APPENDIX A

Consent Form

High Risk Breast Clinic Research Study

Information and Consent to Participate in Breast Random Fine Needle Aspiration and/or Nipple Aspirate Fluid Collection of Breast Tissue to Aid in Short-term Risk Assessment

INTRODUCTION

As a woman at increased risk of breast cancer based on my personal health and/or family history I am being invited to participate in a research study. This study involves a number of different ways to evaluate a woman's likelihood of developing breast cancer over a five year period. The new methods include evaluation of certain properties of breast cells, measurement of blood levels of certain hormones and other factors, and determination of certain genetic factors. These methods are still experimental and it is not known whether they can be of any help in determining a woman's risk for developing breast cancer. We will evaluate these methods in addition to density on a mammogram, and breast cell appearance, which have been used for risk prediction.

This study is being conducted at the University of Kansas Medical Center under the supervision of Dr. Carol Fabian. Approximately 3000 women will be enrolled in the project.

BACKGROUND

The Gail model is the most widely used risk prediction model in the United States. It considers several known risk factors, including family history of breast cancer, prior biopsies and presence of precancerous cells in those biopsies, current age, and reproductive history, such as age at menarche and at first live birth, and predicts risk over the next 5, 10, 20, and 30 years. Although it is valid at a population level for women undergoing regular screening, it is not very accurate at the individual level. For example, if the model predicts 15 women out of 1000 will develop breast cancer in a year, 15 women will in fact develop breast cancer. However, the model does not do a good job of predicting which 15 this might be.

Because we often use 5- to 10-year assessments to select women who are most likely to benefit from prevention drugs such as tamoxifen, we would like to use risk estimates which are as accurate as possible. Consequently, biomarker measurements made from assessments of mammograms, blood, or tissue are actively being investigated as ways to increase the accuracy of the Gail model. Outside of genetic testing for hereditary breast and ovarian cancer, which is applicable to only 1% of the general population and ≤5% of high risk women, both mammographic density and nondiagnostic tissue sampling for detection of precancerous changes are the types of biomarkers which may substantially impact the individual accuracy of the Gail predictors. The two techniques for non-diagnostic tissue sampling (non-diagnostic means sampling not performed as a result of a lump or abnormal breast image) which have been shown to improve Gail model accuracy are nipple aspirate fluid (NAF) harvest and random periareolar fine needle aspiration (RPFNA). However, only RPFNA has been shown in a prospective clinical trial to improve the accuracy of the Gail model in a high risk population.

Other biomarkers which may affect breast cancer risk are height, weight, and percent body fat.

HSC #: 4601
Approval
Date: 10/11/07 to 10/8/08

APPENDIX B

Diet History Questionnaire

This is a sample form. Do not use for scanning.

NATIONAL INSTITUTES OF HEALTH

Diet History Questionnaire

GENERAL INSTRUCTIONS

- Answer each question as best you can. Estimate if you are not sure. A guess is better than leaving a blank.
- Use only a black ball-point pen. Do not use a pencil or felt-tip pen. Do not fold, staple, or tear the pages.
- Put an X in the box next to your answer.
- If you make any changes, cross out the incorrect answer and put an X 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.

BEFORE TURNING THE PAGE, PLEASE COMPLETE THE FOLLOWING QUESTIONS.

Today's date:

MONTH	DAY		YEAR
☐ Jan	☐0	☐ 0	☐ 2007
☐ Feb	☐1	☐ 1	☐ 2008
☐ Mar	☐2	☐ 2	☐ 2009
☐ Apr	☐3	☐ 3	☐ 2010
☐ May		☐ 4	☐ 2011
☐ Jun		☐ 5	
☐ Jul		☐ 6	
☐ Aug		☐ 7	
☐ Sep		☐ 8	
☐ Oct		☐ 9	
☐ Nov			
☐ Dec			

In what month were you born?

☐ Jan
☐ Feb
☐ Mar
☐ Apr
☐ May
☐ Jun
☐ Jul
☐ Aug
☐ Sep
☐ Oct
☐ Nov
☐ Dec

In what year were you born?

19 |___|___|

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

Are you male or female?

☐ Male
☐ Female

BAR CODE LABEL OR SUBJECT ID HERE

|___|___|___|___|___|___|___|___|

This is a sample form. Do not use for scanning.

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

- ☐ NEVER (GO TO QUESTION 2)
- ☐ 1 time per month or less
- ☐ 2–3 times per month
- ☐ 1–2 times per week
- ☐ 3–4 times per week
- ☐ 5–6 times per week
- ☐ 1 time per day
- ☐ 2–3 times per day
- ☐ 4–5 times per day
- ☐ 6 or more times per day

1a. Each time you drank **tomato juice** or **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)

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

- ☐ NEVER (GO TO QUESTION 3)
- ☐ 1 time per month or less
- ☐ 2–3 times per month
- ☐ 1–2 times per week
- ☐ 3–4 times per week
- ☐ 5–6 times per week
- ☐ 1 time per day
- ☐ 2–3 times per day
- ☐ 4–5 times per day
- ☐ 6 or more times per day

2a. Each time you drank **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)

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

- ☐ NEVER (GO TO QUESTION 4)
- ☐ 1 time per month or less
- ☐ 2–3 times per month
- ☐ 1–2 times per week
- ☐ 3–4 times per week
- ☐ 5–6 times per week
- ☐ 1 time per day
- ☐ 2–3 times per day
- ☐ 4–5 times per day
- ☐ 6 or more times per day

3a. Each time you drank **other fruit juice** or **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)

Question 4 appears in the next column

Over the past 12 months…

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

- ☐ NEVER (GO TO QUESTION 5)
- ☐ 1 time per month or less
- ☐ 2–3 times per month
- ☐ 1–2 times per week
- ☐ 3–4 times per week
- ☐ 5–6 times per week
- ☐ 1 time per day
- ☐ 2–3 times per day
- ☐ 4–5 times per day
- ☐ 6 or more times per day

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

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

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

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

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

- ☐ NEVER (GO TO QUESTION 6)
- ☐ 1 time per month or less
- ☐ 2–3 times per month
- ☐ 1–2 times per week
- ☐ 3–4 times per week
- ☐ 5–6 times per week
- ☐ 1 time per day
- ☐ 2–3 times per day
- ☐ 4–5 times per day
- ☐ 6 or more times per day

5a. Each time you drank **milk 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)

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

- ☐ Whole milk
- ☐ 2% fat milk 1
- ☐ % fat milk
- ☐ Skim, nonfat, or ½% fat milk
- ☐ Soy milk
- ☐ Rice milk
- ☐ Other

Question 6 appears on the next page

This is a sample form. Do not use for scanning.

Over the past 12 months…

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

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

6a. Each time you drank **meal replacement 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)

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

- ☐ NO (GO TO QUESTION 8)
- ☐ YES

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

- ☐ NEVER
- ☐ 1 time per month or less
- ☐ 2–3 times per month
- ☐ 1–2 times per week
- ☐ 3–4 times per week
- ☐ 5–6 times per week
- ☐ 1 time per day
- ☐ 2–3 times per day
- ☐ 4–5 times per day
- ☐ 6 or more times per day

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

- ☐ NEVER
- ☐ 1 time per month or less
- ☐ 2–3 times per month
- ☐ 1–2 times per week
- ☐ 3–4 times per week
- ☐ 5–6 times per week
- ☐ 1 time per day
- ☐ 2–3 times per day
- ☐ 4–5 times per day
- ☐ 6 or more times per day

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

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

Question 8 appears in the next column

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

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

7e. How often were these soft drinks, soda, 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

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

- ☐ NO (GO TO QUESTION 9)
- ☐ YES

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

- ☐ NEVER
- ☐ 1 time per month or less
- ☐ 2–3 times per month
- ☐ 1–2 times per week
- ☐ 3–4 times per week
- ☐ 5–6 times per week
- ☐ 1 time per day
- ☐ 2–3 times per day
- ☐ 4–5 times per day
- ☐ 6 or more times per day

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

- ☐ NEVER
- ☐ 1 time per month or less
- ☐ 2–3 times per month
- ☐ 1–2 times per week
- ☐ 3–4 times per week
- ☐ 5–6 times per week
- ☐ 1 time per day
- ☐ 2–3 times per day
- ☐ 4–5 times per day
- ☐ 6 or more times per day

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

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

Question 9 appears on the next page

This is a sample form. Do not use for scanning.

Over the past 12 months…

9. How often did you drink **wine** or **wine coolers**?

- ☐ NEVER (GO TO QUESTION 10)
- ☐ 1 time per month or less
- ☐ 2–3 times per month
- ☐ 1–2 times per week
- ☐ 3–4 times per week
- ☐ 5–6 times per week
- ☐ 1 time per day
- ☐ 2–3 times per day
- ☐ 4–5 times per day
- ☐ 6 or more times per day

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

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

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

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

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

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

11. Over the past 12 months, did you eat **oatmeal, grits,** or **other cooked cereal?**

- ☐ NO (GO TO QUESTION 12)
- ☐ YES

11a. How often did you eat **oatmeal, grits,** 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

Question 12 appears in the next column

11b. How often did you eat **oatmeal, grits,** or **other cooked cereal DURING THE REST OF THE YEAR**?

- ☐ NEVER
- ☐ 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

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

- ☐ Less than ¾ cup
- ☐ ¾ to 1¼ cups
- ☐ More than 1¼ cups

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

- ☐ NEVER (GO TO QUESTION 13)
- ☐ 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

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

- ☐ Less than 1 cup
- ☐ 1 to 2½ cups
- ☐ More than 2½ cups

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

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

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

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

Question 13 appears on the next page

This is a sample form. Do not use for scanning.

Over the past 12 months…

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

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

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

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

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

- ☐ NO (GO TO QUESTION 13)
- ☐ YES

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

- ☐ Whole milk
- ☐ 2% fat milk
- ☐ 1% fat milk
- ☐ Skim, nonfat, or ½% fat milk
- ☐ Soy milk
- ☐ Rice milk
- ☐ Other

12h. 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

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

- ☐ NEVER (GO TO QUESTION 14)

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

Question 14 appears in the next column

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

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

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

- ☐ NEVER (GO TO QUESTION 15)

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

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

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

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

- ☐ NEVER (GO TO QUESTION 16)

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

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

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

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

- ☐ NEVER (GO TO QUESTION 17)

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

Question 17 appears on the next page

This is a sample form. Do not use for scanning.

Over the past 12 months…

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

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

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

- ☐ NEVER (GO TO QUESTION 18)
- ☐ 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

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

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

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

- ☐ NO (GO TO QUESTION 19)
- ☐ YES

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

- ☐ NEVER
- ☐ 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

18b. 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 19 appears in the next column

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

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

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

- ☐ 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

19a. 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

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

- ☐ NO (GO TO QUESTION 21)
- ☐ YES

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

- ☐ NEVER
- ☐ 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

20b. How often did you eat **fresh** or **frozen cantaloupe 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 21 appears on the next page

This is a sample form. Do not use for scanning.

Over the past 12 months…

20c. 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

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

- ☐ NO (GO TO QUESTION 22)
- ☐ YES

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

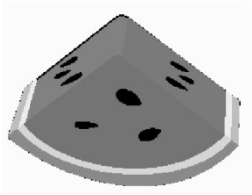
- ☐ NEVER
- ☐ 1–6 times per season
- ☐ 7–11 times per season
- ☐ 1 time per month
- ☐ 2–3 times per month
- ☐ 1 time per week
- ☐ 2 times per week
- ☐ 3–4 times per week
- ☐ 5–6 times per week
- ☐ 1 time per day
- ☐ 2 or more times per day

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

- ☐ NEVER
- ☐ 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

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

- ☐ Less than ½ cup or 1 small wedge ½
- ☐ to 2 cups or 1 medium wedge More
- ☐ than 2 cups or 1 large wedge



Question 22 appears in the next column

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

- ☐ NO (GO TO QUESTION 23)
- ☐ YES

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

- ☐ NEVER
- ☐ 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

22b. How often did you eat **fresh** or **frozen strawberries 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

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

- ☐ Less than ¼ cup or less than 3 berries ¼
- ☐ to ¾ cup or 3 to 8 berries
- ☐ More than ¾ cup or more than 8 berries

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

- ☐ NO (GO TO QUESTION 24)
- ☐ YES

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

- ☐ NEVER
- ☐ 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 24 appears on the next page

This is a sample form. Do not use for scanning.

Over the past 12 months…

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

- ☐ NEVER
- ☐ 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

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

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

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

- ☐ NO (GO TO QUESTION 25)
- ☐ YES

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

- ☐ NEVER
- ☐ 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 **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

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

- ☐ Less than ½ grapefruit
- ☐ ½ grapefruit
- ☐ More than ½ grapefruit

Question 25 appears in the next column

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

- ☐ 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 **other kinds of fruit**, how much did you usually eat?

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

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

- ☐ NEVER (GO TO QUESTION 27)
- ☐ 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

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

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

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

- ☐ NEVER (GO TO QUESTION 28)
- ☐ 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

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

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

Question 28 appears on the next page

This is a sample form. Do not use for scanning.

Over the past 12 months…

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

- ☐ NEVER (GO TO QUESTION 29)

- ☐ 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

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

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

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

- ☐ NEVER (GO TO QUESTION 30)

- ☐ 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

29a. 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

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

- ☐ NEVER (GO TO QUESTION 31)

- ☐ 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

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

- ☐ Less than ¼ cup or less than 2 baby carrots ¼ to
- ☐ ½ cup or 2 to 5 baby carrots
- ☐ More than ½ cup or more than 5 baby carrots

Question 31 appears in the next column

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

- ☐ NEVER (GO TO QUESTION 32)

- ☐ 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

31a. 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

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

- ☐ 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 **peas**, how much did you usually eat?

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

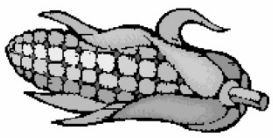
33. Over the past 12 months, did you eat **corn**?

- ☐ NO (GO TO QUESTION 34)
- ☐ YES

33a. How often did you eat **fresh corn 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 34 appears on the next page

This is a sample form. Do not use for scanning.

Over the past 12 months…

33b. How often did you eat **corn** (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

33c. 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

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

- ☐ 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 **broccoli**, how much did you usually eat?

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

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

- ☐ NEVER (GO TO QUESTION 36)
- ☐ 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 **cauliflower** or **Brussels sprouts**, how much did you usually eat?

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

Question 36 appears in the next column

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

- ☐ 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 **mixed vegetables**, how much did you usually eat?

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

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

- ☐ 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 **onions**, how much did you usually eat?

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

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

- ☐ NEVER (GO TO QUESTION 39)
- ☐ 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 39 appears on the next page

This is a sample form. Do not use for scanning.

Over the past 12 months…

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

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

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

- ☐ NEVER (GO TO QUESTION 40)
- ☐ 1–6 times per year
- ☐ 7–11 times per year
- ☐ 1 time per month
- ☐ 2–3 times per month
- ☐ 1–2 times per week
- ☐ 3–4 times per week
- ☐ 5–6 times per week
- ☐ 1 time per day
- ☐ 2 times per day
- ☐ 3 or more times per day

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

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

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

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

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

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

Question 40 appears in the next column

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

- ☐ NEVER (GO TO QUESTION 41)
- ☐ 1–6 times per year
- ☐ 7–11 times per year
- ☐ 1 time per month
- ☐ 2–3 times per month
- ☐ 1 time per week
- ☐ 2 times per week
- ☐ 3–4 times per week
- ☐ 5–6 times per week
- ☐ 1 time per day
- ☐ 2 or more times per day

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

- ☐ Less than ⅛ pepper ⅛
- ☐ to ¼ pepper More than
- ☐ ¼ pepper

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

- ☐ NO (GO TO QUESTION 42)
- ☐ YES

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

- ☐ NEVER
- ☐ 1–6 times per season
- ☐ 7–11 times per season
- ☐ 1 time per month
- ☐ 2–3 times per month
- ☐ 1 time per week
- ☐ 2 times per week
- ☐ 3–4 times per week
- ☐ 5–6 times per week
- ☐ 1 time per day
- ☐ 2 or more times per day

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

- ☐ NEVER
- ☐ 1–6 times per year 7–
- ☐ 11 times per year 1
- ☐ time per month 2–3
- ☐ times per month 1 time
- ☐ per week
- ☐ 2 times per week 3–4
- ☐ times per week 5–6
- ☐ times per week 1 time
- ☐ per day
- ☐ 2 or more times per day

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

- ☐ Less than ¼ tomato ¼
- ☐ to ½ tomato More
- ☐ than ½ tomato

Question 42 appears on the next page

This is a sample form. Do not use for scanning.

Over the past 12 months…

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

- ☐ NEVER (GO TO QUESTION 43)
- ☐ 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

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

- ☐ Less than ¼ cup
- ☐ ¼ to 1¼ cups
- ☐ More than 1¼ cups

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

- ☐ NEVER (GO TO QUESTION 44)
- ☐ 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

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

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

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

- ☐ NEVER (GO TO QUESTION 45)
- ☐ 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

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

- ☐ 1 small potato or less than ¼ cup
- ☐ 1 medium potato or ¼ to ¾ cup
- ☐ 1 large potato or more than ¾ cup

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

- ☐ NEVER (GO TO QUESTION 46)
- ☐ 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

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

- ☐ Less than 10 fries or less than ½ cup 10
- ☐ to 25 fries or ½ to 1 cup
- ☐ More than 25 fries or more than 1 cup

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

- ☐ NEVER (GO TO QUESTION 47)
- ☐ 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

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

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

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

- ☐ NEVER (GO TO QUESTION 48)
- ☐ 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

47a. 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

Question 45 appears in the next column

Question 48 appears on the next page

This is a sample form. Do not use for scanning.

Over the past 12 months…

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

- ☐ Almost never or never (GO TO QUESTION 47d)
- ☐ About ¼ of the time
- ☐ About ½ of the time About
- ☐ ¾ of the time Almost
- ☐ always or always

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

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

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

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

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

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

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

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

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

- ☐ Almost never or never (GO TO QUESTION 48)
- ☐ About ¼ of the time
- ☐ About ½ of the time About
- ☐ ¾ of the time Almost
- ☐ always or always

Question 48 appears in the next column

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

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

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

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

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

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

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

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

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

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

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

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

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

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

Question 51 appears on the next page

This is a sample form. Do not use for scanning.

Over the past 12 months…

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

- ☐ NEVER (GO TO QUESTION 52)
- ☐ 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

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

- ☐ Less than ½ cup ½ to
- ☐ 1¾ cups More than
- ☐ 1¾ cups

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

- ☐ NEVER (GO TO QUESTION 53)
- ☐ 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

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

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

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

- ☐ 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 **beans**, how much did you usually eat?

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

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

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

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

- ☐ 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 **other kinds of vegetables**, how much did you usually eat?

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

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

- ☐ 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

55a. 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

55b. How often was **butter, margarine**, or **oil** added to your rice **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

Question 54 appears in the next column

Question 56 appears on the next page

This is a sample form. Do not use for scanning.

Over the past 12 months…

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

- ☐ 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 **pancakes, waffles,** or **French toast**, how much did you usually eat?

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

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

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

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

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

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

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

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

- ☐ Almost never or never (GO TO QUESTION 57)
- ☐ About ¼ of the time
- ☐ About ½ of the time About
- ☐ ¾ of the time Almost
- ☐ always or always

Question 57 appears in the next column

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

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

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

- ☐ NEVER (GO TO QUESTION 58)
- ☐ 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 **lasagna, stuffed shells, stuffed manicotti, ravioli,** or **tortellini**, how much did you usually eat?

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

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

- ☐ NEVER (GO TO QUESTION 59)
- ☐ 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

58a. 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

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

- ☐ 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

Question 60 appears on the next page

This is a sample form. Do not use for scanning.

Over the past 12 months…

59a. 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

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

- ☐ 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 **pasta, spaghetti**, **or other noodles**, how much did you usually eat?

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

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

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

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

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

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

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

Question 61 appears in the next column

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

- ☐ NEVER (GO TO INTRODUCTION TO QUESTION 62)
- ☐ 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 **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

61b. How often was **margarine** (including low-fat) 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

61c. How often was **butter** (including low-fat) 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

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

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

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

- ☐ Almost never or never (GO TO INTRODUCTION TO QUESTION 62)
- ☐ About ¼ of the time About
- ☐ ½ of the time About ¾ of
- ☐ the time Almost always or
- ☐ always

Introduction to Question 62 appears on the next page

This is a sample form. Do not use for scanning.

Over the past 12 months…

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

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

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

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

- ☐ NEVER (GO TO QUESTION 63)
- ☐ 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

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

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

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

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

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

- ☐ Almost never or never (GO TO QUESTION 62e)
- ☐ About ¼ of the time
- ☐ About ½ of the time About
- ☐ ¾ of the time Almost
- ☐ always or always

Question 62e appears in the next column

Question 63 appears in the next column

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

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

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

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

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

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

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

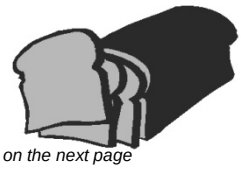
- ☐ Never added
- ☐ Less than 1 teaspoon 1
- ☐ to 2 teaspoons
- ☐ More than 2 teaspoons

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

- ☐ NEVER (GO TO QUESTION 64)
- ☐ 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

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

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



Question 64 appears on the next page

This is a sample form. Do not use for scanning.

Over the past 12 months…

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

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

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

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

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

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

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

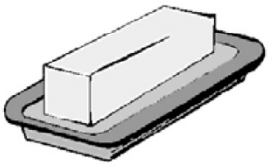
- ☐ Never added
- ☐ Less than 1 teaspoon 1
- ☐ to 2 teaspoons
- ☐ More than 2 teaspoons

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

- ☐ Almost never or never (GO TO QUESTION 64)
- ☐ About ¼ of the time
- ☐ About ½ of the time About
- ☐ ¾ of the time Almost
- ☐ always or always

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

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



Question 64 appears in the next column

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

- ☐ NEVER (GO TO QUESTION 65)

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

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

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

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

- ☐ NEVER (GO TO QUESTION 66)

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

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

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

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

- ☐ NEVER (GO TO QUESTION 67)

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

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

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

Question 67 appears on the next page

This is a sample form. Do not use for scanning.

Over the past 12 months…

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

- ☐ NEVER (GO TO QUESTION 68)

- ☐ 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

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

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

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

- ☐ NEVER (GO TO QUESTION 69)

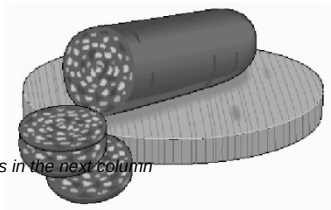
- ☐ 1–6 times per year
- ☐ 7–11 times per year
- ☐ 1 time per month
- ☐ 2–3 times per month
- ☐ 1 time per week
- ☐ 2 times per week
- ☐ 3–4 times per week
- ☐ 5–6 times per week
- ☐ 1 time per day
- ☐ 2 or more times per day

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

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

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

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



Question 69 appears in the next column

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

- ☐ NEVER (GO TO QUESTION 70)

- ☐ 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 **other cold cuts** or **luncheon meats**, how much did you usually eat?

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

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

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

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

- ☐ NEVER (GO TO QUESTION 71)

- ☐ 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 **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

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

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

Question 71 appears on the next page

This is a sample form. Do not use for scanning.

Over the past 12 months…

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

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

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

☐ NEVER (GO TO QUESTION 72)

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

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

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

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

☐ NEVER (GO TO QUESTION 73)

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

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

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

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

- ☐ Almost never or never
- ☐ About 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

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

☐ NEVER (GO TO QUESTION 74)

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

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

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

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

☐ NEVER (GO TO QUESTION 75)

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

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

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

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

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

Question 75 appears on the next page

This is a sample form. Do not use for scanning.

Over the past 12 months…

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

- ☐ NEVER (GO TO QUESTION 76)
- ☐ 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

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

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

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

- ☐ NEVER (GO TO QUESTION 77)
- ☐ 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

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

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

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

- ☐ NEVER (GO TO QUESTION 78)
- ☐ 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

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

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

Question 78 appears in the next column

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

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

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

- ☐ NEVER (GO TO QUESTION 79)
- ☐ 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

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

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

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

- ☐ NEVER (GO TO QUESTION 80)
- ☐ 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 **roast turkey, turkey cutlets,** or **turkey nuggets**, how much did you usually eat? *(Please note: 4 to 8 turkey nuggets = 3 ounces.)*

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

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

- ☐ NEVER (GO TO QUESTION 81)
- ☐ 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 81 appears on the next page

This is a sample form. Do not use for scanning.

Over the past 12 months…

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

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

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

- ☐ NEVER (GO TO QUESTION 82)
- ☐ 1–6 times per year
- ☐ 7–11 times per year
- ☐ 1 time per month
- ☐ 2–3 times per month
- ☐ 1 time per week
- ☐ 2 times per week
- ☐ 3–4 times per week
- ☐ 5–6 times per week
- ☐ 1 time per day
- ☐ 2 or more times per day

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

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

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

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

81c. 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

81d. 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

Question 82 appears in the next column

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

- ☐ NEVER (GO TO QUESTION 83)
- ☐ 1–6 times per year
- ☐ 7–11 times per year
- ☐ 1 time per month
- ☐ 2–3 times per month
- ☐ 1 time per week
- ☐ 2 times per week
- ☐ 3–4 times per week
- ☐ 5–6 times per week
- ☐ 1 time per day
- ☐ 2 or more times per day

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

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

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

- ☐ NEVER (GO TO QUESTION 84)
- ☐ 1–6 times per year
- ☐ 7–11 times per year
- ☐ 1 time per month
- ☐ 2–3 times per month
- ☐ 1 time per week
- ☐ 2 times per week
- ☐ 3–4 times per week
- ☐ 5–6 times per week
- ☐ 1 time per day
- ☐ 2 or more times per day

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

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

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

- ☐ NEVER (GO TO QUESTION 85)
- ☐ 1–6 times per year
- ☐ 7–11 times per year
- ☐ 1 time per month
- ☐ 2–3 times per month
- ☐ 1 time per week
- ☐ 2 times per week
- ☐ 3–4 times per week
- ☐ 5–6 times per week
- ☐ 1 time per day
- ☐ 2 or more times per day

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

- ☐ Less than ⅛ cup
- ☐ ⅛ to ½ cup More
- ☐ than ½ cup

Question 85 appears on the next page

This is a sample form. Do not use for scanning.

Over the past 12 months…

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

- ☐ 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 **liver** or **liverwurst**, how much did you usually eat?

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

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

- ☐ NEVER (GO TO QUESTION 87)
- ☐ 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

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

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

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

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

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

- ☐ 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

Question 88 appears in the next column

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

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

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

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

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

- ☐ NEVER (GO TO QUESTION 89)
- ☐ 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 **fish sticks** or **fried fish**, how much did you usually eat?

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

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

- ☐ NEVER (GO TO INTRODUCTION TO QUESTION 90)
- ☐ 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 eat **fish** or **seafood that was NOT FRIED**, how much did you usually eat?

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

Introduction to Question 90 appears on the next page

This is a sample form. Do not use for scanning.

Over the past 12 months…

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

90. How often was **oil, butter, margarine**, **or other fat** used to **FRY, SAUTE, BASTE, OR MARINATE** any meat, poultry, or fish you ate?

(Please do not include deep frying.)

- ☐ NEVER (GO TO QUESTION 91)
- ☐ 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. Which of the following **fats** were regularly used to prepare your meat, poultry, or fish? ***(Mark all that apply.)***

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

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

- ☐ NEVER (GO TO QUESTION 92)
- ☐ 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

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

- ☐ Less than ¼ cup or less than 2 ounces ¼ to
- ☐ ½ cup or 2 to 4 ounces
- ☐ More than ½ cup or more than 4 ounces

Question 92 appears in the next column

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

- ☐ NO (GO TO QUESTION 93)
- ☐ YES

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

- ☐ NEVER
- ☐ 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

92b. How often did you eat **soup 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

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

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

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

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

92e. 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

Question 93 appears on the next page

This is a sample form. Do not use for scanning.

Over the past 12 months…

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

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

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

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

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

- ☐ NEVER (GO TO QUESTION 94)
- ☐ 1–6 times per year
- ☐ 7–11 times per year
- ☐ 1 time per month
- ☐ 2–3 times per month
- ☐ 1 time per week
- ☐ 2 times per week
- ☐ 3–4 times per week
- ☐ 5–6 times per week
- ☐ 1 time per day
- ☐ 2 or more times per day

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

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

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

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

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

- ☐ NEVER (GO TO QUESTION 95)
- ☐ 1–6 times per year
- ☐ 7–11 times per year
- ☐ 1 time per month
- ☐ 2–3 times per month
- ☐ 1 time per week
- ☐ 2 times per week
- ☐ 3–4 times per week
- ☐ 5–6 times per week
- ☐ 1 time per day
- ☐ 2 or more times per day

Question 95 appears in the next column

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

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

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

- ☐ NEVER (GO TO QUESTION 96)
- ☐ 1–6 times per year
- ☐ 7–11 times per year
- ☐ 1 time per month
- ☐ 2–3 times per month
- ☐ 1 time per week
- ☐ 2 times per week
- ☐ 3–4 times per week
- ☐ 5–6 times per week
- ☐ 1 time per day
- ☐ 2 or more times per day

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

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

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

- ☐ NEVER (GO TO QUESTION 97)
- ☐ 1–6 times per year
- ☐ 7–11 times per year
- ☐ 1 time per month
- ☐ 2–3 times per month
- ☐ 1 time per week
- ☐ 2 times per week
- ☐ 3–4 times per week
- ☐ 5–6 times per week
- ☐ 1 time per day
- ☐ 2 or more times per day

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

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

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

- ☐ NEVER (GO TO QUESTION 98)
- ☐ 1–6 times per year
- ☐ 7–11 times per year
- ☐ 1 time per month
- ☐ 2–3 times per month
- ☐ 1 time per week
- ☐ 2 times per week
- ☐ 3–4 times per week
- ☐ 5–6 times per week
- ☐ 1 time per day
- ☐ 2 or more times per day

Question 98 appears on the next page

This is a sample form. Do not use for scanning.

Over the past 12 months…

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

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

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

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

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

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

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

- ☐ 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

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

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

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

- ☐ NEVER (GO TO QUESTION 100)
- ☐ 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 100 appears in the next column

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

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

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

- ☐ NEVER (GO TO QUESTION 101)
- ☐ 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 **peanuts, walnuts, seeds,** or **other nuts**, how much did you usually eat?

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

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

- ☐ 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 **energy, high-protein**, or **breakfast bars**, how much did you usually eat?

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

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

- ☐ NEVER (GO TO QUESTION 103)
- ☐ 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 103 appears on the next page

This is a sample form. Do not use for scanning.

Over the past 12 months…

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

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

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

- ☐ NEVER (GO TO QUESTION 104)

- ☐ 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 **cottage cheese**, how much did you usually eat?

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

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

- ☐ NEVER (GO TO QUESTION 105)

- ☐ 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 **cheese**, how much did you usually eat?

- ☐ Less than ½ ounce or less than 1 slice ½
- ☐ to 1½ ounces or 1 slice
- ☐ More than 1½ ounces or more than 1 slice

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

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

Question 105 appears in the next column

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

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

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

- ☐ NEVER (GO TO QUESTION 106)

- ☐ 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 **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

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

- ☐ 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

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

- ☐ Less than ½ cup or less than 1 scoop ½
- ☐ to 1½ cups or 1 to 2 scoops
- ☐ More than 1½ cups or more than 2 scoops

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

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

Question 107 appears on the next page

This is a sample form. Do not use for scanning.

Over the past 12 months…

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

- ☐ NEVER (GO TO QUESTION 108)
- ☐ 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

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

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

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

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

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

- ☐ NEVER (GO TO QUESTION 109)
- ☐ 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

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

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

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

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

Question 109 appears in the next column

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

- ☐ NEVER (GO TO QUESTION 110)
- ☐ 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

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

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

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

- ☐ NEVER (GO TO QUESTION 111)
- ☐ 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

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

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

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

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

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

- ☐ 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

Question 112 appears on the next page

This is a sample form. Do not use for scanning.

Over the past 12 months…

111a. 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

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

- ☐ 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 **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.

112b. 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

112c. 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

112d. 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

Question 113 appears in the next column

112e. 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

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

- ☐ 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 **chocolate candy**, how much did you usually eat?

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

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

- ☐ NEVER (GO TO QUESTION 115)
- ☐ 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 **other candy**, how much did you usually eat?

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

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

- ☐ 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

Question 116 appears on the next page

This is a sample form. Do not use for scanning.

Over the past 12 months…

115a. Each time you ate **eggs**, how many did you usually eat?

- ☐ 1 egg
- ☐ 2 eggs
- ☐ 3 or more eggs

115b. How often were the eggs you ate **egg substitutes**?

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

115c. How often were the eggs you ate **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

115d. How often were the eggs you ate **regular whole eggs**?

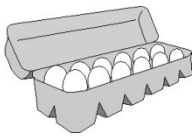
- ☐ Almost never or never
- ☐ About ¼ of the time
- ☐ About ½ of the time
- ☐ About ¾ of the time
- ☐ Almost always or always

115e. 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

115f. 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



Question 116 appears in the next column

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

- ☐ NEVER (GO TO QUESTION 117)
- ☐ 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

116a. 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

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

- ☐ NEVER (GO TO QUESTION 118)
- ☐ 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

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

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

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

- ☐ NEVER (GO TO QUESTION 119)
- ☐ 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

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

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

Question 119 appears on the next page

This is a sample form. Do not use for scanning.

Over the past 12 months…

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

- ☐ NEVER (GO TO QUESTION 120)
- ☐ 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

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

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

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

- ☐ NEVER (GO TO QUESTION 121)
- ☐ 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

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

- ☐ Equal or aspartame
- ☐ Sweet N Low or saccharin

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

- ☐ NEVER (GO TO QUESTION 122)
- ☐ 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

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

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

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

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

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

- ☐ NEVER (GO TO QUESTION 123)
- ☐ 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

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

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

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

- ☐ NEVER (GO TO QUESTION 124)
- ☐ 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

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

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

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

- ☐ Whole milk
- ☐ 2% milk 1%
- ☐ milk
- ☐ Skim, nonfat, or ½% milk
- ☐ Evaporated or condensed (canned) milk Soy
- ☐ milk
- ☐ Rice milk
- ☐ Other

Question 122 appears in the next column

Question 124 appears on the next page

This is a sample form. Do not use for scanning.

Over the past 12 months…

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

- ☐ NEVER (GO TO INTRODUCTION TO QUESTION 125)
- ☐ 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

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

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

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

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

- ☐ NO (GO TO QUESTION 126)
- ☐ YES

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

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

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

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

Question 126 appears in the next column

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

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

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

- ☐ NO (GO TO QUESTION 127)
- ☐ YES

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

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

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

- ☐ NO (GO TO QUESTION 128)
- ☐ YES

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

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

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

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

Question 128 appears on the next page

This is a sample form. Do not use for scanning.

Over the past 12 months…

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

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

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

- ☐ NO (GO TO QUESTION 129)
- ☐ YES

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

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

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

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

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

- ☐ NO (GO TO QUESTION 130)
- ☐ YES

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

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

Question 130 appears in the next column

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

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

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

- ☐ NO (GO TO INTRODUCTION TO QUESTION 131)
- ☐ YES

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

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

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

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

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

- ☐ Almost never or never
- ☐ About 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.

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

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

This is a sample form. Do not use for scanning.

Over the past 12 months…

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

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

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

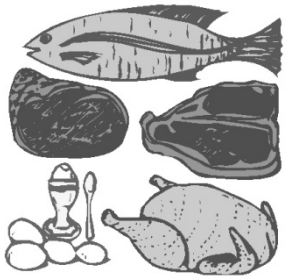
- ☐ Avocado, guacamole
- ☐ Cheesecake
- ☐ Chocolate, fudge, or butterscotch toppings or syrups
- ☐ Chow mein noodles
- ☐ Croissants
- ☐ Dried apricots
- ☐ Egg rolls
- ☐ Granola bars
- ☐ Hot peppers
- ☐ Jello, gelatin
- ☐ Milkshakes or ice-cream sodas
- ☐ Olives
- ☐ Oysters
- ☐ Pickles or pickled vegetables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

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

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

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

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



Introduction to Question 135 appears in the next column

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

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

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

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

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

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

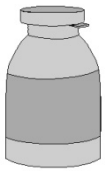
- ☐ Less than 1 day per month 1–
- ☐ 3 days per month
- ☐ 1–3 days per week
- ☐ 4–6 days per week
- ☐ Every day

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

- ☐ NO
- ☐ YES
- ☐ Don't know

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

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



Introduction to Question 138 appears on the next page

This is a sample form. Do not use for scanning.

Over the past 12 months…

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

☐ NO

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

- **Did not skip any pages and**
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☐ YES (GO TO INTRODUCTION TO QUESTION 138)

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

Please include vitamins taken as part of an antioxidant supplement.

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

☐ NEVER (GO TO QUESTION 139)

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

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

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

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

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

Question 139 appears in the next column

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

☐ NEVER (GO TO QUESTION 140)

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

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

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

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

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

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

☐ NEVER (GO TO QUESTION 141)

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

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

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

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

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

Question 141 appears on the next page

This is a sample form. Do not use for scanning.

Over the past 12 months…

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

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

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

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

141b. For how many years have you taken **Vitamin E**?

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

142. How often did you take **Calcium** or **Calcium-containing antacids** (**NOT** as part of a multivitamin in Question 137)?

- ☐ NEVER (GO TO QUESTION 143)
- ☐ Less than 1 day per month 1–
- ☐ 3 days per month
- ☐ 1–3 days per week
- ☐ 4–6 days per week
- ☐ Every day

142a. When you took **Calcium** or **Calcium-containing antacids**, about how much elemental calcium did you take in one day?
(If possible, please check the label for elemental calcium.)

- ☐
- ☐ Less than 500 mg
- ☐ 500–599 mg 600–
- ☐ 999 mg 1,000 mg
- ☐ or more Don't know

142b. For how many years have you taken **Calcium** or **Calcium-containing antacids**?

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

The last two questions ask you about other supplements you took more than once per week.

143. Please mark any of the following **single supplements** you took more than once per week (**NOT** as part of a multivitamin in Question 137):

- ☐ B-6
- ☐ B-complex
- ☐ Brewer's yeast
- ☐ Cod liver oil
- ☐ Coenzyme Q
- ☐ Fish oil (Omega-3 fatty acids)
- ☐ Folic acid/folate
- ☐ Glucosamine
- ☐ Hydroxytryptophan (HTP)
- ☐ Iron
- ☐ Niacin
- ☐ Selenium
- ☐ Zinc

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

- ☐ Aloe Vera
- ☐ Astragalus
- ☐ Bilberry
- ☐ Cascara sagrada
- ☐ Cat's claw
- ☐ Cayenne
- ☐ Cranberry
- ☐ Dong Kuai (Tangkwei)
- ☐ Echinacea
- ☐ Evening primrose oil
- ☐ Feverfew
- ☐ Garlic
- ☐ Ginger
- ☐ Ginkgo biloba
- ☐ Ginseng (American or Asian)
- ☐ Goldenseal
- ☐ Grapeseed extract
- ☐ Kava, kava
- ☐ Milk thistle
- ☐ Saw palmetto
- ☐ Siberian ginseng
- ☐ St. John's wort
- ☐ Valerian
- ☐ Other

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