

Please use #2 pencil only.

ID: [ ] [ ] [ ] [ ] [ ] [ ] - [ ] [ ]

0 1 2 3 4 5 6 7 8 9 [ ] [ ] [ ] [ ] [ ] [ ] [ ] [ ] [ ] [ ]

1. Do you currently take multi-vitamins? (Please report other individual vitamins in the next section.)

No Yes a) How many do you take per week? b) What specific brand (or equivalency) do you usually take?

Centrum Silver Centrum Other e.g., AARP Alphabet II Formula 643 Multivitamins and Minerals Theragran M One-A-Day Essential

Not counting multi-vitamins, do you take any of the following preparations?

a) Vitamin A b) Potassium c) Vitamin C d) Vitamin B6 e) Vitamin E f) Calcium g) Selenium h) Vitamin D i) Zinc

2. Are there other supplements that you take on a regular basis? Metamucil/Citrucel Flax Seed Niacin Choline DHEA Cod Liver Oil Beta-carotene Chromium Folic Acid Iron Other Vitamin B12 Magnesium Lecithin B-Complex Flax Seed Oil Fishoil Coenzyme Q10 Lycopene

3. How many teaspoons of sugar do you add to your beverages or food each day?

4. What brand and type of cold breakfast cereal do you usually eat? Don't eat cold breakfast cereal.

5. What form of margarine or spread do you usually use (exclude pure butter)?

6. For each food listed, fill in the circle indicating how often on average you have used the amount specified during the past year.

Ch rb cf sw gn t k w

0 1 2 3 4 5 9 V S M

Table with columns: DAIRY FOODS (Milk, Cream, Yogurt, etc.), AVERAGE USE LAST YEAR (Never, 1-3 per month, 1 per week, 2-4 per week, 5-6 per week, 1 per day, 2-3 per day, 4-5 per day, 6+ per day), and Type of cheese (Soy, Regular, Low fat or Lite, Nonfat, None).



**6. (continued) For each food listed, fill in the circle indicating how often on average you have used the amount specified during the past year.**

EGGS, MEAT, ETC.		Never, or less than once per month	1-3 per month	1 per week	2-4 per week	5-6 per week	1 per day	2-3 per day	4-5 per day	6+ per day
Salami, bologna, or other processed meat sandwiches		<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Other processed meats, e.g., sausage, kielbasa, etc. (2 oz. or 2 small links)		<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Hamburger (1 patty)	Lean or extra lean	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
	Regular	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Beef, pork, or lamb as a sandwich or mixed dish, e.g., stew, casserole, lasagna, frozen dinners, etc.		<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Pork as a main dish, e.g., ham or chops (4-6 oz.)		<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Beef or lamb as a main dish, e.g., steak, roast (4-6 oz.)		<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Canned tuna fish (3-4 oz.)		<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Breaded fish cakes, pieces, or fish sticks (1 serving, store bought)		<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Shrimp, lobster, scallops as a main dish		<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Dark meat fish, e.g., tuna steak, mackerel, salmon, sardines, bluefish, swordfish (3-5 oz.)		<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Other fish, e.g., cod, haddock, halibut (3-5 oz.)		<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

BREADS, CEREALS, STARCHES		Never, or less than once per month	1-3 per month	1 per week	2-4 per week	5-6 per week	1 per day	2-3 per day	4-5 per day	6+ per day
Cold breakfast cereal (1 serving)		<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Cooked oatmeal/cooked oat bran (1 cup)		<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Other cooked breakfast cereal (1 cup)		<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Bread (1 slice)	White bread, including pita	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
	Rye/Pumpernickel	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
	Whole wheat, oatmeal, other whole grain	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Crackers, regular or lowfat e.g., Triscuits, Ritz (6)		<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Bagels, English muffins, or rolls (1)		<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Muffins or biscuits (1)		<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Pancakes or waffles (2 small pieces)		<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Brown rice (1 cup)		<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
White rice (1 cup)		<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Pasta, e.g., spaghetti, noodles, couscous, etc. (1 cup)		<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Tortillas (2)		<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
French Fries (6 oz. or 1 serving)		<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Potatoes, baked, boiled (1) or mashed (1 cup)		<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Potato chips or corn/tortilla chips (small bag or 1 oz.)		<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Pizza (2 slices)		<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

BEVERAGES		Never, or less than once per month	1-3 per month	1 per week	2-4 per week	5-6 per week	1 per day	2-3 per day	4-5 per day	6+ per day
CARBONATED BEVERAGES	Low-Calorie (sugar-free) types	Low-calorie beverage with caffeine, e.g., Diet Coke, Diet Mt. Dew								
	Regular types (not sugar-free)	Other low-cal bev. without caffeine, e.g., Diet 7-Up								
		Carbonated beverage with caffeine & sugar, e.g., Coke, Pepsi, Mt. Dew, Dr. Pepper								
OTHER BEVERAGES	Other carbonated beverage with sugar, e.g., 7-Up, Root Beer, Ginger Ale, Caffeine-Free Coke									
	Other sugared beverages: Punch, lemonade, sports drinks, or sugared ice tea (1 glass, bottle, can)									
	Beer, regular (1 glass, bottle, can)									
	Light Beer, e.g., Bud Light (1 glass, bottle, can)									
	Red wine (5 oz. glass)									
	White wine (5 oz. glass)									
	Liquor, e.g., vodka, gin, etc. (1 drink or shot)									
	Water: bottled, sparkling, or tap (8 oz. cup)									
	Herbal tea or decaffeinated tea (8 oz. cup)									
	Tea with caffeine (8 oz. cup), including green tea									
	Decaffeinated coffee (8 oz. cup)									
	Coffee with caffeine (8 oz. cup)									
	Dairy coffee drink (hot/cold) e.g., Cappuccino (16 oz.)									

6. (continued) For each food listed, fill in the circle indicating how often on average you have used the amount specified during the past year.

Table with columns for frequency (Never, 1-3 per month, 1 per week, 2-4 per week, 5-6 per week, 1 per day, 2-3 per day, 4-5 per day, 6+ per day) and rows for various food items under 'SWEETS, BAKED GOODS, MISCELLANEOUS'.

Vertical column of checkboxes for demographic and food type categories, including 'as mus', 'bu rad', 'hrd egg', 'dat fig', 'rhu man', 'mdf pap', 'wg cus', 'ven htp', 'pic olv', 'slm en', 'en+ gs', 'OLV', 'CAN', 'COR', 'SOY', 'VEG'.

- 7. Liver: (beef, calf or pork 4 oz.) ... Liver: (chicken or turkey 1 oz.) ...
8. How often do you eat fried or sautéed food at home? (Exclude "Pam"-type spray)
9. What kind of fat is usually used for frying and sautéing at home? (Exclude "Pam"-type spray)
10. What kind of fat is usually used for baking at home?
11. What type of cooking oil is usually used at home? (e.g., Mazola Corn Oil) Specify brand and type
12. How often do you eat deep fried chicken, fish, shrimp, clams or onion rings away from home?
13. How often do you eat toasted breads, bagel or English muffin (e.g., slice or 1 half bagel)?

14. Are there any other important foods that you usually eat at least once per week?
Include for example: Applesauce, mushrooms, bulgur, radish, horseradish, Eggbeaters, dates, figs, rhubarb, mango, mixed dried fruit, papaya, wheat germ, custard, venison, hot peppers, pickles, olives, SlimFast, Ensure (regular or plus), Glucerna Shake.
(Do not include dry spices and do not list something that has been listed in the previous sections.)