

9. During the past year, have you taken any vitamins or minerals?
 1 ___ No 2 ___ Yes, fairly regularly 3 ___ Yes, but not regularly

If Yes,

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What do you take fairly regularly?		# of PILLS per DAY, WEEK, etc.		
<i>Multiple Vitamins</i>				
One-a-day type	_____ pills per _____			
Stress-tabs type	_____ pills per _____			
Therapeutic, Theragran type	_____ pills per _____			
<i>Other Vitamins</i>				
Vitamin A	_____ pills per _____	_____ IU per pill		
Vitamin C	_____ pills per _____	_____ mg per pill		
Vitamin E	_____ pills per _____	_____ IU per pill		
Calcium or dolomite	_____ pills per _____	_____ mg per pill		
Other (What?) 1 ___ Yeast 2 ___ Selenium 3 ___ Zinc 4 ___ Iron 5 ___ Beta-carotene				
6 ___ Cod liver oil 7 ___ Other _____				
Please list the brand of multiple vitamin/mineral you usually take: _____				

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10. This section is about your *usual* eating habits. Thinking back over the past year, how often do you usually eat the foods listed on the next page?

First, check (✓) whether your usual serving size is small, medium or large. (A small portion is about one-half the medium serving size shown, or less; a large portion is about one-and-a-half times as much, or more.)

Then, put a NUMBER in the most appropriate column to indicate HOW OFTEN, on the average, you eat the food. You may eat bananas *twice a week* (put a 2 in the "week" column). If you never eat the food, check "Rarely/Never." Please DO NOT SKIP foods. And please BE CAREFUL which column you put your answer in. It will make a big difference if you say "Hamburger once a day" when you mean "Hamburger once a week"!

One item says "in season." Indicate how often you eat this just in the 2-3 month time when that food is in season. (Be careful about overestimating here.)

Please look at the *example* below. This person

- 1) eats a medium serving of cantaloupe once a week, in season.
- 2) has 1/2 grapefruit about twice a month.
- 3) has a small serving of sweet potatoes about 3 times a year.
- 4) has a large hamburger or cheeseburger or meat loaf about four times a week.
- 5) never eats liver.

EXAMPLE:

	Medium Serving	Your Serving Size			How often?					
		S	M	L	Day	Week	Month	Year	Rarely/ Never	
Cantaloupe (in season)	1/4 medium		✓			1				
Grapefruit	(1/2)		✓				2			
Sweet potatoes, yams	1/2 cup	✓						3		
Hamburger, cheeseburger, meat loaf	1 medium			✓	4					
Liver	4 oz.									✓

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FOR OFFICE USE

Q 9, mg or IU: 1=50-100 2=200-250 3=400-500 4=1000 5=5000 6=10,000 7=20,000-25,000 8=50,000 9=Unk.

On the following two pages, code the four characters for each food as follows:

—	—	—
S-1	No.	Da-1
M-2	Times	Wk-2
L-3		Mo-3
NS-9	NS-99	Yr-4
		Nev-5
		NS-9

If respondent places a checkmark in the "How often" columns, do not impute "01", once. Instead, code "99", Not Stated. If respondent does not check a portion size, do not impute medium, but code "9".

	Medium Serving	Your Serving Size			How often?					OFFICE USE		
		S	M	L	Day	Week	Month	Year	Rarely/ Never			
SWEETS												
Ice cream	1 scoop										59	_____
Doughnuts, cookies, cakes, pastry	1 pc. or 3 cookies										63	_____
Pies	1 med. slice										67	_____
Chocolate candy	small bar, 1 oz.										71	_____
DAIRY PRODUCTS, BEVERAGES												
Cheses and cheese spreads, not including cottage	2 slices or 2 oz.										75	_____
Whole milk and bevs. with whole milk (not incl. on cereal)	8 oz. glass										11	_____
2% milk and bevs. with 2% milk (not incl. on cereal)	8 oz. glass										15	_____
Skim milk, 1% milk or buttermilk (not incl. on cereal)	8 oz. glass										19	_____
Regular soft drinks (not diet)	12 oz. can or bottle										23	_____
Beer	12 oz. can or bottle										27	_____
Wine	1 med. glass										31	_____
Liquor	1 shot										35	_____
Milk or cream in coffee or tea	1 Tblsp.										39	_____
Sugar in coffee or tea, or on cereal	2 teaspn.										43	_____

	1 Seldom/Never	2 Sometimes	3 Often/Always		
11. How often do you eat the skin on chicken?	_____	_____	_____	47	_____
How often do you eat the fat on meat?	_____	_____	_____	48	_____
How often do you add salt to your food?	_____	_____	_____	49	_____
How often do you add pepper to your food?	_____	_____	_____	50	_____
12. Not counting salad or potatoes, about how many servings of vegetables do you eat per day or per week?	_____	per	_____	51	_____
	vegetables		day, week		
13. Not counting juices, how many servings of fruits do you usually eat per day or per week?	_____	per	_____	54	_____
	fruits		day, week		
					G 79 80

THANK YOU VERY MUCH for taking the time to fill out this information.

Reviewed by _____