

NATIONAL INSTITUTES OF HEALTH DIET HISTORY QUESTIONNAIRE

PARTICIPANT NO. - -

PARTICIPANT'S INITIALS

CLINICAL CENTER SITE NO.

VISIT NO.

CRF DATE / /

RC ID

GENERAL INSTRUCTIONS

1. Answer each question as best you can. Estimate if you are not sure. A thoughtful guess is better than leaving a blank.
2. Use a black pen. Be sure to completely blacken in each of the answers.
3. For any changes, blacken the correct answer and put a circle around it. e.g.
 Shade Circles like this --> Not like this -->
4. If you blacken NEVER or NO for a question please follow any instructions that direct you to the next question.
5. Do not fold, tear or curl this form.
6. Do not write words on this form to ensure accurate scanning of answers.
7. For optimum accuracy, please print capital letters and numbers carefully and avoid contact with the edges of the box.

e.g.

S

1	2	3	4	5	A	B	C	D	E
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Today's Date:

Month	Day	Year
<input type="radio"/> Jan	<input type="text"/> <input type="text"/>	<input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/>
<input type="radio"/> Feb	0 <input type="radio"/> <input type="radio"/>	0 <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/>
<input type="radio"/> Mar	1 <input type="radio"/> <input type="radio"/>	1 <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/>
<input type="radio"/> Apr	2 <input type="radio"/> <input type="radio"/>	2 <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/>
<input type="radio"/> May	3 <input type="radio"/> <input type="radio"/>	3 <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/>
<input type="radio"/> Jun	4 <input type="radio"/> <input type="radio"/>	4 <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/>
<input type="radio"/> Jul	5 <input type="radio"/> <input type="radio"/>	5 <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/>
<input type="radio"/> Aug	6 <input type="radio"/> <input type="radio"/>	6 <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/>
<input type="radio"/> Sep	7 <input type="radio"/> <input type="radio"/>	7 <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/>
<input type="radio"/> Oct	8 <input type="radio"/> <input type="radio"/>	8 <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/>
<input type="radio"/> Nov	9 <input type="radio"/> <input type="radio"/>	9 <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/>
<input type="radio"/> Dec		

In what month were you born?

- Jan
- Feb
- Mar
- Apr
- May
- Jun
- Jul
- Aug
- Sep
- Oct
- Nov
- Dec

Are you male or female?

- Male
- Female

In what year were you born?

- 0
- 1
- 2
- 3
- 4
- 5
- 6
- 7
- 8
- 9



62401

6 0

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

- NEVER (Go To Question 2)
 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

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

- Less than 3/4 cup (6 ounces)
 3/4 to 1-1/4 cups (6 to 10 ounces)
 More than 1-1/4 cups (10 ounces)

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

- NEVER (Go To Question 3)
 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

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

- Less than 3/4 cup (6 ounces)
 3/4 to 1-1/4 cups (6 to 10 ounces)
 More than 1-1/4 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)
 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

3a. Each time you drank other fruit juice or fruit juice mixtures, how much did you usually drink?

- Less than 3/4 cup (6 ounces)
 3/4 to 1-1/2 cups (6 to 12 ounces)
 More than 1-1/2 cups (12 ounces)

Question appears in the next column.

7 2

Over the past 12 months...

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

- NEVER (Go To Question 5)
 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

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 1/4 of the time
 About 1/2 of the time
 About 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)
 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

5a. Each time you drank milk as a beverage, how much did you usually drink?

- Less than 1 cup (8 ounces)
 1 to 1-1/2 cups (8 to 12 ounces)
 More than 1-1/2 cups (12 ounces)

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

- Whole Milk
 2% fat milk
 1% fat milk
 Skim, nonfat, or 1/2% fat milk
 Soy milk
 Rice Milk
 Other

Question appears on the next page.



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6 0

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)
1 time per month or less
2-3 times per month
1-2 times per week
3-4 times per week
5-6 times per week
1 time per day
2-3 times per day
4-5 times per day
6 or more times per day

6a. Each time you drank meal replacement beverages, how much did you usually drink?

- Less than 1 cup (<8 ounces)
1 to 1-1/2 cups (8 to 12 ounces)
More than 1-1/2 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
1 time per month or less
2-3 times per month
1-2 times per week
3-4 times per week
5-6 times per week
1 time per day
2-3 times per day
4-5 times per day
6 or more times per day

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

- NEVER
1 time per month or less
2-3 times per month
1-2 times per week
3-4 times per week
5-6 times per week
1 time per day
2-3 times per day
4-5 times per day
6 or more times per day

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

Question appears in the next column.

7 2

7d. How often were these soft drinks, soda, or pop diet or sugar-free?

- 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

7e. How often were these soft drinks, soda, or pop caffeine-free?

- 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

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

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

- NEVER
1 time per month or less
2-3 times per month
1-2 times per week
3-4 times per week
5-6 times per week
1 time per day
2-3 times per day
4-5 times per day
6 or more times per day

8c. Each time you drank beer, how much did you usually drink?

- Less than a 12-ounce can or bottle
One to three 12-ounce cans or bottles
More than three 12-ounce cans or bottles

Question appears on the next page.





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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 one glass (<5 ounces)
- One to two glasses (5 to 12 ounces)
- More than 2 glasses (>12 ounces)

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 one shot of liquor
- One to three 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

Question appears in the next column.

7 2

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 drank ate oatmeal, grits, or other cooked cereal, how much did you usually eat?

- Less than 3/4 cup (<6 ounces)
- 3/4 to 1-1/4 cups (6 to 10 ounces)
- More than 1-1/4 cups (>10 ounces)

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 1-1/2 cups
- More than 1-1/2 cups

12b. How often was the cold cereal you ate Total, Product 19, or Right Start?

- 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

12c. How often was the cold cereal you ate All Bran, Fiber One, 100% Bran, or Bran Buds?

- 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

Question appears on the next page.



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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 1/4 of the time
- About 1/2 of the time
- About 3/4 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, Fruit Loops, Cap'n Crunch, or others)?

- 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

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 1/2% fat milk
- Soy milk
- Rice milk
- Other

12h. Each time milk was added to your cold cereal, how much was usually added?

- Less than 1/2 cup
- 1/2 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

Question appears in the next column.

13a. Each time you ate applesauce, how much did you usually eat?

- Less than 1/2 cup (<4 ounces)
- 1/2 to 1 cup (4 to 8 ounces)
- More than 1 cup (>8 ounces)

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

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

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

Question appears on the next page.



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

- NEVER (Go To Question 18)
- | | |
|---|---|
| <input type="radio"/> 1-6 times per year | <input type="radio"/> 2 times per week |
| <input type="radio"/> 7-11 times per year | <input type="radio"/> 3-4 times per week |
| <input type="radio"/> 1 time per month | <input type="radio"/> 5-6 times per week |
| <input type="radio"/> 2-3 times per month | <input type="radio"/> 1 time per day |
| <input type="radio"/> 1 time per week | <input type="radio"/> 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?

- | | |
|---|---|
| <input type="radio"/> NEVER | |
| <input type="radio"/> 1-6 times per season | <input type="radio"/> 2 times per week |
| <input type="radio"/> 7-11 times per season | <input type="radio"/> 3-4 times per week |
| <input type="radio"/> 1 time per month | <input type="radio"/> 5-6 times per week |
| <input type="radio"/> 2-3 times per month | <input type="radio"/> 1 time per day |
| <input type="radio"/> 1 time per week | <input type="radio"/> 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?

- | | |
|---|---|
| <input type="radio"/> NEVER | |
| <input type="radio"/> 1-6 times per year | <input type="radio"/> 2 times per week |
| <input type="radio"/> 7-11 times per year | <input type="radio"/> 3-4 times per week |
| <input type="radio"/> 1 time per month | <input type="radio"/> 5-6 times per week |
| <input type="radio"/> 2-3 times per month | <input type="radio"/> 1 time per day |
| <input type="radio"/> 1 time per week | <input type="radio"/> 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 1/2 cup
 1 to 2 fruits or 1/2 to 3/4 cup
 More than 2 fruits or more than 3/4 cup

Question appears in the next column.

7 2

19. How often did you eat grapes?

- NEVER (Go To Question 20)
- | | |
|---|---|
| <input type="radio"/> 1-6 times per year | <input type="radio"/> 2 times per week |
| <input type="radio"/> 7-11 times per year | <input type="radio"/> 3-4 times per week |
| <input type="radio"/> 1 time per month | <input type="radio"/> 5-6 times per week |
| <input type="radio"/> 2-3 times per month | <input type="radio"/> 1 time per day |
| <input type="radio"/> 1 time per week | <input type="radio"/> 2 or more times per day |

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

- Less than 1/2 cup or less than 10 grapes
 1/2 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?

- | | |
|---|---|
| <input type="radio"/> NEVER | |
| <input type="radio"/> 1-6 times per season | <input type="radio"/> 2 times per week |
| <input type="radio"/> 7-11 times per season | <input type="radio"/> 3-4 times per week |
| <input type="radio"/> 1 time per month | <input type="radio"/> 5-6 times per week |
| <input type="radio"/> 2-3 times per month | <input type="radio"/> 1 time per day |
| <input type="radio"/> 1 time per week | <input type="radio"/> 2 or more times per day |

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

- | | |
|---|---|
| <input type="radio"/> NEVER | |
| <input type="radio"/> 1-6 times per year | <input type="radio"/> 2 times per week |
| <input type="radio"/> 7-11 times per year | <input type="radio"/> 3-4 times per week |
| <input type="radio"/> 1 time per month | <input type="radio"/> 5-6 times per week |
| <input type="radio"/> 2-3 times per month | <input type="radio"/> 1 time per day |
| <input type="radio"/> 1 time per week | <input type="radio"/> 2 or more times per day |

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

- Less than 1/4 melon or less than 1/2 cup
 1/4 melon or 1/2 to 1 cup
 More than 1/4 melon or more than 1 cup

Question appears on the next page.



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

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

NO (Go To Question 23)

YES



Question appears in the next column.

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

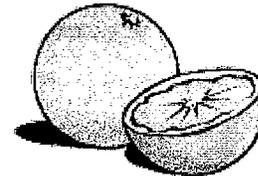
22b. How often did you eat fresh or frozen strawberries **DURING THE REST OF THE YEAR?**

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 1/4 cup or less than 3 berries
- 1/4 to 3/4 cup or 3 to 8 berries
- More than 3/4 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 appears on the next page.



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Over the past 12 months...

23b. How often did you eat oranges, tangerines, or tangelos 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 much 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

Question appears in the next column.

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

- Less than 1/2 grapefruit
- 1/2 grapefruit
- More than 1/2 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 1/4 cup
- 1/4 to 3/4 cup
- More than 3/4 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 1/2 cup
- 1/2 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 1/2 cup
- 1/2 to 1 cup
- More than 1 cup

Question appears on the next page.



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Over the past 12 months...

28. How often did you eat coleslaw?

- NEVER (Go To Question 29)
- 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

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

- Less than 1/4 cup
- 1/4 to 3/4 cup
- More than 3/4 cup

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

- NEVER (Go To Question 30)
- 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

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

- Less than 1/4 cup
- 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)
- 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

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

- Less than 1/4 cup or less than 2 baby carrots
- 1/4 to 1/2 cup or 2 to 5 baby carrots
- More than 1/2 cup or more than 5 baby carrots

Question appears in the next column.

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31. How often did you eat string beans or green beans (fresh, canned, or frozen)?

- NEVER (Go To Question 32)
- 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

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

- Less than 1/2 cup
- 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)
- 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

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

- Less than 1/4 cup
- 1/4 to 3/4 cup
- More than 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
- 1-6 times per season 2 times per week
- 7-11 times per season 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 appears on the next page.



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33b. How often did you eat corn (fresh, canned, or frozen) 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

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

- Less than 1 ear or less than 1/2 cup
 1 ear or 1/2 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 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

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

- Less than 1/4 cup
 1/4 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 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

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

- Less than 1/4 cup
 1/4 to 1/2 cup
 More than 1/2 cup

Question appears in the next column.

36. How often did you eat mixed vegetables?

- NEVER (Go To Question 37)
 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

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

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

37. How often did you eat onions?

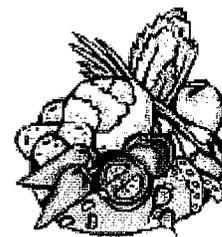
- NEVER (Go To Question 38)
 1-6 times per year 2 times per week
 7-11 times per year 3-4 times per week
 1 time per month 5-6 times per week
 2-3 times per month 1 time per day
 1 time per week 2 or more times per day

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 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 appears on the next page.



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Over the past 12 months...

38a. Which fats were usually added to your vegetables DURING COOKING? (Please do not include potatoes. Mark as many as 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

39. Now, thinking again about all the cooked vegetables you ate in the past 12 months, how often was some sort of fat, sauce, or dressing added AFTER COOKING OR AT THE TABLE? (Please do not include potatoes.)

- NEVER (Go To Question 40)
- 1-6 times per year
- 7-11 times per year
- 1 time per month
- 2-3 times per month
- 1-2 times per week
- 3-4 times per week
- 5-6 times per week
- 1 time per day
- 2 times per day
- 3 or more times per day

39a. Which fats, sauces, or dressings were usually added AFTER COOKING OR AT THE TABLE? (Please do not include potatoes. Mark as many as apply.)

- Margarine (including low fat)
- Butter (including low fat)
- Lard, fatback, or bacon fat
- Salad dressing
- Cheese sauce
- White sauce
- Other

39b. If margarine, butter, lard, fatback, or bacon fat was added to your cooked vegetables AFTER COOKING OR AT THE TABLE, how much did you usually add?

- Did not usually add these
- Less than 1 teaspoon
- 1 to 3 teaspoons
- More than 3 teaspoons

Question appears in the next column.

39c. If salad dressing, cheese sauce, or white sauce was added to your cooked vegetables AFTER COOKING OR AT THE TABLE, how much did you usually add?

- Did not usually add these
- Less than 1 tablespoon
- 1 to 3 tablespoons
- More than 3 tablespoons

40. Over the past 12 months, how often did you eat sweet peppers (green, red, or yellow)?

- NEVER (Go To Question 41)
- 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

40a. Each time you ate sweet peppers, how much did you usually eat?

- Less than 1/8 pepper
- 1/8 to 1/4 pepper
- More than 1/4 pepper

41. Over the past 12 months, did you eat fresh tomatoes (including those in salads)?

- NO (Go To Question 42)
- YES

41a. How often did you eat fresh tomatoes (including those in salads) 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

41b. How often did you eat fresh tomatoes (including those in salads) 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

Question appears on the next page.



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Over the past 12 months...

41c. Each time you ate fresh tomatoes, how much did you usually eat?

- Less than 1/4 tomato
- 1/4 to 1/2 tomato
- More than 1/2 tomato

42. How often did you eat lettuce salads (with or without other vegetables)?

- NEVER (Go To Question 43)
- 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

42a. Each time you ate lettuce salads, how much did you usually eat?

- Less than 1/4 cup
- 1/4 to 1-1/4 cups
- More than 1-1/4 cups

43. How often did you eat salad dressing (including low-fat) on salads?

- NEVER (Go To Question 44)
- 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

43a. Each time you ate salad dressing on salads, how much did you usually eat?

- Less than 2 tablespoons
- 2 to 4 tablespoons
- More than 4 tablespoons

44. How often did you eat sweet potatoes or yams?

- NEVER (Go To Question 45)
- 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

44a. Each time you ate sweet potatoes or yams, how much did you usually eat?

- 1 small potato or less than 1/4 cup
- 1 medium potato or 1/4 to 3/4 cup
- 1 large potato or more than 3/4 cup

Question appears in the next column.

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45. How often did you eat french fries, home fries, hash browned potatoes or tater tots?

- NEVER (Go To Question 46)
- 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

45a. Each time you ate french fries, home fries, hash browned potatoes or tater tots, how much did you usually eat?

- Less than 10 fries or less than 1/2 cup
- 10 - 25 fries or 1/2 to 1 cup
- More than 25 fries or more than 1 cup

46. How often did you eat potato salad?

- NEVER (Go To Question 47)
- 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

46a. Each time you ate potato salad, how much did you usually eat?

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



47. How often did you eat baked, boiled, or mashed potatoes?

- NEVER (Go To Question 48)
- 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

47a. Each time you ate baked, boiled, or mashed potatoes, how much did you usually eat?

- 1 small potato or less than 1/2 cup
- 1 medium potato or 1/2 to 1 cup
- 1 large potato or more than 1 cup

Question appears on the next page.



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Over the past 12 months...

47b. How often was sour cream (including low-fat) added to your potatoes, EITHER IN COOKING OR AT THE TABLE?

- Almost never or never (Go To Question 47d)
- About 1/4 of the time
- About 1/2 of the time
- About 3/4 of the time
- Almost always or always

47c. Each time sour cream was added to your potatoes, how much was usually added?

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

47d. How often was margarine (including low-fat) added to your potatoes, EITHER IN COOKING OR AT THE TABLE?

- 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

47e. How often was butter (including low-fat) added to your potatoes, EITHER IN COOKING OR AT THE TABLE?

- 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

47f. Each time margarine or butter was added to your potatoes, how much was usually added?

- Never added
- Less than 1 teaspoon
- 1 to 3 teaspoons
- More than 3 teaspoons

47g. How often was cheese or cheese sauce added to your potatoes, EITHER IN COOKING OR AT THE TABLE?

- Almost never or never (Go To Question 48)
- About 1/4 of the time
- About 1/2 of the time
- About 3/4 of the time
- Almost always or always

Question appears in the next column.

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47h. Each time cheese or cheese sauce was added to your potatoes, how much was usually added?

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

48. How often did you eat salsa?

- NEVER (Go To Question 49)
- 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

48a. Each time you ate salsa, how much did you usually eat?

- Less than 1 tablespoon
- 1 to 5 tablespoons
- More than 5 tablespoons

49. How often did you eat catsup?

- NEVER (Go To Question 50)
- 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

49a. Each time you ate catsup, how much did you usually eat?

- Less than 1 teaspoon
- 1 to 6 teaspoons
- More than 6 teaspoons

50. How often did you eat stuffing, dressing, or dumplings?

- NEVER (Go To Question 51)
- 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

50a. Each time you ate stuffing, dressing, or dumplings, how much did you usually eat?

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

Question appears on the next page.



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Over the past 12 months...

51. How often did you eat chili?

- NEVER (Go To Question 52)
- 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

51a. Each time you ate chili, how much did you usually eat?

- Less than 1/2 cup
- 1/2 to 1-3/4 cup
- More than 1-3/4 cups

52. How often did you eat Mexican foods (such as tacos, tostados, burritos, tamales, fajitas, enchiladas, quesadillas, and chimichangas)?

- NEVER (Go To Question 53)
- 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

52a. Each time you ate Mexican foods, how much did you usually eat?

- Less than 1 taco, burrito, etc.
- 1 to 2 tacos, burritos, etc.
- More than 2 tacos, burritos, etc.

53. How often did you eat cooked dried beans (such as baked beans, pinto, kidney, blackeyed peas, lima, lentils, soybeans, or refried beans)? (Please don't include bean soups or chili.)

- NEVER (Go To Question 54)
- 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

53a. Each time you ate beans, how much did you usually eat?

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

Question appears in the next column.

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53b. How often were the beans you ate refried beans, beans prepared with any type of fat, or with meat added?

- 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

54. How often did you eat other kinds of vegetables?

- NEVER (Go To Question 55)
- 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

54a. Each time you ate other kinds of vegetables, how much did you usually eat?

- Less than 1/4 cup
- 1/4 to 1/2 cup
- More than 1/2 cup

55. How often did you eat rice or other cooked grains (such as bulgar, cracked wheat, or millet)?

- NEVER (Go To Question 56)
- 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

55a. Each time you ate rice or other cooked grains, how much did you usually eat?

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

55b. How often was butter, margarine, or oil added to your rice EITHER IN COOKING OR AT THE TABLE?

- 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

Question appears on the next page.



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Over the past 12 months...

56. How often did you eat pancakes, waffles, or French toast?

- NEVER (Go To Question 57)
- 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

56a. Each time you ate pancakes, waffles, or French toast, how much did you usually eat?

- Less than 1 medium piece
- 1 to 3 medium pieces
- More than 3 medium pieces

56b. How often was margarine (including low-fat) added to your pancakes, waffles, or French toast. AFTER COOKING OR AT THE TABLE?

- 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

56c. How often was butter (including low-fat) added to your pancakes, waffles, or French toast, AFTER COOKING OR AT THE TABLE?

- 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

56d. Each time margarine or butter was added to your pancakes, waffles, or French toast, how much was usually added?

- Never added
- Less than 1 teaspoon
- 1 to 3 teaspoons
- More than 3 teaspoons

56e. How often was syrup added to your pancakes, waffles, or French toast?

- Almost never or never (Go To Question 57)
- About 1/4 of the time
- About 1/2 of the time
- About 3/4 of the time
- Almost always or always

Question appears in the next column.

56f. Each time syrup was added to your pancakes, waffles, or French toast, how much was usually added?

- Less than 1 tablespoon
- 1 to 4 tablespoons
- More than 4 tablespoons

57. How often did you eat lasagna, stuffed shells, stuffed manicotti, ravioli, or tortellini? (Please do not include spaghetti or other pasta.)

- NEVER (Go To Question 58)
- 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

57a. Each time you ate lasagna, stuffed shells, stuffed manicotti, ravioli, or tortellini, how much did you usually eat?

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

58. How often did you eat macaroni and cheese?

- NEVER (Go To Question 59)
- 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

58a. Each time you ate macaroni and cheese, how much did you usually eat?

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

59. How often did you eat pasta salad or macaroni salad?

- NEVER (Go To Question 60)
- 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 appears on the next page.



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Over the past 12 months...

59a. Each time you ate pasta salad or macaroni salad, how much did you usually eat?

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

60. Other than the pastas listed in Question 57, 58, and 59, how often did you eat pasta, spaghetti, or other noodles?

- NEVER (Go To Question 61)
- 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

60a. Each time you ate pasta, spaghetti or other noodles, how much did you usually eat?

- Less than 1 cup
- 1 to 3 cups
- More than 3 cups

60b. How often did you eat your pasta, spaghetti, or other noodles with tomato sauce or spaghetti sauce made WITH meat?

- 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

60c. How often did you eat your pasta, spaghetti, or other noodles with tomato sauce or spaghetti sauce made WITHOUT meat?

- 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

60d. How often did you eat your pasta, spaghetti, or other noodles with margarine, butter, oil, or cream sauce?

- 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

Question appears in the next column.

61. How often did you eat bagels or English muffins?

- NEVER (Go To Question 62)
- 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

61a. Each time you ate bagels or English muffins, how much did you usually eat?

- Less than 1 bagel or English muffin
- 1 bagel or English muffin
- More than 1 bagel or English muffin

61b. How often was margarine (including low-fat) added to your bagels or English muffins?

- 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

61c. How often was butter (including low-fat) added to your bagels or English muffins?

- 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

61d. Each time margarine or butter was added to your bagels or English muffins, how much was usually added?

- Never added
- Less than 1 teaspoon
- 1 to 2 teaspoons
- More than 2 teaspoons

61e. How often was cream cheese (including low-fat) spread on your bagels or English muffins?

- Almost never or never (Go To Introduction To Question 62)
- About 1/4 of the time
- About 1/2 of the time
- About 3/4 of the time
- Almost always or always

Question appears on the next page.



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Over the past 12 months...

61f. Each time cream cheese was added to your bagels or English muffins, how much was usually added?

- Less than 1 tablespoon
- 1 to 2 tablespoons
- More than 2 tablespoons

The next questions ask about your intake of breads other than bagels or English muffins. First, we will ask about bread you ate as part of sandwiches only. Then we will ask about all other bread you ate.

62. How often did you eat breads or rolls AS PART OF SANDWICHES (including burger and hot dog rolls)?

- NEVER (Go To Question 63)
- 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

62a. Each time you ate breads or rolls AS PART OF SANDWICHES, how many did you usually eat?

- 1 slice or 1/2 a roll
- 2 slices or 1 roll
- More than 2 slices or more than 1 roll

62b. How often were the breads or rolls that you used for your sandwiches white bread (including burger and hot dog rolls)?

- 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

62c. How often was mayonnaise or mayonnaise-type dressing (including low-fat) added to your sandwich bread or rolls?

- Almost never or never (Go To Question 62e)
- About 1/4 of the time
- About 1/2 of the time
- About 3/4 of the time
- Almost always or always

Question appears in the next column.

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62d. Each time mayonnaise or mayonnaise-type dressing was added to your sandwich bread or rolls, how much was usually added?

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

62e. How often was margarine (including low-fat) added to your sandwich bread or rolls?

- 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

62f. How often was butter (including low-fat) added to your sandwich bread or rolls?

- 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

62g. Each time margarine or butter was added to your sandwich breads or rolls, how much was usually added?

- Never added
- Less than 1 teaspoon
- 1 to 2 teaspoons
- More than 2 teaspoons

63. How often did you eat breads or dinner rolls, NOT AS PART OF SANDWICHES?

- NEVER (Go To Question 64)
- 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

63a. Each time you ate breads or dinner rolls, NOT AS PART OF SANDWICHES, how much did you usually eat?

- 1 slice or 1 dinner roll
- 2 slices or 2 dinner rolls
- More than 2 slices or 2 dinner rolls

Question appears on the next page.



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Over the past 12 months...

63b. How often were the breads or rolls you ate white bread?

- 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

63c. How often was margarine (including low-fat) added to your breads or rolls?

- 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

63d. How often was butter (including low-fat) added to your breads or rolls?

- 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

63e. Each time margarine or butter was added to your breads or rolls, how much was usually added?

- Never added
- Less than 1 teaspoon
- 1 to 2 teaspoons
- More than 2 teaspoons

63f. How often was cream cheese (including low-fat) added to your breads or rolls?

- Almost never or never (Go To Question 64)
- About 1/4 of the time
- About 1/2 of the time
- About 3/4 of the time
- Almost always or always

63g. Each time cream cheese was added to your breads or rolls, how much was usually added?

- Less than 1 tablespoon
- 1 to 2 tablespoons
- More than 2 tablespoons

Question appears in the next column.

64. How often did you eat jam, jelly, or honey on bagels, muffins, bread, rolls, or crackers?

- NEVER (Go To Question 65)
- 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

64a. Each time you ate jam, jelly, or honey, how much did you usually eat?

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

65. How often did you eat peanut butter or other nut butter?

- NEVER (Go To Question 66)
- 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

65a. Each time you ate peanut butter or other nut butter, how much did you usually eat?

- Less than 1 tablespoon
- 1 to 2 tablespoons
- More than 2 tablespoons

66. How often did you eat roast beef or steak IN SANDWICHES?

- NEVER (Go To Question 67)
- 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

66a. Each time you ate roast beef or steak IN SANDWICHES, how much did you usually eat?

- Less than 1 slice or less than 2 ounces
- 1 to 2 slices or 2 to 4 ounces
- More than 2 slices or more than 4 ounces

Question appears on the next page.



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Over the past 12 months...

67. How often did you eat turkey or chicken COLD CUTS (such as loaf, luncheon meat, turkey ham, turkey salami, or turkey pastrami)? (We will ask about other turkey or chicken later.)

- NEVER (Go To Question 68)
- 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

67a. Each time you ate turkey or chicken COLD CUTS, how much did you usually eat?

- Less than 1 slice
- 1 to 3 slices
- More than 3 slices



68. How often did you eat luncheon or deli-style ham? (We will ask about other ham later.)

- NEVER (Go To Question 69)
- 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

68a. Each time you ate luncheon or deli-style ham, how many did you usually eat?

- Less than 1 slice
- 1 to 3 slices
- More than 3 slices

68b. How often was the luncheon or deli-style ham you ate light, low-fat, or fat-free?

- 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

Question appears in the next column.

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69. How often did you eat other cold cuts or luncheon meats (such as bologna, salami, corned beef, pastrami, or others, including low-fat)? (Please do not include ham, turkey, or chicken cold cuts.)

- NEVER (Go To Question 70)
- 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

69a. Each time you ate other cold cuts or luncheon meats, how many did you usually eat?

- Less than 1 slice
- 1 to 3 slices
- More than 3 slices

69b. How often were the other cold cuts or luncheon meats you ate light, low-fat, or fat-free? (Please do not include ham, turkey, or chicken cold cuts.)

- 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

70. How often did you eat canned tuna (including in salads, sandwiches, or casseroles)?

- NEVER (Go To Question 71)
- 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

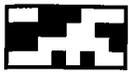
70a. Each time you ate canned tuna, how many did you usually eat?

- Less than 1/4 cup or less than 2 ounces
- 1/4 to 1/2 cup or 2 to 3 ounces
- More than 1/2 cup or more than 3 ounces

70b. How often was the canned tuna you ate water-packed tuna?

- 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

Question appears on the next page.



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Over the past 12 months...

70c. How often was the canned tuna you ate prepared with mayonnaise or other dressing (including low-fat)??

- 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

71. How often did you eat GROUND chicken or turkey? (We will ask about other chicken or turkey later)

- NEVER (Go To Question 72)
- 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

71a. Each time you ate GROUND chicken or turkey, how much did you usually eat?

- Less than 2 ounces or less than 1/2 cup
- 2 to 4 ounces or 1/2 to 1 cup
- More than 4 ounces or more than 1 cup

72. How often did you eat beef hamburgers or cheeseburgers?

- NEVER (Go To Question 73)
- 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

72a. Each time you ate beef hamburgers or cheeseburgers, how much did you usually eat?

- Less than 1 patty or less than 2 ounces
- 1 patty or 2 to 4 ounces
- More than 1 patty or more than 4 ounces

72b. How often were the beef hamburgers or cheeseburgers you ate made with lean ground beef?

- 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

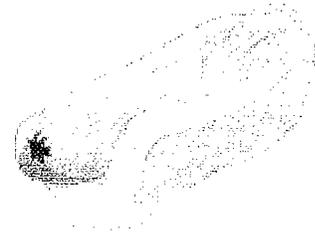
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73. How often did you eat ground beef in mixtures (such as meatballs, casseroles, chili, or meatloaf)?

- NEVER (Go To Question 74)
- 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

73a. Each time you ate ground beef in mixtures, how much did you usually eat?

- Less than 3 ounces or less than 1/2 cup
- 3 to 8 ounces or 1/2 to 1 cup
- More than 8 ounces or more than 1 cup



74. How often did you eat hot dogs or frankfurters? (Please do not include sausages or vegetarian hot dogs.)

- NEVER (Go To Question 75)
- 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

74a. Each time you ate hot dogs or frankfurters, how much did you usually eat?

- Less than 1 hot dog
- 1 to 2 hot dogs
- More than 2 hot dogs

74b. How often were the hot dogs or frankfurters you ate light or low-fat hot dogs?

- 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

Question appears on the next page.



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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)
- | | |
|---|---|
| <input type="radio"/> 1-6 times per year | <input type="radio"/> 2 times per week |
| <input type="radio"/> 7-11 times per year | <input type="radio"/> 3-4 times per week |
| <input type="radio"/> 1 time per month | <input type="radio"/> 5-6 times per week |
| <input type="radio"/> 2-3 times per month | <input type="radio"/> 1 time per day |
| <input type="radio"/> 1 time per week | <input type="radio"/> 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)
- | | |
|---|---|
| <input type="radio"/> 1-6 times per year | <input type="radio"/> 2 times per week |
| <input type="radio"/> 7-11 times per year | <input type="radio"/> 3-4 times per week |
| <input type="radio"/> 1 time per month | <input type="radio"/> 5-6 times per week |
| <input type="radio"/> 2-3 times per month | <input type="radio"/> 1 time per day |
| <input type="radio"/> 1 time per week | <input type="radio"/> 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)
- | | |
|---|---|
| <input type="radio"/> 1-6 times per year | <input type="radio"/> 2 times per week |
| <input type="radio"/> 7-11 times per year | <input type="radio"/> 3-4 times per week |
| <input type="radio"/> 1 time per month | <input type="radio"/> 5-6 times per week |
| <input type="radio"/> 2-3 times per month | <input type="radio"/> 1 time per day |
| <input type="radio"/> 1 time per week | <input type="radio"/> 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 appears in the next column.

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

- 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

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

- NEVER (Go To Question 79)
- | | |
|---|---|
| <input type="radio"/> 1-6 times per year | <input type="radio"/> 2 times per week |
| <input type="radio"/> 7-11 times per year | <input type="radio"/> 3-4 times per week |
| <input type="radio"/> 1 time per month | <input type="radio"/> 5-6 times per week |
| <input type="radio"/> 2-3 times per month | <input type="radio"/> 1 time per day |
| <input type="radio"/> 1 time per week | <input type="radio"/> 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)
- | | |
|---|---|
| <input type="radio"/> 1-6 times per year | <input type="radio"/> 2 times per week |
| <input type="radio"/> 7-11 times per year | <input type="radio"/> 3-4 times per week |
| <input type="radio"/> 1 time per month | <input type="radio"/> 5-6 times per week |
| <input type="radio"/> 2-3 times per month | <input type="radio"/> 1 time per day |
| <input type="radio"/> 1 time per week | <input type="radio"/> 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)
- | | |
|---|---|
| <input type="radio"/> 1-6 times per year | <input type="radio"/> 2 times per week |
| <input type="radio"/> 7-11 times per year | <input type="radio"/> 3-4 times per week |
| <input type="radio"/> 1 time per month | <input type="radio"/> 5-6 times per week |
| <input type="radio"/> 2-3 times per month | <input type="radio"/> 1 time per day |
| <input type="radio"/> 1 time per week | <input type="radio"/> 2 or more times per day |

Question appears on the next page.



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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 1/2 cup
- 1/2 to 1-1/2 cup
- More than 1-1/2 cup

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
- 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

81a. Each time you ate baked, broiled, roasted, stewed, or fried chicken (including nuggets), how many did you usually eat?

- Less than 2 drumsticks or wings, 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, 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 1/4 of the time
- About 1/2 of the time
- About 3/4 of the time
- Almost always or always

81c. How often was the chicken you ate WHITE meat?

- 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

81d. How often did you eat chicken WITH skin?

- 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

Question appears in the next column.

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82. How often did you eat baked ham or ham steak?

- NEVER (Go To Question 83)
- 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

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
- 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

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
- 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

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

- Less than 1/8 cup
- 1/8 to 1/2 cup
- More than 1/2 cup

Question appears on the next page.



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Over the past 12 months...

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

- NEVER (Go To Question 86)
- 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

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)
- 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

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

- Less 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 1/4 of the time
- About 1/2 of the time
- About 3/4 of the time
- Almost always or always

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

- NEVER (Go To Question 88)
- 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 appears in the next column.

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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 1/4 of the time
- About 1/2 of the time
- About 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)
- 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

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 Question 90)
- 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

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

Question appears on the next page.



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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 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

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 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

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

- Less than 1/4 cup or less than 2 ounces
- 1/4 to 1/2 cup or 2 to 4 ounces
- More than 1/2 cup or more than 4 ounces

Question appears in the next column.

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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 season 2 times per week
- 7-11 times per season 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

92b. How often did you eat soup 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

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 1/4 of the time
- About 1/2 of the time
- About 3/4 of the time
- Almost always or always

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

- 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

Question appears on the next page.



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Over the past 12 months...

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

- 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

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

- 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

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 1/4 of the time
- About 1/2 of the time
- About 3/4 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

Question appears in the next column.

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

- Less 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?

- Less 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

Question appears on the next page.



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Over the past 12 months...

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

- Less 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 1/4 of the time
About 1/2 of the time
About 3/4 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 1/4 of the time
About 1/2 of the time
About 3/4 of the time
Almost always or always

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

- NEVER (Go To Question 99)
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

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)
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

Question appears in the next column.

99a. Each time you ate pretzels, how many did you usually eat?

- Less 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)
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

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

- Less than 1/4 cup
1/4 to 1/2 cup
More than 1/2 cup

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

- NEVER (Go To Question 102)
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

101a. Each time you ate energy, high-protien, 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)
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

Question appears on the next page.



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Over the past 12 months...

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

- Less than 1/2 cup or less than 1 container
- 1/2 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
- 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

103a. Each time you ate cottage cheese, how much did you usually eat?

- Less than 1/4 cup
- 1/4 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
- 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

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

- Less than 1/2 ounce or less than 1 slice
- 1/2 to 1-1/2 ounces or 1 slice
- More than 1-1/2 ounces or more than 1 slice

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

Question appears in the next column.

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

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
- 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

105a. Each time you ate frozen yogurt, sorbet, or ices, how much did you usually eat?

- Less than 1/2 cup or less than 1 scoop
- 1/2 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
- 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

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

- Less than 1/2 cup or less than 1 scoop
- 1/2 to 1-1/2 cups or 1 to 2 scoops
- More than 1-1/2 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 1/4 of the time
- About 1/2 of the time
- About 3/4 of the time
- Almost always or always

Question appears on the next page.



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Over the past 12 months...

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

- NEVER (Go To Question 108)
 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

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 1/4 of the time
 About 1/2 of the time
 About 3/4 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)
 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

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 1/4 of the time
 About 1/2 of the time
 About 3/4 of the time
 Almost always or always

Question appears in the next column.

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109. How often did you eat doughnuts, sweet rolls, Danish, or pop-tarts?

- NEVER (Go To Question 110)
 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

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)
 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

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 1/4 of the time
 About 1/2 of the time
 About 3/4 of the time
 Almost always or always

111. How often did you eat fruit crisp, cobbler, or strudel?

- NEVER (Go To Question 112)
 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 appears on the next page.



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Over the past 12 months...

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

- Less than 1/2 cup
- 1/2 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 1/8 of a pie
- About 1/8 of a pie
- More than 1/8 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 1/4 of the time
- About 1/2 of the time
- About 3/4 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 1/4 of the time
- About 1/2 of the time
- About 3/4 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 1/4 of the time
- About 1/2 of the time
- About 3/4 of the time
- Almost always or always

Question appears in the next column.

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

- 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

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?

- Less 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 souffles.)

- 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

Question appears on the next page.



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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 1/4 of the time
- About 1/2 of the time
- About 3/4 of the time
- Almost always or always

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

- 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

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

- 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

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

- 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

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

- 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

Question appears in the next column.

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116. How many cups of coffee, caffeinated or decaffeinated, did you drink?

- NONE (Go To Question 117)
- Less than 1 cup per month 1 cup per day
- 1 - 3 cups per month 2 - 3 cups per day
- 1 cup per week 4 - 5 cups per day
- 2 - 4 cups per week 6 or more cups per day
- 5 - 6 cups per week

116a. How often was the coffee you drank decaffeinated?

- 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

117. How many glasses of ICED tea, caffeinated or decaffeinated, did you drink?

- NONE (Go To Question 118)
- Less than 1 cup per month 1 cup per day
- 1 - 3 cups per month 2 - 3 cups per day
- 1 cup per week 4 - 5 cups per day
- 2 - 4 cups per week 6 or more cups per day
- 5 - 6 cups per week

117a. How often was the iced tea you drank decaffeinated or herbal tea?

- 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

118. How many cups of HOT tea, caffeinated or decaffeinated, did you drink?

- NONE (Go To Question 119)
- Less than 1 cup per month 1 cup per day
- 1 - 3 cups per month 2 - 3 cups per day
- 1 cup per week 4 - 5 cups per day
- 2 - 4 cups per week 6 or more cups per day
- 5 - 6 cups per week

118a. How often was the hot tea you drank decaffeinated or herbal tea?

- 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

Question appears on the next page.

Over the past 12 months...

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

- NEVER (Go To Question 120)
- Less than 1 time per month 1 time per day
- 1 - 3 times per month 2 - 3 times per day
- 1 time per week 4 - 5 times per day
- 2 - 4 times per week 6 or more times per day
- 5 - 6 times per week

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)
- Less than 1 time per month 1 time per day
- 1 - 3 times per month 2 - 3 times per day
- 1 time per week 4 - 5 times per day
- 2 - 4 times per week 6 or more times per day
- 5 - 6 times per week

120a. What kind of artificial sweetener do you 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)
- Less than 1 time per month 1 time per day
- 1 - 3 times per month 2 - 3 times per day
- 1 time per week 4 - 5 times per day
- 2 - 4 times per week 6 or more times per day
- 5 - 6 times per week

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 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)
- Less than 1 time per month 1 time per day
- 1 - 3 times per month 2 - 3 times per day
- 1 time per week 4 - 5 times per day
- 2 - 4 times per week 6 or more times per day
- 5 - 6 times per week

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)
- Less than 1 time per month 1 time per day
- 1 - 3 times per month 2 - 3 times per day
- 1 time per week 4 - 5 times per day
- 2 - 4 times per week 6 or more times per day
- 5 - 6 times per week

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 1/2% milk
- Evaporated or condensed (canned) milk
- Soy milk
- Rice milk
- Other

Question appears on the next page.



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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 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

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 1/4 of the time
- About 1/2 of the time
- About 3/4 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 1/4 of the time
- About 1/2 of the time
- About 3/4 of the time
- Almost always or always

Question appears in the next column.

7 2

125c. How often was the margarine you ate fat-free margarine (stick or tub)?

- 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

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 1/4 of the time
- About 1/2 of the time
- About 3/4 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 1/4 of the time
- About 1/2 of the time
- About 3/4 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 1/4 of the time
- About 1/2 of the time
- About 3/4 of the time
- Almost always or always

Question appears on the next page.



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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

Question appears in the next column.

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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?

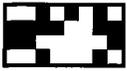
- Almost never or never
- About 1/4 of the time
- About 1/2 of the time
- About 3/4 of the time
- Almost always or always

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?

- Less than 1 per week
- 1 to 2 per week
- 3 to 4 per week
- 5 to 6 per week
- 1 per day
- 2 per day
- 3 per day
- 4 per day
- 5 or more per day

Question appears on the next page.



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Over the past 12 months...

132. How many servings of fruit (not including juices) did you eat per week or per day?

- Less than 1 per week
 1 - 2 per week
 3 - 4 per week
 5 - 6 per week
 1 per day
- 2 per day
 3 per day
 4 per day
 5 or more per day

133. Over the past MONTH, which of the following foods did you eat AT LEAST THREE TIMES? (Mark as many as apply.)

- | | |
|--|--|
| <input type="radio"/> Avocado, guacamole | <input type="radio"/> Olives |
| <input type="radio"/> Cheesecake | <input type="radio"/> Oysters |
| <input type="radio"/> Chocolate, fudge, or butterscotch toppings or syrups | <input type="radio"/> Pickles or pickled vegetables or fruit |
| <input type="radio"/> Chow mein noodles | <input type="radio"/> Plantains |
| <input type="radio"/> Croissants | <input type="radio"/> Pork neckbones, hock head, or feet |
| <input type="radio"/> Dried apricots | <input type="radio"/> Pudding or custard |
| <input type="radio"/> Egg rolls | <input type="radio"/> Veal, venison, lamb |
| <input type="radio"/> Granola bars | <input type="radio"/> Whipped cream, regular |
| <input type="radio"/> Hot peppers | <input type="radio"/> Whipped cream, substitute |
| <input type="radio"/> Jello, gelatin | |
| <input type="radio"/> Milkshakes or ice-cream sodas | <input type="radio"/> 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.)

Question appears in the next column.

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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

Question appears on the next page.



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Over the past 12 months...

137c. Did you take any vitamins, minerals, or other herbal supplements other than your multivitamin?

No



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 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

Question appears in the next column.

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

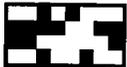
140a. When you took Vitamin C, about how much did you take in one day?

- 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

Question appears on the next page.



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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

Question appears in the next column.

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

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

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

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

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

145. For Research Coordinator use only: CRF was:

- Self-administred Interviewer-administered

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.
Completely blackened-in each answer.**