

Block Dietary Data Systems

FILE NAME: cholin98.ASC

**resulting from analysis of Blue Block98 (paper-and-pencil) FFQ
adding nutrient estimates for betaine and choline from food**

Variables are separated by spaces

1	ID	10-digit ID #
2	Booknum	Booklet number
3	DateComp	Date questionnaire was completed
4	Sex	1=Male 2=Female
5	Age	2-digit
6	Weight	lbs
7	Height	inches
8	Language	Language usually spoken at home 1=English 2=Spanish 3=Something else 4=English & something else equally
9-14	Hispanic/Latino Black/African American Amer.Indian, Alaska Nat White, not Hispanic Asian Native Hawaiian, Pac Isl.	Ethnic group Six 0-1 variables, permitting respondents to designate themselves as multi-racial
15	Pregnant	1=No, not pregnant 2=Yes, pregnant 3=Not female
16	SmokeNow	Do you smoke cigarettes now 1=No 2=Yes
17	AmtSmoke	On average, how many cigarettes a day now 1=1-5 Cigarettes 2=6-14 3=15-24 4=25-34 5=35+

18 Health	Is your health... 1=Excellent 2=Very Good 3=Good 4=Fair 5=Poor
19 WtLossDt	How many times gone on diet to lose weight 1=Never 2=1-2 times 3=3-5 times 4=6-8 times 5=9-11 times 6=12+ times
20 WellDone	How do you like your meat cooked 1=Rare 2=Medium 3=Well Done
21 Television	Hours of television 1=None 2=1-6 hours/week 3=1 hour/day 4=2 hours/day 5=3 hours/day 6=3+ hours/day
22 Picture	Used pictures to choose serving size on questionnaire 1=Yes 2=No 3=Didn't have any pictures
23 Drnkmre	Ever drank more beer, wine or liquor than now 1=yes 2=No
24 Tookvits	Vitamins regularly past year? 1=No 2=Yes
25 YrsMult	Years took multivitamins 1=Less than 1 year 2=1 Year 3=2 Years 4=3-4 Years 5=5-9 Years 6=10+ Years

26 Yrs Stress	Years took StressTabs 1=Less than 1 year 2=1 Year 3=2 Years 4=3-4 Years 5=5-9 Years 6=10+ Years
27 YrsAO	Years took antioxidant vitamin combination Like Var. 26
28 YrsVitA	Years took vitamin A Like Var. 26
29 YrsBeta	Years took beta-carotene Like Var. 26
30 YrsVitC	Years took vitamin C Like Var. 26
31 YrsVitE	Years took vitamin E Like Var. 26
32 YrsFol	Years took folate Like Var. 26
33 YrsCalci	Years took calcium Like Var. 26
34 YrsIron	Years took iron Like Var. 26
35 YrsZinc	Years took zinc Like Var. 26
36 YrsSele	Years took selenium Like Var. 26

Daily Nutrients from FOOD

37 CALORIES	(Kcal)
38 PROTEIN	(g)
39 TOTAL FAT	(g)
40 CARBOHYDRATE	(g)
41 CALCIUM	(mg)
42 PHOSPHORUS	(mg)
43 IRON	(mg)
44 SODIUM	(mg)
45 POTASSIUM	(mg)
46 VITAMIN A	(IU)

47	VITAMIN A	(RE)
48	THIAMIN (B1)	(mg)
49	RIBOFLAVIN (B2)	(mg)
50	NIACIN	(mg)
51	VITAMIN C	(mg)
52	SATURATED FAT	(g)
53	MONOUNSATURATED FAT	(g)
54	POLYUNSATURATED FAT	(g)
55	CHOLESTEROL	(mg)
56	FIBER	Total dietary fiber (g)
57	FOLATE	(mcg)
58	VITAMIN E	a-TE
59	ZINC	(mg)
60	ANIMAL ZINC	Zinc from animal sources (mg)
61	VITAMIN B6	(mg)
62	MAGNESIUM	(mg)
63	ALPHA-CAROTENE	(ug)
64	BETA-CAROTENE	(ug)
65	CRYPTOXANTHIN	(carotenoid) (ug)
66	LUTEIN	(carotenoid) (ug)
67	LYCOPENE	(carotenoid) (ug)
68	RETINOL	(preformed Vit. A, ug)
69	"CAROTENE"	Provitamin A carotenoids (ug)
70	GENISTEIN	Genistein (ug)
71	DAIDZEIN	Daidzein (ug)
72	VITAMIN D	Vitamin D (IU)
73	GLUT_TOT	Glutathione, total (mg)
74	GLUT_RED	Glutathione, reduced (mg)
75	CYSTEINE	Cysteine (S-containing) (mg)
76	METHIONINE	Methionine (S-containing) (mg)
77	B12	Vitamin B-12 (ug)
78	SELENIUM	Selenium (ug)
79	TRYPTOPHAN	Tryptophan (mg)
80	AA_THR	Threonine (mg)
81	AA_ILEU	Isoleucine (mg)
82	AA_LEU	Leucine (mg)
83	AA_LYS	Lysine (mg)
84	AA_CYS	Cystine (S-containing) (mg)
85	AA_PHE	Phenylalanine (mg)
86	AA_TYR	Tyrosine (mg)
87	AA_VAL	Valine (mg)
88	AA_ARG	Arginine (mg)
89	AA_HIS	Histidine (mg)
90	AA_ALA	Alanine (mg)
91	AA_ASP	Aspartic (mg)
92	AA_GLU	Glutamic (mg)
93	AA_GLY	Glycine (mg)
94	AA_PRO	Proline (mg)
95	AA_SER	Serine (mg)
96	TRANSFAT	Total Trans Fatty Acids (grams)

97	OMEGA3	Total Omega 3 fatty Acids (grams)
98	GAMMATOC	Gamma tocopherol (mg)
99	COPPER	Copper (mg)
100	MANGANES	Manganese (mg)
101	PANTO	Pantothenic acid (mg)
102	ISOFLAV	Total isoflavones (mg)
103	QUERCETN	Quercetin (mg)
104	GRAMSF	Grams of solid food (g) PER WEEK

PERCENTS OF CALORIES

105	PCTFAT	% of Kcal from fat
106	PCTPROT	% of Kcal from protein
107	PCTCARB	% of Kcal from carbohydrate
108	PCTSWEET	% of Kcal from sweets, desserts
109	PCTALch	% of Kcal from alcoholic beverages

Percents of Calories, calories from alcoholic beverages
excluded from denominator

110	BA_PFAT	% fat cals, alcoholic beverages excluded from denominator					
111	BA_PPROT	% prot cals,	"	"	"	"	"
112	BA_PCARB	% carb cals,	"	"	"	"	"

FIBER FROM DIFFERENT SOURCES

113	FIBBEAN	Dietary fiber from beans (g)
114	FIBVEGFR	Dietary fiber from vegetables & fruits (g)
115	FIBGRAIN	Dietary fiber from grains (g)

NUTRIENTS FROM VITAMIN SUPPLEMENTS

116	SUP_VITA	Average daily Vit A from supplements (IU)					
117	SUP_VITC	"	"	Vit C	"	"	(mg)
118	SUP_VITD	"	"	Vit D	"	"	(IU)
119	SUP_VITE	"	"	Vit E	"	"	(a-TE)
120	SUP_IRON	"	"	IRON	"	"	(mg)
121	SUP_CALC	"	"	CALCIUM	"	"	(mg)
122	SUP_ZINC	"	"	ZINC	"	"	(mg)
123	SUP_Beta	"	"	beta-car	"	"	(ug)
124	SUP_B1	"	"	B1	"	"	(mg)
125	SUP_B6	"	"	B6	"	"	(mg)
126	SUP_B12	"	"	B12	"	"	(ug)
127	SUP_FOL	"	"	FOLATE	"	"	(mcg)
128	SUP_COP	"	"	COPPER	"	"	(mg)
129	SUP_SE	"	"	SELENIUM	"	"	(mcg)
130	SUP_RIBO	"	"	B2	"	"	(mg)
131	SUP_MG	"	"	MAGNESIUM	"	"	(mg)
132	SUP_NIAC	"	"	NIACIN	"	"	(mg)

Food Group Servings

(Pyramid definitions of food categories, and approximate serving size definitions)

133	VEGSRV	Daily servings of vegetables
134	FRUITSRV	Daily frequency of fruits & fruit juices
135	GRAINSRV	Daily servings of breads, cereals, rice, pasta
136	MEATSRV	Daily servings of meat, fish, poultry, beans, eggs
137	DAIRYSRV	Daily servings of milk, yogurt, cheese
138	FATSRV	Daily frequency of fats & oils, sweets, sodas

Responses to Global or Summary Questions

139	GLOBVEG	Reported servings of vegs, excl. salad or potatoes 1=Less than 1/wk 2=1-2/wk 3=3-4/wk 4=5-6/wk 5=1/day 6=1.5/day 7=2/day 8=3/day 9=4+/day
140	GLOBFRT	Reported servings of fruit, excl.juice Like var. 108
141	GLOB CER	Reported servings of cold cereal Like var. 108.
142-151	Ginkgo Ginseng StJohn's Wort KavaKava Echinacea Melatonin DHEA Glucosamine/Chon Other botanicals None of the above	Use of non-vitamin supplements Ten 0-1 variables. '1' indicates use at least once a month.

Outlier Flags: Outlier on calories for respondent's age and sex

L=Outlier low, M=Not outlier, H=Outlier High

152	OUTLBFOR	Before portion size adjustments
153	OUTLAFTR	Final outlier status, after portion size adjustments

ERROR FLAGS

154	N_SKIP	Number of food items skipped
155	N_NOSERV	Number of food items with serving size omitted
156	N_FSDAY	Number of solid foods consumed per day
157	PCT_SMAL	Percent of foods marked as "small portion"
158	PCT_MEDS	Percent of foods marked as "medium portion"
159	PCT_LARG	Percent of foods marked as "large portion"
160	PCT_XLS	Percent of foods marked as "extra large portion"
161	N_ONCES	Number of foods marked as "once per" any unit
162	PCT_COL1	Percent of foods marked as "never or less than 1/month"
163	PCT_COL9	Percent of foods marked as "twice per day"
164	N_HIGHS	Number of foods with "too high" frequency
165	N_HIGRUP	Number of food groups with "too high" total frequency
166	FIXYN	Was a "fix" applied to this record
167	N_FIXES	How many items were "fixed"
168	N_WARNES	How many "warnings" were applied (See Edit Report)
169	N_ERRORS	How many "serious errors" were applied (See Edit Report)

ADDITIONAL VARIABLES:

170	H_Eat	Healthy Eating Index Score
171	GI_gluc	Daily Glycemic Index (glucose scale)
172	GL_gluc	Daily Glycemic Load (glucose scale)
173	GI_bread	Daily Glycemic Index (white bread scale)
174	GL_bread	Daily Glycemic Load (white bread scale)
175	Wholegrain	Servings of whole grains per day
176	Fol_nat	'Naturally occurring food folate, mcg'
177	Fol_fort	'Fortified folic acid from food, mcg'
178	Fol_DFE	'Dietary Folate equivalents from food'
179	Betaine	"Dietary Betaine (mg)"
180	Tcholine	"Dietary total choline (mg)"

END