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 No. 2 pencil.

• Be certain to completely blacken in each of the answers.

• Erase completely if you make any changes.

• Do not make stray marks on this form.

• If you blacken NEVER or NO 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.

Collection of this information is authorized by the Public Health Service Act, Section 412 (42 USC 285 a-1). Rights of study participants are protected by the Privacy Act of 1974. Participation is voluntary and there are no penalties for not participating or withdrawing from the study at any time. Participation will not influence a person’s relationship with any provider of medical care or any federal program such as Social Security or Medicare. The information collected in this study will be kept confidential, and will not be disclosed to anyone but the researchers conducting this study, except as otherwise required by law. Names and other identifiers will be separated from information provided and will not appear in any report of the study. Information provided will be combined for all study participants and reported as statistical summaries. Study records will be kept for approximately 2 years past the end of the study, and then destroyed.

Public reporting burden for this collection of information is estimated to average 58 minutes per response, including the time for reviewing instructions, searching existing data sources, gathering and maintaining the data needed, and completing and reviewing the collection of information. An agency may not conduct or sponsor, and a person is not required to respond to, a collection of information unless it displays a currently valid OMB control number. Send comments regarding this burden estimate or any other aspect of this collection of information, including suggestions for reducing this burden, to: NIH, Project Clearance Branch, 6705 Rockledge Drive, MSC 7974, Bethesda, MD 20892-7974, ATTN: PRA (0925-0407). Do not return the completed form to this address.

Today's date:

MONTH | DAY | YEAR
Jan | 0 | 1998
Feb | 0 | 1999
Mar | 1 | 2000
Apr | 2 | 2001
May | 3 | 2002
Jun | 4 | 2003
Jul | 5 | 2004
Aug | 6 | 2005
Sep | 7 | 2006
Oct | 8 |
Nov | 9 |
Dec | |

In what month were you born?

In what year were you born?

Are you male or female?

Male
Female
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

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

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

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 1¼ cups (6 to 12 ounces)
- More than 1¼ cups (12 ounces)

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

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

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 4 appears in the next column

Question 6 appears on the next page
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

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)

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

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

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

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)

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

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

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
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

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

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 or more times per day

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 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 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
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  ☐ 7–11 times per year  ☐ 1 time per month  ☐ 2–3 times per month  ☐ 1 time per week

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  ☐ 7–11 times per year  ☐ 1 time per month  ☐ 2–3 times per month  ☐ 1 time per week

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

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

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

☐ NEVER (GO TO QUESTION 16)  ☐ 1–6 times per year  ☐ 7–11 times per year  ☐ 1 time per month  ☐ 2–3 times per month  ☐ 1 time per week

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

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

16. How often did you eat bananas?

☐ NEVER (GO TO QUESTION 17)  ☐ 1–6 times per year  ☐ 7–11 times per year  ☐ 1 time per month  ☐ 2–3 times per month  ☐ 1 time per week

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

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

Question 14 appears in the next column  Question 17 appears on the next page
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

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

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

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

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

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
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

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

21c. Each time you ate melon other than cantaloupe, how much did you usually eat?
- Less than ¼ cup or 1 small wedge
- ¼ to 2 cups or 1 medium wedge
- More than 2 cups or 1 large wedge

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

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

22c. Each time you ate strawberries, how much did you usually eat?
- Less than ¼ cup or less than 3 berries
- ¼ to ½ cup or 3 to 8 berries
- More than ¼ 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

Question 22 appears in the next column

Question 24 appears on the next page
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
☐ 1–6 times per week
☐ 7–11 times per year
☐ 7–11 times per week
☐ 1 time per month
☐ 1 time per week
☐ 2–3 times per month
☐ 2–3 times per month
☐ 1 time per day
☐ 1 time per day
☐ 2 or more times per day
☐ 2 or more times per week

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

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

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

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

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

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 or more times per year
☐ 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 ½ cup
☐ More than ¼ 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 or more times per year
☐ 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 ½ 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 or more times per year
☐ 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 ½ cup

Question 25 appears in the next column

Question 28 appears on the next page
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

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 1 cup
☐ More than ¼ 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 31 appears in the next column

Question 34 appears on the next page
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

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

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

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

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

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

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

39. Question 36 appears in the next column

40. Question 39 appears on the next page
Over the past 12 months…

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

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

38b. 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)
- Salad dressing
- Cheese sauce
- White sauce
- Other

38c. 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

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

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)
- Salad dressing
- Cheese sauce
- White sauce
- Other

39b. 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

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

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 or more times per day

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

- Less than ½ pepper
- ¼ to ½ 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 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 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 40 appears in the next column

Question 42 appears on the next page
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 ½ cup
☐ More than ½ cup

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 ½ cup
☐ 1 large potato or more than ½ 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
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

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 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 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 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
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

51a. Each time you ate chili, how much did you usually eat?
☐ Less than ½ cup
☐ ½ to 1½ cups
☐ More than 1½ 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

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

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

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

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
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  ☐ 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

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

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  ☐ 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

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  ☐ 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

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

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

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

☐ NEVER (GO TO QUESTION 60)
☐ 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 60 appears on the next page
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  ☐ 2–3 times per month

☐ 7–11 times per year  ☐ 1 time per week

☐ 1 time per month  ☐ 1 time per day

☐ 1 time per week  ☐ 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

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

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

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

☐ NEVER (GO TO INTRODUCTION TO QUESTION 62)

☐ 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

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
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

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

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

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 62e appears in the next column

Question 63 appears in the next column

Question 64 appears on the next page
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

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 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 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 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

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Question 64 appears in the next column

Question 67 appears on the next page
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 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 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

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 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 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
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

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

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

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

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

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
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  □ 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

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  □ 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

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  □ 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

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

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  □ 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

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  □ 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

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  □ 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 78 appears in the next column

Question 81 appears on the next page
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 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

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 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 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 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 ½ cup
☐ ¼ to ½ cup
☐ More than ½ cup
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

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

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

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

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

89a. Each time you ate fish or seafood that was NOT FRIED, how much did you usually eat?

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

Introduction to Question 90 appears on the next page
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 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
- 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 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

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 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 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 92 appears in the next column

Question 93 appears on the next page
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

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

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

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

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

Question 95 appears in the next column

Question 98 appears on the next page
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

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

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

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

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
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

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

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
☐ Always almost 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

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

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
☐ Always almost or always

Question 105 appears in the next column

Question 107 appears on the next page
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 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 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

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 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 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 or more times per day

Question 109 appears in the next column

Question 112 appears on the next page
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

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

- Less than ¼ of a pie
- About ¼ of a pie
- More than ¼ 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

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

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

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
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

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 116 appears in the next column

Question 119 appears on the next page
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
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 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

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 126 appears in the next column.
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

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
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

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.)

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 135 appears in the next column

Introduction to Question 138 appears on the next page
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 (GO TO QUESTION 143.)
☐ 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
def=1.177e-05
☐ 1–3 days per month
def=1.177e-05
☐ 1–3 days per week
def=1.177e-05
☐ 4–6 days per week
def=1.177e-05
☐ Every day
def=1.177e-05

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

☐ Less than 10,000 IU
def=1.177e-05
☐ 10,000–14,999 IU
def=1.177e-05
☐ 15,000–19,999 IU
def=1.177e-05
☐ 20,000–24,999 IU
def=1.177e-05
☐ 25,000 IU or more
def=1.177e-05
☐ Don't know
def=1.177e-05

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

☐ Less than 1 year
def=1.177e-05
☐ 1–4 years
def=1.177e-05
☐ 5–9 years
def=1.177e-05
☐ 10 or more years
def=1.177e-05

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
def=1.177e-05
☐ 1–3 days per month
def=1.177e-05
☐ 1–3 days per week
def=1.177e-05
☐ 4–6 days per week
def=1.177e-05
☐ Every day
def=1.177e-05

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

☐ Less than 8,000 IU
def=1.177e-05
☐ 8,000–9,999 IU
def=1.177e-05
☐ 10,000–14,999 IU
def=1.177e-05
☐ 15,000–24,999 IU
def=1.177e-05
☐ 25,000 IU or more
def=1.177e-05
☐ Don't know
def=1.177e-05

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

☐ Less than 1 year
def=1.177e-05
☐ 1–4 years
def=1.177e-05
☐ 5–9 years
def=1.177e-05
☐ 10 or more years
def=1.177e-05

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
def=1.177e-05
☐ 1–3 days per month
def=1.177e-05
☐ 1–3 days per week
def=1.177e-05
☐ 4–6 days per week
def=1.177e-05
☐ Every day
def=1.177e-05

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

☐ Less than 500 mg
def=1.177e-05
☐ 500–999 mg
def=1.177e-05
☐ 1,000–1,499 mg
def=1.177e-05
☐ 1,500–1,999 mg
def=1.177e-05
☐ 2,000 mg or more
def=1.177e-05
☐ Don't know
def=1.177e-05

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

☐ Less than 1 year
def=1.177e-05
☐ 1–4 years
def=1.177e-05
☐ 5–9 years
def=1.177e-05
☐ 10 or more years
def=1.177e-05
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
143. In the grid below, **FIRST**, mark the number of years you have taken each of the following botanical or herbal supplements **AT LEAST 25 TIMES**. Mark **NEVER** for each botanical or herbal supplement that you did not take at least 25 times in a single year, and then go on to the next supplement. **SECOND**, to the right, mark the approximate number of months during each year that you took the supplement:

<table>
<thead>
<tr>
<th>Botanical or Herbal Supplement</th>
<th>NEVER</th>
<th>1-2 Years</th>
<th>3-4 Years</th>
<th>5+ Years</th>
<th>1-3 Months/Year</th>
<th>4-6 Months/Year</th>
<th>7-12 Months/Year</th>
</tr>
</thead>
<tbody>
<tr>
<td>Aloe (tablets/pills)</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
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<tr>
<td>Echinacea</td>
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</tr>
<tr>
<td>Garlic (tablets/pills)</td>
<td></td>
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<tr>
<td>Gingko</td>
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</tr>
<tr>
<td>Ginseng (American or Asian)</td>
<td></td>
<td></td>
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<td></td>
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<td></td>
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<tr>
<td>Goldenseal</td>
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<tr>
<td>Saw palmetto</td>
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</tr>
<tr>
<td>St. John’s wort</td>
<td></td>
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<td></td>
</tr>
</tbody>
</table>
The next two questions ask you about other supplements you took more than once per week.

Over the past 12 months...

144. 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

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

- Astragalus
- Bilberry
- Cascara sagrada
- Cat's claw
- Cayenne
- Cranberry
- Dong Kuai (Tangkwei)
- Evening primrose oil
- Feverfew
- Ginger
- Grapeseed extract
- Kava, kava
- Milk thistle
- Siberian ginseng
- Valerian
- Other

The next questions ask about how you cook your meat, fish, or poultry. Over the past 12 months...

146. When you ate steak, what was the most common way it was cooked?

- NEVER ATE STEAK (GO TO QUESTION 147)
- Pan-fried
- Oven-broiled
- Grilled or barbecued
- Don't Know

146a. What was the second most common way it was cooked?

- Pan-fried
- Oven-broiled
- Grilled or barbecued
- Don't Know

146b. Which of the following best describes how you like your steak cooked?

- Rare
- Medium rare
- Medium
- Medium well done
- Well done
- Very well done
- Don't Know

147. When you ate hamburger or cheeseburger patties, how often did you get them from fast food restaurants?

- NEVER ATE HAMBURGER OR CHEESEBURGER PATTIES (GO TO QUESTION 148)
- Almost never or never
- About 1/4 of the time
- About 1/2 of the time
- About 3/4 of the time
- Always or almost always

147a. Not including from fast food restaurants, when you ate hamburger or cheeseburger patties, what was the most common way they were cooked?

- Pan-fried
- Oven-broiled
- Grilled or barbecued
- Don't Know

147b. What was the second most common way they were cooked?

- Pan-fried
- Oven-broiled
- Grilled or barbecued
- Don't Know

147c. Which of the following best describes how you like your hamburger or cheeseburger patties cooked?

- Rare
- Medium rare
- Medium
- Medium well done
- Well done
- Very well done
- Don't Know

Question 147 appears in the next column

Question 148 appears in the next column
Over the past 12 months...

148. When you ate chicken, what was the most common way it was cooked?

- NEVER ATE CHICKEN (GO TO QUESTION 149)
- Breaded and fried
- Pan-fried
- Roasted or baked
- Grilled or barbecued
- Oven-broiled
- Stewed or boiled
- Don't Know

148a. When you ate chicken, what was the second most common way it was cooked?

- Breaded and fried
- Pan-fried
- Roasted or baked
- Grilled or barbecued
- Oven-broiled
- Stewed or boiled
- Don't Know

148b. Which of the following best describes how you like your chicken cooked?

- Well done
- Very well done

149. When you ate pork roast or pork chops, what was the most common way it was cooked?

- NEVER ATE PORK ROAST OR CHOPS
- Baked
- Grilled or barbecued
- Breaded and fried
- Pan-fried (unbreaded)
- Oven-broiled
- Don't Know

149. When you ate pork roast or pork chops, what was the second most common way it was cooked?

- Breaded and fried
- Pan-fried
- Roasted or baked
- Grilled or barbecued
- Oven-broiled
- Stewed or boiled
- Don't Know

150. Which of the following best describes how you like your bacon cooked?

- NEVER EAT BACON
- Just until done
- Well done or crisp
- Well done or charred
- Don't know

151. Which of the following best describes how you like your sausage cooked?

- NEVER EAT SAUSAGE
- Just until done
- Well done or crisp
- Well done or charred
- Don't know

152. During the summer, how often did you eat meat, fish, or poultry that was grilled or barbecued over coals, an open fire, or ceramic briquettes?

- 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 or more times per day

153. During the rest of the year, how often did you eat meat, fish, or poultry that was grilled or barbecued over coals, an open fire, or ceramic briquettes?

- 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 or more times per day

154. When you ate grilled or barbecued meat, fish, or poultry, how often was it charred on the surface?

- NEVER EAT MEAT, FISH, OR POULTRY
- Almost never or never
- About 1/4 of the time
- About 1/2 of the time
- About 3/4 of the time
- Almost always or always

155. When you ate pan-fried or oven-broiled meat, how often was it well-browned on the surface?

- NEVER EAT MEAT
- Almost never or never
- About 1/4 of the time
- About 1/2 of the time
- About 3/4 of the time
- Almost always or always
156. When you were the ages described below, how many drinks per day, week, or month did you have? First, we ask about beer, then wine, then liquor, including liquor in mixed drinks. (Count sherry and wine coolers as wine; count brandy as liquor.) For those ages when you did not consume beer or wine or liquor, please mark NEVER for the specific beverage. When you are finished with this section, there should be one response in each line.

<table>
<thead>
<tr>
<th>Age Group</th>
<th>12 ounce bottle or can of beer</th>
<th>5 ounce glass of wine</th>
<th>1.5 ounce shot of liquor (including mixed drinks)</th>
</tr>
</thead>
<tbody>
<tr>
<td>18-24 years of age</td>
<td></td>
<td></td>
<td></td>
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<tr>
<td>25-39 years of age</td>
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<tr>
<td>40-54 years of age</td>
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<td></td>
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<tr>
<td>55 years of age or older</td>
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<td></td>
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</tbody>
</table>

Thank you very much for completing this questionnaire. Please return it in the self-addressed postage-paid envelope.