

Block Dietary Data Systems

Filename: cholin00.ASC

resulting from re-analysis of Brief 2000 (paper-and-pencil) FFQ
adding nutrient estimates for betaine and choline from food

Variables are separated by spaces

#	Var. name	Description
1	ID	10-digit ID #
2	Booknum	Booklet number
3	DateComp	Date questionnaire was completed
4	Sex	1=Male, 2=Female
5	AgeCode	2-digit
6	Weight	pounds
7	Height	inches
Ethnic group		
8	HISP_YN	Hispanic/Latino (1=marked, 0=not)
9	BLACK_YN	Black, African-American (1=marked, 0=not)
10	AMIND_YN	Amer.Indian, Alaska Native (1=marked, 0=not)
11	WHITE_YN	White, not Hispanic (1=marked, 0=not)
12	ASIAN_YN	Asian (1=marked, 0=not)
13	HAWAI_YN	Native Hawaiian, Pacific Islander (1=marked, 0=not)
14	Pregnant	If female, are you pregnant or breastfeeding 1=No, not pregnant 2=Yes, pregnant 3=Not female
15	SmokeNow	Do you smoke cigarettes now 1=No 2=Yes
16	HowMany	On average, how many cigarettes a day now 1=1-5 Cigarettes 2=6-14 3=15-24 4=25-34 5=35+
17	AlcoMore	Ever drank more beer, wine or liquor than now 1=yes 2=No

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#	Var. name	Description
18	TookVits	Vitamins regularly past year? 1=No 2=Yes
19	YrsMulti	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
20	YrsStress	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
21	YrsAO	Years took antioxidant vitamin combination Like var. 19
22	YrsVitA	Years took vitamin A Like var. 19
23	YrsBeta	Years took beta-carotene Like var. 19
24	YrsVitC	Years took vitamin C Like var. 19
25	YrsVitE	Years took vitamin E Like var. 19

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#	Var. name	Description
26	YrsFol	Years took folate Like var. 19
27	YrsCa	Years took calcium Like var. 19
28	YrsIron	Years took iron Like var. 19
29	YrsZinc	Years took zinc Like var. 19
30	YrsSele	Years took selenium Like var. 19
31	YrsVitD	Years took Vitamin D Like var. 19
32	EatMeat	Do you ever eat chicken, meat, fish? 1 = Yes 2 = No
33	FreqFat	How often use fat/oil in cooking? 1 = Less than once per week 3 = A few times per week 5 = Once per day 7 = Twice per day 8 = 3+ per day

Daily Nutrients from FOOD

34	dt_kcal	CALORIES (Kcal)
35	dt_prot	PROTEIN (g)
36	dt_fat	TOTAL FAT (g)
37	dt_carb	CARBOHYDRATE (g)
38	dt_calc	CALCIUM (mg)
39	dt_phos	PHOSPHORUS (mg)

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#	Var. name	Description
40	dt_fe	IRON (mg)
41	dt_na	SODIUM (mg)
42	dt_pota	POTASSIUM (mg)
43	dt_A_IU	VITAMIN A (IU)
44	dt_A_RE	VITAMIN A (RE)
45	dt_b1	THIAMIN (B1) (mg)
46	dt_ribo	RIBOFLAVIN (B2) (mg)
47	dt_niac	NIACIN (mg)
48	dt_vitC	VITAMIN C (mg)
49	dt_sfata	SATURATED FAT (g)
50	dt_olec	MONOUNSATURATED FAT (g)
51	dt_lin	POLYUNSATURATED FAT (g)
52	dt_chol	CHOLESTEROL (mg)
53	dt_dfib	FIBER Total dietary fiber (g)
54	dt_fol	FOLATE (mcg)
55	dt_vite	VITAMIN E a-TE
56	dt_zinc	ZINC (mg)
57	dt_anzn	ANIMAL ZINC Zinc from animal sources (mg)
58	dt_b6	VITAMIN B6 (mg)
59	dt_mg	MAGNESIUM (mg)
60	dt_acar	ALPHA-CAROTENE (ug)
61	dt_bcar	BETA-CAROTENE (ug)
62	dt_cryp	CRYPTOXANTHIN (carotenoid) (ug)
63	dt_lut	LUTEIN (carotenoid) (ug)
64	dt_lyc	LYCOPENE (carotenoid) (ug)
65	dt_ret	RETINOL (preformed Vit. A, ug)
66	dt_proa	"CAROTENE" Provitamin A carotenoids (ug)
67	genisten	GENISTEIN Genistein (ug)
68	daidzen	DAIDZEIN Daidzein (ug)
69	dt_vitd	VITAMIN D (IU)
70	Dt_Caffn	CAFFEINE (mg)
71	DT_Vitk	VITAMIN K (ug)
72	Dt_b12	VITAMIN B12 (ug)
73	dt_cyst	CYSTEINE (mg)
74	dt_meth	METHIONINE (mg)
75	betaine	Dietary betaine (mg)

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#	Var. name	Description
76	tcholine	Dietary total choline (mg)
77	gramssf	GRAMSF Grams of solid food (g) PER WEEK

Percents of Calories

78	pctfat	PCTFAT % of Kcal from fat
79	pctprot	PCTPROT % of Kcal from protein
80	pctcarb	PCTCARB % of Kcal from carbohydrate
81	pctsweet	PCTSWEET % of Kcal from sweets, desserts
82	pctalch	PCTALch % of Kcal from alcoholic beverages

Percents of Calories, calories from alcoholic beverages excluded from denominator

83	ba_pfat	BA_PFAT % fat cals, alcoholic beverages excluded from denominator
84	ba_pprot	BA_PPROT % prot cals, " " " " " "
85	ba_pcarb	BA_PCARB % carb cals, " " " " " "

Fiber from different sources

86	FibBean	FIBBEAN Dietary fiber from beans (g)
87	FibVegFr	FIBVEGFR Dietary fiber from vegetables & fruits (g)
88	FibGrain	FIBGRAIN Dietary fiber from grains (g)

Nutrients from vitamin supplements

89	Sup_VitA	SUP_VITA Average daily Vit A from supplements (IU)
90	Sup_VitC	SUP_VITC " " Vit C " " (mg)
91	Sup_VitD	SUP_VITD " " Vit D " " (IU)
92	Sup_VitE	SUP_VITE " " Vit E " " (a-TE)
93	Sup_Fe	SUP_IRON " " IRON " " (mg)
94	Sup_Ca	SUP_CALC " " CALCIUM " (mg)
95	Sup_Zinc	SUP_ZINC " " ZINC " " (mg)
96	Sup_BCar	SUP_Beta " " beta-car " (ug)
97	Sup_B1	SUP_B1 " " B1 " (mg)
98	Sup_B6	SUP_B6 " " B6 " (mg)
99	Sup_B12	SUP_B12 " " B12 " (ug)
100	Sup_Fol	SUP_FOL " " FOLATE " (mcg)
101	Sup_Cu	SUP_COP " " COPPER " (mg)
102	Sup_Se	SUP_SE " " SELENIUM " (mcg)
103	Sup_B2	SUP_RIBO " " B2 " (mg)

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#	Var. name	Description
104	Sup_Mg	SUP_MG " " MAGNESIUM (mg)
105	Sup_Niac	SUP_NIAC " " NIACIN " (mg)

Food Group Servings

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

106	vegsrv	VEGSRV Daily servings of vegetables
107	fruitsrv	FRUITSRV Daily frequency of fruits & fruit juices
108	grainsrv	GRAINSRV Daily servings of breads, cereals, rice, pasta
109	meatsrv	MEATSRV Daily servings of meat, fish, poultry, beans, eggs
110	dairysrv	DAIRYSRV Daily servings of milk, yogurt, cheese
111	fatsrv	FATSRV Daily frequency of fats & oils, sweets, sodas

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

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

112	outlbfor	OUTLBFOR Before portion size adjustments
113	outlafter	OUTLAFTER Final outlier status, after portion size adjustments

Error Flags

114	n_skip	N_SKIP Number of food items skipped
115	n_noserv	N_NOSERV Number of food items with serving size omitted
116	n_fdsday	N_FDSDAY Number of solid foods consumed per day
117	pct_smal	PCT_SMAL Percent of foods marked as "small portion"
118	pct_meds	PCT_MEDS Percent of foods marked as "medium portion"
119	pct_larg	PCT_LARG Percent of foods marked as "large portion"
120	pct_xls	PCT_XLS Percent of foods marked as "extra large portion"
121	n_onces	N_ONCES Number of foods marked as "once per" any unit
122	pct_col1	PCT_COL1 Percent of foods marked as "Never"
123	pct_col9	PCT_COL9 Percent of foods marked as "Every day"
124	n_highs	N_HIGH Number of foods with "too high" frequency
125	n_higrup	N_HIGRUP Number of food groups with "too high" total frequency
126	fixyn	FIXYN Was a "fix" applied to this record
127	n_fixes	N_FIXES How many items were "fixed"
128	n_warns	N_WARNS How many "warnings" were applied (See Edit Report)
129	n_errors	N_ERRORS How many "serious errors" were applied (See Edit Report)

END