2012 Youth Adolescent Food Frequency Questionnaire

MARKING INSTRUCTIONS
- Use a NO. 2 PENCIL only.
- Do not use ink or ballpoint pen.
- Darken in the circle completely.
- Erase cleanly any marks you wish to change.
- Do not make any stray marks on this form.

1. What is your AGE?
   - Less than 9
   - 9
   - 10
   - 11
   - 12
   - 13
   - 14 or 18 or older

2. Are you:
   - Male
   - Female

3. Your Height
   - 0
   - 1
   - 2
   - 3
   - 4
   - 5
   - 6
   - 7
   - 8
   - 9
   - 10
   - 11
   - 12
   - 13
   - 14
   - 15
   - 16
   - 17
   - 18 or older

4. Your Weight (lbs)
   - 0
   - 1
   - 2
   - 3
   - 4
   - 5
   - 6
   - 7
   - 8
   - 9
   - 10
   - 11
   - 12
   - 13
   - 14
   - 15
   - 16
   - 17
   - 18 or older

5. Do you now take vitamins (like Flintstones, Centrum, Centrum Kids)?
   - Yes
   - No
   a. How many do you take per week?
      - 1-2
      - 3-5
      - 6-9
      - 10 or more
   b. What specific brand do you usually take?
      (Please specify exact brand)

6. Do you take any other separate vitamin or mineral pills? (NOT the multivitamin pill listed in question 5b)
   - Yes
   - No
   - Calcium or TUMS
   - Iron
   - Vitamin C
   - Vitamin E
   - Vitamin D
   - Fish Oil
   - Other
     please specify: ______________________

7. How often do you eat food that is fried at home, like fried chicken?
   - Never/less than once per week
   - 1-3 times per week
   - 4-6 times per week
   - Daily

8. How often do you eat fried food away from home (like french fries, chicken nuggets)?
   - Never/less than once per week
   - 1-3 times per week
   - 4-6 times per week
   - Daily

These questions ask about what you ate and drank over the past year.

DRINKS

1. Diet soda/pop (1 can or 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

2. Soda/pop—not diet (1 can or 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

3. What is the usual serving size of the soda/pop you drink (any type)?
   - <12 oz.
   - 12 oz. (e.g., can)
   - 16-20 (individual bottle)
   - 21 oz. (e.g., Big Gulp)
   - Don’t know or don’t drink

4. Sugared iced-tea, fruit drinks, punch, lemonade, Sunny D, Kool-Aid or other non-carbonated fruit drink—NOT JUICE (1 glass, can or 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
<table>
<thead>
<tr>
<th>5. Sport drinks (e.g., Powerade or Gatorade) or sugar-sweetened vitamin water (individual bottle)</th>
<th>6. Sugar-free or low calorie energy drinks—Red Bull Sugarfree, Lo-carb Monster Energy (individual can/bottle)</th>
<th>7. Regular energy drinks—Red Bull, Rock Star (individual can/bottle)</th>
<th>8. Smoothies (e.g., medium Jamba Juice or Orange Julius)</th>
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<th>17. Water—tap and bottled (1 glass or bottle)</th>
<th>18. Beer (1 glass, bottle or can)</th>
<th>19. Wine or wine coolers (1 glass)</th>
<th>20. Liquor, like vodka or rum (1 drink, 1 shot, 1 bottle)</th>
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### DAIRY FOODS

1. **What type of white milk do you usually drink?**
   - Skim/nonfat milk
   - 1% milk
   - 2% milk
   - Whole milk
   - Soy milk
   - Don’t know
   - Don’t drink milk

2. **White milk (glass or with cereal)**
   - Never/less than 1 per month
   - 1 glass per week or less
   - 2–6 glasses per week
   - 1 glass per day
   - 2–3 glasses per day
   - More than 3 glasses per day

3. **Chocolate or other flavored milk (glass)**
   - Never/less than 1 per month
   - 1–3 glasses per month
   - 1 glass per week
   - 2–6 glasses per week
   - 1–2 glasses per day
   - More than 2 glasses per day

4. **Instant breakfast drink (1 serving or can)**
   - 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

5. **High protein shake or drink (1 packet, serving/can)**
   - 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. **Light, low calorie or plain yogurt—e.g., light peach (4–6 oz.)—not frozen**
   - Never/less than 1 per month
   - 1–3 glasses per month
   - 1 cup per week
   - 2–6 glasses per week
   - 1 cup per day
   - More than 1 cup per day

7. **Regular yogurt sweetened with fruit or other flavoring—e.g., vanilla, strawberry (4–6 oz.)—not frozen**
   - Never/less than 1 per month
   - 1–3 cups per month
   - 1 cup per week
   - 2–6 cups per week
   - 1 cup per day
   - More than 1 cup per day

8. **Cottage or ricotta cheese (1/2 cup)**
   - Never/less than 1 per month
   - 1–3 times per month
   - Once per week
   - 2–4 times per week
   - More than once per week

9. **Cheese (1 slice)—eaten alone or added to main dish, sandwich, or quesadilla**
   - Never/less than 1 per month
   - 1–3 slices per month
   - 1 slice per week
   - 2–6 slices per week
   - 1 slice per day
   - 2–3 slices per day
   - More than 3 slices per day

10. **Cream cheese (2 Tbs)**
    - Never/less than 1 per month
    - 1–3 times per month
    - Once per week
    - 2–6 times per week
    - Once per day
    - More than once per day

11. **What type of cottage cheese, cream cheese, other cheeses do you usually use? (Fill in all that apply)**
    - Nonfat
    - Lowfat
    - Regular
    - Don’t know

12. **Butter (1 serving)—not margarine**
    - Never/less than 1 per month
    - 1–3 pats per month
    - 1 pat per week
    - 2–6 pats per week
    - 1 pat per day
    - 2–4 pats per day
    - More than 4 pats per day

13. **Margarine (1 serving)—not butter**
    - Never/less than 1 per month
    - 1–3 pats per month
    - 1 pat per week
    - 2–6 pats per week
    - 1 pat per day
    - 2–4 pats per day
    - More than 4 pats per day

14. **Whipped cream (1 serving)—not fat free**
    - Never/less than 1 per month
    - 1–3 servings per month
    - 1 serving per week
    - 2–6 servings per week
    - 1–2 servings per day
    - More than 2 servings per day
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  
- Corn oil  
- Olive oil  
- Vegetable oil  
- Safflower oil  
- Don’t know

### 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 serving)**  
- 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  
- One 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
### Sandwiches

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<th>Description</th>
<th>Frequency Options</th>
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<tbody>
<tr>
<td>1</td>
<td>Peanut butter sandwich (1) or crackers with peanut butter (1 pack)</td>
<td>- Never/less than 1 per month&lt;br&gt;- 1–3 per month&lt;br&gt;- Once per week&lt;br&gt;- 2–4 per week&lt;br&gt;- More than 4 per week</td>
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<td>2</td>
<td>Chicken or turkey sandwich (1)</td>
<td>- Never/less than 1 per month&lt;br&gt;- 1–3 per month&lt;br&gt;- Once per week&lt;br&gt;- 2–4 per week&lt;br&gt;- More than 4 per week</td>
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<td>3</td>
<td>Roast beef sandwich (1)</td>
<td>- Never/less than 1 per month&lt;br&gt;- 1–3 times per month&lt;br&gt;- Once per week&lt;br&gt;- 2–4 times per week&lt;br&gt;- More than 4 times per week</td>
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<td>4</td>
<td>Salami, bologna, ham or other deli meat sandwich (1)</td>
<td>- Never/less than 1 per month&lt;br&gt;- 1–3 per month&lt;br&gt;- Once per week&lt;br&gt;- 2–4 per week&lt;br&gt;- More than 4 per week</td>
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<td>5</td>
<td>Tuna sandwich (1)</td>
<td>- Never/less than 1 per month&lt;br&gt;- 1–3 per month&lt;br&gt;- Once per week&lt;br&gt;- 2–4 per week&lt;br&gt;- More than 4 per week</td>
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<td>6</td>
<td>Grilled cheese sandwich (1)</td>
<td>- Never/less than 1 per month&lt;br&gt;- 1–3 per month&lt;br&gt;- Once per week&lt;br&gt;- 2–4 per week&lt;br&gt;- More than 4 per week</td>
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### Other Fish as Main Dish

- **Cod, Haddock, Halibut (1 serving)**

### Shrimp, Lobster, Scallops

- **(1 serving)**

### Beef, Pork or Lamb as a Mixed Dish

- **(e.g., stir fry or stew)**

### Beef (steak, roast) or Lamb as Main Dish

- **(1 serving)**

### Eggs—e.g., Scrambled, Fried, in Breakfast Sandwich

- **(1)**

### Macaroni and Cheese or Other Pasta with Cream Sauce

- **(1 serving)**

### Spaghetti or Other Pasta with Tomato Sauce

- **(1 serving)**

### Sausage (beef/pork)

- **(2 oz. or 2 small links)**

### Lasagna/Baked Ziti/Ravioli

- **(1 serving)**

### Bacon

- **(2)**

### Liver

- **(1 serving)**

### Meatballs or Meatloaf

- **(1 serving)**

### Noodles/Pasta, Plain—No Sauce

- **(1 serving)**

### Sandwiches

- **Grilled cheese sandwich (1)**
- **Peanut butter sandwich (1) or crackers with peanut butter (1 pack)**
- **Chicken or turkey sandwich (1)**
- **Roast beef sandwich (1)**
- **Tuna sandwich (1)**
- **Grilled cheese sandwich (1)**
### 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)**
   - 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. **Salsa (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

5. **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

6. **Croissant (1)**
   - Never/less than 1 per month
   - 1–3 per month
   - 1 per week
   - 2–4 per week
   - More than 4 per week

7. **Croissant (1)**
   - Never/less than 1 per month
   - 1–3 per month
   - 1 per week
   - 2–4 per week
   - More than 4 per week

8. **Biscuit (1)**
   - Never/less than 1 per month
   - 1–3 per month
   - 1 per week
   - 2–4 per week
   - More than 4 per week

### 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)?**
   - Never eat cold breakfast cereal
   - Cheerios
   - Honey Nut Cheerios
   - Frosted Mini-Wheats
   - Frosted Flakes
   - Cinnamon Toast Crunch

3. **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

4. **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

5. **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

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. **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

9. **How many teaspoons of sugar do you ADD to your beverages or food each day?**
   - Never/less than 1 teaspoon per day
   - 1–2 teaspoons per day
   - 3–4 teaspoons per day
   - 5 or more teaspoons per day

10. **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
<table>
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<tr>
<th>FRUITS AND VEGETABLES</th>
<th>There are no right or wrong answers.</th>
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<tbody>
<tr>
<td><strong>1.</strong> Raisins (small pack)</td>
<td><strong>2.</strong> Grapes (bunch)</td>
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<td>Never/less than 1 per month</td>
<td>Never/less than 1 per month</td>
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<td>More than 4 times per week</td>
<td>More than 4 times per week</td>
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<tr>
<td><strong>3.</strong> Bananas (1)</td>
<td><strong>4.</strong> Apples (1)</td>
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<td>Never/less than 1 per month</td>
<td>Never/less than 1 per month</td>
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<td>1–3 times per month</td>
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<td><strong>5.</strong> Applesauce (1 serving)</td>
<td><strong>6.</strong> Pears (1)</td>
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<td>Never/less than 1 per month</td>
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<td>1 or more per day</td>
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<tr>
<td><strong>7.</strong> Cantaloupe, melon (1 wedge)</td>
<td><strong>8.</strong> Watermelon (1 wedge)</td>
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<td>Never/less than once per month</td>
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<td>More than once per week</td>
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<td><strong>9.</strong> Oranges (1)</td>
<td><strong>10.</strong> Grapefruit (1/2)</td>
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<td>Never/less than 1 per month</td>
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<td>1 or more per day</td>
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<tr>
<td><strong>11.</strong> Strawberries (1 serving)</td>
<td><strong>12.</strong> Blueberries (1 serving)</td>
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<td>Never/less than 1 per month</td>
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<td><strong>13.</strong> Peaches, plums, apricots (1)</td>
<td><strong>14.</strong> Pineapple (1 serving)</td>
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<td><strong>15.</strong> Orange juice (1 glass)</td>
<td><strong>16.</strong> Apple juice and other 100% fruit juices (1 glass)</td>
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<td>Never/less than 1 per month</td>
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<td>17.</td>
<td>Tomatoes (2 slices)</td>
<td>18.</td>
<td>Tomato juice (1 small glass)</td>
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<td>Never/less than 1 per month</td>
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| 21. | Beans or lentils—include baked 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 |

| 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 |

| 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 |

| 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 |

| 37. | Cabbage (1 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 |
### SNACK FOODS/DESSERTS

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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
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<tbody>
<tr>
<td>17. Brownies (1)</td>
<td>18. Pie or fruit crisp (1 serving)</td>
<td>19. Chocolate like Hershey’s or M &amp; M’s (1 bar or packet)</td>
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<td>Never/less than 1 per month</td>
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<td>1–3 slices per month</td>
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<tr>
<td>20. Other candy bars like Milky Way, Snickers (1 bar)</td>
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<td>Never/less than 1 per month</td>
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<td>1–3 candy bars per month</td>
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<td>2–6 candy bars per week</td>
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<td>1 or more candy bars per day</td>
<td>1 or more per day</td>
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<tr>
<td>21. Other candy without chocolate like Skittles (1 pack)</td>
<td>22. Jello (1 serving)—not sugar free</td>
<td>23. Pudding or pudding pops, not sugar free (1 serving)</td>
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<td>Never/less than 1 per month</td>
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<td>24. Frozen yogurt or low-fat ice cream (1 serving)</td>
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<tr>
<td>25. Ice cream (1 serving)</td>
<td>26. Popsicles, ice pops, fudgesicle (1)</td>
<td>27. Seeds like Sunflower or Pumpkin (small bag)</td>
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<td>28. Snack bars [e.g., Nutrigrain, granola, Kashi, Planters] (1)</td>
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<td>29. Energy bars (e.g., Clif, Luna, Glucerna, Powerbar) (1)</td>
<td>30. High protein bars (e.g., Atkins, Zone, South Beach) (1)</td>
<td>31. Jams, jellies, fluff, syrup or honey (Tbs.)</td>
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