



**5. Sport drinks (e.g., Powerade or Gatorade) or sugar-sweetened vitamin water (individual bottle)**

- Never/less than 1 per month
- 1–3 bottles per month
- 1 bottle per week
- 2–4 bottles per week
- 5–6 bottles per week
- 1 bottle per day
- 2 bottles per day
- 3 or more bottles per day

**6. Sugar-free or low calorie energy drinks—Red Bull Sugarfree, Lo-carb Monster Energy (individual can/bottle)**

- Never/less than 1 per month
- 1–3 bottles per month
- 1 bottle per week
- 2–4 bottles per week
- 5–6 bottles per week
- 1 bottle per day
- 2 bottles per day
- 3 or more bottles per day

**7. Regular energy drinks—Red Bull, Rock Star (individual can/bottle)**

- Never/less than 1 per month
- 1–3 bottles per month
- 1 bottle per week
- 2–4 bottles per week
- 5–6 bottles per week
- 1 bottle per day
- 2 bottles per day
- 3 or more bottles per day

**8. Smoothies (e.g., medium Jamba Juice or Orange Julius)**

- Never/less than 1 per month
- 1–3 glasses per month
- 1 glass per week
- 2–4 glasses per week
- 5–6 glasses per week
- 1 glass per day
- 2 glasses per day
- 3 or more glasses per day

**9. Milkshake (1)**

- Never/less than 1 per month
- 1–3 per month
- 1 per week
- More than 1 per week

**10. Hot tea with caffeine (not herbal) (1 cup)**

- Never/less than 1 per month
- 1–3 cups per month
- 1–2 cups per week
- 3–6 cups per week
- 1 cup per day
- 2 or more cups per day

**11. Decaffeinated coffee (1 cup)**

- Never/less than 1 per month
- 1–3 cups per month
- 1–2 cups per week
- 3–6 cups per week
- 1 cup per day
- 2 or more cups per day

**12. Coffee—not decaf. (1 cup)**

- Never/less than 1 per month
- 1–3 cups per month
- 1–2 cups per week
- 3–6 cups per week
- 1 cup per day
- 2 or more cups per day

**13. Coffee drinks with nonfat milk, e.g., Cappuccino, Mocha, Latte**

- Never/less than 1 per month
- 1–3 cups per month
- 1–2 cups per week
- 3–6 cups per week
- 1 cup per day
- 2 or more cups per day

**14. Coffee drinks with low-fat or whole milk, e.g., Cappuccino, Mocha, Latte**

- Never/less than 1 per month
- 1–3 cups per month
- 1–2 cups per week
- 3–6 cups per week
- 1 cup per day
- 2 or more cups per day

**15. Iced coffee with nonfat milk, e.g., Coffee Coolatta, Frappuccino**

- Never/less than 1 per month
- 1–3 cups per month
- 1–2 cups per week
- 3–6 cups per week
- 1 cup per day
- 2 or more cups per day

**16. Iced coffee with low-fat or whole milk, e.g., Coffee Coolatta, Frappuccino**

- Never/less than 1 per month
- 1–3 cups per month
- 1–2 cups per week
- 3–6 cups per week
- 1 cup per day
- 2 or more cups per day

**17. Water—tap and bottled (1 glass or bottle)**

- Never/less than 1 per month
- 1–3 glasses per month
- 1 glass per week
- 2–4 glasses per week
- 5–6 glasses per week
- 1 glass per day
- 2 glasses per day
- 3 or more glasses per day

**18. Beer (1 glass, bottle or can)**

- Never/less than 1 per month
- 1–3 cans per month
- 1 can per week
- 2–4 cans per week
- 5–6 cans per week
- 1 can per day
- 2 cans per day
- 3 or more cans per day

**19. Wine or wine coolers (1 glass)**

- Never/less than 1 per month
- 1–3 glasses per month
- 1 glass per week
- 2–4 glasses per week
- 5–6 glasses per week
- 1 glass per day
- 2 glasses per day
- 3 or more glasses per day

**20. Liquor, like vodka or rum (1 drink, 1 shot, 1 bottle) Include ready to drink alcoholic beverages like Hard Lemonade**

- Never/less than 1 per month
- 1–3 drinks per month
- 1 drink per week
- 2–4 drinks per week
- 5–6 drinks per week
- 1 drink per day
- 2 drinks per day
- 3 or more drinks per day

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**15.** What **form** of margarine does your family usually use?

- None
- Stick
- Tub
- Squeeze (liquid)
- Spray
- Don't know



What specific brand and type of margarine (like "Promise Light Spread")?

*Leave blank if you don't know.*

**16.** What **type** of oil does your family use at home? (Fill in all that apply)

- Canola oil
- Vegetable oil
- Corn oil
- Safflower oil
- Olive oil
- Don't know

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4	4	4	
5	5	5	
6	6	6	
7	7	7	
8	8	8	
9	9	9	

## MAIN DISHES

**1. Cheeseburger (1)**

- Never/less than 1 per month
- 1-3 per month
- One per week
- 2-4 per week
- More than 4 per week

**2. Hamburger or Sloppy Joe (1)**

- Never/less than 1 per month
- 1-3 per month
- One per week
- 2-4 per week
- More than 4 per week

**3. Tofu, Soyburger, miso, edamame, or other soy dish (1 serving)**

- Never/less than 1 per month
- 1-3 per month
- One per week
- 2-4 per week
- More than 4 per week

**4. Veggieburger (1)**

- Never/less than 1 per month
- 1-3 per month
- One per week
- 2-4 per week
- More than 4 per week

**5. Pizza (2 slices)**

- Never/less than 1 per month
- 1-3 times per month
- Once per week
- 2-4 times per week
- More than 4 times per week

**6. Tacos (1)**

- Never/less than 1 per month
- 1-3 per month
- One per week
- 2-4 per week
- More than 4 per week

**7. Burritos (1)**

- Never/less than 1 per month
- 1-3 per month
- One per week
- 2-4 per week
- More than 4 per week

**8. Which filling do you usually have for tacos/burritos? (Fill in all that apply)**

- Beef & beans
- Beef
- Chicken
- Beans

**9. Chicken nuggets (6)**

- Never/less than 1 per month
- 1-3 times per month
- Once per week
- 2-4 times per week
- More than 4 times per week

**10. Beef or Pork hot dogs (1) (include corndogs)**

- Never/less than 1 per month
- 1-3 per month
- One per week
- 2-4 per week
- More than 4 per week

**11. Chicken or Turkey hot dogs or sausage (1)**

- Never/less than 1 per month
- 1-3 per month
- One per week
- 2-4 per week
- More than 4 per week

**12. Chicken or turkey as a mixed dish (e.g., stir fry or soup)**

- Never/less than 1 per month
- 1-3 times per month
- Once per week
- 2-4 times per week
- More than 4 times per week

**13. Chicken or turkey as main dish (1 serving)**

- Never/less than 1 per month
- 1-3 times per month
- Once per week
- 2-4 times per week
- More than 4 times per week

**14. When you have chicken or turkey, do you eat the skin?**

- Yes
- No
- Sometimes
- Don't eat chicken or turkey

**15. Fish sticks, fish cakes or fish sandwich (1 serving)**

- Never/less than 1 per month
- 1-3 times per month
- Once per week
- More than once per week

**16. Dark meat fish as main dish, e.g., tuna steak, salmon, sardines, swordfish (1 serving)**

- Never/less than 1 per month
- 1-3 per month
- Once per week
- 2-4 per week
- More than 4 per week

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# OTHER FOODS

## 1. Ketchup

- Never/less than 1 per month
- 1–3 times per month
- Once per week
- 2–4 times per week
- More than 4 times per week

## 2. Cream (milk) soups or chowder (1 bowl)

- Never/less than 1 per month
- 1–3 bowls per month
- 1 bowl per week
- 2–6 bowls per week
- 1 or more bowls per day

## 3. Clear soup or broth (with noodles, rice, vegetables) 1 bowl

- Never/less than 1 per month
- 1–3 bowls per month
- 1 bowl per week
- 2–6 bowls per week
- 1 or more bowls per day

## 4. Mayonnaise (1 Tbs.)

- Never/less than 1 per month
- 1–3 times per month
- Once per week
- 2–6 times per week
- 1 or more times per day

## 5. Low calorie or low fat salad dressing (1–2 Tbs.)

- Never/less than 1 per month
- 1–3 times per month
- Once per week
- 2–6 times per week
- 1 or more times per day

## 6. Salad dressing (not low calorie) (1–2 Tbs.)

- Never/less than 1 per month
- 1–3 times per month
- Once per week
- 2–6 times per week
- 1 or more times per day

## 7. Salsa (1 serving)

- Never/less than 1 per month
- 1–3 times per month
- Once per week
- 2–6 times per week
- 1 or more times per day

## 8. How many teaspoons of sugar do you ADD to your beverages or food each day?

- None/less than 1 teaspoon per day
- 1–2 teaspoons per day
- 3–4 teaspoons per day
- 5 or more teaspoons per day

# BREADS CEREALS & GRAINS

## 1. Cold breakfast cereal (1 bowl)

- Never/less than 1 per month
- 1–3 bowls per month
- 1 bowl per week
- 2–4 bowls per week
- 5–7 bowls per week
- More than 1 bowl per day

## 2. Which cold breakfast cereal do you eat most often (like Cheerios or Special K)?

- Cheerios
- Honey Nut Cheerios
- Frosted Mini-Wheats
- Frosted Flakes
- Cinnamon Toast Crunch

Other:

- Never eat cold breakfast cereal

RK	0	0	0	0
HB	1	1	1	1
LC	2	2	2	2
FL	3	3	3	3
L	4	4	4	4
PB	5	5	5	5
SK	6	6	6	6
CC	7	7	7	7
	8	8	8	8
	9	9	9	9

## 3. Oatmeal, include instant (1 bowl)

- Never/less than 1 per month
- 1–3 bowls per month
- 1 bowl per week
- 2–4 bowls per week
- 5–7 bowls per week
- More than 1 bowl per day

## 4. Other cooked breakfast cereal—e.g., cream of wheat, grits (1 bowl)

- Never/less than 1 per month
- 1–3 bowls per month
- 1 bowl per week
- 2–4 bowls per week
- 5–7 bowls per week
- More than 1 bowl per day

## 5. White bread, pita bread, include toast—**not** in sandwiches (1 slice)

- Never/less than 1 per month
- 1 slice per week or less
- 2–4 slices per week
- 5–7 slices per week
- 2–3 slices per day
- More than 3 slices per day

## 6. Whole wheat or whole grain bread, include toast—**not** in sandwiches (1 slice)

- Never/less than 1 per month
- 1 slice per week or less
- 2–4 slices per week
- 5–7 slices per week
- 2–3 slices per day
- More than 3 slices per day

## 7. English muffins, bagels, or rolls (1)—include breakfast sandwich

- Never/less than 1 per month
- 1–3 per month
- 1 per week
- 2–4 per week
- More than 4 per week

## 8. Muffin (1) or cornbread (1 square)

- Never/less than 1 per month
- 1–3 per month
- 1 per week
- 2–4 per week
- More than 4 per week

## 9. Croissant (1)

- Never/less than 1 per month
- 1–3 per month
- 1 per week
- 2–4 per week
- More than 4 per week

## 10. Biscuit (1)

- Never/less than 1 per month
- 1–3 per month
- 1 per week
- 2–4 per week
- More than 4 per week

**11. White rice (1 serving)**

- Never/less than 1 per month
- 1–3 times per month
- Once per week
- 2–4 times per week
- More than 4 times per week

**12. Brown rice (1 serving)**

- Never/less than 1 per month
- 1–3 times per month
- Once per week
- 2–4 times per week
- More than 4 times per week

**13. Corn or flour tortilla—no filling e.g., quesadilla *not* tacos or burritos (2)**

- Never/less than 1 per month
- 1–3 per month
- 1 per week
- 2–4 per week
- More than 4 per week

**14. Pancakes or waffles (2)**

- Never/less than 1 per month
- 1–3 times per month
- Once per week
- 2–4 times per week
- More than 4 times per week

**15. French toast (2 slices)**

- Never/less than 1 per month
- 1–3 times per month
- Once per week
- 2–4 times per week
- More than 4 times per week

**16. French fries, tater tots, hash browns (1 serving)**

- Never/less than 1 per month
- 1–3 servings per month
- 1 serving per week
- 2–4 servings per week
- More than 4 servings per week

**17. Potatoes—baked or boiled (1), mashed (1 serving)**

- Never/less than 1 per month
- 1–3 times per month
- Once per week
- 2–4 times per week
- More than 4 times per week

**FRUITS AND VEGETABLES** *There are no right or wrong answers.***1. Raisins (small pack)**

- Never/less than 1 per month
- 1–3 times per month
- 1 per week
- 2–4 times per week
- More than 4 times per week

**2. Grapes (bunch)**

- Never/less than 1 per month
- 1–3 times per month
- 1 per week
- 2–4 times per week
- More than 4 times per week

**3. Bananas (1)**

- Never/less than 1 per month
- 1–3 per month
- 1 per week
- 2–4 per week
- More than 4 per week

**4. Apples (1)**

- Never/less than 1 per month
- 1–3 per month
- 1 per week
- 2–6 per week
- 1 or more per day

**5. Applesauce (1 serving)**

- Never/less than 1 per month
- 1–3 per month
- 1 per week
- 2–6 per week
- 1 or more per day

**6. Pears (1)**

- Never/less than 1 per month
- 1–3 per month
- 1 per week
- 2–6 per week
- 1 or more per day

**7. Cantaloupe, melon (1 wedge)**

- Never/less than once per month
- 1–3 times per month
- Once per week
- More than once per week

**8. Watermelon (1 wedge)**

- Never/less than once per month
- 1–3 times per month
- Once per week
- More than once per week

**9. Oranges (1)**

- Never/less than 1 per month
- 1–3 per month
- 1 per week
- 2–6 per week
- 1 or more per day

**10. Grapefruit (1/2)**

- Never/less than 1 per month
- 1–3 per month
- 1 per week
- 2–6 per week
- 1 or more per day

**11. Strawberries (1 serving)**

- Never/less than 1 per month
- 1–3 times per month
- Once per week
- 2–4 times per week
- More than 4 times per week

**12. Blueberries (1 serving)**

- Never/less than 1 per month
- 1–3 times per month
- Once per week
- 2–4 times per week
- More than 4 times per week

**13. Peaches, plums, apricots (1)**

- Never/less than 1 per month
- 1–3 per month
- 1 per week
- 2–4 per week
- More than 4 per week

**14. Pineapple (1 serving)**

- Never/less than 1 per month
- 1–3 times per month
- Once per week
- More than once per week

**15. Orange juice (1 glass)**

- Never/less than 1 per month
- 1–3 glasses per month
- 1 glass per week
- 2–6 glasses per week
- 1 glass per day
- More than 1 glass per day

**16. Apple juice and other 100% fruit juices (1 glass)**

- Never/less than 1 per month
- 1–3 glasses per month
- 1 glass per week
- 2–6 glasses per week
- 1 glass per day
- More than 1 glass per day

**17. Tomatoes (2 slices)**

- Never/less than 1 per month
- 1-3 per month
- 1 per week
- 2-6 per week
- 1 or more per day

**18. Tomato juice (1 small glass)**

- Never/less than 1 per month
- 1-3 per month
- 1 per week
- 2-6 per week
- 1 or more per day

**19. V8 Fusion (1 small glass)**

- Never/less than 1 per month
- 1-3 per month
- 1 per week
- 2-6 per week
- 1 or more per day

**20. Green beans (1 serving)**

- Never/less than 1 per month
- 1-3 times per month
- Once per week
- 2-4 times per week
- More than 4 times per week

**21. Beans or lentils—include baked beans (1 serving)**

- Never/less than 1 per month
- Once per week or less
- 2-6 times per week
- Once per day

**22. Broccoli (1 serving)**

- Never/less than 1 per month
- 1-3 times per month
- Once per week
- 2-4 times per week
- More than 4 times per week

**23. Cauliflower (1 serving)**

- Never/less than 1 per month
- 1-3 times per month
- Once per week
- 2-4 times per week
- More than 4 times per week

**24. Corn (1 serving)**

- Never/less than 1 per month
- 1-3 times per month
- Once per week
- 2-4 times per week
- More than 4 times per week

**25. Peas (1 serving)**

- Never/less than 1 per month
- 1-3 times per month
- Once per week
- 2-4 times per week
- More than 4 times per week

**26. Mixed vegetables (1 serving)**

- Never/less than 1 per month
- 1-3 times per month
- Once per week
- 2-4 times per week
- More than 4 times per week

**27. Spinach, raw as in salad (1 serving)**

- Never/less than 1 per month
- 1-3 times per month
- Once per week
- 2-4 times per week
- More than 4 times per week

**28. Collard greens/kale/cooked spinach (1 serving)**

- Never/less than 1 per month
- 1-3 times per month
- Once per week
- 2-4 times per week
- More than 4 times per week

**29. Green/red/yellow peppers (3 slices)**

- Never/less than 1 per month
- 1-3 times per month
- Once per week
- 2-4 times per week
- More than 4 times per week

**30. Yams/sweet potatoes (medium or 1 serving)**

- Never/less than 1 per month
- 1-3 times per month
- Once per week
- 2-4 times per week
- More than 4 times per week

**31. Zucchini, summer squash, eggplant (1 serving)**

- Never/less than 1 per month
- 1-3 times per month
- Once per week
- 2-4 times per week
- More than 4 times per week

**32. Carrots, cooked (1 serving)**

- Never/less than 1 per month
- 1-3 times per month
- Once per week
- 2-4 times per week
- More than 4 times per week

**33. Carrots, raw (1/2 carrot or 2-4 baby carrots)**

- Never/less than 1 per month
- 1-3 times per month
- Once per week
- 2-4 times per week
- More than 4 times per week

**34. Celery (2 or 3 sticks)**

- Never/less than 1 per month
- 1-3 times per month
- Once per week
- 2-4 times per week
- More than 4 times per week

**35. Lettuce/tossed salad (1 serving)**

- Never/less than 1 per month
- 1-3 times per month
- Once per week
- 2-6 times per week
- 1 or more per day

**36. Coleslaw (1 serving)**

- Never/less than 1 per month
- 1-3 times per month
- Once per week
- More than once per week

**37. Cabbage (1 serving)**

- Never/less than 1 per month
- 1-3 times per month
- Once per week
- More than once per week

**38. Potato salad (small serving)**

- Never/less than 1 per month
- 1-3 times per month
- Once per week
- More than once per week

**39. Pasta salad (small serving)**

- Never/less than 1 per month
- 1-3 times per month
- Once per week
- More than once per week

**40. Okra (1 serving)**

- Never/less than 1 per month
- 1-3 times per month
- Once per week
- More than once per week

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#### 41. Onion rings, cooked onions, or onion soup (small serving)

- Never/less than 1 per month
- 1–3 times per month
- Once per week
- More than once per week

## SNACK FOODS/DESSERTS

#### 1. Potato chips (1 small bag)

- Never/less than 1 per month
- 1–3 small bags per month
- One small bag per week
- 2–6 small bags per week
- 1 or more small bags per day

#### 2. Corn chips/Doritos (1 small bag)

- Never/less than 1 per month
- 1–3 small bags per month
- One small bag per week
- 2–6 small bags per week
- 1 or more small bags per day

#### 3. Popcorn (1 small bag)

- Never/less than 1 per month
- 1–3 small bags per month
- 1–4 small bags per week
- More than 4 small bags per week

#### 4. Pretzels (1 small bag)

- Never/less than 1 per month
- 1–3 small bags per month
- 1 small bag per week
- More than 1 small bag per week

#### 5. Mixed dried fruit/trail mix (small bag)

- Never/less than 1 per month
- 1–3 times per month
- 1 per week
- 2–6 per week
- 1 or more per day

#### 6. Peanuts (1 small bag)

- Never/less than 1 per month
- 1–3 small bags per month
- 1–4 small bags per week
- More than 4 small bags per week

#### 7. Other nuts (1 small bag)

- Never/less than 1 per month
- 1–3 small bags per month
- 1–4 small bags per week
- More than 4 small bags per week

#### 8. Fruit snacks or fruit rollups (1 pack)

- Never/less than 1 per month
- 1–3 packs per month
- 1–4 packs per week
- More than 4 packs per week

#### 9. Graham crackers (2 squares)

- Never/less than 1 per month
- 1–3 times per month
- 1–4 times per week
- More than 4 times per week

#### 10. Crackers, e.g., Wheat Thins or Ritz, Cheez-Its, soda crackers, Saltines (1 serving)

- Never/less than 1 per month
- 1–3 times per month
- 1–4 times per week
- More than 4 times per week

#### 11. Poptarts (1)

- Never/less than 1 per month
- 1–3 poptarts per month
- 1–6 poptarts per week
- 1 or more poptarts per day

#### 12. Cake (1 slice) or cupcake with frosting (1)

- Never/less than 1 per month
- 1–3 slices per month
- 1 slice per week
- More than 1 slice per week

#### 13. Snack cakes, like Ring Dings/Swiss Rolls/Twinkies (1 package)

- Never/less than 1 per month
- 1–3 per month
- Once per week
- 2–6 per week
- 1 or more per day

#### 14. Danish, cinnamon rolls, pastry (1)

- Never/less than 1 per month
- 1–3 per month
- 1 per week
- 2–4 per week
- More than 4 per week

#### 15. Donuts (1) or churros (1 serving)

- Never/less than 1 per month
- 1–3 per month
- 1 per week
- 2–6 per week
- More than 1 per day

#### 16. Cookies (1)

- Never/less than 1 per month
- 1–3 cookies per month
- 1 cookie per week
- 2–6 cookies per week
- 1–3 cookies per day
- More than 3 cookies per day



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