

Sample Size(s) n=1,500-1,700 adults biennially.

Mode Interviewer:Telephone (RDD).

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Low-Income **X**

Low Education Level

Evidence

Reliability

Internal Validity

External Validity

Sensitive to Change

Related to

Outcome(s)

Other

Notes:

Citations: Oppen M et al. 2002.

Grains, Legumes, and Fiber

How many bowls of cereal did you have yesterday? (#)

Preliminary Rank Medium **Instrument** California Dietary Practices Survey (2001)

Administration

Population State

Subgroup Adults in California, oversampling of low-income, African American, and Latino participants.

Sample Size(s) n=1,500-1,700 adults biennially.

Mode Interviewer:Telephone (RDD).

Documented

Description

Other Languages **X** Spanish

Low-Income **X**

Low Education Level

Evidence

Reliability

Internal Validity

External Validity

Sensitive to Change

Related to

Outcome(s)

Other

Notes:

Citations: Oppen M et al. 2002.

Grains, Legumes, and Fiber

When you eat fresh fruits with peels that can be eaten, do you eat the peel always, sometimes, rarely, or never? (ALWAYS, SOMETIMES, RARELY, NEVER)

Preliminary Rank Medium **Instrument** Diet and Health Knowledge Survey (DHKS) 1994-1996 (conducted as follow-up to CSFII)

Administration

Population National
Subgroup Nationally representative; Adults 20+ years of age; Oversampling of low-income.
Sample Size(s) n=5,649 in national study; n=1,196 for Obayashi S et al 2003 analysis.
Mode Interviewer:Telephone interview; Trained interviewer.

Documented

Description

Other Languages
 Low-Income **X**
 Low Education Level 10.8% had less than a HS degree in Obayashi S et al. 2003.

Evidence

Reliability
 Internal Validity
 External Validity
 Sensitive to Change
 Related to
 Outcome(s)
 Other **X** Other tests for reliability and validity were conducted on the DHKS 1989-1991 instrument.

Notes: DHKS data indicate that many low-income adults do not know specific facts related to the health consequences or benefits of certain dietary practices, lack confidence that their diets comply with healthful dietary practices (especially among FSP participants), do not engage in dietary habits to lower fat and cholesterol, do not meet the Food Guide Pyramid or Dietary Guidelines recommendations, and have inadequate usual intakes of several micronutrients; DHKS data provide little evidence of differences in dietary intake between FSP participants and other low-income nonparticipants. DHKS 1994-1996 results cannot be compared to DHKS 1989-1991 results.

Citations: USDA/ARS 2004; Gleason P et al. 2000; Obayashi S et al. 2003; Capps O et al. 2002.

Grains, Legumes, and Fiber

In the past 3 months, how often did you eat high fiber cereals? (usually/always, sometimes, rarely, never)

Preliminary Rank Medium **Instrument** Fat and Fiber Behavior Questionnaire (1997)

Administration

Population Local
Subgroup Randomized clinical trial in Puget Sound area. 68% were women, mean age = 51.
Sample Size(s) n=1,796.
Mode Interviewer:Telephone.

Documented

Description

Other Languages
Low-Income
Low Education Level Participants were well educated.

Evidence

Reliability **X** Within "cereals and grains" group test-retest correlation coefficient =.62, baseline internal consistency = .44.
Internal Validity **X** Within "cereals and grains" criterion: FFQ baseline correlation = .39.
External Validity
Sensitive to Change
Related to
Outcome(s)
Other

Notes: Modified version of the Food Habits Questionnaire.

Citations: Shannon J et al. 1997.

Grains, Legumes, and Fiber

In the past 3 months, how often did you eat brown rice instead of white rice? (usually/always, sometimes, rarely, never)

Preliminary Rank Medium **Instrument** Fat and Fiber Behavior Questionnaire (1997)

Administration

Population Local
Subgroup Randomized clinical trial in Puget Sound area. 68% were women, mean age = 51.
Sample Size(s) n=1,796.
Mode Interviewer:Telephone.

Documented

Description

Other Languages
 Low-Income
 Low Education Level Participants were well educated.

Evidence

Reliability **X** Within "substitute high-fiber" group test-retest correlation coefficient =.70, baseline internal consistency = .51.
 Internal Validity **X** Within "substitute high-fiber" criterion: FFQ baseline correlation = .24.
 External Validity
 Sensitive to Change
 Related to
 Outcome(s)
 Other

Notes: Modified version of the Food Habits Questionnaire.

Citations: Shannon J et al. 1997.

Grains, Legumes, and Fiber

Think about how you usually do things now. When you eat bread, do you eat whole wheat bread? (usually/always, often, sometimes, rarely, never)

Preliminary Rank Medium **Instrument** Food Behavior Checklist (1997)

Administration

Population Local

Subgroup African American and White FSP participants from 7 counties in CA. 8 California counties among women eligible for food stamps. 9 counties in California of women receiving food stamps.

Sample Size(s) n=95, n=100, n=132.

Mode Interviewer: Telephone and in-person among a group.

Documented

Description

Other Languages **X** Spanish

Low-Income **X**

Low Education Level

Evidence

Reliability Control group reliability test not significant.

Internal Validity No significant correlations.

External Validity

Sensitive to Change

Related to

Outcome(s)

Other

Notes:

Citations: Murphy SP et al. 1998; Murphy SP et al. 2001; Townsend MS et al. 2003.

Grains, Legumes, and Fiber

Think about your eating habits over the past year or so. About how often do you eat each of the following foods? Remember breakfast, lunch, dinner, snacks, and eating out: beans such as baked beans, pinto, kidney, or lentils (not green beans)? (less than 1/week, once a week, 2-3 times a week, 4-6 times a week, once a day, 2+ a day)

Preliminary Rank Medium **Instrument** Fruit, Vegetable, and Fiber Screener (1996-2002)

Administration

Population Local
Subgroup Multi-ethnic group of one company's employees in the San Francisco area.
Sample Size(s) n=208.
Mode Self:Paper/pencil. Available online.

Documented

Description

Other Languages
Low-Income
Low Education Level

Evidence

Reliability
Internal Validity **X** Criteria: Fruit/Vegetable score with FFQ correlation coefficients= .62 dietary fiber (includes beans and legumes).
External Validity
Sensitive to Change
Related to
Outcome(s)
Other

Notes:

Citations: Block G et al. 2001; Berkeley Nutrition Services 1996-2002.

Grains, Legumes, and Fiber

When you ate bread, how often did you eat whole-grain breads? (almost always, often sometimes, seldom, never)

Preliminary Rank Medium **Instrument** Massachusetts' TreatWell 5 A Day Program (1996)

Administration

Population Local

Subgroup Massachusetts' TreatWell 5 A Day Program (22 community health centers, 23% Hispanic, 18% African-American, 20% had 12th grade education or less, 84% female).

Sample Size(s) n=1,359 (only women's responses included in analysis n=1,096).

Mode

Documented

Description

Other Languages

Low-Income

Low Education Level

Evidence

Reliability

Internal Validity **X** $r=0.64$ for whole grain bread servings and $r=0.20$ for fiber when compared to Willett's 61-item FFQ.

External Validity

Sensitive to Change

Related to

Outcome(s)

Other

Notes:

Citations: Havas S et al. 1994; Hunt MK et al. 1998; Sorensen G et al. 1999.

Grains, Legumes, and Fiber

Over the last month, how many times per month, week, or day did you eat cooked dried beans? Count baked beans, bean soup, refried bean, pork and beans, and other bean dishes. (never, 1-3 times last month, 1-2 times per week, 3-4 times per week, 1 time per day, 2 times per day, 3 times per day, 4 times per day, 5 or more times per day) Each time you ate these beans, how much did you usually eat? (less than 1/2 cup, 1/2 to 1 cup, 1 to 1 1/2 cups, more than 1 1/2 cups)

Preliminary Rank High **Instrument** NCI All-Day Screener

Administration

Population National

Subgroup RDD of adults 20-70 years old who were part of the NCI Eating at America's Table Study; Random sample of members from the Calibration Study of the NIH-AARP Diet and Health Study (50-69 years of age).

Sample Size(s) n=202 men and n=260 women from EATS; n=874 from NIH-AARP.

Mode Self:Paper/pencil.

Documented

Description

Other Languages

Low-Income

Low Education Level 79% had received more than a HS degree in Thompson FE et al. 2002b.

Evidence

Reliability

Internal Validity **X** r=0.66 for men and 0.51 for women between complete All Day screener and four nonconsecutive 24-hour recalls; r=0.54 for men and 0.59 for women for All Day screener compared to dietary recall (underestimated intake compared to FFQ).

External Validity

Sensitive to Change

Related to Outcome(s)

Other **X** Cognitive, think-aloud interviews with 30 men and women.

Notes:

Citations: Thompson FE et al. 2002a; Thompson FE et al. 2002b.

Grains, Legumes, and Fiber

On an average day, how many helpings of the following kinds of foods do you eat? Breads and other foods that are made from grains, such as cereals, spaghetti, pasta, rice, or tortillas. (# OF HELPINGS PER DAY; NONE, NEVER, OR RARELY EAT THESE FOODS)

Preliminary Rank High **Instrument** NHANES Diet Behavior and Nutrition Sample Person Questionnaire 1999-2003

Administration

Population National
Subgroup Nationally representative; Question for 60+ years of age only; Survey oversamples older persons (60 years and over), African Americans, Mexican Americans, low income persons (less than 130 percent of poverty), and adolescents 12-19 years old.
Sample Size(s) n=approximately 7,000 interviewed annually (all ages).
Mode Interviewer:In-person interview; trained interviewer using CAPI; individual setting at respondent's home.

Documented

Description

Other Languages **X** Spanish
 Low-Income **X**
 Low Education Level

Evidence

Reliability **X** Some items underwent reliability testing.
 Internal Validity
 External Validity
 Sensitive to Change
 Related to
 Outcome(s)
 Other **X** New questions were added or modified based on recommendations from survey collaborators, NCHS staff, and other interagency work groups, and through large-scale field testing of English-Spanish speaking participants.

Notes: The sizes of helpings were not defined and responses represent "number of helpings" as determined by the respondent.

Citations: NCHS/NHANES 2004; An C et al. 2003.

Grains, Legumes, and Fiber

During the past 12 months, how often per day, per week, per month or per year did you eat dried beans or peas, such as the foods listed on this card? (# OF TIMES PER DAY, WEEK, MONTH OR YEAR; NEVER IN THE PAST 12 MONTHS) (See notes)

Preliminary Rank High **Instrument** NHANES Diet Behavior and Nutrition Sample Person Questionnaire 2001-2002

Administration

Population National

Subgroup Nationally representative; Question for 60+ years of age only; Survey oversamples older persons (60 years and over), African Americans, Mexican Americans, low income persons (less than 130 percent of poverty), and adolescents 12-19 years old.

Sample Size(s) n=approximately 7,000 interviewed annually (all ages).

Mode Interviewer:In-person interview; trained interviewer using CAPI; individual setting at respondent's home.

Documented

Description

Other Languages **X** Spanish

Low-Income **X**

Low Education Level

Evidence

Reliability **X** Some items underwent reliability testing.

Internal Validity

External Validity

Sensitive to Change

Related to Outcome(s)

Other **X** New questions were added or modified based on recommendations from survey collaborators, NCHS staff, and other interagency work groups, and through large-scale field testing of English-Spanish speaking participants.

Notes: The following examples of dried beans or peas are given to the respondent on the DBQ2 hand card: refried beans; baked beans; bean, lentil and split pea soup; hummus; kidney beans; black beans; white beans; navy beans; chickpeas; lentils; split peas.

Citations: NCHS/NHANES 2004; An C et al. 2003.