

7. Do you smoke cigarettes now?

- No
 Yes **IF YES, on the average, about how many cigarettes a day do you smoke now?**
 1 - 5 6 - 14 15 - 24 25 - 34 35 or more

8. About how many times have you gone on a diet to lose weight?

- Never 1 - 2 3 - 5 6 - 8 9 - 11 12 or more

9. During the past year have you taken any vitamins or minerals?

- No Yes, fairly regularly Yes, but not regularly

IF YES, what do you take fairly regularly?

VITAMIN TYPE	NUMBER OF TABLETS								FOR HOW MANY YEARS?				
	NONE	1-3	4-6	1	2	3	4	5+	LESS	1-2	3-5	6-9	10+
		PER WEEK	PER WEEK	PER DAY	THAN 1 YR								
Multiple Vitamins													
Stress-tabs type	<input type="radio"/>												
Therapeutic, Theragran type	<input type="radio"/>												
One-a-day type	<input type="radio"/>												
Other Vitamins													
Vitamin A	<input type="radio"/>												
Vitamin E	<input type="radio"/>												
Calcium or Tums	<input type="radio"/>												
Vitamin C	<input type="radio"/>												

10. If you take Vitamin E or Vitamin C:

- How many units per Vitamin E tablet? 100 200 400 1000 Don't know
 How many milligrams per Vitamin C tablet? 100 250 500 1000 Don't know

11. Do you regularly take pills containing any of these nutrients?

- No or don't know Iron Beta-carotene
 Zinc Selenium _____

12. What kinds of fat do you *usually* use in cooking (to fry, stir-fry, or saute)? Mark only one or two.

- Don't know or don't cook Lard, fatback, baconfat Pam or no oil Crisco
 Stick margarine Butter Soft tub margarine Oil
 1/2 butter, 1/2 margarine Low calorie margarine

13. What kinds of fat do you *usually* add to vegetables, potatoes, etc.? Mark only one or two.

- Don't add fat Lard, fatback, baconfat Low calorie margarine
 Stick margarine Soft tub margarine 1/2 butter, 1/2 margarine
 Butter Whipped butter Crisco

14. When you eat the following foods, how often do you eat a low-fat or non-fat version of that food?

- CHEESE Always low-fat Sometimes Rarely low-fat
 ICE CREAM/YOGURT Always low-fat Sometimes Rarely low-fat
 SALAD DRESSING Always low-fat Sometimes Rarely low-fat

15.		SELDOM/NEVER	SOMETIMES	OFTEN/ALWAYS
	a. How often do you add salt to your food?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
	b. How often do you add pepper to your food?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
	c. How often do you eat the skin on chicken?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
	d. How often do you eat the fat on meat?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

16. About how often do you eat the following foods from restaurants or carry-outs?
Remember to think about all meals (breakfast, lunch, dinner or snacks).

RESTAURANT FOOD	NUMBER OF VISITS LAST YEAR						
	NEVER IN PAST YEAR	1-4 TIMES PAST YEAR	5-11 TIMES PAST YEAR	1-3 TIMES A MONTH	ONCE A WEEK	2-4 TIMES A WEEK	ALMOST EVERY DAY
Fried chicken	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Burgers	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Pizza	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Chinese food	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Mexican food	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Fried fish	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

17. This section is about your *usual* eating habits over the past year.

FIRST: Mark the column to show how often, on the average, you ate the food during the past year. Please BE CAREFUL which column you put your answer in.

SECOND: Mark whether your usual serving size is small, medium or large. Please DO NOT OMIT serving size.

ADDITIONAL COMMENTS:

- Please DO NOT SKIP any foods. If you never eat a food, mark "Never or less than once a month."
- A small serving is about one-half the medium serving size shown, or less.
- A large serving is about one-and-a-half times the medium serving size shown, or more.

SAMPLE: This person ate a medium serving of rice about twice per month and never ate squash.

TYPE OF FOOD	HOW OFTEN									HOW MUCH			
	NEVER OR LESS THAN ONCE PER MONTH	1 PER MON	2-3 PER MON	1 PER WEEK	2 PER WEEK	3-4 PER WEEK	5-6 PER WEEK	1 PER DAY	2+ PER DAY	MEDIUM SERVING	YOUR SERVING SIZE		
											S	M	L
Rice	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	3/4 cup	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>					
Winter squash, baked squash	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	1/2 cup	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

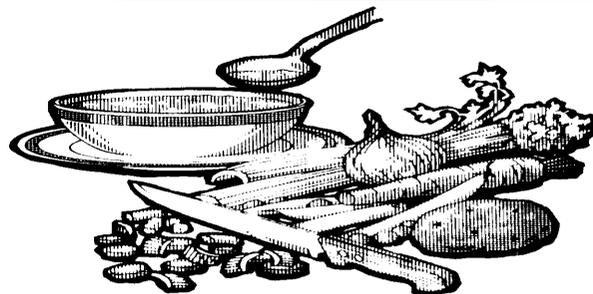


TYPE OF FOOD	HOW OFTEN									HOW MUCH			
	NEVER OR LESS THAN ONCE PER MONTH	1 PER MON	2-3 PER MON	1 PER WEEK	2 PER WEEK	3-4 PER WEEK	5-6 PER WEEK	1 PER DAY	2+ PER DAY	MEDIUM SERVING	YOUR SERVING SIZE		
											S	M	L
FRUITS AND JUICES													
EXAMPLE: Apples, etc.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	1 medium or 1/2 cup	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>				
Apples, applesauce, pears	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	1 medium or 1/2 cup	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Bananas	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	1 medium	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Peaches, apricots (fresh or canned)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	1 medium or 1/2 cup	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Cantaloupe (in season)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	1/4 medium	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Cantaloupe (rest of year)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	1/4 medium	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Watermelon (in season)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	1 slice	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Strawberries (in season)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	1/2 cup	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Oranges	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	1 medium	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Grapefruit	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	1/2 medium	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Orange juice or grapefruit juice	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	6 ounce glass	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Fruit drinks with added vitamin C, such as Hi-C	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	6 ounce glass	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Any other fruit, including berries, fruit cocktail, grapes	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	1/2 cup	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
BREAKFAST FOODS													
High fiber, bran or granola cereals, shredded wheat	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	1 medium bowl	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Highly fortified cereals, such as Total, Just Right or Product 19	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	1 medium bowl	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Other cold cereals, such as corn flakes, Rice Krispies	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	1 medium bowl	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Cooked cereal, or grits	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	1 medium bowl	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Milk on cereal	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	1/2 cup	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Sugar added to cereal	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	2 teasp	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Eggs	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	1 egg=sml 2 eggs=med	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Bacon	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	2 slices	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Sausage	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	2 patties or links	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

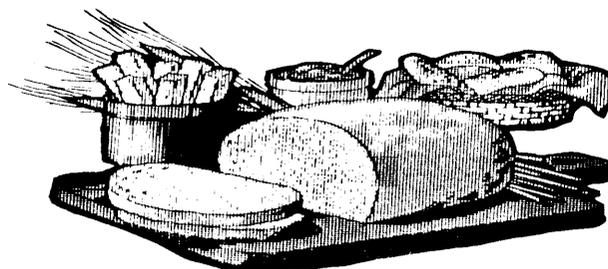


TYPE OF FOOD	HOW OFTEN										HOW MUCH		
	NEVER OR LESS THAN ONCE PER MONTH	1 PER MON	2-3 PER MON	1 PER WEEK	2 PER WEEK	3-4 PER WEEK	5-6 PER WEEK	1 PER DAY	2+ PER DAY	MEDIUM SERVING	YOUR SERVING SIZE		
											S	M	L
VEGETABLES													
String beans, green beans	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	1/2 cup	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Peas	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	1/2 cup	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Chili with beans	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	3/4 cup	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Other beans such as baked beans, pintos, kidney, limas, and lentils	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	3/4 cup	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Corn	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	1/2 cup	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Winter squash/baked squash	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	1/2 cup	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Tomatoes, tomato juice	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	1 medium or 6 oz. glass	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Red chili sauce, taco sauce, salsa picante	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	2 tablesp	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Broccoli	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	1/2 cup	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Cauliflower or brussels sprouts	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	1/2 cup	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Spinach (raw)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	3/4 cup	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Spinach (cooked)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	1/2 cup	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Mustard greens, turnip greens, collards	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	1/2 cup	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Cole slaw, cabbage, sauerkraut	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	1/2 cup	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Carrots, or mixed vegetables containing carrots	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	1/2 cup	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Green salad	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	1 medium bowl	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Regular salad dressing & mayonnaise, including on sandwiches or on potato salad, etc.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	2 tablesp	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
French fries and fried potatoes	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	3/4 cup	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Sweet potatoes, yams	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	1/2 cup	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Other potatoes, including boiled, baked, mashed & potato salad	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	1 medium or 1/2 cup	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Rice	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	3/4 cup	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Any other vegetable, including cooked onions, summer squash	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	1/2 cup	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Butter, margarine or other fat added to veg., potatoes, etc.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	2 pats	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

TYPE OF FOOD	HOW OFTEN										HOW MUCH			
	NEVER OR LESS THAN ONCE PER MONTH	1 PER MON	2-3 PER MON	1 PER WEEK	2 PER WEEK	3-4 PER WEEK	5-6 PER WEEK	1 PER DAY	2+ PER DAY	MEDIUM SERVING	YOUR SERVING SIZE			
											S	M	L	
MEAT, FISH, POULTRY, LUNCH ITEMS														
Hamburgers, cheeseburgers, meatloaf, beef burritos, tacos	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	1 medium or 4 oz.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Beef, (steaks, roasts, etc., including sandwiches)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	4 ounces	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Beef stew or pot pie with carrots or other vegetables	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	1 cup	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Liver, including chicken livers	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	4 ounces	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Pork, including chops, roasts	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	2 chops or 4 ounces	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Fried chicken	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	2 small or 1 large pce	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Chicken or turkey (roasted, stewed or broiled, including on sandwiches)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	2 small or 1 large pce	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Fried fish or fish sandwich	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	4 ounces or 1 sandwich	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Tuna, tuna salad, tuna casserole	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	1/2 cup	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Oysters	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	5 pieces, 1/4 cup or 3 oz.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Shell fish, (shrimp, crab, lobster, etc.)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	5 pieces, 1/4 cup or 3 oz.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Other fish (broiled or baked)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	2 pieces or 4 ounces	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Spaghetti, lasagna, other pasta with tomato sauce	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	1 cup	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Pizza	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	2 slices	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Mixed dishes with cheese (such as macaroni and cheese)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	1 cup	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Liverwurst	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	2 slices	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Hot dogs	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	2 hot dogs	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Ham, bologna, salami and other lunch meats	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	2 slices or 2 ounces	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Vegetable and tomato soups, including vegetable beef, minestrone	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	1 medium bowl	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Other soups	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	1 medium bowl	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>



TYPE OF FOOD	HOW OFTEN									HOW MUCH			
	NEVER OR LESS THAN ONCE PER MONTH	1 PER MON	2-3 PER MON	1 PER WEEK	2 PER WEEK	3-4 PER WEEK	5-6 PER WEEK	1 PER DAY	2+ PER DAY	MEDIUM SERVING	YOUR SERVING SIZE		
											S	M	L
BREADS, SNACKS, SPREADS													
Biscuits, muffins, (including fast foods)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	1 medium piece	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
White bread (including sandwiches, bagels, burger rolls, French or Italian bread)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	2 slices	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Dark bread, such as wheat, rye, pumpernickel, (including sandwiches)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	2 slices	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Corn bread, corn muffins, corn tortillas	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	1 medium piece	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Salty snacks, such as potato chips, corn chips, popcorn	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	2 handfuls or 1 cup	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Peanuts, peanut butter	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	2 tablesp	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Margarine on bread or rolls	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	2 pats	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Butter on bread or rolls	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	2 pats	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Gravies made with meat drippings, or white sauce	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	2 tablesp	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
DAIRY PRODUCTS													
Cottage cheese	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	1/2 cup	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Other cheeses and cheese spreads	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	2 slices or 2 ounces	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Flavored yogurt, frozen yogurt	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	1 cup	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
SWEETS													
Ice cream	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	1 scoop or 1/2 cup	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Doughnuts, cookies, cake, pastry	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	1 piece or 3 cookies	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Pumpkin pie, sweet potato pie	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	1 medium slice	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Other pies	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	1 medium slice	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Chocolate candy	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	1 small bar or 1 oz	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Other candy, jelly, honey, brown sugar	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	3 pieces or 1 tblsp.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>



TYPE OF FOOD	HOW OFTEN									HOW MUCH			
	NEVER OR LESS THAN ONCE PER MONTH	1-3 PER MON	1 PER WEEK	2-4 PER WEEK	5-6 PER WEEK	1 PER DAY	2-3 PER DAY	4-5 PER DAY	6+ PER DAY	MEDIUM SERVING	YOUR SERVING SIZE		
											S	M	L
BEVERAGES (Please note that the categories for these columns are different.)													
Whole milk and beverages with whole milk (not incl. on cereal)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	8 oz. glass	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
2% milk and beverages with 2% milk (not including on cereal)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	8 oz. glass	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Skim milk, 1% milk or buttermilk (not including on cereal)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	8 oz. glass	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Regular soft drinks (not diet soda)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	12 oz can or bottle	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Beer	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	12 oz can or bottle	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Wine or wine coolers	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	1 medium glass	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Liquor	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	1 shot	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Coffee, regular or decaf	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	1 medium cup	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Tea (hot or iced)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	1 medium cup	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Lemon in tea	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	1 teasp	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Non-dairy creamer in coffee or tea	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	1 tablesp	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Cream (real) or Half-and-Half in coffee or tea	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	1 tablesp	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Milk in coffee or tea	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	1 tablesp	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Sugar in coffee or tea	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	2 teaspoons	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Glasses of water	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	8 oz. glass	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

18. SUMMARY QUESTIONS	AVERAGE USE LAST YEAR									
	LESS THAN ONCE PER WEEK	1-2 PER WEEK	3-4 PER WEEK	5-6 PER WEEK	1 PER DAY	1 1/2 PER DAY	2 PER DAY	3 PER DAY	4+ PER DAY	
a. How often do you use fat or oil in cooking?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	
b. About how many servings of vegetables do you eat, not counting salad or potatoes?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	
c. About how many servings of fruit do you eat, not counting juices?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	
d. About how many servings of cold cereal do you eat?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	

THANK YOU VERY MUCH FOR TAKING THE TIME TO FILL OUT THIS QUESTIONNAIRE

Please take a moment to fill in any questions you may have skipped.



75246