

# Diet History Questionnaire II

Adapted for Canada from the National Institutes of Health  
Diet History Questionnaire II



## 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 black ball-point pen. Do not use a pencil or felt-tip pen. Do not fold, staple, or tear the pages.
- Shade the box next to your answer, like this:
- If you make any changes, cross out the incorrect answer and shade in the box next to the correct answer. Also draw a circle around the correct answer.
- 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.
- Questions on portion size use measures like cups, ounces, teaspoons and tablespoons. Metric conversions are provided below.

<u>Volume</u>	<u>Weight</u>
1 cup = 8 ounces = 250ml	1 ounce = 30g
1 fluid ounce = 30ml	
1 teaspoon = 5ml	
1 tablespoon = 15ml	

BEFORE TURNING THE PAGE, PLEASE COMPLETE THE FOLLOWING QUESTIONS.

Today's date:

<input type="text"/>	/	<input type="text"/>	/	<input type="text"/>	2	0	<input type="text"/>	<input type="text"/>
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month

day

year

In what month were you born?

- |                              |                              |
|------------------------------|------------------------------|
| <input type="checkbox"/> Jan | <input type="checkbox"/> Jul |
| <input type="checkbox"/> Feb | <input type="checkbox"/> Aug |
| <input type="checkbox"/> Mar | <input type="checkbox"/> Sep |
| <input type="checkbox"/> Apr | <input type="checkbox"/> Oct |
| <input type="checkbox"/> May | <input type="checkbox"/> Nov |
| <input type="checkbox"/> Jun | <input type="checkbox"/> Dec |

In what year were you born?

<input type="text"/>	1	9	<input type="text"/>	<input type="text"/>
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Are you male or female?

- Male  
 Female

BAR CODE LABEL OR SUBJECT ID  
HERE



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

- NEVER (GO TO QUESTION 2)
- |   |  |
|---|--|
| <input type="checkbox"/> 1 time per month or less | <input type="checkbox"/> 1 time per day          |
| <input type="checkbox"/> 2-3 times per month      | <input type="checkbox"/> 2-3 times per day       |
| <input type="checkbox"/> 1-2 times per week       | <input type="checkbox"/> 4-5 times per day       |
| <input type="checkbox"/> 3-4 times per week       | <input type="checkbox"/> 6 or more times per day |
| <input type="checkbox"/> 5-6 times per week       |  |

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

- Less than ½ cup (4 ounces)  
 ½ to 1¼ cups (4 to 10 ounces)  
 More than 1¼ cups (10 ounces)

2. Over the past 12 months, how often did you drink **other vegetable juice**? (*Please do not include tomato juice.*)

- NEVER (GO TO QUESTION 3)
- |   |  |
|---|--|
| <input type="checkbox"/> 1 time per month or less | <input type="checkbox"/> 1 time per day          |
| <input type="checkbox"/> 2-3 times per month      | <input type="checkbox"/> 2-3 times per day       |
| <input type="checkbox"/> 1-2 times per week       | <input type="checkbox"/> 4-5 times per day       |
| <input type="checkbox"/> 3-4 times per week       | <input type="checkbox"/> 6 or more times per day |
| <input type="checkbox"/> 5-6 times per week       |  |

2a. Each time you drank **other vegetable juice**, how much did you usually drink?

- Less than ¾ cup (6 ounces)  
 ¾ to 1¼ cups (6 to 10 ounces)  
 More than 1¼ cups (10 ounces)

3. Over the past 12 months, how often did you drink 100% **orange juice** or **grapefruit juice**?

- NEVER (GO TO QUESTION 4)
- |   |  |
|---|--|
| <input type="checkbox"/> 1 time per month or less | <input type="checkbox"/> 1 time per day          |
| <input type="checkbox"/> 2-3 times per month      | <input type="checkbox"/> 2-3 times per day       |
| <input type="checkbox"/> 1-2 times per week       | <input type="checkbox"/> 4-5 times per day       |
| <input type="checkbox"/> 3-4 times per week       | <input type="checkbox"/> 6 or more times per day |
| <input type="checkbox"/> 5-6 times per week       |  |

3a. Each time you drank 100% **orange juice** or **grapefruit juice**, how much did you usually drink?

- Less than ¾ cup (6 ounces)  
 ¾ to 1¼ cups (6 to 10 ounces)  
 More than 1¼ cups (10 ounces)

Question 4 appears in the next column

3b. How often was the orange juice or grapefruit juice you drank **calcium-fortified**?

- Almost never or never  
 About ¼ of the time  
 About ½ of the time  
 About ¾ of the time  
 Almost always or always

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

4a. Each time you drank **other 100% fruit juice** or **100% fruit juice mixtures**, how much did you usually drink?

- Less than ¾ cup (6 ounces)  
 ¾ to 1½ cups (6 to 12 ounces)  
 More than 1½ cups (12 ounces)

5. How often did you drink **other fruit drinks** (such as Fruité, Fruitopia, Five Alive, Sunny D, or Kool-Aid, diet or regular)?

- NEVER (GO TO QUESTION 6)
- |   |  |
|---|--|
| <input type="checkbox"/> 1 time per month or less | <input type="checkbox"/> 1 time per day          |
| <input type="checkbox"/> 2-3 times per month      | <input type="checkbox"/> 2-3 times per day       |
| <input type="checkbox"/> 1-2 times per week       | <input type="checkbox"/> 4-5 times per day       |
| <input type="checkbox"/> 3-4 times per week       | <input type="checkbox"/> 6 or more times per day |
| <input type="checkbox"/> 5-6 times per week       |  |

Question 6 appears on the next page



Over the past 12 months...

5a. Each time you drank **other 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)

5b. How often were your other fruit drinks **diet** or **low calorie**?

- 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

6. How often did you drink **milk** or **milk substitutes as a beverage** (NOT in coffee, NOT in cereal)?  
*(Please do not include chocolate milk, hot chocolate, and milk in milkshakes or meal replacement beverages.)*

NEVER (GO TO QUESTION 7)

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

6a. Each time you drank **milk** or **milk substitutes as a beverage**, how much did you usually drink?

- Less than 1 cup (8 ounces)
- 1 to 1½ cups (8 to 12 ounces)
- More than 1½ cups (12 ounces)

6b. What kind of **milk** or **milk substitutes** did you usually drink?

- Whole milk
- 2% fat milk
- 1% fat milk
- Skim, nonfat, or 0.5% fat milk
- Soy milk
- Rice milk
- Almond milk
- Other

7. How often did you drink **chocolate milk** or **hot chocolate**?

NEVER (GO TO QUESTION 8)

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

Question 8 appears in the next column

7a. Each time you drank **chocolate milk** or **hot chocolate**, 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)

7b. How often was the chocolate milk or hot chocolate you drank **reduced-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

8. How often did you drink **milkshakes**?

NEVER (GO TO QUESTION 9)

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

8a. Each time you drank **milkshakes**, 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)

9. How often did you drink **meal replacement** or **high-protein beverages** (such as Boost, Breakfast Essential, Ensure, Slimfast or others)?

NEVER (GO TO QUESTION 10)

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

9a. Each time you drank **meal replacement** or **high-protein beverages**, how much did you usually drink?

- Less than 1 cup (8 ounces)
- 1 to 1½ cups (8 to 12 ounces)
- More than 1½ cups (12 ounces)

Question 10 appears on the next page



Over the past 12 months...

10. How often did you drink **soft drinks** or **pop**?

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

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

- Less than 12 ounces or less than 1 regular size can or bottle (355 ml)
- 12 to 16 ounces or 1 regular size can or bottle (355 ml)
- More than 16 ounces or more than 1 regular size can or bottle (355 ml)

10b. How often were your soft drinks or pop **diet** or **calorie-free**?

- Almost never or never
- About ¼ of the time
- About ½ of the time
- About ¾ of the time
- Almost always or always

10c. How often were your soft drinks or pop **caffeine-free**?

- Almost never or never
- About ¼ of the time
- About ½ of the time
- About ¾ of the time
- Almost always or always

11. Over the past 12 months, did you drink **sports drinks** (such as PowerAde or Gatorade)?

- NO (GO TO QUESTION 12)
- YES

11a. How often did you drink **sports drinks** **IN THE SUMMER**?

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

Question 12 appears in the next column

11b. How often did you drink **sports drinks** **DURING THE REST OF THE YEAR**?

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

11c. Each time you drank **sports drinks**, how much did you usually drink?

- Less than 1½ cups (12 ounces)
- 1½ to 3 cups (12 to 24 ounces)
- More than 3 cups (24 ounces)

12. How often did you drink **energy drinks** (such as Red Bull, Rock Star, Full Throttle, or Monster)?

- NEVER (GO TO QUESTION 13)
- |   |  |
|---|--|
| <input type="checkbox"/> 1 time per month or less | <input type="checkbox"/> 1 time per day          |
| <input type="checkbox"/> 2-3 times per month      | <input type="checkbox"/> 2-3 times per day       |
| <input type="checkbox"/> 1-2 times per week       | <input type="checkbox"/> 4-5 times per day       |
| <input type="checkbox"/> 3-4 times per week       | <input type="checkbox"/> 6 or more times per day |
| <input type="checkbox"/> 5-6 times per week       |  |

12a. Each time you drank **energy 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)

13. How often did you drink **beer**?

- NEVER (GO TO QUESTION 14)
- |   |  |
|---|--|
| <input type="checkbox"/> 1 time per month or less | <input type="checkbox"/> 1 time per day          |
| <input type="checkbox"/> 2-3 times per month      | <input type="checkbox"/> 2-3 times per day       |
| <input type="checkbox"/> 1-2 times per week       | <input type="checkbox"/> 4-5 times per day       |
| <input type="checkbox"/> 3-4 times per week       | <input type="checkbox"/> 6 or more times per day |
| <input type="checkbox"/> 5-6 times per week       |  |

13a. Each time you drank **beer**, how much did you usually drink?

- Less than 1 regular size can or bottle (341 ml)
- 1 to 3 regular size cans or bottles
- More than 3 regular size cans or bottles



Question 14 appears on the next page

Over the past 12 months...

14. How often did you drink **water** (including tap, bottled, carbonated, flavoured, or vitamin added water)?

NEVER (GO TO QUESTION 15)

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

14a. Each time you drank **water**, how much did you usually drink?

- Less than 1 cup (8 ounces)  
 1 to 4 cups (8 to 32 ounces)  
 More than 4 cups (32 ounces)

14b. How often was the water you drank **tap water**?

- 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

14c. How often was the water you drank **bottled, sweetened water** (with low or no-calorie sweetener, including carbonated water)?

- 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

14d. How often was the bottled sweetened water you drank **with added vitamins or minerals** (such as Aquafina Plus, Vitaminwater, 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

Question 15 appears in the next column

15. How often did you drink **wine**?

NEVER (GO TO QUESTION 16)

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

15a. Each time you drank **wine**, how much did you usually drink?

- Less than 1 glass (5 ounces)  
 1 to 2 glasses (5 to 12 ounces)  
 More than 2 glasses (12 ounces)

15b. How often was the wine you drank **red wine**?

- 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

16. How often did you drink **liquor or mixed drinks**?

NEVER (GO TO QUESTION 17)

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

16a. 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

Question 17 appears on the next page



Over the past 12 months...

17. Did you eat **oatmeal, Cream of Wheat, Red River, or other cooked cereal**?

- NO (GO TO QUESTION 18)
- YES

17a. How often did you eat **oatmeal, Cream of Wheat, Red River, or other cooked cereal IN THE WINTER?**

- NEVER
- 1-6 times per winter
- 7-11 times per winter
- 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

17b. How often did you eat **oatmeal, Cream of Wheat, Red River, or other cooked cereal 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

17c. Each time you ate **oatmeal, Cream of Wheat, Red River, or other cooked cereal**, how much did you usually eat?

- Less than  $\frac{3}{4}$  cup
- $\frac{3}{4}$  to  $1\frac{1}{4}$  cups
- More than  $1\frac{1}{4}$  cups

17d. How often was **butter or margarine** added to your oatmeal, Cream of Wheat, Red River, or other cooked cereal?

- Almost never or never
- About  $\frac{1}{4}$  of the time
- About  $\frac{1}{2}$  of the time
- About  $\frac{3}{4}$  of the time
- Almost always or always

17e. Was **milk** added to your oatmeal, Cream of Wheat, Red River, or other cooked cereal?

- NO (GO TO QUESTION 18)
- YES

17f. What kind of **milk** was usually added?

- Whole milk
- 2% fat milk
- 1% fat milk
- Skim, nonfat, or 0.5% fat milk
- Soy milk
- Rice milk
- Almond milk
- Other

17g. Each time **milk** was added to your oatmeal, Cream of Wheat, Red River, or other cooked cereal, how much was usually added?

- Less than  $\frac{1}{2}$  cup
- $\frac{1}{2}$  to 1 cup
- More than 1 cup

18. How often did you eat **cold cereal**?

- NEVER (GO TO QUESTION 19)

- 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

18a. Each time you ate **cold cereal**, how much did you usually eat?

- Less than 1 cup
- 1 to  $2\frac{1}{2}$  cups
- More than  $2\frac{1}{2}$  cups

18b. How often was the cold cereal you ate **Vector or PC Force Active?**

- Almost never or never
- About  $\frac{1}{4}$  of the time
- About  $\frac{1}{2}$  of the time
- About  $\frac{3}{4}$  of the time
- Almost always or always

18c. How often was the cold cereal you ate **All Bran, Fibre 1, Fibre First, 100% Bran, or All-Bran Buds?**

- Almost never or never
- About  $\frac{1}{4}$  of the time
- About  $\frac{1}{2}$  of the time
- About  $\frac{3}{4}$  of the time
- Almost always or always

Question 18 appears in the next column

Question 19 appears on the next page



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

18d. How often was the cold cereal you ate **some other bran or fibre cereal** (such as Cheerios (regular), Shredded Wheat, Raisin Bran, Bran Flakes, Mini-Wheats, Shreddies, Honey Bunches of Oats, Oatmeal Crisp or others)?

- Almost never or never
- About ¼ of the time
- About ½ of the time
- About ¾ of the time
- Almost always or always

18e. 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, Honey Nut Cheerios, Honeycomb, or others)?

- Almost never or never
- About ¼ of the time
- About ½ of the time
- About ¾ of the time
- Almost always or always

18f. Was **milk** added to your cold cereal?

- NO (GO TO QUESTION 19)
- YES

18g. What kind of **milk** was usually added?

- Whole milk
- 2% fat milk
- 1% fat milk
- Skim, nonfat, or 0.5% fat milk
- Soy milk
- Rice milk
- Almond milk
- Other

18h. Each time **milk** was added to your cold cereal, how much was usually added?

- Less than ½ cup
- ½ to 1 cup
- More than 1 cup

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

- NEVER (GO TO QUESTION 20)
- 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 20 appears in the next column

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

- Less than ¼ cup
- ¼ to ¾ cup
- More than ¾ cup

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

- NEVER (GO TO QUESTION 21)
- 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

20a. Each time you ate **apples**, how many did you usually eat?

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

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

- NEVER (GO TO QUESTION 22)
- 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

21a. Each time you ate **pears**, how many did you usually eat?

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

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

- NEVER (GO TO QUESTION 23)
- 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 23 appears on the next page



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

22a. Each time you ate **bananas**, how many did you usually eat?

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

23. How often did you eat **dried fruit** (such as prunes or raisins)? *(Please do not include dried apricots.)*

- NEVER (GO TO QUESTION 24)
- 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

23a. Each time you ate **dried fruit**, how much did you usually eat?

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

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

- NO (GO TO QUESTION 25)
- YES

24a. How often did you eat **fresh peaches, nectarines, or plums 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

24b. How often did you eat **peaches, nectarines, or plums** (fresh, canned, or frozen) **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

Question 25 appears in the next column

24c. Each time you ate **peaches, nectarines, or plums**, how much did you usually eat?

- Less than 1 fruit or less than ½ cup
- 1 to 2 fruits or ½ to ¾ cup
- More than 2 fruits or more than ¾ cup

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

- NEVER (GO TO QUESTION 26)
- 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

25a. Each time you ate **grapes**, how much did you usually eat?

- Less than ½ cup or less than 10 grapes
- ½ to 1 cup or 10 to 30 grapes
- More than 1 cup or more than 30 grapes

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

- NO (GO TO QUESTION 27)
- YES

26a. How often did you eat **fresh cantaloupe 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

26b. How often did you eat **cantaloupe** (fresh or frozen) **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

Question 27 appears on the next page





Over the past 12 months...

26c. Each time you ate **cantaloupe**, how much did you usually eat?

- Less than ¼ melon or less than ½ cup
- ¼ melon or ½ to 1 cup
- More than ¼ melon or more than 1 cup

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

- NO (GO TO QUESTION 28)
- YES

27a. How often did you eat **fresh melon, other than cantaloupe, 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

27b. How often did you eat **melon other than cantaloupe** (fresh or frozen) **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

27c. Each time you ate **melon other than cantaloupe**, how much did you usually eat?

- Less than 1 cup or 2 small wedges
- 1 to 3 cups or 2 medium wedges
- More than 3 cups or 2 large wedges



Question 28 appears in the next column

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

- NO (GO TO QUESTION 29)
- YES

28a. How often did you eat **fresh strawberries 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

28b. How often did you eat **strawberries** (fresh or frozen) **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

28c. Each time you ate **strawberries**, how much did you usually eat?

- Less than ¼ cup or less than 4 berries
- ¼ to ¾ cup or 4 to 10 berries
- More than ¾ cup or more than 10 berries

29. Over the past 12 months, did you eat **blueberries, raspberries, saskatoon berries or blackberries**?

- NO (GO TO QUESTION 30)
- YES

29a. How often did you eat **fresh blueberries, raspberries, saskatoon berries or blackberries 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

Question 30 appears on the next page



Over the past 12 months...

29b. How often did you eat **blueberries, raspberries, saskatoon berries** or **blackberries** (fresh or frozen) **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

29c. Each time you ate **blueberries, raspberries, saskatoon berries** or **blackberries**, how much did you usually eat?

- Less than ¼ cup
- ¼ to ¾ cup
- More than ¾ cup

30. Over the past 12 months, did you eat **oranges, tangelos, mandarins, or clementines?**

- NO (GO TO QUESTION 31)
- YES

30a. How often did you eat **fresh oranges, tangelos, mandarins, or clementines** **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

30b. How often did you eat **oranges, tangelos, mandarins, or clementines** (fresh or canned) **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

Question 31 appears in the next column

30c. Each time you ate **oranges, tangelos, mandarins, or clementines**, how many did you usually eat?

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

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

- NO (GO TO QUESTION 32)
- YES

31a. How often did you eat **fresh grapefruit** **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

31b. How often did you eat **grapefruit** (fresh or canned) **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

31c. Each time you ate **grapefruit**, how much did you usually eat?

- Less than ½ grapefruit
- ½ to 1 grapefruit
- More than 1 grapefruit

32. How often did you eat **pineapple?**

- NEVER (GO TO QUESTION 33)
- 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

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

- Less than ¼ cup or less than 1 medium slice
- ¼ to ¾ cup or 1 to 2 medium slices
- More than ¾ cup or more than 2 medium slices

Question 33 appears on the next page



Over the past 12 months...

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

- NEVER (GO TO QUESTION 34)
- 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

33a. Each time you ate **other kinds of fruit**, how much did you usually eat?

- Less than ¼ cup
- ¼ to ¾ cup
- More than ¾ cup

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

- NEVER (GO TO QUESTION 35)
- 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

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

- Less than ½ cup
- ½ to 1 cup
- More than 1 cup

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

- NEVER (GO TO QUESTION 36)
- 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

35a. Each time you ate **RAW greens**, how much did you usually eat?

- Less than 1½ cups
- 1½ to 3 cups
- More than 3 cups

Question 36 appears in the next column

36. How often did you eat **coleslaw**?

- NEVER (GO TO QUESTION 37)
- 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

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

- Less than ¼ cup
- ¼ to ¾ cup
- More than ¾ cup

37. How often did you eat **sauerkraut or cabbage** (other than coleslaw)?

- NEVER (GO TO QUESTION 38)
- 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

37a. Each time you ate **sauerkraut or cabbage**, how much did you usually eat?

- Less than ¼ cup
- ¼ to 1 cup
- More than 1 cup

38. How often did you eat **carrots** (fresh, canned, or frozen)?

- NEVER (GO TO QUESTION 39)
- 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

38a. Each time you ate **carrots**, how much did you usually eat?

- Less than ¼ cup or less than 2 baby carrots
- ¼ to ¾ cup or 2 to 8 baby carrots
- More than ¾ cup or more than 8 baby carrots

Question 39 appears on the next page



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

39. How often did you eat **string beans** or **green beans** (fresh, canned, or frozen)?

- NEVER (GO TO QUESTION 40)
- |  |  |
|--|--|
| <input type="checkbox"/> 1-6 times per year  | <input type="checkbox"/> 2 times per week        |
| <input type="checkbox"/> 7-11 times per year | <input type="checkbox"/> 3-4 times per week      |
| <input type="checkbox"/> 1 time per month    | <input type="checkbox"/> 5-6 times per week      |
| <input type="checkbox"/> 2-3 times per month | <input type="checkbox"/> 1 time per day          |
| <input type="checkbox"/> 1 time per week     | <input type="checkbox"/> 2 or more times per day |

39a. Each time you ate **string beans** or **green beans**, how much did you usually eat?

- Less than ½ cup  
 ½ to 1 cup  
 More than 1 cup

40. How often did you eat **peas** (fresh, canned, or frozen)?

- NEVER (GO TO QUESTION 41)
- |  |  |
|--|--|
| <input type="checkbox"/> 1-6 times per year  | <input type="checkbox"/> 2 times per week        |
| <input type="checkbox"/> 7-11 times per year | <input type="checkbox"/> 3-4 times per week      |
| <input type="checkbox"/> 1 time per month    | <input type="checkbox"/> 5-6 times per week      |
| <input type="checkbox"/> 2-3 times per month | <input type="checkbox"/> 1 time per day          |
| <input type="checkbox"/> 1 time per week     | <input type="checkbox"/> 2 or more times per day |

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

- Less than ¼ cup  
 ¼ to ½ cup  
 More than ½ cup

41. Over the past 12 months, did you eat **corn**?

- NO (GO TO QUESTION 42)  
 YES

41a. How often did you eat **fresh corn** **WHEN IN SEASON**?

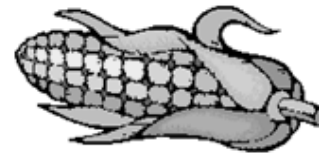
- NEVER
- |  |  |
|--|--|
| <input type="checkbox"/> 1-6 times per season  | <input type="checkbox"/> 2 times per week        |
| <input type="checkbox"/> 7-11 times per season | <input type="checkbox"/> 3-4 times per week      |
| <input type="checkbox"/> 1 time per month      | <input type="checkbox"/>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

41b. How often did you eat **corn** (fresh, canned, or frozen) **DURING THE REST OF THE YEAR**?

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

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

- Less than 1 ear or less than ½ cup  
 1 ear or ½ to 1 cup  
 More than 1 ear or more than 1 cup



42. How often did you eat **broccoli** (fresh or frozen)?

- NEVER (GO TO QUESTION 43)
- |  |  |
|--|--|
| <input type="checkbox"/> 1-6 times per year  | <input type="checkbox"/> 2 times per week        |
| <input type="checkbox"/> 7-11 times per year | <input type="checkbox"/> 3-4 times per week      |
| <input type="checkbox"/> 1 time per month    | <input type="checkbox"/> 5-6 times per week      |
| <input type="checkbox"/> 2-3 times per month | <input type="checkbox"/> 1 time per day          |
| <input type="checkbox"/> 1 time per week     | <input type="checkbox"/> 2 or more times per day |

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

- Less than ¼ cup  
 ¼ to 1 cup  
 More than 1 cup

43. How often did you eat **cauliflower** (fresh or frozen)?

- NEVER (GO TO QUESTION 44)
- |  |  |
|--|--|
| <input type="checkbox"/> 1-6 times per year  | <input type="checkbox"/> 2 times per week        |
| <input type="checkbox"/> 7-11 times per year | <input type="checkbox"/> 3-4 times per week      |
| <input type="checkbox"/> 1 time per month    | <input type="checkbox"/> 5-6 times per week      |
| <input type="checkbox"/> 2-3 times per month | <input type="checkbox"/> 1 time per day          |
| <input type="checkbox"/> 1 time per week     | <input type="checkbox"/> 2 or more times per day |

43a. Each time you ate **cauliflower**, how much did you usually eat?

- Less than ¼ cup  
 ¼ to 1 cup  
 More than 1 cup

Question 42 appears in the next column

Question 44 appears on the next page



Over the past 12 months...

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

- NEVER (GO TO QUESTION 45)
- |  |  |
|--|--|
| <input type="checkbox"/> 1-6 times per year  | <input type="checkbox"/> 2 times per week        |
| <input type="checkbox"/> 7-11 times per year | <input type="checkbox"/> 3-4 times per week      |
| <input type="checkbox"/> 1 time per month    | <input type="checkbox"/> 5-6 times per week      |
| <input type="checkbox"/> 2-3 times per month | <input type="checkbox"/> 1 time per day          |
| <input type="checkbox"/> 1 time per week     | <input type="checkbox"/> 2 or more times per day |

44a. Each time you ate **Brussels sprouts**, how much did you usually eat?

- Less than 4 Brussels sprouts or less than ½ cup  
 4 to 7 Brussels sprouts or ½ to 1 cup  
 More than 7 Brussels sprouts or more than 1 cup

45. How often did you eat **asparagus** (fresh or frozen)?

- NEVER (GO TO QUESTION 46)
- |  |  |
|--|--|
| <input type="checkbox"/> 1-6 times per year  | <input type="checkbox"/> 2 times per week        |
| <input type="checkbox"/> 7-11 times per year | <input type="checkbox"/> 3-4 times per week      |
| <input type="checkbox"/> 1 time per month    | <input type="checkbox"/> 5-6 times per week      |
| <input type="checkbox"/> 2-3 times per month | <input type="checkbox"/> 1 time per day          |
| <input type="checkbox"/> 1 time per week     | <input type="checkbox"/> 2 or more times per day |

45a. Each time you ate **asparagus**, how much did you usually eat?

- Less than 5 spears or less than ½ cup  
 5 to 9 spears or ½ to ¾ cup  
 More than 9 spears or more than ¾ cup

46. How often did you eat **winter squash** (such as pumpkin, butternut, or acorn)?

- NEVER (GO TO QUESTION 47)
- |  |  |
|--|--|
| <input type="checkbox"/> 1-6 times per year  | <input type="checkbox"/> 2 times per week        |
| <input type="checkbox"/> 7-11 times per year | <input type="checkbox"/> 3-4 times per week      |
| <input type="checkbox"/> 1 time per month    | <input type="checkbox"/> 5-6 times per week      |
| <input type="checkbox"/> 2-3 times per month | <input type="checkbox"/> 1 time per day          |
| <input type="checkbox"/> 1 time per week     | <input type="checkbox"/> 2 or more times per day |

46a. Each time you ate **winter squash**, how much did you usually eat?

- Less than ⅓ cup  
 ⅓ to 1 cup  
 More than 1 cup

Question 47 appears in the next column

47. How often did you eat **mixed vegetables** (such as vegetable stir fry, frozen or canned mixed vegetables)?

- NEVER (GO TO QUESTION 48)
- |  |  |
|--|--|
| <input type="checkbox"/> 1-6 times per year  | <input type="checkbox"/> 2 times per week        |
| <input type="checkbox"/> 7-11 times per year | <input type="checkbox"/> 3-4 times per week      |
| <input type="checkbox"/> 1 time per month    | <input type="checkbox"/> 5-6 times per week      |
| <input type="checkbox"/> 2-3 times per month | <input type="checkbox"/> 1 time per day          |
| <input type="checkbox"/> 1 time per week     | <input type="checkbox"/> 2 or more times per day |

47a. Each time you ate **mixed vegetables**, how much did you usually eat?

- Less than ½ cup  
 ½ to 1 cup  
 More than 1 cup

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

- NEVER (GO TO QUESTION 49)
- |  |  |
|--|--|
| <input type="checkbox"/> 1-6 times per year  | <input type="checkbox"/> 2 times per week        |
| <input type="checkbox"/> 7-11 times per year | <input type="checkbox"/> 3-4 times per week      |
| <input type="checkbox"/> 1 time per month    | <input type="checkbox"/> 5-6 times per week      |
| <input type="checkbox"/> 2-3 times per month | <input type="checkbox"/> 1 time per day          |
| <input type="checkbox"/> 1 time per week     | <input type="checkbox"/> 2 or more times per day |

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

- Less than 1 slice or less than 1 tablespoon  
 1 to 5 slices or 1 to 4 tablespoons  
 More than 5 slices or more than 4 tablespoons

49. 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 50)
- |  |  |
|--|--|
| <input type="checkbox"/> 1-6 times per year  | <input type="checkbox"/> 2 times per week        |
| <input type="checkbox"/> 7-11 times per year | <input type="checkbox"/> 3-4 times per week      |
| <input type="checkbox"/> 1 time per month    | <input type="checkbox"/> 5-6 times per week      |
| <input type="checkbox"/> 2-3 times per month | <input type="checkbox"/> 1 time per day          |
| <input type="checkbox"/> 1 time per week     | <input type="checkbox"/> 2 or more times per day |



Question 50 appears on the next page



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

49a. Which fats were usually added to your vegetables **DURING COOKING**? (Please do not include potatoes. **Mark all that apply.**)

- |  |   |
|--|---|
| <input type="checkbox"/> Margarine (including light) | <input type="checkbox"/> Corn oil                         |
| <input type="checkbox"/> Butter (including light)    | <input type="checkbox"/> Canola or rapeseed oil           |
| <input type="checkbox"/> Lard, fatback, or bacon fat | <input type="checkbox"/> Oil spray, such as Pam or others |
| <input type="checkbox"/> Olive oil                   | <input type="checkbox"/> Other kinds of oil               |
|  | <input type="checkbox"/> None of the above                |

50. 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 51)
- |  |  |
|--|--|
| <input type="checkbox"/> 1-6 times per year  | <input type="checkbox"/> 3-4 times per week      |
| <input type="checkbox"/> 7-11 times per year | <input type="checkbox"/> 5-6 times per week      |
| <input type="checkbox"/> 1 time per month    | <input type="checkbox"/> 1 time per day          |
| <input type="checkbox"/> 2-3 times per month | <input type="checkbox"/> 2 times per day         |
| <input type="checkbox"/> 1-2 times per week  | <input type="checkbox"/> 3 or more times per day |

50a. Which fats, sauces, or dressings were usually added **AFTER COOKING OR AT THE TABLE**? (Please do not include potatoes. **Mark all that apply.**)

- |  |   |
|--|---|
| <input type="checkbox"/> Margarine (including light) | <input type="checkbox"/> Vegetable oil  |
| <input type="checkbox"/> Butter (including light)    | <input type="checkbox"/> Salad dressing |
| <input type="checkbox"/> Lard, fatback, or bacon fat | <input type="checkbox"/> Cheese sauce   |
|  | <input type="checkbox"/> White sauce    |
|  | <input type="checkbox"/> Other          |

50b. If margarine, butter, vegetable oil, 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

50c. 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 51 appears in the next column

51. How often did you eat **sweet peppers** (green, red, or yellow)?

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

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

- Less than 1/8 pepper
- 1/8 to 1/2 pepper
- More than 1/2 pepper

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

- NO (GO TO QUESTION 53)
- YES

52a. How often did you eat **fresh tomatoes** (including those in salads) **WHEN IN SEASON**?

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

52b. How often did you eat **fresh tomatoes** (including those in salads) **DURING THE REST OF THE YEAR**?

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

52c. Each time you ate **fresh tomatoes**, how much did you usually eat?

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

Question 53 appears on the next page



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

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

- NEVER (GO TO QUESTION 54)
- 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

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

- Less than ¼ cup
- ¼ to 1½ cups
- More than 1½ cups

53b. How often did the lettuce salads you ate include **dark green lettuce**?

- Almost never or never
- About ¼ of the time
- About ½ of the time
- About ¾ of the time
- Almost always or always

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

- NEVER (GO TO QUESTION 55)
- 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

54a. 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

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

- NEVER (GO TO QUESTION 56)
- 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 56 appears in the next column

55a. Each time you ate **sweet potatoes or yams**, how much did you usually eat?

- 1 small potato or less than ½ cup
- 1 medium potato or ½ to 1 cup
- 1 large potato or more than 1 cup

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

- NEVER (GO TO QUESTION 57)
- 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

56a. 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 ½ cup
- 10 to 25 fries or ½ to 1 cup
- More than 25 fries or more than 1 cup

56b. How often did the French fries, home fries, hash browned potatoes, or tater tots you ate include **poutine (with gravy and cheese)**?

- Almost never or never
- About ¼ of the time
- About ½ of the time
- About ¾ of the time
- Almost always or always

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

- NEVER (GO TO QUESTION 58)
- 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

57a. Each time you ate **potato salad**, how much did you usually eat?

- Less than ½ cup
- ½ to 1 cup
- More than 1 cup

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

- NEVER (GO TO QUESTION 59)
- 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 59 appears on the next page



Over the past 12 months...

58a. Each time you ate **baked, boiled, or mashed potatoes**, how much did you usually eat?

- 1 small potato or less than ½ cup
- 1 medium potato or ½ to 1 cup
- 1 large potato or more than 1 cup

58b. 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 58d)
- About ¼ of the time
- About ½ of the time
- About ¾ of the time
- Almost always or always

58c. Each time **sour cream** was added to your potatoes, how much was usually added?

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

58d. How often was **margarine** (including light) added to your potatoes, **EITHER IN COOKING OR AT THE TABLE?**

- Almost never or never
- About ¼ of the time
- About ½ of the time
- About ¾ of the time
- Almost always or always

58e. How often was **butter** (including light) added to your potatoes, **EITHER IN COOKING OR AT THE TABLE?**

- Almost never or never
- About ¼ of the time
- About ½ of the time
- About ¾ of the time
- Almost always or always

58f. 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

58g. 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 59)
- About ¼ of the time
- About ½ of the time
- About ¾ of the time
- Almost always or always

Question 59 appears in the next column

58h. 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

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

- NEVER (GO TO QUESTION 60)
- 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

59a. Each time you ate **salsa**, how much did you usually eat?

- Less than 2 tablespoons
- 2 tablespoons to ½ cup
- More than ½ cup

60. How often did you eat **ketchup**?

- NEVER (GO TO QUESTION 61)
- 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

60a. Each time you ate **ketchup**, how much did you usually eat?

- Less than 2 teaspoons
- 2 to 6 teaspoons
- More than 6 teaspoons

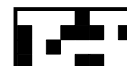
61. How often did you eat **stuffing, dressing, or dumplings**?

- NEVER (GO TO QUESTION 62)
- 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

61a. Each time you ate **stuffing, dressing, or dumplings**, how much did you usually eat?

- Less than ½ cup
- ½ to 1 cup
- More than 1 cup

Question 62 appears on the next page





Over the past 12 months...

62. How often did you eat **chili**?

- NEVER (GO TO QUESTION 63)
- |  |  |
|--|--|
| <input type="checkbox"/> 1-6 times per year  | <input type="checkbox"/> 2 times per week        |
| <input type="checkbox"/> 7-11 times per year | <input type="checkbox"/> 3-4 times per week      |
| <input type="checkbox"/> 1 time per month    | <input type="checkbox"/> 5-6 times per week      |
| <input type="checkbox"/> 2-3 times per month | <input type="checkbox"/> 1 time per day          |
| <input type="checkbox"/> 1 time per week     | <input type="checkbox"/> 2 or more times per day |

62a. Each time you ate **chili**, how much did you usually eat?

- Less than 1 cup  
 1 to 1¼ cups  
 More than 1¾ cups

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

- NEVER (GO TO QUESTION 64)
- |  |  |
|--|--|
| <input type="checkbox"/> 1-6 times per year  | <input type="checkbox"/> 2 times per week        |
| <input type="checkbox"/> 7-11 times per year | <input type="checkbox"/> 3-4 times per week      |
| <input type="checkbox"/> 1 time per month    | <input type="checkbox"/> 5-6 times per week      |
| <input type="checkbox"/> 2-3 times per month | <input type="checkbox"/> 1 time per day          |
| <input type="checkbox"/> 1 time per week     | <input type="checkbox"/> 2 or more times per day |

63a. 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.

64. How often did you eat **baked beans**? (*Please include canned, ready-made, or homemade.*)

- NEVER (GO TO QUESTION 65)
- |  |  |
|--|--|
| <input type="checkbox"/> 1-6 times per year  | <input type="checkbox"/> 2 times per week        |
| <input type="checkbox"/> 7-11 times per year | <input type="checkbox"/> 3-4 times per week      |
| <input type="checkbox"/> 1 time per month    | <input type="checkbox"/> 5-6 times per week      |
| <input type="checkbox"/> 2-3 times per month | <input type="checkbox"/> 1 time per day          |
| <input type="checkbox"/> 1 time per week     | <input type="checkbox"/> 2 or more times per day |

64a. Each time you ate **baked beans**, how much did you usually eat?

- Less than ½ cup  
 ½ to 1 cup  
 More than 1 cup

Question 65 appears in the next column

65. How often did you eat **other cooked dried beans** (such as pintos, kidney, black-eyed peas, lima, lentils, soybeans, or refried beans)? (*Please do not include bean, pea or lentil soups, or chili.*)

- NEVER (GO TO QUESTION 66)
- |  |  |
|--|--|
| <input type="checkbox"/> 1-6 times per year  | <input type="checkbox"/> 2 times per week        |
| <input type="checkbox"/> 7-11 times per year | <input type="checkbox"/> 3-4 times per week      |
| <input type="checkbox"/> 1 time per month    | <input type="checkbox"/> 5-6 times per week      |
| <input type="checkbox"/> 2-3 times per month | <input type="checkbox"/> 1 time per day          |
| <input type="checkbox"/> 1 time per week     | <input type="checkbox"/> 2 or more times per day |

65a. Each time you ate **other beans**, how much did you usually eat?

- Less than ¼ cup  
 ¼ to ¾ cup  
 More than ¾ cup

65b. How often were the other beans you ate **refried beans, beans prepared with any type of fat, or with meat added**?

- Almost never or never  
 About ¼ of the time  
 About ½ of the time  
 About ¾ of the time  
 Almost always or always

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

- NEVER (GO TO QUESTION 67)
- |  |  |
|--|--|
| <input type="checkbox"/> 1-6 times per year  | <input type="checkbox"/> 2 times per week        |
| <input type="checkbox"/> 7-11 times per year | <input type="checkbox"/> 3-4 times per week      |
| <input type="checkbox"/> 1 time per month    | <input type="checkbox"/> 5-6 times per week      |
| <input type="checkbox"/> 2-3 times per month | <input type="checkbox"/> 1 time per day          |
| <input type="checkbox"/> 1 time per week     | <input type="checkbox"/> 2 or more times per day |

66a. Each time you ate **other kinds of vegetables**, how much did you usually eat?

- Less than ¼ cup  
 ¼ to ½ cup  
 More than ½ cup

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

- NEVER (GO TO QUESTION 68)
- |  |  |
|--|--|
| <input type="checkbox"/> 1-6 times per year  | <input type="checkbox"/> 2 times per week        |
| <input type="checkbox"/> 7-11 times per year | <input type="checkbox"/> 3-4 times per week      |
| <input type="checkbox"/> 1 time per month    | <input type="checkbox"/> 5-6 times per week      |
| <input type="checkbox"/> 2-3 times per month | <input type="checkbox"/> 1 time per day          |
| <input type="checkbox"/> 1 time per week     | <input type="checkbox"/> 2 or more times per day |

Question 68 appears on the next page



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

67a. Each time you ate **rice** or **other cooked grains**, how much did you usually eat?

- Less than ½ cup
- ½ to 1½ cups
- More than 1½ cups

67b. How often was **butter**, **margarine**, or **oil** added to your rice or other cooked grains **IN COOKING OR AT THE TABLE?**

- Almost never or never
- About ¼ of the time
- About ½ of the time
- About ¾ of the time
- Almost always or always

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

- NEVER (GO TO QUESTION 69)
- 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

68a. 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

68b. How often was **margarine** (including light) added to your pancakes, waffles, or French toast **AFTER COOKING OR AT THE TABLE?**

- Almost never or never
- About ¼ of the time
- About ½ of the time
- About ¾ of the time
- Almost always or always

68c. How often was **butter** (including light) added to your pancakes, waffles, or French toast **AFTER COOKING OR AT THE TABLE?**

- Almost never or never
- About ¼ of the time
- About ½ of the time
- About ¾ of the time
- Almost always or always

68d. 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

68e. How often was **syrup** added to your pancakes, waffles, or French toast?

- Almost never or never (GO TO QUESTION 69)
- About ¼ of the time
- About ½ of the time
- About ¾ of the time
- Almost always or always

68f. Each time **syrup** was added to your pancakes, waffles, or French toast, how much was usually added?

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

69. 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 70)
- 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

69a. 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

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

- NEVER (GO TO QUESTION 71)
- 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

70a. Each time you ate **macaroni and cheese**, how much did you usually eat?

- Less than 1 cup
- 1 to 1½ cups
- More than 1½ cups

Question 69 appears in the next column

Question 71 appears on the next page



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

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

- NEVER (GO TO QUESTION 72)
- |  |  |
|--|--|
| <input type="checkbox"/> 1-6 times per year  | <input type="checkbox"/> 2 times per week        |
| <input type="checkbox"/> 7-11 times per year | <input type="checkbox"/> 3-4 times per week      |
| <input type="checkbox"/> 1 time per month    | <input type="checkbox"/> 5-6 times per week      |
| <input type="checkbox"/> 2-3 times per month | <input type="checkbox"/> 1 time per day          |
| <input type="checkbox"/> 1 time per week     | <input type="checkbox"/> 2 or more times per day |

71a. Each time you ate **pasta salad** or **macaroni salad**, how much did you usually eat?

- Less than ½ cup  
 ½ to 1 cup  
 More than 1 cup

72. Other than the pastas listed in Questions 69, 70, and 71, how often did you eat **pasta, spaghetti, or other noodles**?

- NEVER (GO TO QUESTION 73)
- |  |  |
|--|--|
| <input type="checkbox"/> 1-6 times per year  | <input type="checkbox"/> 2 times per week        |
| <input type="checkbox"/> 7-11 times per year | <input type="checkbox"/> 3-4 times per week      |
| <input type="checkbox"/> 1 time per month    | <input type="checkbox"/> 5-6 times per week      |
| <input type="checkbox"/> 2-3 times per month | <input type="checkbox"/> 1 time per day          |
| <input type="checkbox"/> 1 time per week     | <input type="checkbox"/> 2 or more times per day |

72a. 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

72b. 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 ¼ of the time  
 About ½ of the time  
 About ¾ of the time  
 Almost always or always

72c. 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 ¼ of the time  
 About ½ of the time  
 About ¾ of the time  
 Almost always or always

Question 73 appears in the next column

72d. How often did you eat your pasta, spaghetti, or other noodles with **margarine, butter, oil, or cream sauce**?

- Almost never or never  
 About ¼ of the time  
 About ½ of the time  
 About ¾ of the time  
 Almost always or always

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

- NEVER (GO TO INTRODUCTION TO QUESTION 74)
- |  |  |
|--|--|
| <input type="checkbox"/> 1-6 times per year  | <input type="checkbox"/> 2 times per week        |
| <input type="checkbox"/> 7-11 times per year | <input type="checkbox"/> 3-4 times per week      |
| <input type="checkbox"/> 1 time per month    | <input type="checkbox"/> 5-6 times per week      |
| <input type="checkbox"/> 2-3 times per month | <input type="checkbox"/> 1 time per day          |
| <input type="checkbox"/> 1 time per week     | <input type="checkbox"/> 2 or more times per day |

73a. How often were the bagels or English muffins you ate **whole wheat**?

- Almost never or never  
 About ¼ of the time  
 About ½ of the time  
 About ¾ of the time  
 Almost always or always

73b. Each time you ate **bagels** or **English muffins**, how many did you usually eat?

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

73c. How often was **margarine** (including light) added to your bagels or English muffins?

- Almost never or never  
 About ¼ of the time  
 About ½ of the time  
 About ¾ of the time  
 Almost always or always

73d. How often was **butter** (including light) added to your bagels or English muffins?

- Almost never or never  
 About ¼ of the time  
 About ½ of the time  
 About ¾ of the time  
 Almost always or always

73e. 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

Introduction to Question 74 appears on the next page



Over the past 12 months...

73f. How often was **cream cheese** (including low-fat) spread on your bagels or English muffins?

- Almost never or never  
(GO TO INTRODUCTION TO QUESTION 74)
- About ¼ of the time
- About ½ of the time
- About ¾ of the time
- Almost always or always

73g. 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.

74. How often did you eat **breads, rolls or flatbreads** (such as pita, roti and tortillas) **AS PART OF SANDWICHES** (including burger and hot dog rolls)?

- 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 **breads, rolls or flatbreads AS PART OF SANDWICHES**, how many did you usually eat?

- 1 slice or ½ roll or flatbread
- 2 slices or 1 roll or flatbread
- More than 2 slices or more than 1 roll or flatbread

74b. How often were the breads, rolls or flatbreads that you used for your sandwiches **white** (including burger and hot dog rolls)?

- Almost never or never
- About ¼ of the time
- About ½ of the time
- About ¾ of the time
- Almost always or always

Question 75 appears in the next column

74c. How often was **mayonnaise** or **mayonnaise-type dressing** (including low-fat) added to the breads, rolls or flatbreads used for your sandwiches or wraps?

- Almost never or never (GO TO QUESTION 74e)
- About ¼ of the time
- About ½ of the time
- About ¾ of the time
- Almost always or always

74d. Each time **mayonnaise** or **mayonnaise-type dressing** was added to the breads, rolls or flatbreads used for your sandwiches or wraps, how much was usually added?

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

74e. How often was **margarine** (including light) added to the breads, rolls or flatbreads used for your sandwiches or wraps?

- Almost never or never
- About ¼ of the time
- About ½ of the time
- About ¾ of the time
- Almost always or always

74f. How often was **butter** (including low-fat) added to the breads, rolls or flatbreads used for your sandwiches or wraps?

- Almost never or never
- About ¼ of the time
- About ½ of the time
- About ¾ of the time
- Almost always or always

74g. Each time **margarine** or **butter** was added to the breads, rolls or flatbreads used for your sandwiches or wraps, how much was usually added?

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

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

- NEVER (GO TO QUESTION 76)
- 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 76 appears on the next page



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

75a. Each time you ate **breads, dinner rolls or flatbreads, NOT AS PART OF SANDWICHES**, how much did you usually eat?

- 1 slice or 1 dinner roll or ½ flatbread
- 2 slices or 2 dinner rolls or 1 flatbread
- More than 2 slices or dinner rolls or more than 1 flatbread

75b. How often were the breads, rolls or flatbreads you ate **white**?

- Almost never or never
- About ¼ of the time
- About ½ of the time
- About ¾ of the time
- Almost always or always

75c. How often was **margarine** (including light) added to your breads, rolls or flatbreads?

- Almost never or never
- About ¼ of the time
- About ½ of the time
- About ¾ of the time
- Almost always or always

75d. How often was **butter** (including light) added to your breads, rolls or flatbreads?

- Almost never or never
- About ¼ of the time
- About ½ of the time
- About ¾ of the time
- Almost always or always

75e. Each time **margarine** or **butter** was added to your breads, rolls or flatbreads, how much was usually added?

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

75f. How often was **cream cheese** (including low-fat) added to your breads, rolls or flatbreads?

- Almost never or never (GO TO QUESTION 76)
- About ¼ of the time
- About ½ of the time
- About ¾ of the time
- Almost always or always

Question 76 appears in the next column

75g. Each time **cream cheese** was added to your breads, rolls or flatbreads, how much was usually added?

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

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

NEVER (GO TO QUESTION 77)

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

76a. Each time you ate **jam, jelly, or honey**, how much did you usually eat?

- Less than 2 teaspoons
- 2 to 4 teaspoons
- More than 4 teaspoons

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

NEVER (GO TO QUESTION 78)

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

77a. 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

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

NEVER (GO TO QUESTION 79)

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

Question 79 appears on the next page



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

78a. 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

79. 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 80)
- 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

79a. 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

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

- NEVER (GO TO QUESTION 81)
- 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

80a. 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

80b. How often was the luncheon or deli-style ham you ate **light**, **low-fat**, or **fat-free**?

- Almost never or never
- About ¼ of the time
- About ½ of the time
- About ¾ of the time
- Almost always or always

Question 81 appears in the next column

81. 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 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 **other cold cuts** or **luncheon meats**, how much did you usually eat?

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

81b. How often were the other cold cuts or luncheon meats you ate **light**, **low-fat**, or **fat-free**? *(Please do not include ham, turkey, or chicken cold cuts.)*

- Almost never or never
- About ¼ of the time
- About ½ of the time
- About ¾ of the time
- Almost always or always

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

- 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 **canned tuna**, how much did you usually eat?

- Less than ¼ cup or less than 2 ounces
- ¼ to ½ cup or 2 to 3 ounces
- More than ½ cup or more than 3 ounces

82b. How often was the canned tuna you ate **water-packed**?

- Almost never or never
- About ¼ of the time
- About ½ of the time
- About ¾ of the time
- Almost always or always

Question 83 appears on the next page



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

82c. How often was the canned tuna you ate **prepared with mayonnaise or other dressing** (including low-fat)?

- Almost never or never
- About ¼ of the time
- About ½ of the time
- About ¾ of the time
- Almost always or always

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

- 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 **GROUND chicken or turkey**, how much did you usually eat?

- Less than 2 ounces or less than ½ cup
- 2 to 4 ounces or ½ to 1 cup
- More than 4 ounces or more than 1 cup

84. How often did you eat **beef hamburgers or cheeseburgers** from a **FAST FOOD** or **OTHER RESTAURANT**?

- 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 **beef hamburgers or cheeseburgers** from a **FAST FOOD** or **OTHER RESTAURANT**, what size did you usually eat?

- Small hamburger (such as a regular Burger King or McDonald's Hamburger)
- Medium (such as McDonald's or Burger King Double Burger or Cheeseburger)
- Large (such as Burger King Whopper or Double Whopper or a McDonald's Double Quarter Pounder)

Question 85 appears in the next column

84b. Each time you ate **beef hamburgers or cheeseburgers** from a **FAST FOOD** or **OTHER RESTAURANT**, how much did you usually eat?

- Less than 1 burger
- 1 burger
- More than 1 burger

84c. How often did you have **cheeseburgers** rather than **hamburgers** from a **FAST FOOD** or **OTHER RESTAURANT**?

- Almost never or never
- About ¼ of the time
- About ½ of the time
- About ¾ of the time
- Almost always or always

85. How often did you eat **beef hamburgers or cheeseburgers** that were **NOT** from a **FAST FOOD** or **OTHER RESTAURANT**?

- NEVER (GO TO QUESTION 86)
- 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

85a. Each time you ate **beef hamburgers or cheeseburgers** that were **NOT** from a **FAST FOOD** or **OTHER RESTAURANT**, 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

85b. How often were these beef hamburgers or cheeseburgers made with **lean** or **extra lean ground beef**?

- Almost never or never
- About ¼ of the time
- About ½ of the time
- About ¾ of the time
- Almost always or always

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

- NEVER (GO TO QUESTION 87)
- 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 87 appears on the next page



Over the past 12 months...

86a. Each time you ate **ground beef in mixtures**, how much did you usually eat?

- Less than 3 ounces or less than ½ cup
- 3 to 8 ounces or ½ to 1 cup
- More than 8 ounces or more than 1 cup

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

- NEVER (GO TO QUESTION 88)
- 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

87a. Each time you ate **hot dogs, wieners, or frankfurters**, how many did you usually eat?

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

87b. How often were the hot dogs, wieners, or frankfurters you ate **light or low-fat**?

- Almost never or never
- About ¼ of the time
- About ½ of the time
- About ¾ of the time
- Almost always or always

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

- NEVER (GO TO QUESTION 89)
- 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

88a. Each time you ate **beef mixtures**, how much did you usually eat?

- Less than ½ cup
- ½ to 1½ cups
- More than 1½ cups

Question 89 appears in the next column

89. 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 90)
- 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

89a. Each time you ate **roast beef or pot roast**, how much did you usually eat?

- Less than 2 ounces
- 2 to 6 ounces
- More than 6 ounces

90. How often did you eat **steak** (beef)? *(Please do not include steak in sandwiches)*

- NEVER (GO TO QUESTION 91)
- 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

90a. Each time you ate **steak** (beef), how much did you usually eat?

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

90b. How often was the steak you ate **lean steak**?

- Almost never or never
- About ¼ of the time
- About ½ of the time
- About ¾ of the time
- Almost always or always

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

- NEVER (GO TO QUESTION 92)
- 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 92 appears on the next page





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

91a. 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

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

- NEVER (GO TO QUESTION 93)
- 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

92a. 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 5 ounces
- More than 5 ounces

93. How often did you eat **chicken mixtures** (such as salads, sandwiches, casseroles, chicken curries, stews, or other mixtures)?

- 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 **chicken mixtures**, how much did you usually eat?

- Less than ½ cup
- ½ to 1½ cups
- More than 1½ cups

Question 94 appears in the next column

94. 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 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

94a. 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

94b. How often was the chicken you ate **fried chicken** (including deep fried) or **chicken nuggets**?

- Almost never or never
- About ¼ of the time
- About ½ of the time
- About ¾ of the time
- Almost always or always

94c. How often was the chicken you ate **WHITE meat**?

- Almost never or never
- About ¼ of the time
- About ½ of the time
- About ¾ of the time
- Almost always or always

94d. How often did you eat chicken **WITH skin**?

- Almost never or never
- About ¼ of the time
- About ½ of the time
- About ¾ of the time
- Almost always or always

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

- 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

Question 96 appears on the next page



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

95a. 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

96. 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 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 **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

97. How often did you eat **gravy** on meat, chicken, potatoes (**NOT** including poutine), rice, etc.?

- 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

97a. 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

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

- NEVER (GO TO QUESTION 99)
- 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 99 appears in the next column

98a. Each time you ate **liver** or **liverwurst**, how much did you usually eat?

- Less than 1/2 ounce
- 1/2 to 3 ounces
- More than 3 ounces

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

- NEVER (GO TO QUESTION 100)
- 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

99a. Each time you ate **bacon**, how much did you usually eat?

- Fewer than 2 slices
- 2 to 4 slices
- More than 4 slices

99b. How often was the bacon you ate **light, low-fat, or lean**?

- 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

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

- NEVER (GO TO QUESTION 101)
- 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

100a. Each time you ate **sausage**, how much did you usually eat?

- Less than 2 small links or less than 1 large link
- 2 to 5 small links or 1 to 2 large links
- More than 5 small links or more than 2 large links

100b. How often was the sausage you ate **light, low-fat, or lean**?

- 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 101 appears on the next page



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

101. How often did you eat **fried shellfish** (such as crab, lobster, scallops, or shrimp)?

- NEVER (GO TO QUESTION 102)
- 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

101a. Each time you ate **fried shellfish**, how much did you usually eat?

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

102. How often did you eat **shellfish** (such as crab, lobster, scallops, or shrimp) **that was NOT FRIED**?

- NEVER (GO TO QUESTION 103)
- 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

102a. Each time you ate **shellfish that was NOT FRIED**, how much did you usually eat?

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

103. How often did you eat **dark or oily fish** like **salmon, fresh tuna, trout, or mackerel**?

- NEVER (GO TO QUESTION 104)
- 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

103a. Each time you ate **dark or oily fish**, how much did you usually eat?

- Less than 2 ounces
- 2 to 6 ounces
- More than 6 ounces

Question 104 appears in the next column

104. How often did you eat **ready-to-eat battered fish or fish sticks**, including in fast food sandwiches (not including shellfish)?

- NEVER (GO TO QUESTION 105)
- 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

104a. Each time you ate **ready-to-eat battered fish or fish sticks**, how much did you usually eat?

- Less than 2 ounces or less than 1 fillet
- 2 to 6 ounces or 1 fillet
- More than 6 ounces or more than 1 fillet

105. How often did you eat **white or lean fish** like **cod, sole, perch, or pike** (do not include ready-to-eat battered fish or fish sticks)?

- NEVER (GO TO INTRODUCTION TO QUESTION 106)
- 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

105a. Each time you ate **white or lean fish**, 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

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

106. 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 107)
- 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 107 appears on the next page



Over the past 12 months...

106a. Which of the following **fats** were regularly used to prepare your meat, poultry, or fish?  
*(Mark all that apply.)*

- |   |  |
|---|--|
| <input type="checkbox"/> Margarine<br>(including light) | <input type="checkbox"/> Corn oil                            |
| <input type="checkbox"/> Butter<br>(including light)    | <input type="checkbox"/> Canola or rapeseed oil              |
| <input type="checkbox"/> Lard, fatback, or<br>bacon fat | <input type="checkbox"/> Oil spray, such as Pam<br>or others |
| <input type="checkbox"/> Olive oil                      | <input type="checkbox"/> Other kinds of oils                 |
|   | <input type="checkbox"/> None of the above                   |

107. Thinking about the **MEAT** you ate, how often was it cooked by **broiling, grilling, barbecuing, or pan-frying?** *(Do not include poultry or fish).*

- NEVER (GO TO QUESTION 108)
- |  |   |
|--|---|
| <input type="checkbox"/> 1-6 times per year  | <input type="checkbox"/> 2 times per week           |
| <input type="checkbox"/> 7-11 times per year | <input type="checkbox"/> 3-4 times per week         |
| <input type="checkbox"/> 1 time per month    | <input type="checkbox"/> 5-6 times per week         |
| <input type="checkbox"/> 2-3 times per month | <input type="checkbox"/> 1 time per day             |
| <input type="checkbox"/> 1 time per week     | <input type="checkbox"/> 2 or more times<br>per day |

107a. Each time you ate meat that was cooked by broiling, grilling, barbecuing, or pan-frying, what was the **outside appearance** of the meat?

- Light brown  
 Medium brown  
 Heavily browned or blackened

107b. Each time you ate meat that was cooked by broiling, grilling, barbecuing, or pan-frying, what was the **inside appearance** of the meat?

- Red (rare)  
 Pink (medium)  
 Brown (well-done)

108. How often did you eat **tofu**?

- NEVER (GO TO QUESTION 109)
- |  |   |
|--|---|
| <input type="checkbox"/> 1-6 times per year  | <input type="checkbox"/> 2 times per week           |
| <input type="checkbox"/> 7-11 times per year | <input type="checkbox"/> 3-4 times per week         |
| <input type="checkbox"/> 1 time per month    | <input type="checkbox"/> 5-6 times per week         |
| <input type="checkbox"/> 2-3 times per month | <input type="checkbox"/> 1 time per day             |
| <input type="checkbox"/> 1 time per week     | <input type="checkbox"/> 2 or more times<br>per day |

108a. Each time you ate **tofu**, how much did you usually eat?

- Less than ¼ cup or less than 2 ounces  
 ¼ to ¾ cup or 2 to 6 ounces  
 More than ¾ cup or more than 6 ounces

Question 109 appears in the next column

109. How often did you eat **soy burgers** or **soy meat-substitutes**?

- NEVER (GO TO QUESTION 110)
- |  |   |
|--|---|
| <input type="checkbox"/> 1-6 times per year  | <input type="checkbox"/> 2 times per week           |
| <input type="checkbox"/> 7-11 times per year | <input type="checkbox"/> 3-4 times per week         |
| <input type="checkbox"/> 1 time per month    | <input type="checkbox"/> 5-6 times per week         |
| <input type="checkbox"/> 2-3 times per month | <input type="checkbox"/> 1 time per day             |
| <input type="checkbox"/> 1 time per week     | <input type="checkbox"/> 2 or more times<br>per day |

109a. Each time you ate **soy burgers** or **soy meat-substitutes**, how much did you usually eat?

- Less than ¼ cup or less than 2 ounces  
 ¼ to 1 cup or 2 to 8 ounces  
 More than 1 cup or more than 8 ounces

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

- NO (GO TO QUESTION 111)  
 YES

110a. How often did you eat **soup IN THE WINTER**?

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

110b. How often did you eat **soup DURING THE REST OF THE YEAR**?

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

110c. Each time you ate **soup**, how much did you usually eat?

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

Question 111 appears on the next page



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

110d. How often were the soups you ate **bean, pea, or lentil soups**?

- Almost never or never
- About ¼ of the time
- About ½ of the time
- About ¾ of the time
- Almost always or always

110e. How often were the soups you ate **cream soups** (including chowders)?

- Almost never or never
- About ¼ of the time
- About ½ of the time
- About ¾ of the time
- Almost always or always

110f. How often were the soups you ate **tomato or vegetable soups** (NOT cream soups)?

- Almost never or never
- About ¼ of the time
- About ½ of the time
- About ¾ of the time
- Almost always or always

110g. How often were the soups you ate **broth soups** (including chicken) **with or without noodles or rice**?

- Almost never or never
- About ¼ of the time
- About ½ of the time
- About ¾ of the time
- Almost always or always

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

- NEVER (GO TO QUESTION 112)
- 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

111a. 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 to 2 mini pizzas
- More than 3 slices or more than 2 mini pizzas

111b. How often did you eat pizza with **pepperoni, sausage, or other meat**?

- Almost never or never
- About ¼ of the time
- About ½ of the time
- About ¾ of the time
- Almost always or always

Question 112 appears in the next column

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

- NEVER (GO TO QUESTION 113)
- 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

112a. Each time you ate **crackers**, how many did you usually eat?

- Fewer than 4 crackers
- 4 to 8 crackers
- More than 8 crackers

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

- NEVER (GO TO QUESTION 114)
- 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

113a. 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

114. How often did you eat **baking powder biscuits, including scones or tea biscuits**?

- NEVER (GO TO QUESTION 115)
- 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

114a. Each time you ate **baking powder biscuits including scones or tea biscuits**, how many did you usually eat?

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

Question 115 appears on the next page



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

115. How often did you eat **potato chips** (including low-fat, baked, or low-salt)?

- NEVER (GO TO QUESTION 116)
- 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

115a. Each time you ate **potato 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

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

- NEVER (GO TO QUESTION 117)
- 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

116a. Each time you ate **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

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

- NEVER (GO TO QUESTION 118)
- 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

117a. Each time you ate **popcorn**, how much did you usually eat?

- Less than 1½ cups, popped
- 1½ to 5 cups, popped
- More than 5 cups, popped

Question 118 appears in the next column

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

- NEVER (GO TO QUESTION 119)
- 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

118a. Each time you ate **pretzels**, how many did you usually eat?

- Fewer than 7 average twists
- 7 to 20 average twists
- More than 20 average twists

119. How often did you eat **peanuts, walnuts, almonds, or other nuts**?

- NEVER (GO TO QUESTION 120)
- 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

119a. Each time you ate **peanuts, walnuts, almonds, or other nuts**, how much did you usually eat?

- Less than ¼ cup
- ¼ to ½ cup
- More than ½ cup

119b. How often were the nuts you ate **peanuts**?

- Almost never or never
- About ¼ of the time
- About ½ of the time
- About ¾ of the time
- Almost always or always

120. How often did you eat **flaxseeds**?

- NEVER (GO TO QUESTION 121)
- 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

120a. Each time you ate **flaxseeds**, how much did you usually eat?

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

Question 121 appears on the next page



Over the past 12 months...

121. How often did you eat **other seeds**, like **sunflower** or **pumpkin seeds**?

- NEVER (GO TO QUESTION 122)
- |  |  |
|--|--|
| <input type="checkbox"/> 1-6 times per year  | <input type="checkbox"/> 2 times per week        |
| <input type="checkbox"/> 7-11 times per year | <input type="checkbox"/> 3-4 times per week      |
| <input type="checkbox"/> 1 time per month    | <input type="checkbox"/> 5-6 times per week      |
| <input type="checkbox"/> 2-3 times per month | <input type="checkbox"/> 1 time per day          |
| <input type="checkbox"/> 1 time per week     | <input type="checkbox"/> 2 or more times per day |

121a. Each time you ate **other seeds**, how much did you usually eat?

- Less than 2 tablespoons  
 2 tablespoons to ½ cup  
 More than ½ cup

122. How often did you eat **energy** or **high-protein bars**, (such as Power Bars, Vector, Clif, Luna, Isoflex or others)?

- NEVER (GO TO QUESTION 123)
- |  |  |
|--|--|
| <input type="checkbox"/> 1-6 times per year  | <input type="checkbox"/> 2 times per week        |
| <input type="checkbox"/> 7-11 times per year | <input type="checkbox"/> 3-4 times per week      |
| <input type="checkbox"/> 1 time per month    | <input type="checkbox"/> 5-6 times per week      |
| <input type="checkbox"/> 2-3 times per month | <input type="checkbox"/> 1 time per day          |
| <input type="checkbox"/> 1 time per week     | <input type="checkbox"/> 2 or more times per day |

122a. Each time you ate **energy** or **high-protein bars**, how much did you usually eat?

- Less than 1 bar  
 1 bar  
 More than 1 bar

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

- NEVER (GO TO QUESTION 124)
- |  |  |
|--|--|
| <input type="checkbox"/> 1-6 times per year  | <input type="checkbox"/> 2 times per week        |
| <input type="checkbox"/> 7-11 times per year | <input type="checkbox"/> 3-4 times per week      |
| <input type="checkbox"/> 1 time per month    | <input type="checkbox"/> 5-6 times per week      |
| <input type="checkbox"/> 2-3 times per month | <input type="checkbox"/> 1 time per day          |
| <input type="checkbox"/> 1 time per week     | <input type="checkbox"/> 2 or more times per day |

123a. Each time you ate **yogurt**, how much did you usually eat?

- Less than ½ cup or less than 1 container  
 ½ to ¾ cup or 1 container  
 More than ¾ cup or more than 1 container

Question 124 appears in the next column

123b. How often was the **yogurt** you ate **low-fat** or **fat-free**?

- Almost never or never  
 About ¼ of the time  
 About ½ of the time  
 About ¾ of the time  
 Almost always or always

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

- NEVER (GO TO QUESTION 125)
- |  |  |
|--|--|
| <input type="checkbox"/> 1-6 times per year  | <input type="checkbox"/> 2 times per week        |
| <input type="checkbox"/> 7-11 times per year | <input type="checkbox"/> 3-4 times per week      |
| <input type="checkbox"/> 1 time per month    | <input type="checkbox"/> 5-6 times per week      |
| <input type="checkbox"/> 2-3 times per month | <input type="checkbox"/> 1 time per day          |
| <input type="checkbox"/> 1 time per week     | <input type="checkbox"/> 2 or more times per day |

124a. Each time you ate **cottage cheese**, how much did you usually eat?

- Less than ¼ cup  
 ¼ to ¾ cup  
 More than ¾ cup

125. How often did you eat **cheese** (including low-fat; including on cheeseburgers or in sandwiches or subs, NOT including cream cheese)?

- NEVER (GO TO QUESTION 126)
- |  |  |
|--|--|
| <input type="checkbox"/> 1-6 times per year  | <input type="checkbox"/> 2 times per week        |
| <input type="checkbox"/> 7-11 times per year | <input type="checkbox"/> 3-4 times per week      |
| <input type="checkbox"/> 1 time per month    | <input type="checkbox"/> 5-6 times per week      |
| <input type="checkbox"/> 2-3 times per month | <input type="checkbox"/> 1 time per day          |
| <input type="checkbox"/> 1 time per week     | <input type="checkbox"/> 2 or more times per day |

125a. Each time you ate **cheese**, how much did you usually eat?

- Less than ½ ounce or less than 1 slice  
 ½ to 2 ounces or 1 to 2 slices  
 More than 2 ounces or more than 2 slices

125b. How often was the cheese you ate **low-fat**?

- Almost never or never  
 About ¼ of the time  
 About ½ of the time  
 About ¾ of the time  
 Almost always or always

Question 126 appears on the next page



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

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

- NEVER (GO TO QUESTION 127)
- 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

126a. Each time you ate **frozen yogurt, sorbet, or ices**, how much did you usually eat?

- Less than ½ cup or less than 1 scoop
- ½ to 1 cup or 1 to 2 scoops
- More than 1 cup or more than 2 scoops

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

- NEVER (GO TO QUESTION 128)
- 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

127a. Each time you ate **ice cream or ice cream bars**, how much did you usually eat?

- Less than ½ cup or less than 1 scoop
- ½ to 1 cup or 1 to 2 scoops
- More than 1 cup or more than 2 scoops

127b. How often was the ice cream you ate **light, low-fat, or fat-free**?

- Almost never or never
- About ¼ of the time
- About ½ of the time
- About ¾ of the time
- Almost always or always

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

- NEVER (GO TO QUESTION 129)
- 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 129 appears in the next column

128a. Each time you ate **cake**, how much did you usually eat?

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

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

- NEVER (GO TO QUESTION 130)
- 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

129a. 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

130. How often did you eat **doughnuts, sweet rolls, Danish, or Pop-Tarts**?

- NEVER (GO TO QUESTION 131)
- 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

130a. 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

131. How often did you eat **sweet muffins or dessert breads** (such as banana bread, blueberry muffins, or lemon loaf, including low-fat or fat-free)?

- NEVER (GO TO QUESTION 132)
- 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 132 appears on the next page





Over the past 12 months...

131a. 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

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

NEVER (GO TO QUESTION 133)

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

132a. Each time you ate **fruit crisp, cobbler, or strudel**, how much did you usually eat?

- Less than ½ cup
- ½ to 1 cup
- More than 1 cup

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

NEVER (GO TO QUESTION 134)

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

133a. Each time you ate **pie**, how much did you usually eat?

- Less than ⅛ of a pie
- About ⅛ of a pie
- More than ⅛ of a pie

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

133b. How often were the pies you ate **fruit pie** (such as apple, blueberry, others)?

- Almost never or never
- About ¼ of the time
- About ½ of the time
- About ¾ of the time
- Almost always or always

Question 134 appears in the next column

133c. How often were the pies you ate **cream, pudding, custard, or meringue pie**?

- Almost never or never
- About ¼ of the time
- About ½ of the time
- About ¾ of the time
- Almost always or always

133d. How often were the pies you ate **pumpkin or sweet potato pie**?

- Almost never or never
- About ¼ of the time
- About ½ of the time
- About ¾ of the time
- Almost always or always

133e. How often were the pies you ate **pecan pie**?

- Almost never or never
- About ¼ of the time
- About ½ of the time
- About ¾ of the time
- Almost always or always

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

NEVER (GO TO QUESTION 135)

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

134a. 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

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

NEVER (GO TO QUESTION 136)

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

135a. Each time you ate **other candy**, how much did you usually eat?

- Fewer than 2 pieces
- 2 to 6 pieces
- More than 6 pieces

Question 136 appears on the next page



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

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

- NEVER (GO TO QUESTION 137)
- 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

136a. Each time you ate **eggs**, how many did you usually eat?

- 1 egg
- 2 eggs
- 3 or more eggs

136b. How often were the eggs you ate **egg substitutes or egg whites only**?

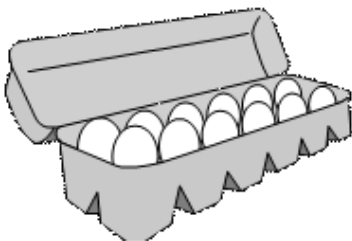
- Almost never or never
- About ¼ of the time
- About ½ of the time
- About ¾ of the time
- Almost always or always

136c. How often were the eggs you ate **regular whole eggs**?

- Almost never or never
- About ¼ of the time
- About ½ of the time
- About ¾ of the time
- Almost always or always

136d. How often were the eggs you ate **cooked in oil, butter, or margarine**?

- Almost never or never
- About ¼ of the time
- About ½ of the time
- About ¾ of the time
- Almost always or always



Question 137 appears in the next column

136e. How often were the eggs you ate part of **egg salad**?

- Almost never or never
- About ¼ of the time
- About ½ of the time
- About ¾ of the time
- Almost always or always

137. How many cups of **coffee**, caffeinated or decaffeinated, did you drink? *(Please do not include coffee drinks such as Latte, Mocha, Cappuccino, or Frappuccino.)*

- NONE (GO TO QUESTION 138)
- Less than 1 cup per month
- 1-3 cups per month
- 1 cup per week
- 2-4 cups per week
- 5-6 cups per week
- 1 cup per day
- 2-3 cups per day
- 4-5 cups per day
- 6 or more cups per day

137a. How often was the coffee you drank **decaffeinated**?

- Almost never or never
- About ¼ of the time
- About ½ of the time
- About ¾ of the time
- Almost always or always

138. How often did you drink **coffee drinks**, such as **Latte, Mocha, Cappuccino, or Frappuccino** (including caffeinated or decaffeinated, hot or cold)?

- NEVER (GO TO QUESTION 139)
- Less than 1 time 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 or more times per day

138a. Each time you drank **coffee drinks**, how much did you usually drink?

- Less than 8 ounces (250 ml)
- 8 to 16 ounces (250 to 500 ml)
- More than 16 ounces (more than 500 ml)

138b. How often were the coffee drinks you drank **decaffeinated**?

- Almost never or never
- About ¼ of the time
- About ½ of the time
- About ¾ of the time
- Almost always or always

Question 139 appears on the next page



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

139. How many glasses, cans, or bottles of **COLD** or **ICED** tea, caffeinated or decaffeinated, did you drink?

- NONE (GO TO QUESTION 140)
- Less than 1 glass, can or bottle per month
- 1-3 glasses, cans or bottles per month
- 1 glass, can or bottle per week
- 2-4 glasses, cans or bottles per week
- 5-6 glasses, cans or bottles per week
- 1 glass, can or bottle per day
- 2-3 glasses, cans or bottles per day
- 4-5 glasses, cans or bottles per day
- 6 or more glasses, cans or bottles per day

139a. How often was the cold or iced tea you drank **decaffeinated** or **herbal**?

- 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

139b. How often was the cold or iced tea you drank **presweetened** with **sugar** or **artificial sweeteners** (such as Splenda, Equal, Sweet'N Low, or others)?

- Almost never or never (GO TO QUESTION 140)
- About 1/4 of the time
- About 1/2 of the time
- About 3/4 of the time
- Almost always or always

139c. What kind of **sweetener** was added to your presweetened cold or iced tea most of the time?

- Sugar or honey
- Artificial sweeteners (such as Splenda, Equal, Sweet'N Low, or others)

Question 140 appears in the next column

140. How many cups of **HOT** tea, caffeinated or decaffeinated (including herbal), did you drink?

- NONE (GO TO QUESTION 141)
- Less than 1 cup per month
- 1-3 cups per month
- 1 cup per week
- 2-4 cups per week
- 5-6 cups per week
- 1 cup per day
- 2-3 cups per day
- 4-5 cups per day
- 6 or more cups per day

140a. How often was the hot tea you drank **herbal**?

- 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

140b. How often was the hot tea you drank **green** 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

140c. How often was the hot black tea and/or the green tea 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

141. Over the past 12 months, did you add **sugar**, **honey** or **other sweeteners** to your tea or coffee (hot or iced)?

- NO (GO TO QUESTION 142)
- YES

141a. How often did you add **sugar** or **honey** to your coffee or tea (hot or iced)?

- Almost never or never (GO TO QUESTION 141c)
- About 1/4 of the time
- About 1/2 of the time
- About 3/4 of the time
- Almost always or always

Question 141c appears on the next page

Question 142 appears on the next page



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

141b. 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

141c. How often did you add **artificial sweetener** (such as Splenda, Equal, Sweet'N Low, or others) to your coffee or tea?

- Almost never or never (GO TO QUESTION 142)
- About ¼ of the time
- About ½ of the time
- About ¾ of the time
- Almost always or always

141d. What kind of **artificial sweetener** did you usually use?

- Equal, NutraSweet, or aspartame
- Sweet'N Low or cyclamate
- Splenda or sucralose
- Hermetasetas or saccharin
- Herbal sweeteners like Stevia

141e. Each time **artificial sweetener** was added to your coffee or tea, how much was usually added?

- Less than 1 packet or less than 1 teaspoon
- 1 packet or 1 teaspoon
- More than 1 packet or more than 1 teaspoon

142. Over the past 12 months, did you add **whiteners** (such as cream, milk, or non-dairy creamer) to your tea or coffee?

- NO (GO TO QUESTION 143)
- YES

142a. How often was **non-dairy creamer** added to your coffee or tea?

- Almost never or never (GO TO QUESTION 142d)
- About ¼ of the time
- About ½ of the time
- About ¾ of the time
- Almost always or always

Question 142d appears in the next column

Question 143 appears on the next page

142b. 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

142c. What kind of **non-dairy creamer** did you usually use?

- Regular powdered
- Low-fat or fat-free powdered
- Regular liquid
- Low-fat or fat-free liquid

142d. How often was **cream** or **half and half** added to your coffee or tea?

- Almost never or never (GO TO QUESTION 142f)
- About ¼ of the time
- About ½ of the time
- About ¾ of the time
- Almost always or always

142e. 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

142f. How often was **milk** added to your coffee or tea?

- Almost never or never (GO TO QUESTION 143)
- About ¼ of the time
- About ½ of the time
- About ¾ of the time
- Almost always or always

142g. 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

142h. What kind of **milk** was usually added to your coffee or tea?

- Whole milk
- 2% milk
- 1% milk
- Skim, nonfat, or 0.5% fat milk
- Evaporated or condensed (canned) milk
- Soy milk
- Rice milk
- Almond milk
- Other

Question 143 appears on the next page



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

143. How often was **sugar** or **honey** added to foods you ate (such as on cereal, fruit, or yogurt)? (*Please do not include sugar in coffee, tea, other beverages, or baked goods.*)

- NEVER (GO TO INTRODUCTION TO QUESTION 144)
- |  |  |
|--|--|
| <input type="checkbox"/> 1-6 times per year  | <input type="checkbox"/> 2 times per week        |
| <input type="checkbox"/> 7-11 times per year | <input type="checkbox"/> 3-4 times per week      |
| <input type="checkbox"/> 1 time per month    | <input type="checkbox"/> 5-6 times per week      |
| <input type="checkbox"/> 2-3 times per month | <input type="checkbox"/> 1 time per day          |
| <input type="checkbox"/> 1 time per week     | <input type="checkbox"/> 2 or more times per day |

143a. Each time **sugar** or **honey** was added to foods you ate, how much was usually added?

- Less than 1 teaspoon  
 1 to 2 teaspoons  
 More than 2 teaspoons

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

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

- NO (GO TO QUESTION 145)  
 YES

144a. How often was the margarine you ate **light** or **low-fat** (stick or tub)?

- Almost never or never  
 About ¼ of the time  
 About ½ of the time  
 About ¾ of the time  
 Almost always or always

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

- NO (GO TO QUESTION 146)  
 YES

145a. How often was the butter you ate **light** or **low-fat**?

- Almost never or never  
 About ¼ of the time  
 About ½ of the time  
 About ¾ of the time  
 Almost always or always

Question 146 appears in the next column

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

- NO (GO TO QUESTION 147)  
 YES

146a. How often was the mayonnaise you ate **light**, **low-fat** or **fat-free**?

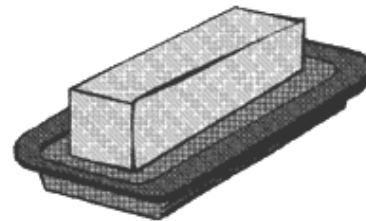
- Almost never or never  
 About ¼ of the time  
 About ½ of the time  
 About ¾ of the time  
 Almost always or always

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

- NO (GO TO QUESTION 148)  
 YES

147a. How often was the sour cream you ate **light**, **low-fat**, or **fat-free**?

- Almost never or never  
 About ¼ of the time  
 About ½ of the time  
 About ¾ of the time  
 Almost always or always



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

- NO (GO TO QUESTION 149)  
 YES

148a. How often was the cream cheese you ate **light**, **low-fat**, or **fat-free**?

- Almost never or never  
 About ¼ of the time  
 About ½ of the time  
 About ¾ of the time  
 Almost always or always

Question 149 appears on the next page



Over the past 12 months...

149. Did you eat **salad dressing**?

- NO (GO TO INTRODUCTION TO QUESTION 150)
- YES

149a. How often was the salad dressing you ate **light, low-fat, or fat-free**?

- Almost never or never
- About ¼ of the time
- About ½ of the time
- About ¾ 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.

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

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

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

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

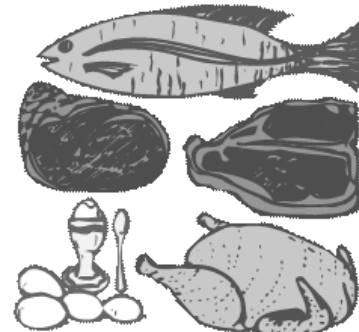
- |   |   |
|---|---|
| <input type="checkbox"/> Avocado, guacamole                                   | <input type="checkbox"/> Game Meat (such as bison, wild goose, venison) |
| <input type="checkbox"/> Beef jerky   | <input type="checkbox"/> Granola bars                                   |
| <input type="checkbox"/> Cheesecake   | <input type="checkbox"/> Hot peppers                                    |
| <input type="checkbox"/> Chocolate, fudge, or butterscotch toppings or syrups | <input type="checkbox"/> Jell-O, gelatin                                |
| <input type="checkbox"/> Chow mein noodles                                    | <input type="checkbox"/> Mangoes  |
| <input type="checkbox"/> Croissants   | <input type="checkbox"/> Olives   |
| <input type="checkbox"/> Dark chocolate                                       | <input type="checkbox"/> Pickles or pickled vegetables or fruit         |
| <input type="checkbox"/> Dried apricots                                       | <input type="checkbox"/> Plantains                                      |
| <input type="checkbox"/> Dried curcumin, turmeric                             | <input type="checkbox"/> Pork neck bones, hock, head, feet              |
| <input type="checkbox"/> Dried oregano, rosemary, thyme                       | <input type="checkbox"/> Pudding or custard                             |
| <input type="checkbox"/> Egg rolls  | <input type="checkbox"/> Sushi  |
| <input type="checkbox"/> Fresh basil, cilantro, or parsley                    | <input type="checkbox"/> Veal, lamb                                     |
|   | <input type="checkbox"/> Whipped cream, regular                         |
|   | <input type="checkbox"/> Whipped cream, substitute                      |
|   | <input type="checkbox"/> NONE   |

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

- NO (GO TO INTRODUCTION TO QUESTION 154)
- YES

153a. 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, etc.)
- Fish and shellfish
- Eggs
- Dairy products (milk, cheese, etc.)



Introduction to Question 154 appears on the next page



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

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

NO (GO TO INTRODUCTION TO QUESTION 156)

YES

155. How often did you take **One-a-Day-, Centrum-, or Prenatal-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

155a. Did your **multivitamin** usually contain **minerals** (such as iron, zinc, etc.)?

- NO
- YES
- Don't know

155b. Was your **multivitamin** usually a **Prenatal-type**?

- NO
- YES
- Don't know

155c. For how many years have you taken **multivitamins**?

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

155d. Over the past 12 months, did you take any **vitamins, minerals, or 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 and**
- **Crossed out the incorrect answer and circled the correct answer if you made any changes.**

YES (GO TO INTRODUCTION TO QUESTION 156)

*Introduction to Question 156 appears in the next column*

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

Over the past 12 months...

156. How often did you take **Antacids that contain Calcium such as Tums or Rolaids**?

NEVER (GO TO QUESTION 157)

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

156a. When you took **Antacids that contain Calcium such as Tums or Rolaids**, about how many tablets or lozenges did you take in one day?

- Less than 1
- 1
- 2
- 3
- 4 or more
- Don't know

156b. Was your Antacid usually **extra strength**?

- NO
- YES
- Don't know

156c. For how many years have you taken **Antacids that contain Calcium such as Tums or Rolaids**?

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

157. How often did you take **Calcium** (with or without Vitamin D) (**NOT** as part of a multivitamin in Question 155 or antacid in Question 156)?

NEVER (GO TO QUESTION 158)

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

*Question 158 appears on the next page*



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

157a. When you took **Calcium**, 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

157b. Did your **Calcium** usually contain **Vitamin D**?

- NO
- YES
- Don't know

157c. Did your **Calcium** usually contain **Magnesium**?

- NO
- YES
- Don't know

157d. Did your **Calcium** usually contain **Zinc**?

- NO
- YES
- Don't know

157e. For how many years have you taken **Calcium**?

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

158. How often did you take **Vitamin D** on its own or as part of a calcium supplement (**NOT** as part of a multivitamin in Question 155)?

- NEVER (GO TO QUESTION 159)
- Less than 1 day per month
- 1-3 days per month
- 1-3 days per week
- 4-6 days per week
- Every day

158a. When you took **Vitamin D**, 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

Question 159 appears in the next column

158b. For how many years have you taken **Vitamin D**?

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

159. How often did you take **Iron** (**NOT** as part of a multivitamin in Question 155)?

- NEVER (GO TO QUESTION 160)
- Less than 1 day per month
- 1-3 days per month
- 1-3 days per week
- 4-6 days per week
- Every day

159a. For how many years have you taken **Iron**?

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

160. How often did you take **Folic Acid** (**NOT** as part of a multivitamin in Question 155)?

- NEVER (GO TO QUESTION 161)
- Less than 1 day per month
- 1-3 days per month
- 1-3 days per week
- 4-6 days per week
- Every day

160a. When you took **Folic Acid**, about how much did you take in one day?

- Less than 0.4 mg
- 0.4-0.9 mg
- 1.0 mg
- More than 1.0 mg
- Don't know

160b. For how many years have you taken **Folic Acid**?

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

Question 161 appears on the next page





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

161. How often did you take **Vitamin C** (**NOT** as part of a multivitamin in Question 155)?

- NEVER (GO TO QUESTION 162)
- Less than 1 day per month
- 1-3 days per month
- 1-3 days per week
- 4-6 days per week
- Every day

161a. 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

161b. For how many years have you taken **Vitamin C**?

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

162. How often did you take **Vitamin E** (**NOT** as part of a multivitamin in Question 155)?

- NEVER (GO TO INTRODUCTION TO QUESTION 163)
- Less than 1 day per month
- 1-3 days per month
- 1-3 days per week
- 4-6 days per week
- Every day

162a. 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

162b. For how many years have you taken **Vitamin E**?

- 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.**

163. Please mark any of the following **single supplements** you took more than once per week (**NOT** as part of a multivitamin in Question 155):

- |  |   |
|--|---|
| <input type="checkbox"/> B-6           | <input type="checkbox"/> Occu-vite/Eye health |
| <input type="checkbox"/> B-complex     | <input type="checkbox"/> Potassium            |
| <input type="checkbox"/> B-12          | <input type="checkbox"/> Selenium             |
| <input type="checkbox"/> Beta-carotene | <input type="checkbox"/> Vitamin A            |
| <input type="checkbox"/> Magnesium     | <input type="checkbox"/> Zinc                 |

164. Please mark any of the following **herbal, botanical, or other supplements** you took more than once per week.

- |   |   |
|---|---|
| <input type="checkbox"/> Chondroitin        | <input type="checkbox"/> Ginseng            |
| <input type="checkbox"/> Coenzyme Q-10      | <input type="checkbox"/> Glucosamine        |
| <input type="checkbox"/> Echinacea          | <input type="checkbox"/> Peppermint         |
| <input type="checkbox"/> Energy supplements | <input type="checkbox"/> Probiotics         |
| <input type="checkbox"/> Fish oil/Omega-3's | <input type="checkbox"/> Red clover         |
| <input type="checkbox"/> Flaxseed oil       | <input type="checkbox"/> Saw palmetto       |
| <input type="checkbox"/> Garlic             | <input type="checkbox"/> Soy supplement     |
| <input type="checkbox"/> Ginger             | <input type="checkbox"/> Sports supplements |
| <input type="checkbox"/> Ginkgo biloba      | <input type="checkbox"/> St. John's wort    |
|   | <input type="checkbox"/> Other              |

165. Is there anything else you eat at least once a month? Please write name of food, frequency and amount (optional).

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