

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

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

- NEVER (GO TO QUESTION 2)
- | | |
|---|--|
| <input type="checkbox"/> 1 time per month or less | <input type="checkbox"/> 1 time per day |
| <input type="checkbox"/> 2–3 times per month | <input type="checkbox"/> 2–3 times per day |
| <input type="checkbox"/> 1–2 times per week | <input type="checkbox"/> 4–5 times per day |
| <input type="checkbox"/> 3–4 times per week | <input type="checkbox"/> 6 or more times per day |
| <input type="checkbox"/> 5–6 times per week | |

1a. Each time you drank **tomato juice** or **vegetable juice**, how much did you usually drink?

- Less than $\frac{3}{4}$ cup (6 ounces)
 $\frac{3}{4}$ to $1\frac{1}{4}$ cups (6 to 10 ounces)
 More than $1\frac{1}{4}$ cups (10 ounces)

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

- NEVER (GO TO QUESTION 3)
- | | |
|---|--|
| <input type="checkbox"/> 1 time per month or less | <input type="checkbox"/> 1 time per day |
| <input type="checkbox"/> 2–3 times per month | <input type="checkbox"/> 2–3 times per day |
| <input type="checkbox"/> 1–2 times per week | <input type="checkbox"/> 4–5 times per day |
| <input type="checkbox"/> 3–4 times per week | <input type="checkbox"/> 6 or more times per day |
| <input type="checkbox"/> 5–6 times per week | |

2a. Each time you drank **orange juice** or **grapefruit juice**, how much did you usually drink?

- Less than $\frac{3}{4}$ cup (6 ounces)
 $\frac{3}{4}$ to $1\frac{1}{4}$ cups (6 to 10 ounces)
 More than $1\frac{1}{4}$ 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)
- | | |
|---|--|
| <input type="checkbox"/> 1 time per month or less | <input type="checkbox"/> 1 time per day |
| <input type="checkbox"/> 2–3 times per month | <input type="checkbox"/> 2–3 times per day |
| <input type="checkbox"/> 1–2 times per week | <input type="checkbox"/> 4–5 times per day |
| <input type="checkbox"/> 3–4 times per week | <input type="checkbox"/> 6 or more times per day |
| <input type="checkbox"/> 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 $\frac{3}{4}$ cup (6 ounces)
 $\frac{3}{4}$ to $1\frac{1}{2}$ cups (6 to 12 ounces)
 More than $1\frac{1}{2}$ cups (12 ounces)

Question 4 appears in the next column

Over the past 12 months...

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

- NEVER (GO TO QUESTION 5)
- | | |
|---|--|
| <input type="checkbox"/> 1 time per month or less | <input type="checkbox"/> 1 time per day |
| <input type="checkbox"/> 2–3 times per month | <input type="checkbox"/> 2–3 times per day |
| <input type="checkbox"/> 1–2 times per week | <input type="checkbox"/> 4–5 times per day |
| <input type="checkbox"/> 3–4 times per week | <input type="checkbox"/> 6 or more times per day |
| <input type="checkbox"/> 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 $\frac{1}{4}$ of the time
 About $\frac{1}{2}$ of the time
 About $\frac{3}{4}$ 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)
- | | |
|---|--|
| <input type="checkbox"/> 1 time per month or less | <input type="checkbox"/> 1 time per day |
| <input type="checkbox"/> 2–3 times per month | <input type="checkbox"/> 2–3 times per day |
| <input type="checkbox"/> 1–2 times per week | <input type="checkbox"/> 4–5 times per day |
| <input type="checkbox"/> 3–4 times per week | <input type="checkbox"/> 6 or more times per day |
| <input type="checkbox"/> 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 $1\frac{1}{2}$ cups (8 to 12 ounces)
 More than $1\frac{1}{2}$ cups (12 ounces)

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

- Whole milk
 2% fat milk
 1 % fat milk
 Skim, nonfat, or $\frac{1}{2}$ % fat milk
 Soy milk
 Rice milk
 Other

Question 6 appears on the next page

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

Over the past 12 months...

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

NEVER (GO TO QUESTION 7)

- | | |
|---|--|
| <input type="checkbox"/> 1 time per month or less | <input type="checkbox"/> 1 time per day |
| <input type="checkbox"/> 2-3 times per month | <input type="checkbox"/> 2-3 times per day |
| <input type="checkbox"/> 1-2 times per week | <input type="checkbox"/> 4-5 times per day |
| <input type="checkbox"/> 3-4 times per week | <input type="checkbox"/> 6 or more times per day |
| <input type="checkbox"/> 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)

YES

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

NEVER

- | | |
|---|--|
| <input type="checkbox"/> 1 time per month or less | <input type="checkbox"/> 1 time per day |
| <input type="checkbox"/> 2-3 times per month | <input type="checkbox"/> 2-3 times per day |
| <input type="checkbox"/> 1-2 times per week | <input type="checkbox"/> 4-5 times per day |
| <input type="checkbox"/> 3-4 times per week | <input type="checkbox"/> 6 or more times per day |
| <input type="checkbox"/> 5-6 times per week | |

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

NEVER

- | | |
|---|--|
| <input type="checkbox"/> 1 time per month or less | <input type="checkbox"/> 1 time per day |
| <input type="checkbox"/> 2-3 times per month | <input type="checkbox"/> 2-3 times per day |
| <input type="checkbox"/> 1-2 times per week | <input type="checkbox"/> 4-5 times per day |
| <input type="checkbox"/> 3-4 times per week | <input type="checkbox"/> 6 or more times per day |
| <input type="checkbox"/> 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)

YES

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

NEVER

- | | |
|---|--|
| <input type="checkbox"/> 1 time per month or less | <input type="checkbox"/> 1 time per day |
| <input type="checkbox"/> 2-3 times per month | <input type="checkbox"/> 2-3 times per day |
| <input type="checkbox"/> 1-2 times per week | <input type="checkbox"/> 4-5 times per day |
| <input type="checkbox"/> 3-4 times per week | <input type="checkbox"/> 6 or more times per day |
| <input type="checkbox"/> 5-6 times per week | |

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

NEVER

- | | |
|---|--|
| <input type="checkbox"/> 1 time per month or less | <input type="checkbox"/> 1 time per day |
| <input type="checkbox"/> 2-3 times per month | <input type="checkbox"/> 2-3 times per day |
| <input type="checkbox"/> 1-2 times per week | <input type="checkbox"/> 4-5 times per day |
| <input type="checkbox"/> 3-4 times per week | <input type="checkbox"/> 6 or more times per day |
| <input type="checkbox"/> 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



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

Over the past 12 months...

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

- NEVER (GO TO QUESTION 10)
- 1 time per month or less 1 time per day
- 2-3 times per month 2-3 times per day
- 1-2 times per week 4-5 times per day
- 3-4 times per week 6 or more times per day
- 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 1 time per day
- 2-3 times per month 2-3 times per day
- 1-2 times per week 4-5 times per day
- 3-4 times per week 6 or more times per day
- 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 2 times per week
- 7-11 times per winter 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

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

- NEVER
- 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

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 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

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

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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
- 2 times per week
- 3–4 times per week
- 5–6 times per week
- 1 time per day
- 2 or more times per day

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
- 2 times per week
- 3–4 times per week
- 5–6 times per week
- 1 time per day
- 2 or more times per day

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

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

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

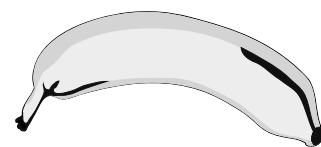
- NEVER (GO TO QUESTION 16)
- 1–6 times per year
- 7–11 times per year
- 1 time per month
- 2–3 times per month
- 1 time per week
- 2 times per week
- 3–4 times per week
- 5–6 times per week
- 1 time per day
- 2 or more times per day

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
- 2 times per week
- 3–4 times per week
- 5–6 times per week
- 1 time per day
- 2 or more times per day



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Over the past 12 months...

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

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

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

- NEVER (GO TO QUESTION 18)
- 1–6 times per year
- 7–11 times per year
- 1 time per month
- 2–3 times per month
- 1 time per week
- 2 times per week
- 3–4 times per week
- 5–6 times per week
- 1 time per day
- 2 or more times per day

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

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

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

- NO (GO TO QUESTION 19)
- YES

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

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

18b. How often did you eat **peaches, nectarines, or plums** (fresh, canned, or frozen) **DURING THE REST OF THE YEAR?**

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

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

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

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

- NEVER (GO TO QUESTION 20)
- 1–6 times per year
- 7–11 times per year
- 1 time per month
- 2–3 times per month
- 1 time per week
- 2 times per week
- 3–4 times per week
- 5–6 times per week
- 1 time per day
- 2 or more times per day

19a. Each time you ate **grapes**, how much did you usually eat?

- Less than ½ cup or less than 10 grapes
- ½ to 1 cup or 10 to 30 grapes
- More than 1 cup or more than 30 grapes

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

- NO (GO TO QUESTION 21)
- YES

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

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

20b. How often did you eat **fresh or frozen cantaloupe DURING THE REST OF THE YEAR?**

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

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

Over the past 12 months...

20c. Each time you ate **cantaloupe**, how much did you usually eat?

- Less than ¼ melon or less than ½ cup
- ¼ melon or ½ to 1 cup
- More than ¼ melon or more than 1 cup

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

- NO (GO TO QUESTION 22)
- YES

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

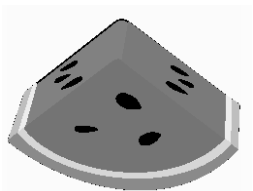
- NEVER
- 1–6 times per season
- 7–11 times per season
- 1 time per month
- 2–3 times per month
- 1 time per week
- 2 times per week
- 3–4 times per week
- 5–6 times per week
- 1 time per day
- 2 or more times per day

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

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

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

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



Question 22 appears in the next column

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

- NO (GO TO QUESTION 23)
- YES

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

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

22b. How often did you eat **fresh or frozen strawberries DURING THE REST OF THE YEAR?**

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

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

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

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

- NO (GO TO QUESTION 24)
- YES

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

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

Question 24 appears on the next page

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

Over the past 12 months...

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

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

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

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

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

- NO (GO TO QUESTION 25)
- YES

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

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

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

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

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

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

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

- NEVER (GO TO QUESTION 26)
- 1–6 times per year
- 7–11 times per year
- 1 time per month
- 2–3 times per month
- 1 time per week
- 2 times per week
- 3–4 times per week
- 5–6 times per week
- 1 time per day
- 2 or more times per day

25a. Each time you ate **other kinds of fruit**, how much did you usually eat?

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

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

- NEVER (GO TO QUESTION 27)
- 1–6 times per year
- 7–11 times per year
- 1 time per month
- 2–3 times per month
- 1 time per week
- 2 times per week
- 3–4 times per week
- 5–6 times per week
- 1 time per day
- 2 or more times per day

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

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

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

- NEVER (GO TO QUESTION 28)
- 1–6 times per year
- 7–11 times per year
- 1 time per month
- 2–3 times per month
- 1 time per week
- 2 times per week
- 3–4 times per week
- 5–6 times per week
- 1 time per day
- 2 or more times per day

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

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

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

Over the past 12 months...

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

- NEVER (GO TO QUESTION 29)
- | | |
|--|--|
| <input type="checkbox"/> 1–6 times per year | <input type="checkbox"/> 2 times per week |
| <input type="checkbox"/> 7–11 times per year | <input type="checkbox"/> 3–4 times per week |
| <input type="checkbox"/> 1 time per month | <input type="checkbox"/> 5–6 times per week |
| <input type="checkbox"/> 2–3 times per month | <input type="checkbox"/> 1 time per day |
| <input type="checkbox"/> 1 time per week | <input type="checkbox"/> 2 or more times per day |

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

- Less than $\frac{1}{4}$ cup
 $\frac{1}{4}$ to $\frac{3}{4}$ cup
 More than $\frac{3}{4}$ cup

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

- NEVER (GO TO QUESTION 30)
- | | |
|--|--|
| <input type="checkbox"/> 1–6 times per year | <input type="checkbox"/> 2 times per week |
| <input type="checkbox"/> 7–11 times per year | <input type="checkbox"/> 3–4 times per week |
| <input type="checkbox"/> 1 time per month | <input type="checkbox"/> 5–6 times per week |
| <input type="checkbox"/> 2–3 times per month | <input type="checkbox"/> 1 time per day |
| <input type="checkbox"/> 1 time per week | <input type="checkbox"/> 2 or more times per day |

29a. Each time you ate **sauerkraut** or **cabbage**, how much did you usually eat?

- Less than $\frac{1}{4}$ cup
 $\frac{1}{4}$ to 1 cup
 More than 1 cup

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

- NEVER (GO TO QUESTION 31)
- | | |
|--|--|
| <input type="checkbox"/> 1–6 times per year | <input type="checkbox"/> 2 times per week |
| <input type="checkbox"/> 7–11 times per year | <input type="checkbox"/> 3–4 times per week |
| <input type="checkbox"/> 1 time per month | <input type="checkbox"/> 5–6 times per week |
| <input type="checkbox"/> 2–3 times per month | <input type="checkbox"/> 1 time per day |
| <input type="checkbox"/> 1 time per week | <input type="checkbox"/> 2 or more times per day |

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

- Less than $\frac{1}{4}$ cup or less than 2 baby carrots
 $\frac{1}{4}$ to $\frac{1}{2}$ cup or 2 to 5 baby carrots
 More than $\frac{1}{2}$ 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)
- | | |
|--|--|
| <input type="checkbox"/> 1–6 times per year | <input type="checkbox"/> 2 times per week |
| <input type="checkbox"/> 7–11 times per year | <input type="checkbox"/> 3–4 times per week |
| <input type="checkbox"/> 1 time per month | <input type="checkbox"/> 5–6 times per week |
| <input type="checkbox"/> 2–3 times per month | <input type="checkbox"/> 1 time per day |
| <input type="checkbox"/> 1 time per week | <input type="checkbox"/> 2 or more times per day |

31a. Each time you ate **string beans** or **green beans**, how much did you usually eat?

- Less than $\frac{1}{2}$ cup
 $\frac{1}{2}$ to 1 cup
 More than 1 cup

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

- NEVER (GO TO QUESTION 33)
- | | |
|--|--|
| <input type="checkbox"/> 1–6 times per year | <input type="checkbox"/> 2 times per week |
| <input type="checkbox"/> 7–11 times per year | <input type="checkbox"/> 3–4 times per week |
| <input type="checkbox"/> 1 time per month | <input type="checkbox"/> 5–6 times per week |
| <input type="checkbox"/> 2–3 times per month | <input type="checkbox"/> 1 time per day |
| <input type="checkbox"/> 1 time per week | <input type="checkbox"/> 2 or more times per day |

32a. Each time you ate **peas**, how much did you usually eat?

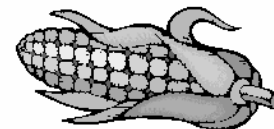
- Less than $\frac{1}{4}$ cup
 $\frac{1}{4}$ to $\frac{3}{4}$ cup
 More than $\frac{3}{4}$ cup

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
- | | |
|--|--|
| <input type="checkbox"/> 1–6 times per season | <input type="checkbox"/> 2 times per week |
| <input type="checkbox"/> 7–11 times per season | <input type="checkbox"/> 3–4 times per week |
| <input type="checkbox"/> 1 time per month | <input type="checkbox"/> 5–6 times per week |
| <input type="checkbox"/> 2–3 times per month | <input type="checkbox"/> 1 time per day |
| <input type="checkbox"/> 1 time per week | <input type="checkbox"/> 2 or more times per day |



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

Over the past 12 months...

33b. How often did you eat **corn** (fresh, canned, or frozen) **DURING THE REST OF THE YEAR**?

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

33c. Each time you ate **corn**, how much did you usually eat?

- Less than 1 ear or less than ½ cup
- 1 ear or ½ to 1 cup
- More than 1 ear or more than 1 cup

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

- NEVER (GO TO QUESTION 35)
- 1–6 times per year
- 7–11 times per year
- 1 time per month
- 2–3 times per month
- 1 time per week
- 2 times per week
- 3–4 times per week
- 5–6 times per week
- 1 time per day
- 2 or more times per day

34a. Each time you ate **broccoli**, how much did you usually eat?

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

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

- NEVER (GO TO QUESTION 36)
- 1–6 times per year
- 7–11 times per year
- 1 time per month
- 2–3 times per month
- 1 time per week
- 2 times per week
- 3–4 times per week
- 5–6 times per week
- 1 time per day
- 2 or more times per day

35a. Each time you ate **cauliflower** or **Brussels sprouts**, how much did you usually eat?

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

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

- NEVER (GO TO QUESTION 37)
- 1–6 times per year
- 7–11 times per year
- 1 time per month
- 2–3 times per month
- 1 time per week
- 2 times per week
- 3–4 times per week
- 5–6 times per week
- 1 time per day
- 2 or more times per day

36a. Each time you ate **mixed vegetables**, how much did you usually eat?

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

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

- NEVER (GO TO QUESTION 38)
- 1–6 times per year
- 7–11 times per year
- 1 time per month
- 2–3 times per month
- 1 time per week
- 2 times per week
- 3–4 times per week
- 5–6 times per week
- 1 time per day
- 2 or more times per day

37a. Each time you ate **onions**, how much did you usually eat?

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

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

- NEVER (GO TO QUESTION 39)
- 1–6 times per year
- 7–11 times per year
- 1 time per month
- 2–3 times per month
- 1 time per week
- 2 times per week
- 3–4 times per week
- 5–6 times per week
- 1 time per day
- 2 or more times per day



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

Over the past 12 months...

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

- NEVER (GO TO QUESTION 76)
- 1–6 times per year 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

Question 78 appears in the next column

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

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

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

- NEVER (GO TO QUESTION 79)
- 1–6 times per year 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 81 appears on the next page

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

Over the past 12 months...

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

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

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

- NEVER (GO TO QUESTION 82)
- 1–6 times per year 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

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 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

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 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

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 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

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

- Less than ⅓ cup
- ⅓ to ½ cup
- More than ½ cup

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

Over the past 12 months...

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

- NEVER (GO TO QUESTION 86)
- | | |
|--|--|
| <input type="checkbox"/> 1–6 times per year | <input type="checkbox"/> 2 times per week |
| <input type="checkbox"/> 7–11 times per year | <input type="checkbox"/> 3–4 times per week |
| <input type="checkbox"/> 1 time per month | <input type="checkbox"/> 5–6 times per week |
| <input type="checkbox"/> 2–3 times per month | <input type="checkbox"/> 1 time per day |
| <input type="checkbox"/> 1 time per week | <input type="checkbox"/> 2 or more times per day |

85a. Each time you ate **liver** or **liverwurst**, how much did you usually eat?

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

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

- NEVER (GO TO QUESTION 87)
- | | |
|--|--|
| <input type="checkbox"/> 1–6 times per year | <input type="checkbox"/> 2 times per week |
| <input type="checkbox"/> 7–11 times per year | <input type="checkbox"/> 3–4 times per week |
| <input type="checkbox"/> 1 time per month | <input type="checkbox"/> 5–6 times per week |
| <input type="checkbox"/> 2–3 times per month | <input type="checkbox"/> 1 time per day |
| <input type="checkbox"/> 1 time per week | <input type="checkbox"/> 2 or more times per day |

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

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

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

- Almost never or never
 About $\frac{1}{4}$ of the time
 About $\frac{1}{2}$ of the time
 About $\frac{3}{4}$ of the time
 Almost always or always

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

- NEVER (GO TO QUESTION 88)
- | | |
|--|--|
| <input type="checkbox"/> 1–6 times per year | <input type="checkbox"/> 2 times per week |
| <input type="checkbox"/> 7–11 times per year | <input type="checkbox"/> 3–4 times per week |
| <input type="checkbox"/> 1 time per month | <input type="checkbox"/> 5–6 times per week |
| <input type="checkbox"/> 2–3 times per month | <input type="checkbox"/> 1 time per day |
| <input type="checkbox"/> 1 time per week | <input type="checkbox"/> 2 or more times per day |

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 $\frac{1}{4}$ of the time
 About $\frac{1}{2}$ of the time
 About $\frac{3}{4}$ 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)
- | | |
|--|--|
| <input type="checkbox"/> 1–6 times per year | <input type="checkbox"/> 2 times per week |
| <input type="checkbox"/> 7–11 times per year | <input type="checkbox"/> 3–4 times per week |
| <input type="checkbox"/> 1 time per month | <input type="checkbox"/> 5–6 times per week |
| <input type="checkbox"/> 2–3 times per month | <input type="checkbox"/> 1 time per day |
| <input type="checkbox"/> 1 time per week | <input type="checkbox"/> 2 or more times per day |

88a. Each time you ate **fish sticks** or **fried fish**, how much did you usually eat?

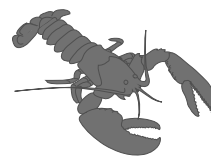
- Less than 2 ounces or less than 1 fillet
 2 to 7 ounces or 1 fillet
 More than 7 ounces or more than 1 fillet

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

- NEVER (GO TO INTRODUCTION TO QUESTION 90)
- | | |
|--|--|
| <input type="checkbox"/> 1–6 times per year | <input type="checkbox"/> 2 times per week |
| <input type="checkbox"/> 7–11 times per year | <input type="checkbox"/> 3–4 times per week |
| <input type="checkbox"/> 1 time per month | <input type="checkbox"/> 5–6 times per week |
| <input type="checkbox"/> 2–3 times per month | <input type="checkbox"/> 1 time per day |
| <input type="checkbox"/> 1 time per week | <input type="checkbox"/> 2 or more times per day |

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



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

Over the past 12 months...

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

90. How often was **oil, butter, margarine, or other fat** used to **FRY, SAUTE, BASTE, OR MARINATE** any meat, poultry, or fish you ate? *(Please do not include deep frying.)*

- NEVER (GO TO QUESTION 91)
- 1–6 times per year
- 7–11 times per year
- 1 time per month
- 2–3 times per month
- 1 time per week
- 2 times per week
- 3–4 times per week
- 5–6 times per week
- 1 time per day
- 2 or more times per day

90a. Which of the following **fats** were regularly used to prepare your meat, poultry, or fish? *(Mark all that apply.)*

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

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

- NEVER (GO TO QUESTION 92)
- 1–6 times per year
- 7–11 times per year
- 1 time per month
- 2–3 times per month
- 1 time per week
- 2 times per week
- 3–4 times per week
- 5–6 times per week
- 1 time per day
- 2 or more times per day

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

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

Question 92 appears in the next column

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

NO (GO TO QUESTION 93)

YES

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

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

92b. How often did you eat **soup DURING THE REST OF THE YEAR**?

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

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

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

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

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

92e. How often were the soups you ate **cream soups** (including chowders)?

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

Question 93 appears on the next page

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

Over the past 12 months...

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

Over the past 12 months...

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

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

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

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

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

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

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

NEVER (GO TO QUESTION 99)

- | | |
|--|--|
| <input type="checkbox"/> 1–6 times per year | <input type="checkbox"/> 2 times per week |
| <input type="checkbox"/> 7–11 times per year | <input type="checkbox"/> 3–4 times per week |
| <input type="checkbox"/> 1 time per month | <input type="checkbox"/> 5–6 times per week |
| <input type="checkbox"/> 2–3 times per month | <input type="checkbox"/> 1 time per day |
| <input type="checkbox"/> 1 time per week | <input type="checkbox"/> 2 or more times per day |

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

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

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

NEVER (GO TO QUESTION 100)

- | | |
|--|--|
| <input type="checkbox"/> 1–6 times per year | <input type="checkbox"/> 2 times per week |
| <input type="checkbox"/> 7–11 times per year | <input type="checkbox"/> 3–4 times per week |
| <input type="checkbox"/> 1 time per month | <input type="checkbox"/> 5–6 times per week |
| <input type="checkbox"/> 2–3 times per month | <input type="checkbox"/> 1 time per day |
| <input type="checkbox"/> 1 time per week | <input type="checkbox"/> 2 or more times per day |

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)

- | | |
|--|--|
| <input type="checkbox"/> 1–6 times per year | <input type="checkbox"/> 2 times per week |
| <input type="checkbox"/> 7–11 times per year | <input type="checkbox"/> 3–4 times per week |
| <input type="checkbox"/> 1 time per month | <input type="checkbox"/> 5–6 times per week |
| <input type="checkbox"/> 2–3 times per month | <input type="checkbox"/> 1 time per day |
| <input type="checkbox"/> 1 time per week | <input type="checkbox"/> 2 or more times per day |

100a. Each time you ate **peanuts, walnuts, seeds, or other nuts**, how much did you usually eat?

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

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

NEVER (GO TO QUESTION 102)

- | | |
|--|--|
| <input type="checkbox"/> 1–6 times per year | <input type="checkbox"/> 2 times per week |
| <input type="checkbox"/> 7–11 times per year | <input type="checkbox"/> 3–4 times per week |
| <input type="checkbox"/> 1 time per month | <input type="checkbox"/> 5–6 times per week |
| <input type="checkbox"/> 2–3 times per month | <input type="checkbox"/> 1 time per day |
| <input type="checkbox"/> 1 time per week | <input type="checkbox"/> 2 or more times per day |

101a. Each time you ate **energy, high-protein, or breakfast bars**, how much did you usually eat?

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

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

NEVER (GO TO QUESTION 103)

- | | |
|--|--|
| <input type="checkbox"/> 1–6 times per year | <input type="checkbox"/> 2 times per week |
| <input type="checkbox"/> 7–11 times per year | <input type="checkbox"/> 3–4 times per week |
| <input type="checkbox"/> 1 time per month | <input type="checkbox"/> 5–6 times per week |
| <input type="checkbox"/> 2–3 times per month | <input type="checkbox"/> 1 time per day |
| <input type="checkbox"/> 1 time per week | <input type="checkbox"/> 2 or more times per day |

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

Over the past 12 months...

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

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

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

- NEVER (GO TO QUESTION 104)
- 1–6 times per year 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

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 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

104a. Each time you ate **cheese**, how much did you usually eat?

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

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

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

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

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

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

- NEVER (GO TO QUESTION 106)
- 1–6 times per year 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

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 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

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

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

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

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

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

Over the past 12 months...

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

- NEVER (GO TO QUESTION 108)
- | | |
|--|--|
| <input type="checkbox"/> 1–6 times per year | <input type="checkbox"/> 2 times per week |
| <input type="checkbox"/> 7–11 times per year | <input type="checkbox"/> 3–4 times per week |
| <input type="checkbox"/> 1 time per month | <input type="checkbox"/> 5–6 times per week |
| <input type="checkbox"/> 2–3 times per month | <input type="checkbox"/> 1 time per day |
| <input type="checkbox"/> 1 time per week | <input type="checkbox"/> 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)
- | | |
|--|--|
| <input type="checkbox"/> 1–6 times per year | <input type="checkbox"/> 2 times per week |
| <input type="checkbox"/> 7–11 times per year | <input type="checkbox"/> 3–4 times per week |
| <input type="checkbox"/> 1 time per month | <input type="checkbox"/> 5–6 times per week |
| <input type="checkbox"/> 2–3 times per month | <input type="checkbox"/> 1 time per day |
| <input type="checkbox"/> 1 time per week | <input type="checkbox"/> 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)
- | | |
|--|--|
| <input type="checkbox"/> 1–6 times per year | <input type="checkbox"/> 2 times per week |
| <input type="checkbox"/> 7–11 times per year | <input type="checkbox"/> 3–4 times per week |
| <input type="checkbox"/> 1 time per month | <input type="checkbox"/> 5–6 times per week |
| <input type="checkbox"/> 2–3 times per month | <input type="checkbox"/> 1 time per day |
| <input type="checkbox"/> 1 time per week | <input type="checkbox"/> 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)
- | | |
|--|--|
| <input type="checkbox"/> 1–6 times per year | <input type="checkbox"/> 2 times per week |
| <input type="checkbox"/> 7–11 times per year | <input type="checkbox"/> 3–4 times per week |
| <input type="checkbox"/> 1 time per month | <input type="checkbox"/> 5–6 times per week |
| <input type="checkbox"/> 2–3 times per month | <input type="checkbox"/> 1 time per day |
| <input type="checkbox"/> 1 time per week | <input type="checkbox"/> 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)
- | | |
|--|--|
| <input type="checkbox"/> 1–6 times per year | <input type="checkbox"/> 2 times per week |
| <input type="checkbox"/> 7–11 times per year | <input type="checkbox"/> 3–4 times per week |
| <input type="checkbox"/> 1 time per month | <input type="checkbox"/> 5–6 times per week |
| <input type="checkbox"/> 2–3 times per month | <input type="checkbox"/> 1 time per day |
| <input type="checkbox"/> 1 time per week | <input type="checkbox"/> 2 or more times per day |

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

Over the past 12 months...

111a. Each time you ate **fruit crisp, cobbler, or strudel**, how much did you usually eat?

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

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

- NEVER (GO TO QUESTION 113)
- 1–6 times per year
- 7–11 times per year
- 1 time per month
- 2–3 times per month
- 1 time per week
- 2 times per week
- 3–4 times per week
- 5–6 times per week
- 1 time per day
- 2 or more times per day

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

- Less than ⅛ of a pie
- About ⅛ of a pie
- More than ⅛ of a pie

The next four questions ask about the kinds of pie you ate. Please read all four questions before answering.

112b. How often were the pies you ate **fruit pie** (such as apple, blueberry, others)?

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

112c. How often were the pies you ate **cream, pudding, custard, or meringue pie**?

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

112d. How often were the pies you ate **pumpkin or sweet potato pie**?

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

112e. How often were the pies you ate **pecan pie**?

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

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

- NEVER (GO TO QUESTION 114)
- 1–6 times per year
- 7–11 times per year
- 1 time per month
- 2–3 times per month
- 1 time per week
- 2 times per week
- 3–4 times per week
- 5–6 times per week
- 1 time per day
- 2 or more times per day

113a. Each time you ate **chocolate candy**, how much did you usually eat?

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

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

- NEVER (GO TO QUESTION 115)
- 1–6 times per year
- 7–11 times per year
- 1 time per month
- 2–3 times per month
- 1 time per week
- 2 times per week
- 3–4 times per week
- 5–6 times per week
- 1 time per day
- 2 or more times per day

114a. Each time you ate **other candy**, how much did you usually eat?

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

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

- NEVER (GO TO QUESTION 116)
- 1–6 times per year
- 7–11 times per year
- 1 time per month
- 2–3 times per month
- 1 time per week
- 2 times per week
- 3–4 times per week
- 5–6 times per week
- 1 time per day
- 2 or more times per day

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

Over the past 12 months...

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

- 1 egg
- 2 eggs
- 3 or more eggs

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

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

115c. How often were the eggs you ate **egg whites only**?

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

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

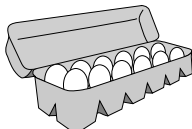
- Almost never or never
- About ¼ of the time
- About ½ of the time
- About ¾ of the time
- Almost always or always

115e. How often were the eggs you ate **cooked in oil, butter, or margarine**?

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

115f. How often were the eggs you ate part of **egg salad**?

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



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

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

Over the past 12 months...

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

- NEVER (GO TO QUESTION 120)
- | | |
|---|--|
| <input type="checkbox"/> Less than 1 time per month | <input type="checkbox"/> 5–6 times per week |
| <input type="checkbox"/> 1–3 times per month | <input type="checkbox"/> 1 time per day |
| <input type="checkbox"/> 1 time per week | <input type="checkbox"/> 2–3 times per day |
| <input type="checkbox"/> 2–4 times per week | <input type="checkbox"/> 4–5 times per day |
| | <input type="checkbox"/> 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)
- | | |
|---|--|
| <input type="checkbox"/> Less than 1 time per month | <input type="checkbox"/> 5–6 times per week |
| <input type="checkbox"/> 1–3 times per month | <input type="checkbox"/> 1 time per day |
| <input type="checkbox"/> 1 time per week | <input type="checkbox"/> 2–3 times per day |
| <input type="checkbox"/> 2–4 times per week | <input type="checkbox"/> 4–5 times per day |
| | <input type="checkbox"/> 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)
- | | |
|---|--|
| <input type="checkbox"/> Less than 1 time per month | <input type="checkbox"/> 5–6 times per week |
| <input type="checkbox"/> 1–3 times per month | <input type="checkbox"/> 1 time per day |
| <input type="checkbox"/> 1 time per week | <input type="checkbox"/> 2–3 times per day |
| <input type="checkbox"/> 2–4 times per week | <input type="checkbox"/> 4–5 times per day |
| | <input type="checkbox"/> 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

Question 122 appears in the next column

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)
- | | |
|---|--|
| <input type="checkbox"/> Less than 1 time per month | <input type="checkbox"/> 5–6 times per week |
| <input type="checkbox"/> 1–3 times per month | <input type="checkbox"/> 1 time per day |
| <input type="checkbox"/> 1 time per week | <input type="checkbox"/> 2–3 times per day |
| <input type="checkbox"/> 2–4 times per week | <input type="checkbox"/> 4–5 times per day |
| | <input type="checkbox"/> 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)
- | | |
|---|--|
| <input type="checkbox"/> Less than 1 time per month | <input type="checkbox"/> 5–6 times per week |
| <input type="checkbox"/> 1–3 times per month | <input type="checkbox"/> 1 time per day |
| <input type="checkbox"/> 1 time per week | <input type="checkbox"/> 2–3 times per day |
| <input type="checkbox"/> 2–4 times per week | <input type="checkbox"/> 4–5 times per day |
| | <input type="checkbox"/> 6 or more times per day |

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

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

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

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

Question 124 appears on the next page

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

Over the past 12 months...

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

- NEVER (GO TO INTRODUCTION TO QUESTION 125)
- 1–6 times per year
- 7–11 times per year
- 1 time per month
- 2–3 times per month
- 1 time per week
- 2 times per week
- 3–4 times per week
- 5–6 times per week
- 1 time per day
- 2 or more times per day

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

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

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

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

- NO (GO TO QUESTION 126)
- YES

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

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

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

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

Question 126 appears in the next column

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

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

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

- NO (GO TO QUESTION 127)
- YES

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

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

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

- NO (GO TO QUESTION 128)
- YES

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

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

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

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

Question 128 appears on the next page

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

Over the past 12 months...

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

- Almost never or never
- About 1/4 of the time
- About 1/2 of the time
- About 3/4 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 1/4 of the time
- About 1/2 of the time
- About 3/4 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 1/4 of the time
- About 1/2 of the time
- About 3/4 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 1/4 of the time
- About 1/2 of the time
- About 3/4 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 1/4 of the time
- About 1/2 of the time
- About 3/4 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 1/4 of the time
- About 1/2 of the time
- About 3/4 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 1/4 of the time
- About 1/2 of the time
- About 3/4 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 1/4 of the time
- About 1/2 of the time
- About 3/4 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?

- | | |
|---|--|
| <input type="checkbox"/> Less than 1 per week | <input type="checkbox"/> 2 per day |
| <input type="checkbox"/> 1–2 per week | <input type="checkbox"/> 3 per day |
| <input type="checkbox"/> 3–4 per week | <input type="checkbox"/> 4 per day |
| <input type="checkbox"/> 5–6 per week | <input type="checkbox"/> 5 or more per day |
| <input type="checkbox"/> 1 per day | |

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

Over the past 12 months...

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

- | | |
|---|--|
| <input type="checkbox"/> Less than 1 per week | <input type="checkbox"/> 2 per day |
| <input type="checkbox"/> 1–2 per week | <input type="checkbox"/> 3 per day |
| <input type="checkbox"/> 3–4 per week | <input type="checkbox"/> 4 per day |
| <input type="checkbox"/> 5–6 per week | <input type="checkbox"/> 5 or more per day |
| <input type="checkbox"/> 1 per day | |

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

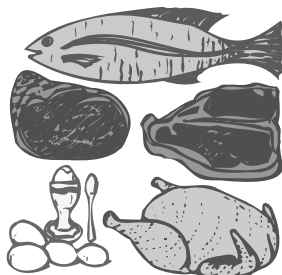
- | | |
|---|---|
| <input type="checkbox"/> Avocado, guacamole | <input type="checkbox"/> Olives |
| <input type="checkbox"/> Cheesecake | <input type="checkbox"/> Oysters |
| <input type="checkbox"/> Chocolate, fudge, or butterscotch toppings or syrups | <input type="checkbox"/> Pickles or pickled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

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

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

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

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



Introduction to Question 135 appears in the next column

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

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

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

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

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

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

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

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

- NO
- YES
- Don't know

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

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



Introduction to Question 138 appears on the next page

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

Over the past 12 months...

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

NO

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

- Did not skip any pages and
- Crossed out the incorrect answer and circled the correct answer if you made any changes.

YES (GO TO INTRODUCTION TO QUESTION 138)

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

Please include vitamins taken as part of an antioxidant supplement.

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

NEVER (GO TO QUESTION 139)

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

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

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

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

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

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

NEVER (GO TO QUESTION 140)

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

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

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

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

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

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

NEVER (GO TO QUESTION 141)

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

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

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

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

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

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

Over the past 12 months...

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

NEVER (GO TO QUESTION 142)

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

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

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

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

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

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

NEVER (GO TO QUESTION 143)

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

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

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

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

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

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

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

- | | |
|---|--|
| <input type="checkbox"/> B-6 | <input type="checkbox"/> Folic acid/folate |
| <input type="checkbox"/> B-complex | <input type="checkbox"/> Glucosamine |
| <input type="checkbox"/> Brewer's yeast | <input type="checkbox"/> Hydroxytryptophan (HTP) |
| <input type="checkbox"/> Cod liver oil | <input type="checkbox"/> Iron |
| <input type="checkbox"/> Coenzyme Q | <input type="checkbox"/> Niacin |
| <input type="checkbox"/> Fish oil | <input type="checkbox"/> Selenium |
| (Omega-3 fatty acids) | <input type="checkbox"/> Zinc |

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

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

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