



HEALTHY Study Group

Primary Prevention Trial

Data Release Documentation

February 2011 Full Scale Data Release

Prepared by the HEALTHY Coordinating Center

The George Washington University Biostatistics Center
6110 Executive Blvd, Suite 750
Rockville, MD 20852

Telephone: (301) 881-9260
Fax: (301) 881-3767

Sponsored by
National Institute of Diabetes and Digestive and Kidney Diseases
National Institutes of Health

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1 INTRODUCTION

1.1 General Information

HEALTHY is a cluster randomized trial designed to investigate the effectiveness of an integrated intervention in middle schools in the reduction of risk factors for type 2 diabetes. Detailed information about HEALTHY including the protocol, intervention materials, and publications is available at www.healthystudy.org. This document describes the complete public release of the HEALTHY dataset and is based on all student level data collected during the study. A brief description of the study is given below.

1.2 Data Collection Schedule

Since this is a cluster randomized trial conducted in middle schools, data from all individual participants within the cluster (school) are collected at the various time points. Baseline data collection occurred between mid-September and mid-December 2006 (fall, 6th grade), interim data collection occurred between early February and mid-May 2008 (spring, 7th grade), and end of study data collection occurred between early February and mid-May 2009 (spring, 8th grade). Data from each school was collected in the same order at each collection time, i.e., the school that went first at baseline also went first at interim and the end of study. The 6th and 8th grade data collections included a health screening where anthropometric measures and blood pressure were obtained and blood was drawn for analysis, level of fitness was assessed, and questionnaires were issued to assess Tanner stage, quality of life, dietary intake, and physical activity/sedentary behavior. The 7th grade assessments were much briefer consisting of the collection of height and weight from each participant possible and questionnaires for quality of life. Since all individual participants had data collected at essentially the same time point, no indications of duration are present in the dataset.

1.3 Randomization

Since HEALTHY was a cluster randomized trial with the individual middle schools being the cluster, randomization was done at the cluster level. Randomization occurred between February and June 2006. Each school was assigned to either intervention or control. While the school knew their assignment during baseline assessments, the participants were blinded to the assignment. Beginning in January 2007 and continuing through June 2009 the intervention was conducted in the school assigned to intervention and the schools assigned to control were encouraged to maintain as much of a normal atmosphere as possible. All students in the targeted grade (6th grade for the 2006-2007 academic year, 7th grade for the 2007-2008 academic year, 8th grade for the 2008-2009 academic year) in an intervention school were exposed to the integrated intervention.

2 DATA RELEASE INFORMATION

2.1 General Information

- No personal identifying information is included.
- A randomly generated 2-digit SCHOOLID uniquely identifies each school and allows for the inclusion of school level clusters in analysis.
- STUDENTID uniquely identifies each participant. It consists of a 3-digit study identifier (985), the random 2-digit SCHOOLID, followed by a random 5-digit, identifier which will still uniquely identify each participant if the preceding identifiers are removed.
- No dates or specific time points are included. Since all data collection occurred at virtually the same occasion (fall of 2006, spring of 2008, spring of 2009), time was not considered to be a useful variable.
- Data for all school and subjects who were part of the HEALTHY cohort (longitudinal or cross-sectional) are included.
- In accordance with HIPAA regulations and to protect the identification of HEALTHY participants, the data has been modified to ensure that no participant is identifiable. For example, data was sorted into small clearly-identifiable groups (sex*race) and collapsed if the sample size was small.
- Only research data is included in the released data set, including data from all screening visits, data for dietary consumption, data related to physical activity and sedentary behavior, fitness data, quality of life data and laboratory data. Non-research data, including tracking forms, are not included. Adverse event and serious adverse event data were collected but are not included in the data release. This data was not adjudicated and is not considered research data.
- All available data from each form and central unit database is included. Missing data was due to a variety of reasons: variable was accidentally not collected or measured; the variable was completed incorrectly; participant did not complete the form, etc.

2.2 Data Location

Data are released from the HEALTHY Coordinating Center at The George Washington University Biostatistics Center to the Data Repository at the National Institute of Diabetes and Digestive and Kidney Diseases (NIDDK) of the National Institutes of Health.

2.2.1 Structure of the SAS Data Files

- Multiple datasets are available as transport files in the HEALTHY Release library. One transport file exists for each HEALTHY form or dataset.
- The files are included as SAS datasets within transport files with the same name as the embedded form or dataset name and the extension XPT. The SAS code to import each dataset is given below:

```
libname healthy 'directory for the destination of SAS datasets on
your host';
filename tranfile 'name of the transport files on your host';
proc cimport data=healthy.data infile=tranfile; run;
```

For example to import file healthy.st3:

```
libname healthy 'c:\mysasfiles';
filename tranfile 'c:\myxptfiles\st3.xpt';
```

```
proc cimport data=healthy.st3 infile=tranfile; run;
```

- The contents of variables in these datasets are provided.

2.3 De-identified Data

The HEALTHY dataset was de-identified in the following manner. All personal identifiers were removed, including participant ID and other personal identifiers (date of birth, etc.), school ID, and all dates. In addition, variables that might identify a particular individual were collapsed into wider groupings. For example, race/ethnicity were coded as White, Black, Hispanic (anyone indicating 'Yes' to Hispanic origin), and Other. Age at both baseline and end of study was removed. Given the setting the participant age was not highly variable. Information about the distribution of age is covered in Section 2.3.1. Other demographic information was also altered. Family history of diabetes was recoded to first degree if mother, father or sibling was reported having diabetes and second degree if grandmother, grandfather, or aunt/uncle was reported having diabetes. The highest grade completed in school by the head of household, a proxy of socioeconomic status, was recoded as at most a high school graduate if less than high school, some high school or high school graduate was reported and as at least some college if some college or training, college or university graduate or post-graduate training or degree was reported.

Anthropometric measures were also adjusted to protect the participant's identity. This age group is growing resulting in some groups needing to be grade or data collection period specific. These measures were height, weight and waist circumference. Where possible actual values were reported but those below or above a certain cut point had their actual data collapsed into a group that contained all individuals that also met that criterion. The upper and lower cut points for height, weight, and waist circumference by grade are given below.

Measure	6 th Grade		7 th Grade		8 th Grade	
	Lower Cut Point	Upper Cut Point	Lower Cut Point	Upper Cut Point	Lower Cut Point	Upper Cut Point
Height	≤ 141cm	≥ 161cm	≤ 148cm	≥ 167cm	≤ 154cm	≥ 169dm
Weight	≤ 33kg	≥ 76kg	≤ 39kg	≥ 80kg	≤ 44kg	≥ 85kg
Waist	≤ 57cm	≥ 97cm	N/A	N/A	≤ 64cm	≥ 99cm

BMI percentile and BMI z-score are also reported for each grade but since each accounts for the current age of the participant there is no need to recode by grade. All participants having a BMI percentile at or below the 30th percentile are grouped together as are those participants with BMI percentile at or above the 98th percentile. All participants with a BMI z-score of t most -0.50 are group together as are those participants whose BMI z-score is at least 2.10.

2.3.1 Information Regarding Distribution of Age in the Sample

	Age (Years)					
	6 th Grade		7 th Grade		8 th Grade	
	Mean	(SD)	Mean	(SD)	Mean	(SD)
OVERALL	11.3	(0.61)	12.7	(0.67)	13.7	(0.67)

		Age (Years)					
		6th Grade		7th Grade		8th Grade	
		Mean	(SD)	Mean	(SD)	Mean	(SD)
<i>Male</i>	<i>All</i>	11.4	(0.62)	12.7	(0.68)	13.7	(0.69)
	<i>Hispanic</i>	11.4	(0.65)	12.7	(0.70)	13.8	(0.71)
	<i>Black</i>	11.4	(0.65)	12.8	(0.72)	13.8	(0.69)
	<i>White</i>	11.3	(0.53)	12.7	(0.61)	13.6	(0.61)
	<i>Other</i>	11.2	(0.48)	12.6	(0.61)	13.6	(0.65)
<i>Female</i>	<i>All</i>	11.3	(0.59)	12.6	(0.65)	13.6	(0.65)
	<i>Hispanic</i>	11.3	(0.62)	12.7	(0.66)	13.7	(0.67)
	<i>Black</i>	11.3	(0.62)	12.7	(0.67)	13.7	(0.68)
	<i>White</i>	11.2	(0.45)	12.6	(0.59)	13.5	(0.57)
	<i>Other</i>	11.1	(0.52)	12.5	(0.60)	13.5	(0.61)

2.4 Structure of the Datasets

One record exists in each file for each participant for each grade at which that particular form was completed or data was collected. Variable STUDENTID is used to identify a particular participant and variable GRADE to identify which time point the data was collected during.

Each dataset includes data collected at all grades. Section 4 describes the data included in detail.

The number of participants participating in each follow-up for the longitudinal cohort decreased over time owing to factors not associated with the study, primarily because they no longer attended a study school and were lost to follow-up. The table below shows the number of participants for whom the primary outcome is available at the data collection time points. For the 8th grade time point, both the number of participants in the longitudinal cohort and cross-sectional cohort are given.

Number of participants who completed measurements on height and weight in each grade by randomization assignment		
Grade	Intervention	Control
6 th Grade	3189	3169
7 th Grade	2613	2612
8 th Grade Cohort	3307	2296
8 th Grade Cross-sectional	848	862

3 STATISTICAL CONSIDERATIONS

Since HEALTHY was a cluster randomized trial the within and between cluster variability needed to be accounted for in all analyses. To account for this structure, the comparison of intervention and control at end of study and change from baseline, adjusting for baseline value where appropriate, were conducted using the RANDOM statement in either PROC MIXED (for continuous outcome data) or PROC GLIMMIX (for ordinal outcome data). The random variable was nested, randomization assignment in school.

4 FILE DESCRIPTIONS

4.1 Data Forms

4.1.1 General

Multiple data collection forms were completed for each participant at each data collection period. This release includes research data for each participant data form completed at each collection period.

Each form is available as a PDF for use in approved data-release analyses only – **no form is to be used for primary data collection without the specific permission of the HEALTHY study group.**

Instructions for completing each form are often included in a green box at the top of each form or in boxes just prior to the questions. The HEALTHY form identifier can be found at the top left corner of the page along with the form name. The forms provided have been modified to match what is provided in the datasets.

Data entry included responses in both the check boxes and on the data lines on the data collection forms. In general, ‘other’ responses requested specify information, but in order to protect the identification of the participant, these responses have been removed from the database and from the form.

Over the course of HEALTHY some forms remained fixed while others were modified. The forms that are included with this release represent the final forms and when variables were or were not collected is indicated on the form. This primarily affects the ST3 Health Screening form which had various versions used for baseline, interim and end of study collection. Not all variables were applicable at all time points with what was collected when indicated on the form prior to each question or set of questions.

4.1.2 Variable Names on Data Forms

- Variable names for each released data set are embedded in blue on the data form.
- All datasets are HIPAA compliant. Information that might identify a specific participant has been excluded from the release datasets and questions that captured this information have been removed from the forms.
- Coding and formats for all variables are found on the original data form except where described below.
- The numerical value for check-box style categorical variables is noted to the lower right of the check-boxes on the form.
- Text information that was written on all forms is not included in the release datasets.

4.2 Datasets for Non-Form Data

Data not collected on forms but for which datasets are included in this release are as follows:

- Laboratory data: One record for each participant at baseline (6th grade, fall 2006) and end of study (8th grade, spring 2009).
- Nutrition: One record of responses and analyzed nutrition data from a self-administered food frequency questionnaire for each participant at baseline (6th grade, fall 2006) and end of study (8th grade, spring 2009).
- An ASSIGNMENT file with one record for each school which includes randomization assignment.

4.3 Variables Common to All Datasets

Several variables are used to identify a specific participant and time on all datasets. These are:

- **SCHOOLID:** This is a randomly generated two-digit identification number and is used to link all records in a particular school and is unique to each school. This is important in order to obtain the correct variance-covariance structures since school was the unit of randomization and treatment.
- **STUDENTID:** This identification number consists of a three-digit study ID number (985), the two-digit SCHOOLID number, and a randomly generated five-digit identification number, all separated by dashes. The final five-digit identification number will uniquely identify each participant even after all preceding numbers are removed. STUDENTID is used to link all records for an individual participant to all other records. Both the full identification number (3-digit number–2-digit number–5-digit number) and abbreviated identification number (the final 5-digit number) is unique to each participant.
- **GRADE:** This is a single-digit number that identifies the time at which the measures were taken. This combined with STUDENTID is used to match a participant's information across multiple forms completed for that time period. GRADE is coded as:
 - **6** if the data was collected at baseline (the first semester of 6th grade, fall 2006).
 - **7** if the data was collected as a part of the interim assessment (second semester of 7th grade, spring 2008).
 - **8** if the data was collected at the end of the study (second semester of 8th grade, spring 2009).

4.4 Participant Forms

This section deal with forms either completed about the participant or their family or by the participant.

4.4.1 HEALTHY.ST2: Family Information

This form was used to collect information about the participant's family regarding head of household education and history of diabetes diagnosis in family members. This form was collected at both baseline (6th grade) and end of study (8th grade). Variable GRADE is 6 for baseline and 8 for end of study.

For the family history response, if any family member in the classification (mother, father, or sibling for first degree family members and grandmother, grandfather, or aunt/uncle for second degree family members) was indicated with a positive diagnosis then the overall response was coded as YES. If all members of the grouping were not reported to have a diagnosis of diabetes then the overall response was coded as NO. However, if no member reported having diabetes but at least one member of the grouping had a Don't Know response then the overall response was coded as I DON'T KNOW.

4.4.2 HEALTHY.ST3: Health Screening Measures

This form was used to collect demographic information about the participants, their anthropometric measures, and blood pressure readings. This form was collected at baseline (6th grade), interim (7th grade), and end of study (8th grade). Variable GRADE is 6 for baseline, 7 for interim, and 8 for end of study.

At baseline and end of study a fasting blood draw was performed. When the participant checked in, they were probed about their consumption of food or drinks since midnight. If fasting was not confirmed they were rescheduled to return another day. For question 5, if the student was a member of the longitudinal cohort, all responses were automatically selected and for the cross-sectional cohort were probed to obtain the appropriate duration in the school.

4.4.3 HEALTHY.ST4: Student Self Administered Pubertal Development Scale

This form was used to collect information about pubertal development for each participant. The form was administered at baseline (6th grade) and end of study (8th grade). Variable GRADE is 6 for baseline and 8 for end of study.

The questionnaire is gender specific, but a few questions pertain to both boys and girls. Each label in the database indicates which gender or genders the response are for as well as which question for that gender. In some cases the question numbers are the same for both boys and girls, but in others the question numbers are different. The questionnaire was completed by each participant in a self-report format without an interviewer on a PDA. A member of the study staff was available if the participant had questions while completing the form.

4.4.4 HEALTHY.ST6: 2-Day Self-Administered Physical Activity Checklist (SAPAC)

This form was used to collect information about physical activities and sedentary behaviors for each participant. The form was administered at baseline (6th grade) and end of study (8th grade). Variable GRADE is 6 for baseline and 8 for end of study.

The questionnaire was administered on a Wednesday, Thursday or Friday in order for the previous two days to both be 'regular' school days. This was done in an effort to get an appropriate snapshot of regular behaviors for each participant and to have the greatest likelihood of correct recall. The questionnaire was administered in a group setting with the participant completing their own forms.

The first page of the form captures activities preformed yesterday. If only one physical activity and/or other activity was completed then only one page is needed. However, if additional physical or other activities were completed then additional pages are needed (one for each physical activity/other activity combination). Time spent doing each physical activity before, during and after school is reported in minutes as well as the amount of that time spent breathing hard. For the other activities (sedentary behaviors) the time spent in minutes is reported before and after school only. The second page of the form repeats the above for the day before yesterday.

4.4.5 HEALTHY.ST7: Health Utilities Index

This form was used to collect information about the quality of life for each participant. The form was administered at baseline (6th grade), interim (7th grade) and end of study (8th grade). Variable GRADE is 6 for baseline, 7 for interim, and 8 for end of study.

The questionnaire was completed by each participant in a self-report format without an interviewer on a PDA. A member of the study staff was available if the participant had questions while completing the form.

4.4.6 HEALTHY.ST8: Health Thermometer

This form was used to collect information about the quality of life for each participant. The form was administered at baseline (6th grade), interim (7th grade) and end of study (8th grade). Variable GRADE is 6 for baseline, 7 for interim, and 8 for end of study.

The questionnaire was completed by each participant in a self-report format without an interviewer. A member of the study staff was available if the participant had questions while completing the form. Every attempt was made to do a quick review of forms before accepting them from the student, however, on a few occasions forms were turned in with multiple lines crossing the thermometer. In these cases the smaller number was entered into the database.

4.4.7 HEALTHY.ST9: 20-Meter Shuttle Run

This form was used to collect information about the fitness level of each participant. The form was administered at baseline (6th grade) and end of study (8th grade). Variable GRADE is 6 for baseline and 8 for end of study.

The 20-meter shuttle test or PACER was administered using standardized guidelines. Once the participant could not complete their second lap in the allotted time, the lap number for the previous lap was recorded for that participant.

4.5 Central Unit Datasets

4.5.1 HEALTHY.CBL: Laboratory Data

HEALTHY data CBL includes the laboratory results from baseline (6th grade) and end of study (8th grade) health screening. The laboratory results are outlined in the table below and measured at both baseline and end of study. Not all participants had successful blood draws at either or both time points. All blood draws were conducted fasting.

<i>Variable name</i>	<i>Description (concentrations for lab measures)</i>
STUDENTID	Student ID
SCHOOLID	School ID
GRADE	Grade
GLUCOSE	Fasting Glucose (mg/dL)
INSULIN	Fasting Insulin (μU/dL)
HBA1C	HbA1c (%)
CHOL	Cholesterol (mg/dL)
HDL_CHL	HDL Cholesterol (mg/dL)
LDL_CHL	LDL Cholesterol (mg/dL)
VLDL_CHL	VLDL Cholesterol (mg/dL)
TRIG	Triglycerides (mg/dL)

4.5.2 HEALTHY.ST5: Food Frequency Responses and Nutrient Data

HEALTHY data ST5 includes the responses to a modified food frequency questionnaire administered at baseline (6th grade) and end of study (8th grade). The questionnaire was self-administered with study staff available if the participant had questions. Based on the participant's responses, nutrient analysis was conducted by Block Dietary Data Systems in Berkley, CA. The actual questionnaire is not available for release.

Variable	Label	Corresponding with Supplement or Dietary Variable	Units	Coding
SCHOOLID	School ID	N/A	N/A	N/A
STUDENTID	Student ID	N/A	N/A	N/A
GRADE	Grade	N/A	N/A	N/A
PANCAKEF	Frequency, pancakes, waffles, Pop Tarts	N/A	N/A	1=None; 2=1 day; 3=2 days; 4=3-4 days; 5=5-6 days; 6=Everyday; .=Missing
PANCAKES	Amount, pancakes, waffles, Pop Tarts	N/A	N/A	1=1/2; 2=1; 3=2; 4=3; .=Missing
PANCAKEK	Kcal, pancakes, waffles, Pop Tarts	N/A	KCAL	N/A
PANCAKEG	Grams, pancakes, waffles, Pop Tarts	N/A	G	N/A
BARFRQ	Frequency, granola bars, breakfast bars	N/A	N/A	1=None; 2=1 day; 3=2 days; 4=3-4 days; 5=5-6 days; 6=Everyday; .=Missing
BARSZ	Amount, granola bars, breakfast bars	N/A	N/A	1=1/2; 2=1; 3=2; 4=3; .=Missing
BARK	Kcal, granola bars, breakfast bars	N/A	KCAL	N/A
BARG	Grams, granola bars, breakfast bars	N/A	G	N/A
EGGFRQ	Frequency, eggs or breakfast sandwiches like Egg McMuffins	N/A	N/A	1=None; 2=1 day; 3=2 days; 4=3-4 days; 5=5-6 days; 6=Everyday; .=Missing
EGGSZ	Amount, eggs or breakfast sandwiches like Egg McMuffins	N/A	N/A	1=Just a bite; 2=1 egg; 3=2 eggs; 4=3 eggs; .=Missing
EGGK	Kcal, eggs or breakfast sandwiches like Egg McMuffins	N/A	KCAL	N/A
EGGG	Grams, eggs or breakfast sandwiches like Egg McMuffins	N/A	G	N/A
BACONFRQ	Frequency, bacon or sausage	N/A	N/A	1=None; 2=1 day; 3=2 days; 4=3-4 days; 5=5-6 days; 6=Everyday; .=Missing
BACONK	Kcal, bacon or sausage	N/A	KCAL	N/A
BACONG	Grams, bacon or sausage	N/A	G	N/A

Variable	Label	Corresponding with Supplement or Dietary Variable	Units	Coding
HOTCERFR	Frequency, cooked cereal like oatmeal or grits	N/A	N/A	1=None; 2=1 day; 3=2 days; 4=3-4 days; 5=5-6 days; 6=Everyday; .=Missing
HOTCERSI	Amount, cooked cereal like oatmeal or grits	N/A	N/A	1=1/4 cup; 2=1/2 cup; 3=1 cup; 4=2 cups; .=Missing
HOTCERK	Kcal, cooked cereal like oatmeal or grits	N/A	KCAL	N/A
HOTCERG	Grams, cooked cereal like oatmeal or grits	N/A	G	N/A
COLDCERF	Frequency, cold cereal like Corn Flakes, Frosted Flakes or any other kind	N/A	N/A	1=None; 2=1 day; 3=2 days; 4=3-4 days; 5=5-6 days; 6=Everyday; .=Missing
COLDCERS	Amount, cold cereal like Corn Flakes, Frosted Flakes or any other kind	N/A	N/A	1=1/4 cup; 2=1/2 cup; 3=1 cup; 4=2 cups; .=Missing
CERTYPE	Cold cereal type	N/A	N/A	1=Sweet cereals (Frosted Flakes); 2=Plain cereals (Corn Flakes); 3=Fiber cereals (Raisin Bran); 4=Fortified cereals (Total); 5=Whole grain cereals (Cheerios); .=Missing
COLDCERK	Kcal, cold cereal like Corn Flakes, Frosted Flakes or any other kind	N/A	KCAL	N/A
COLDCERG	Grams, cold cereal like Corn Flakes, Frosted Flakes or any other kind	N/A	G	N/A
SWTCERK	Kcal, sweet cereals like Frosted Flakes, Froot Loops	N/A	KCAL	N/A
SWTCERG	Grams, sweet cereals like Frosted Flakes, Froot Loops	N/A	G	N/A
PLNCERK	Kcal, plain cereals like Corn Flakes, Rice Krispies	N/A	KCAL	N/A
PLNCERG	Grams, plain cereals like Corn Flakes, Rice Krispies	N/A	G	N/A
FIBCEK	Kcal, fiber cereals like Raisin Bran, Shredded Wheat	N/A	KCAL	N/A
FIBCEG	Grams, fiber cereals like Raisin Bran, Shredded Wheat	N/A	G	N/A
FORTCEK	Kcal, fortified cereals like Total or Product 19	N/A	KCAL	N/A
FORTCEG	Grams, fortified cereals like Total or Product 19	N/A	G	N/A
WHLGCERK	Kcal, whole grain cereals like General Mills Cheerios or Quaker Life	N/A	KCAL	N/A
WHLGCERG	Grams, whole grain cereals like General Mills Cheerios or Quaker Life	N/A	G	N/A

Variable	Label	Corresponding with Supplement or Dietary Variable	Units	Coding
MILKCERF	Frequency of milk on cereal	N/A	N/A	1=None; 2=1 day; 3=2 days; 4=3-4 days; 5=5-6 days; 6=Everyday; .=Missing
BANANAFR	Frequency, bananas	N/A	N/A	1=None; 2=1 day; 3=2 days; 4=3-4 days; 5=5-6 days; 6=Everyday; .=Missing
BANANASI	Amount, bananas per day	N/A	N/A	1=1/2; 2=1; 3=2; 4=3; .=Missing
BANANAK	Kcal, bananas	N/A	KCAL	N/A
BANANAG	Grams, bananas	N/A	G	N/A
APPLEFRQ	Frequency, apples or pears	N/A	N/A	1=None; 2=1 day; 3=2 days; 4=3-4 days; 5=5-6 days; 6=Everyday; .=Missing
APPLESIZ	Amount, of apples or pears per day	N/A	N/A	1=1/2; 2=1; 3=2; 4=3; .=Missing
APPLEK	Kcal, apples or pears	N/A	KCAL	N/A
APPLEG	Grams, apples or pears	N/A	G	N/A
ORANGEFR	Frequency, oranges or tangerines	N/A	N/A	1=None; 2=1 day; 3=2 days; 4=3-4 days; 5=5-6 days; 6=Everyday; .=Missing
ORANGESI	Amount, oranges or tangerines per day	N/A	N/A	1=1/2; 2=1; 3=2; 4=3; .=Missing
ORANGEK	Kcal, oranges or tangerines	N/A	KCAL	N/A
ORANGEG	Grams, oranges or tangerines	N/A	G	N/A
BERRYFRQ	Frequency, strawberries or other berries	N/A	N/A	1=None; 2=1 day; 3=2 days; 4=3-4 days; 5=5-6 days; 6=Everyday; .=Missing
BERRYSIZ	Amount, strawberries or other berries	N/A	N/A	1=1/4 cup; 2=1/2 cup; 3=1 cup; 4=2 cups; .=Missing
BERRYK	Kcal, strawberries or other berries	N/A	KCAL	N/A
BERRYG	Grams, strawberries or other berries	N/A	G	N/A
CANFRTR	Frequency, applesauce, fruit cocktail or pineapple slices	N/A	N/A	1=None; 2=1 day; 3=2 days; 4=3-4 days; 5=5-6 days; 6=Everyday; .=Missing
CANFRTSI	Amount, applesauce, fruit cocktail or pineapple slices	N/A	N/A	1=1/4 cup; 2=1/2 cup; 3=1 cup; 4=2 cups; .=Missing
CANFRTK	Kcal, applesauce, fruit cocktail or pineapple slices	N/A	KCAL	N/A
CANFRTG	Grams, applesauce, fruit cocktail or pineapple slices	N/A	G	N/A
OTHFRTR	Frequency, any other fruit like grapes peaches, watermelon, cantaloupe, fruit roll-ups	N/A	N/A	1=None; 2=1 day; 3=2 days; 4=3-4 days; 5=5-6 days; 6=Everyday; .=Missing
OTHFRTSI	Amount, any other fruit like grapes peaches, watermelon, cantaloupe, fruit roll-ups	N/A	N/A	1=1/4 cup; 2=1/2 cup; 3=1 cup; 4=2 cups; .=Missing

Variable	Label	Corresponding with Supplement or Dietary Variable	Units	Coding
OTHFRTK	Kcal, any other fruit like grapes peaches, watermelon, cantaloupe, fruit roll-ups	N/A	KCAL	N/A
OTHFRTG	Grams, any other fruit like grapes peaches, watermelon, cantaloupe, fruit roll-ups	N/A	G	N/A
BURGERFR	Frequency, hamburgers or cheeseburgers	N/A	N/A	1=None; 2=1 day; 3=2 days; 4=3-4 days; 5=5-6 days; 6=Everyday; .=Missing
BURGERSI	Amount, hamburgers or cheeseburgers	N/A	N/A	1=1/2 small burger; 2=1 small burger; 3=1 larger burger; 4=2 large burger; .=Missing
BURGERTY	Burger type	N/A	N/A	1=Hamburger; 2=Cheeseburger; .=Missing
BURGERK	Kcal, burger (default)	N/A	KCAL	N/A
BURGERG	Grams, burger (default)	N/A	G	N/A
CHSBGRK	Kcal, cheeseburger	N/A	KCAL	N/A
CHSBGRG	Grams, cheeseburger	N/A	G	N/A
TACOFRQ	Frequency, tacos, burritos or enchiladas	N/A	N/A	1=None; 2=1 day; 3=2 days; 4=3-4 days; 5=5-6 days; 6=Everyday; .=Missing
TACOSIZ	Amount, tacos, burritos or enchiladas	N/A	N/A	1=1/2; 2=1; 3=2; 4=3; .=Missing
TACOTYPE	Taco type	N/A	N/A	1=With meat or chicken; 2=Without meat or chicken; .=Missing
MTTACOK	Kcal, tacos, burritos or enchiladas with meat or chicken (default)	N/A	KCAL	N/A
MTTACOG	Grams, tacos, burritos or enchiladas with meat or chicken (default)	N/A	G	N/A
VEGTACOK	Kcal, tacos, burritos or enchiladas without meat or chicken	N/A	KCAL	N/A
VEGTACOG	Grams, tacos, burritos or enchiladas without meat or chicken	N/A	G	N/A
POCKETFR	Frequency, Hot Pockets, meat ball subs or Sloppy Joes	N/A	N/A	1=None; 2=1 day; 3=2 days; 4=3-4 days; 5=5-6 days; 6=Everyday; .=Missing
POCKETK	Kcal, Hot Pockets, meat ball subs or Sloppy Joes	N/A	KCAL	N/A
POCKETG	Grams, Hot Pockets, meat ball subs or Sloppy Joes	N/A	G	N/A
BEEFFRQ	Frequency, roast beef or steak	N/A	N/A	1=None; 2=1 day; 3=2 days; 4=3-4 days; 5=5-6 days; 6=Everyday; .=Missing

Variable	Label	Corresponding with Supplement or Dietary Variable	Units	Coding
BEEFSIZ	Amount, roast beef or steak	N/A	N/A	1=1/4 cup; 2=1/2 cup; 3=1 cup; 4=2 cups; .=Missing
BEEFK	Kcal, roast beef or steak	N/A	KCAL	N/A
BEEFG	Grams, roast beef or steak	N/A	G	N/A
HELPERFR	Frequency, Hamburger Helper, beef and noodles, beef stew or any other beef dishes	N/A	N/A	1=None; 2=1 day; 3=2 days; 4=3-4 days; 5=5-6 days; 6=Everyday; .=Missing
HELPERSI	Amount, Hamburger Helper, beef and noodles, beef stew or any other beef dishes	N/A	N/A	1=1/4 cup; 2=1/2 cup; 3=1 cup; 4=2 cups; .=Missing
HELPERK	Kcal, Hamburger Helper, beef and noodles, beef stew or any other beef dishes	N/A	KCAL	N/A
HELPERG	Grams, Hamburger Helper, beef and noodles, beef stew or any other beef dishes	N/A	G	N/A
PORKFRQ	Frequency, pork chops, ribs or cooked ham	N/A	N/A	1=None; 2=1 day; 3=2 days; 4=3-4 days; 5=5-6 days; 6=Everyday; .=Missing
PORKSIZ	Amount, pork chops, ribs or cooked ham	N/A	N/A	1=1/4 cup; 2=1/2 cup; 3=1 cup; 4=2 cups; .=Missing
PORKK	Kcal, pork chops, ribs or cooked ham	N/A	KCAL	N/A
PORKG	Grams, pork chops, ribs or cooked ham	N/A	G	N/A
FRCHICKF	Frequency, fried chicken including chicken nuggets	N/A	N/A	1=None; 2=1 day; 3=2 days; 4=3-4 days; 5=5-6 days; 6=Everyday; .=Missing
FRCHICKS	Amount, pieces fried chicken including chicken nuggets	N/A	N/A	1=1 piece; 2=2 pieces (or 6 nuggets); 3=3 pieces; 4=4 pieces; .=Missing
FRCHICKK	Kcal, fried chicken including chicken nuggets	N/A	KCAL	N/A
FRCHICKG	Grams, fried chicken including chicken nuggets	N/A	G	N/A
OTHCHICF	Frequency, any other kind of chicken, like roasted chicken, chicken stew, chicken helper	N/A	N/A	1=None; 2=1 day; 3=2 days; 4=3-4 days; 5=5-6 days; 6=Everyday; .=Missing
OTHCHICS	Amount, any other kind of chicken, like roasted chicken, chicken stew, chicken helper	N/A	N/A	1=1/4 cup; 2=1/2 cup; 3=1 cup; 4=2 cups; .=Missing
OTHCHICK	Kcal, any other kind of chicken, like roasted chicken, chicken stew, chicken helper	N/A	KCAL	N/A
OTHCHICG	Grams, any other kind of chicken, like roasted chicken, chicken stew, chicken helper	N/A	G	N/A
FISHFRQ	Frequency, any kind of fish, like fish sandwich, fish sticks, shrimp or tuna	N/A	N/A	1=None; 2=1 day; 3=2 days; 4=3-4 days; 5=5-6 days; 6=Everyday; .=Missing
FISHSIZ	Amount, any kind of fish, like fish sandwich, fish sticks, shrimp or tuna	N/A	N/A	1=1/4 cup; 2=1/2 cup; 3=1 cup; 4=2 cups; .=Missing

Variable	Label	Corresponding with Supplement or Dietary Variable	Units	Coding
FISHK	Kcal, any kind of fish, like fish sandwich, fish sticks, shrimp or tuna	N/A	KCAL	N/A
FISHG	Grams, any kind of fish, like fish sandwich, fish sticks, shrimp or tuna	N/A	G	N/A
SPAGHETF	Frequency, spaghetti, ravioli or lasagna with tomato sauce	N/A	N/A	1=None; 2=1 day; 3=2 days; 4=3-4 days; 5=5-6 days; 6=Everyday; .=Missing
SPAGHETS	Amount, spaghetti, ravioli or lasagna with tomato sauce	N/A	N/A	1=1/4 cup; 2=1/2 cup; 3=1 cup; 4=2 cups; .=Missing
SPAGHETK	Kcal, spaghetti, ravioli or lasagna with tomato sauce	N/A	KCAL	N/A
SPAGHETG	Grams, spaghetti, ravioli or lasagna with tomato sauce	N/A	G	N/A
MACCHSFR	Frequency, macaroni and cheese	N/A	N/A	1=None; 2=1 day; 3=2 days; 4=3-4 days; 5=5-6 days; 6=Everyday; .=Missing
MACCHSSI	Amount, macaroni and cheese	N/A	N/A	1=1/4 cup; 2=1/2 cup; 3=1 cup; 4=2 cups; .=Missing
MACCHSK	Kcal, macaroni and cheese	N/A	KCAL	N/A
MACCHSG	Grams, macaroni and cheese	N/A	G	N/A
PIZZAFRQ	Frequency, pizza or pizza pockets	N/A	N/A	1=None; 2=1 day; 3=2 days; 4=3-4 days; 5=5-6 days; 6=Everyday; .=Missing
PIZZASIZ	Amount, slices pizza or pizza pockets	N/A	N/A	1=1/2 slice; 2=1 slice; 3=2 slices; 4=3 slices; .=Missing
PIZZAK	Kcal, pizza or pizza pockets	N/A	KCAL	N/A
PIZZG	Grams, pizza or pizza pockets	N/A	G	N/A
DOGSFRQ	Frequency, hot dogs or corn dogs	N/A	N/A	1=None; 2=1 day; 3=2 days; 4=3-4 days; 5=5-6 days; 6=Everyday; .=Missing
DOGSSIZ	Amount, hot dogs or corn dogs	N/A	N/A	1=1/2; 2=1; 3=2; 4=3; .=Missing
DOGSK	Kcal, hot dogs or corn dogs	N/A	KCAL	N/A
DOGSG	Grams, hot dogs or corn dogs	N/A	G	N/A
BOLOGNAF	Frequency, lunch meat like boloney, chicken, sliced ham	N/A	N/A	1=None; 2=1 day; 3=2 days; 4=3-4 days; 5=5-6 days; 6=Everyday; .=Missing
BOLOGNAS	Amount, slices lunch meat like boloney, chicken, sliced ham	N/A	N/A	1=1/2 slice; 2=1 slice; 3=2 slices; 4=3 slices; .=Missing
BOLOGNAK	Kcal, lunch meat like boloney, chicken, sliced ham	N/A	KCAL	N/A
BOLOGNAG	Grams, lunch meat like boloney, chicken, sliced ham	N/A	G	N/A

Variable	Label	Corresponding with Supplement or Dietary Variable	Units	Coding
REFRIEDF	Frequency, refried beans	N/A	N/A	1=None; 2=1 day; 3=2 days; 4=3-4 days; 5=5-6 days; 6=Everyday; .=Missing
REFRIEDS	Amount, refried beans	N/A	N/A	1=1/4 cup; 2=1/2 cup; 3=1 cup; 4=2 cups; .=Missing
REFRIEDK	Kcal, refried beans	N/A	KCAL	N/A
REFRIEDG	Grams, refried beans	N/A	G	N/A
VEGSOUPF	Frequency, vegetable soup, vegetable beef soup or tomato soup	N/A	N/A	1=None; 2=1 day; 3=2 days; 4=3-4 days; 5=5-6 days; 6=Everyday; .=Missing
VEGSOUPS	Amount, vegetable soup, vegetable beef soup or tomato soup	N/A	N/A	1=1/4 cup; 2=1/2 cup; 3=1 cup; 4=2 cups; .=Missing
VEGSOUPK	Kcal, vegetable soup, vegetable beef soup or tomato soup	N/A	KCAL	N/A
VEGSOUPG	Grams, vegetable soup, vegetable beef soup or tomato soup	N/A	G	N/A
OTHSOUPF	Frequency, any other soup like chicken noodle, Cup-a-soup, ramen noodles or menudo, posole	N/A	N/A	1=None; 2=1 day; 3=2 days; 4=3-4 days; 5=5-6 days; 6=Everyday; .=Missing
OTHSOUPS	Amount, any other soup like chicken noodle, Cup-a-soup, ramen noodles or menudo, posole	N/A	N/A	1=1/4 cup; 2=1/2 cup; 3=1 cup; 4=2 cups; .=Missing
OTHSOUPK	Kcal, any other soup like chicken noodle, Cup-a-soup, ramen noodles or menudo, posole	N/A	KCAL	N/A
OTHSOUPG	Grams, any other soup like chicken noodle, Cup-a-soup, ramen noodles or menudo, posole	N/A	G	N/A
MUFFINSF	Frequency, biscuits or muffins	N/A	N/A	1=None; 2=1 day; 3=2 days; 4=3-4 days; 5=5-6 days; 6=Everyday; .=Missing
MUFFINSS	Amount, biscuits or muffins	N/A	N/A	1=1/2; 2=1; 3=2; 4=3; .=Missing
MUFFINSK	Kcal, biscuits or muffins	N/A	KCAL	N/A
MUFFINSG	Grams, biscuits or muffins	N/A	G	N/A
WHOWHEFR	Frequency, whole wheat bread or rolls	N/A	N/A	1=None; 2=1 day; 3=2 days; 4=3-4 days; 5=5-6 days; 6=Everyday; .=Missing
WHOWHESZ	Amount daily slices, whole wheat bread or rolls	N/A	N/A	1=1 slice; 2=2 slices; 3=3-4 slices; 4=5+ slices; .=Missing
WHOWHEK	Kcal, whole wheat bread or rolls	N/A	KCAL	N/A
WHOWHEG	Grams, whole wheat bread or rolls	N/A	G	N/A
WHITEFRQ	Frequency, white bread, toast or rolls	N/A	N/A	1=None; 2=1 day; 3=2 days; 4=3-4 days; 5=5-6 days; 6=Everyday; .=Missing

Variable	Label	Corresponding with Supplement or Dietary Variable	Units	Coding
WHITESZ	Amount, daily slices, white bread, toast or rolls	N/A	N/A	1=1 slice; 2=2 slices; 3=3-4 slices; 4=5+ slices; .=Missing
WHITEK	Kcal, white bread, toast or rolls	N/A	KCAL	N/A
WHITEG	Grams, white bread, toast or rolls	N/A	G	N/A
TORTILFR	Frequency, tortillas	N/A	N/A	1=None; 2=1 day; 3=2 days; 4=3-4 days; 5=5-6 days; 6=Everyday; .=Missing
TORTILSI	Amount, tortillas	N/A	N/A	1=1; 2=2; 3=3-4; 4=5+; .=Missing
TORTTILK	Kcal, tortillas	N/A	KCAL	N/A
TORTILG	Grams, tortillas	N/A	G	N/A
MARGFRQ	Frequency, margarine or butter	N/A	N/A	1=None; 2=1 day; 3=2 days; 4=3-4 days; 5=5-6 days; 6=Everyday; .=Missing
MARGSIZ	Amount, daily times, margarine or butter	N/A	N/A	1=1 time; 2=2 times; 3=3 times; 4=4 times; .=Missing
MARGK	Kcal, margarine or butter	N/A	KCAL	N/A
MARGG	Grams, margarine or butter	N/A	G	N/A
CHEESEFR	Frequency, cheese	N/A	N/A	1=None; 2=1 day; 3=2 days; 4=3-4 days; 5=5-6 days; 6=Everyday; .=Missing
CHEESESZ	Amount, daily slices, cheese	N/A	N/A	1=1/2 slice; 2=1 slices; 3=2 slices; 4=3 slices; .=Missing
CHEESEK	Kcal, cheese	N/A	KCAL	N/A
CHEESEG	Grams, cheese	N/A	G	N/A
MAYOFREQ	Frequency, mayonnaise or sandwich spread	N/A	N/A	1=None; 2=1 day; 3=2 days; 4=3-4 days; 5=5-6 days; 6=Everyday; .=Missing
MAYOK	Kcal, mayonnaise or sandwich spread	N/A	KCAL	N/A
MAYOG	Grams, mayonnaise or sandwich spread	N/A	G	N/A
PEABUTFR	Frequency, peanut butter sandwich	N/A	N/A	1=None; 2=1 day; 3=2 days; 4=3-4 days; 5=5-6 days; 6=Everyday; .=Missing
PEABUTSI	Amount, peanut butter sandwich	N/A	N/A	1=1/2; 2=1; 3=2; 4=3; .=Missing
PEABUTK	Kcal, peanut butter sandwich	N/A	KCAL	N/A
PEABUTG	Grams, peanut butter sandwich	N/A	G	N/A
JELLYFRE	Frequency, jelly or jam	N/A	N/A	1=None; 2=1 day; 3=2 days; 4=3-4 days; 5=5-6 days; 6=Everyday; .=Missing
JELLYK	Kcal, jelly or jam	N/A	KCAL	N/A
JELLYG	Grams, jelly or jam	N/A	G	N/A
NUTSFRQ	Frequency, sunflower seeds, peanuts or other nuts	N/A	N/A	1=None; 2=1 day; 3=2 days; 4=3-4 days; 5=5-6 days; 6=Everyday; .=Missing

Variable	Label	Corresponding with Supplement or Dietary Variable	Units	Coding
NUTSSIZ	Amount, sunflower seeds, peanuts or other nuts	N/A	N/A	1=1/4 cup; 2=1/2 cup; 3=1 cup; 4=2 cups; .=Missing
NUTSK	Kcal, sunflower seeds, peanuts or other nuts	N/A	KCAL	N/A
NUTSG	Grams, sunflower seeds, peanuts or other nuts	N/A	G	N/A
SALADFRQ	Frequency, salad with lettuce, green salad	N/A	N/A	1=None; 2=1 day; 3=2 days; 4=3-4 days; 5=5-6 days; 6=Everyday; .=Missing
SALADSIZ	Amount, salad with lettuce, green salad	N/A	N/A	1=1/4 cup; 2=1/2 cup; 3=1 cup; 4=2 cups; .=Missing
SALADK	Kcal, salad with lettuce, green salad	N/A	KCAL	N/A
SALADG	Grams, salad with lettuce, green salad	N/A	G	N/A
DRESSFRQ	Frequency, salad dressing	N/A	N/A	1=None; 2=1 day; 3=2 days; 4=3-4 days; 5=5-6 days; 6=Everyday; .=Missing
DRESSTYP	Salad dressing type	N/A	N/A	1=Low-fat; 2=Regular; .=Missing
REDRESSK	Kcal, regular salad dressing (default)	N/A	KCAL	N/A
REDRESSG	Grams, regular salad dressing (default)	N/A	G	N/A
LFDRESSK	Kcal, low-fat salad dressing	N/A	KCAL	N/A
LFDRESSG	Grams, low-fat salad dressing	N/A	G	N/A
PEASFRQ	Frequency, green beans, string beans or peas	N/A	N/A	1=None; 2=1 day; 3=2 days; 4=3-4 days; 5=5-6 days; 6=Everyday; .=Missing
PEASSZ	Amount, green beans, string beans or peas	N/A	N/A	1=1/4 cup; 2=1/2 cup; 3=1 cup; 4=2 cups; .=Missing
PEASK	Kcal, green beans, string beans or peas	N/A	KCAL	N/A
PEASG	Grams, green beans, string beans or peas	N/A	G	N/A
BEANSFRQ	Frequency, pinto beans, black beans, chili with beans or bean burritos	N/A	N/A	1=None; 2=1 day; 3=2 days; 4=3-4 days; 5=5-6 days; 6=Everyday; .=Missing
BEANSSIZ	Amount, pinto beans, black beans, chili with beans or bean burritos	N/A	N/A	1=1/4 cup; 2=1/2 cup; 3=1 cup; 4=2 cups; .=Missing
BEANSK	Kcal, pinto beans, black beans, chili with beans or bean burritos	N/A	KCAL	N/A
BEANSG	Grams, pinto beans, black beans, chili with beans or bean burritos	N/A	G	N/A
CORNFRQ	Frequency, corn or corn on the cob	N/A	N/A	1=None; 2=1 day; 3=2 days; 4=3-4 days; 5=5-6 days; 6=Everyday; .=Missing
CORNSIZ	Amount, corn or corn on the cob	N/A	N/A	1=1/4 cup; 2=1/2 cup; 3=1 cup; 4=2 cups; .=Missing
CORNK	Kcal, corn or corn on the cob	N/A	KCAL	N/A

Variable	Label	Corresponding with Supplement or Dietary Variable	Units	Coding
CORNG	Grams, corn or corn on the cob	N/A	G	N/A
TOMATOFR	Frequency, tomatoes including on salad	N/A	N/A	1=None; 2=1 day; 3=2 days; 4=3-4 days; 5=5-6 days; 6=Everyday; .=Missing
TOMATOSZ	Amount, tomatoes including on salad	N/A	N/A	1=A little; 2=1/2 tomato; 3=1 tomato; 4=2 tomatoes; .=Missing
TOMATOK	Kcal, tomatoes including on salad	N/A	KCAL	N/A
TOMATOG	Grams, tomatoes including on salad	N/A	G	N/A
GREENSFR	Frequency, greens like collards, mustard greens or spinach	N/A	N/A	1=None; 2=1 day; 3=2 days; 4=3-4 days; 5=5-6 days; 6=Everyday; .=Missing
GREENSSI	Amount, greens like collards, mustard greens or spinach	N/A	N/A	1=1/4 cup; 2=1/2 cup; 3=1 cup; 4=2 cups; .=Missing
GREENSK	Kcal, greens like collards, mustard greens or spinach	N/A	KCAL	N/A
GREENSG	Grams, greens like collards, mustard greens or spinach	N/A	G	N/A
BROCCOFR	Frequency, broccoli	N/A	N/A	1=None; 2=1 day; 3=2 days; 4=3-4 days; 5=5-6 days; 6=Everyday; .=Missing
BROCCOSI	Amount, broccoli	N/A	N/A	1=1/4 cup; 2=1/2 cup; 3=1 cup; 4=2 cups; .=Missing
BROCCOK	Kcal, broccoli	N/A	KCAL	N/A
BROCCOG	Grams, broccoli	N/A	G	N/A
CARROTSF	Frequency, carrots, carrot sticks or cooked carrots	N/A	N/A	1=None; 2=1 day; 3=2 days; 4=3-4 days; 5=5-6 days; 6=Everyday; .=Missing
CARROTSS	Amount, carrots, carrot sticks or cooked carrots	N/A	N/A	1=1/4 cup; 2=1/2 cup; 3=1 cup; 4=2 cups; .=Missing
CARROTSK	Kcal, carrots, carrot sticks or cooked carrots	N/A	KCAL	N/A
CARROTSG	Grams, carrots, carrot sticks or cooked carrots	N/A	G	N/A
SWTPOTFR	Frequency, sweet potatoes or sweet potato pie	N/A	N/A	1=None; 2=1 day; 3=2 days; 4=3-4 days; 5=5-6 days; 6=Everyday; .=Missing
SWTPOTSI	Amount, sweet potatoes or sweet potato pie	N/A	N/A	1=1/4 cup; 2=1/2 cup; 3=1 cup; 4=2 cups; .=Missing
SWTPOTK	Kcal, sweet potatoes or sweet potato pie	N/A	KCAL	N/A
SWTPOTG	Grams, sweet potatoes or sweet potato pie	N/A	G	N/A
FRFRIESF	Frequency, french fries, Tater Tots, hash browns or home fries	N/A	N/A	1=None; 2=1 day; 3=2 days; 4=3-4 days; 5=5-6 days; 6=Everyday; .=Missing
FRFRIESS	Amount, french fries, Tater Tots, hash browns or home fries	N/A	N/A	1=1/4 cup; 2=1/2 cup; 3=1 cup; 4=2 cups; .=Missing

Variable	Label	Corresponding with Supplement or Dietary Variable	Units	Coding
FRFRIESK	Kcal, french fries, Tater Tots, hash browns or home fries	N/A	KCAL	N/A
FRFRIESG	Grams, french fries, Tater Tots, hash browns or home fries	N/A	G	N/A
OTHRPOTF	Frequency, any other kind of potatoes like mashed, baked or boiled	N/A	N/A	1=None; 2=1 day; 3=2 days; 4=3-4 days; 5=5-6 days; 6=Everyday; .=Missing
OTHRPOTS	Amount, any other kind of potatoes like mashed, baked or boiled	N/A	N/A	1=1/4 cup; 2=1/2 cup; 3=1 cup; 4=2 cups; .=Missing
OTHRPOTK	Kcal, any other kind of potatoes like mashed, baked or boiled	N/A	KCAL	N/A
OTHRPOTG	Grams, any other kind of potatoes like mashed, baked or boiled	N/A	G	N/A
OTHRVEGF	Frequency, any other vegetables like squash, cauliflower, or green or red peppers	N/A	N/A	1=None; 2=1 day; 3=2 days; 4=3-4 days; 5=5-6 days; 6=Everyday; .=Missing
OTHRVEGS	Amount, any other vegetables like squash, cauliflower, or green or red peppers	N/A	N/A	1=1/4 cup; 2=1/2 cup; 3=1 cup; 4=2 cups; .=Missing
OTHRVEGK	Kcal, any other vegetables like squash, cauliflower, or green or red peppers	N/A	KCAL	N/A
OTHRVEGG	Grams, any other vegetables like squash, cauliflower, or green or red peppers	N/A	G	N/A
RICEFRQ	Frequency, white rice, fried rice, Spanish rice, rice with beans	N/A	N/A	1=None; 2=1 day; 3=2 days; 4=3-4 days; 5=5-6 days; 6=Everyday; .=Missing
RICESIZ	Amount, white rice, fried rice, Spanish rice, rice with beans	N/A	N/A	1=1/4 cup; 2=1/2 cup; 3=1 cup; 4=2 cups; .=Missing
RICEK	Kcal, white rice, fried rice, Spanish rice, rice with beans	N/A	KCAL	N/A
RICEG	Grams, white rice, fried rice, Spanish rice, rice with beans	N/A	G	N/A
BRRICEFR	Frequency, brown rice, couscous, whole grain pasta	N/A	N/A	1=None; 2=1 day; 3=2 days; 4=3-4 days; 5=5-6 days; 6=Everyday; .=Missing
BRRICESZ	Amount, brown rice, couscous, whole grain pasta	N/A	N/A	1=1/4 cup; 2=1/2 cup; 3=1 cup; 4=2 cups; .=Missing
BRRICEK	Kcal, brown rice, couscous, whole grain pasta	N/A	KCAL	N/A
BRRICEG	Grams, brown rice, couscous, whole grain pasta	N/A	G	N/A
KETCHUPF	Frequency, ketchup, salsa or barbecue sauce	N/A	N/A	1=None; 2=1 day; 3=2 days; 4=3-4 days; 5=5-6 days; 6=Everyday; .=Missing
KETCHUPK	Kcal, ketchup, salsa or barbecue sauce	N/A	KCAL	N/A

Variable	Label	Corresponding with Supplement or Dietary Variable	Units	Coding
KETCHUPG	Grams, ketchup, salsa or barbecue sauce	N/A	G	N/A
CHIPSFRQ	Frequency, snack chips like potato chips, tortilla chips, Doritos, popcorn, Bugles	N/A	N/A	1=None; 2=1 day; 3=2 days; 4=3-4 days; 5=5-6 days; 6=Everyday; .=Missing
CHIPSSIZ	Amount, snack chips like potato chips, tortilla chips, Doritos, popcorn, Bugles	N/A	N/A	1=1/4 cup; 2=1/2 cup; 3=1 cup; 4=2 cups; .=Missing
CHIPSTYP	Chips type	N/A	N/A	1=Baked; 2=Regular; .=Missing
REGCHIPK	Kcal, regular snack chips like potato chips, tortilla chips, Doritos, popcorn, Bugles (default)	N/A	KCAL	N/A
REGCHIPG	Grams, regular snack chips like potato chips, tortilla chips, Doritos, popcorn, Bugles (default)	N/A	G	N/A
BKCHIPK	Kcal, baked snack chips like potato chips, tortilla chips, Doritos, popcorn, Bugles	N/A	KCAL	N/A
BKCHIPG	Grams, baked snack chips like potato chips, tortilla chips, Doritos, popcorn, Bugles	N/A	G	N/A
CRACKERF	Frequency, crackers including snack crackers like Cheez-its, Ritz Bits, Goldfish	N/A	N/A	1=None; 2=1 day; 3=2 days; 4=3-4 days; 5=5-6 days; 6=Everyday; .=Missing
CRACKERS	Amount, crackers including snack crackers like Cheez-its, Ritz Bits, Goldfish	N/A	N/A	1=1/4 cup; 2=1/2 cup; 3=1 cup; 4=2 cups; .=Missing
CRACKERK	Kcal, crackers including snack crackers like Cheez-its, Ritz Bits, Goldfish	N/A	KCAL	N/A
CRACKERG	Grams, crackers including snack crackers like Cheez-its, Ritz Bits, Goldfish	N/A	G	N/A
NACHOSFR	Frequency, nachos with cheese	N/A	N/A	1=None; 2=1 day; 3=2 days; 4=3-4 days; 5=5-6 days; 6=Everyday; .=Missing
NACHOSSI	Amount, nachos with cheese	N/A	N/A	1=1/4 cup; 2=1/2 cup; 3=1 cup; 4=2 cups; .=Missing
NACHOK	Kcal, nachos with cheese	N/A	KCAL	N/A
NACHOG	Grams, nachos with cheese	N/A	G	N/A
ICECRMFR	Frequency, ice cream, ice cream bars or frozen yogurt	N/A	N/A	1=None; 2=1 day; 3=2 days; 4=3-4 days; 5=5-6 days; 6=Everyday; .=Missing
ICECRMSI	Amount, ice cream, ice cream bars or frozen yogurt	N/A	N/A	1=1/4 cup; 2=1/2 cup; 3=1 cup; 4=2 cups; .=Missing
ICECRMK	Kcal, ice cream, ice cream bars or frozen yogurt	N/A	KCAL	N/A
ICECRMG	Grams, ice cream, ice cream bars or frozen yogurt	N/A	G	N/A

Variable	Label	Corresponding with Supplement or Dietary Variable	Units	Coding
COOKIEFR	Frequency, cookies	N/A	N/A	1=None; 2=1 day; 3=2 days; 4=3-4 days; 5=5-6 days; 6=Everyday; .=Missing
COOKIESI	Amount, cookies	N/A	N/A	1=1; 2=2-3; 3=4-5; 4=6+; .=Missing
COOKIEK	Kcal, cookies	N/A	KCAL	N/A
COOKIEG	Grams, cookies	N/A	G	N/A
DONUTFRQ	Frequency, donuts	N/A	N/A	1=None; 2=1 day; 3=2 days; 4=3-4 days; 5=5-6 days; 6=Everyday; .=Missing
DONUTSIZ	Amount, donuts	N/A	N/A	1=1/2; 2=1; 3=2; 4=3; .=Missing
DONUTK	Kcal, donuts	N/A	KCAL	N/A
DONUTG	Grams, donuts	N/A	G	N/A
CAKEFRQ	Frequency, cake, cupcakes, Tasty Cake, Ho-Hos or Twinkies	N/A	N/A	1=None; 2=1 day; 3=2 days; 4=3-4 days; 5=5-6 days; 6=Everyday; .=Missing
CAKESIZ	Amount, cake, cupcakes, Tasty Cake, Ho-Hos, Twinkies	N/A	N/A	1=1/2; 2=1; 3=2; 4=3; .=Missing
CAKEK	Kcal, cake, cupcakes, Tasty Cake, Ho-Hos, Twinkies	N/A	KCAL	N/A
CAKEG	Grams, cake, cupcakes, Tasty Cake, Ho-Hos, Twinkies	N/A	G	N/A
PIEFRQ	Frequency, pie, fruit pie, fruit crisp or cobbler	N/A	N/A	1=None; 2=1 day; 3=2 days; 4=3-4 days; 5=5-6 days; 6=Everyday; .=Missing
PIESIZ	Amount, pie, fruit pie, fruit crisp or cobbler	N/A	N/A	1=1/2; 2=1; 3=2; 4=3; .=Missing
PIEK	Kcal, pie, fruit pie, fruit crisp or cobbler	N/A	KCAL	N/A
PIEG	Grams, pie, fruit pie, fruit crisp or cobbler	N/A	G	N/A
CHOCCANF	Frequency, chocolate candy like candy bars, M&Ms, Reese's, Tootsie Roll	N/A	N/A	1=None; 2=1 day; 3=2 days; 4=3-4 days; 5=5-6 days; 6=Everyday; .=Missing
CHOCCANS	Amount, chocolate candy like candy bars, M&Ms, Reese's, Tootsie Roll	N/A	N/A	1=1 small bar; 2=1 medium bar; 3=1 large bar; 4=2 large bars; .=Missing
CHOCCANK	Kcal, chocolate candy like candy bars, M&Ms, Reese's, Tootsie Roll	N/A	KCAL	N/A
CHOCCANG	Gram, chocolate candy like candy bars, M&Ms, Reese's, Tootsie Roll	N/A	G	N/A
OTHCANFR	Frequency, any other candy like Skittles, Starburst, Lifesavers, gum	N/A	N/A	1=None; 2=1 day; 3=2 days; 4=3-4 days; 5=5-6 days; 6=Everyday; .=Missing
OTHCANSI	Amount, any other candy like Skittles, Starburst, Lifesavers, gum	N/A	N/A	1=1/4 pack; 2=1/2 pack; 3=1 pack; 4=2 packs; .=Missing

Variable	Label	Corresponding with Supplement or Dietary Variable	Units	Coding
OTHCANK	Kcal, any other candy like Skittles, Starburst, Lifesavers, gum	N/A	KCAL	N/A
OTHCANG	Grams, any other candy like Skittles, Starburst, Lifesavers, gum	N/A	G	N/A
CHOCMLKF	Frequency, chocolate milk or other flavored milks	N/A	N/A	1=None; 2=1 day; 3=2 days; 4=3-4 days; 5=5-6 days; 6=Everyday; .=Missing
CHOCMLKS	Amount, chocolate milk or other flavored milks	N/A	N/A	1=1/2 carton; 2=1 carton; 3=2 carton; 4=3 carton; .=Missing
CHOCMLKK	Kcal, chocolate milk or other flavored milks	N/A	KCAL	N/A
CHOCMLKG	Grams, chocolate milk or other flavored milks	N/A	G	N/A
MILKFREQ	Frequency, milk (not chocolate and not on cereal)	N/A	N/A	1=None; 2=1 day; 3=2 days; 4=3-4 days; 5=5-6 days; 6=Everyday; .=Missing
MILKSIZE	Amount, milk (not chocolate and not on cereal)	N/A	N/A	1=1/2 glass; 2=1 glass; 3=2 glasses; 4=3 glasses; .=Missing
MILKTYPE	Milk type	N/A	N/A	1=Whole; 2=Reduced fat 2%; 3=Low fat 1%; 4=Non-fat; 5=Lactaid; 6=Soy; 7=Rice; .=Don't know or Missing
WHOLEMKK	Kcal, whole milk (not chocolate and not on cereal) (default)	N/A	KCAL	N/A
WHOLEMKG	Grams, whole milk (not chocolate and not on cereal) (default)	N/A	G	N/A
REDFTMKK	Kcal, reduced-fat (2%) milk (not chocolate and not on cereal)	N/A	KCAL	N/A
REDFTMKG	Grams, reduced-fat (2%) milk (not chocolate and not on cereal)	N/A	G	N/A
LOWFTMKK	Kcal, low-fat (1%) milk (not chocolate and not on cereal)	N/A	KCAL	N/A
LOWFTMKG	Grams, low-fat (1%) milk (not chocolate and not on cereal)	N/A	G	N/A
NONFTMKK	Kcal, non-fat milk (not chocolate and not on cereal)	N/A	KCAL	N/A
NONFTMKG	Grams, non-fat milk (not chocolate and not on cereal)	N/A	G	N/A
LACTAIDK	Kcal, Lactaid milk (not chocolate and not on cereal)	N/A	KCAL	N/A
LACTAIDG	Grams, Lactaid milk (not chocolate and not on cereal)	N/A	G	N/A
SOYMILKK	Kcal, soy milk (not chocolate and not on cereal)	N/A	KCAL	N/A

Variable	Label	Corresponding with Supplement or Dietary Variable	Units	Coding
SOYMILKG	Grams, soy milk (not chocolate and not on cereal)	N/A	G	N/A
RICEMLKK	Kcal, rice milk (not chocolate and not on cereal)	N/A	KCAL	N/A
RICEMLKG	Grams, rice milk (not chocolate and not on cereal)	N/A	G	N/A
SODAFRQ	Frequency, sodas like Coke, Dr. Pepper, 7-Up, Sprite, Sunkist, Orange Crush (not counting diet sodas)	N/A		1=None; 2=1 day; 3=2 days; 4=3-4 days; 5=5-6 days; 6=Everyday; .=Missing
SODASIZ	Amount, sodas like Coke, Dr. Pepper, 7-Up, Sprite, Sunkist, Orange Crush (not counting diet sodas)	N/A	N/A	1=1 can/bottle; 2=2 cans/bottles; 3=3-4 cans/bottles; 4=5+ cans/bottles; .=Missing
SODAVOLU	Soda volume	N/A	N/A	1=12 oz can; 2=20 oz bottle; 3=20+ ounces; .=Missing
CANSODAK	Kcal, 12oz can non-diet soda (default)	N/A	KCAL	N/A
CANSODAG	Grams, 12oz can non-diet soda (default)	N/A	G	N/A
BOTSODAK	Kcal, 20oz bottle non-diet soda	N/A	KCAL	N/A
BOTSODAG	Grams, 20oz bottle non-diet soda	N/A	G	N/A
BIGSODAK	Kcal, >20oz non-diet soda	N/A	KCAL	N/A
BIGSODAG	Grams, >20oz non-diet soda	N/A	G	N/A
SLURPEEF	Frequency, slurpees, snow cones, popsicles (not ice cream)	N/A	N/A	1=None; 2=1 day; 3=2 days; 4=3-4 days; 5=5-6 days; 6=Everyday; .=Missing
SLURPEEK	Kcal, slurpees, snow cones, popsicles (not ice cream)	N/A	KCAL	N/A
SLURPEEG	Grams, slurpees, snow cones, popsicles (not ice cream)	N/A	G	N/A
KOOLAIDF	Frequency, Hawaiian Punch, Kook-Aid, Sunny Delight, Gatorade, ice tea, Snapple	N/A	N/A	1=None; 2=1 day; 3=2 days; 4=3-4 days; 5=5-6 days; 6=Everyday; .=Missing
KOOLAIDS	Amount, Hawaiian Punch, Kook-Aid, Sunny Delight, Gatorade, ice tea, Snapple	N/A	N/A	1=1 glass; 2=2 glasses; 3=3 glasses; 4=4 glasses; .=Missing
KOOLAIDK	Kcal, Hawaiian Punch, Kook-Aid, Sunny Delight, Gatorade, ice tea, Snapple	N/A	KCAL	N/A
KOOLAIDG	Grams, Hawaiian Punch, Kook-Aid, Sunny Delight, Gatorade, ice tea, Snapple	N/A	G	N/A
TANGFRQ	Frequency, Hi-C, Tang, Tampico, Mr. Juicy, Ssips punch	N/A	N/A	1=None; 2=1 day; 3=2 days; 4=3-4 days; 5=5-6 days; 6=Everyday; .=Missing

Variable	Label	Corresponding with Supplement or Dietary Variable	Units	Coding
TANGSIZ	Amount, Hi-C, Tang, Tampico, Mr. Juicy, Ssips punch	N/A	N/A	1=1 glass/juice box; 2=2 glasses/juice boxes; 3=3 glasses/boxes; 4=4 glasses/ juice boxes; . =Missing
TANGK	Kcal, Hi-C, Tang, Tampico, Mr. Juicy, Ssips punch	N/A	KCAL	N/A
TANGG	Grams, Hi-C, Tang, Tampico, Mr. Juicy, Ssips punch	N/A	G	N/A
OJFRQ	Frequency, real orange juice	N/A	N/A	1=None; 2=1 day; 3=2 days; 4=3-4 days; 5=5-6 days; 6=Everyday; . =Missing
OJSIZ	Amount, real orange juice	N/A	N/A	1=1 glass/juice box; 2=2 glasses/juice boxes; 3=3 glasses/boxes; 4=4 glasses/ juice boxes; . =Missing
OJK	Kcal, real orange juice	N/A	KCAL	N/A
OJG	Grams, real orange juice	N/A	G	N/A
OTHJCFRQ	Frequency, any other real juices like apple or grape juice	N/A	N/A	1=None; 2=1 day; 3=2 days; 4=3-4 days; 5=5-6 days; 6=Everyday; . =Missing
OTHJSIZ	Amount, any other real juices like apple or grape juice	N/A	N/A	1=1 glass/juice box; 2=2 glasses/juice boxes; 3=3 glasses/boxes; 4=4 glasses/ juice boxes; . =Missing
OTHJCK	Kcal, any other real juices like apple or grape juice	N/A	KCAL	N/A
OTHJCG	Grams, any other real juices like apple or grape juice	N/A	G	N/A
WATERFRQ	Frequency, water, bottled or from tap	N/A	N/A	1=None; 2=1 day; 3=2 days; 4=3-4 days; 5=5-6 days; 6=Everyday; . =Missing
WATERSIZ	Amount, water, bottled or from tap	N/A	N/A	1=1-2 glasses; 2=3-4 glasses; 3=5-6 glasses; 4=7-8 glasses; . =Missing
WATERK	Kcal, water, bottled or from tap	N/A	KCAL	N/A
WATERG	Grams, water, bottled or from tap	N/A	G	N/A
TOOKVITS	Were vitamin pills like One-a-Day or Flintstones taken	N/A	N/A	1=No; 2=Yes; . =Missing
NUMVITS	Number of days vitimans taken in last week	N/A	N/A	1=1-2 days; 2=3-4 days; 3=5-6 days; 4=7 days; . =Missing
DT_KCAL	Total Kcal/day	N/A	KCAL	N/A
DT_PROT	Protein, g	N/A	G	N/A
DT_FAT	Total fat, g	N/A	G	N/A
DT_CARB	Carbohydrate, g	N/A	MG	N/A

Variable	Label	Corresponding with Supplement or Dietary Variable	Units	Coding
DT_CALC	Dietary calcium, mg	SUP_CA	MG	N/A
DT_PHOS	Dietary phosphorus, mg	N/A	MG	N/A
DT_FE	Dietary iron, mg	SUP_FE	MG	N/A
DT_NA	Dietary sodium, mg	N/A	MG	N/A
DT_POTA	Dietary potassium, mg	N/A	MG	N/A
DT_B1	Dietary Vit. B1, mg	SUP_B1	MG	N/A
DT_RIBO	Dietary Vit. B2, mg	SUP_B2	MG	N/A
DT_NIAC	Dietary niacin, mg	SUP_NIAC	MG	N/A
DT_VITC	Dietary Vit. C, mg	SUP_VITC	MG	N/A
DT_SFAT	Saturated fat, g	N/A	G	N/A
DT_OLEC	Monounsaturated fat, g	N/A	G	N/A
DT_LIN	Polyunsaturated fat, g	N/A	G	N/A
DT_CHOL	Dietary cholesterol, mg	N/A	MG	N/A
DT_DFIB	Dietary fiber, g	N/A	G	N/A
DT_FOL	Total dietary folate, (food + fort) mcg	SUP_FOL	MCG	N/A
DT_ZINC	Dietary zinc, mg	SUP_ZINC	MG	N/A
DT_ANZN	Zinc from animal srce.mg	N/A	MG	N/A
DT_B6	Dietary Vit. B6, mg	SUP_B6	MG	N/A
DT_MG	Dietary magnesium, mg	SUP_MG	MG	N/A
DT_ACAR	Dietary alpha-car, mcg	N/A	MCG	N/A
DT_BCAR	Dietary beta-car, mcg	SUP_BCAR	MCG	N/A
DT_CRYP	Dietary cryptoxanthin, mcg	N/A	MCG	N/A
DT_LUT	Dietary lutein, mcg	N/A	MCG	N/A
DT_LYC	Dietary lycopene, mcg	N/A	MCG	N/A
DT_RET	Dietary retinol, mcg	N/A	MCG	N/A
DT_PROA	Pro-Vit. A carots, mcg	N/A	MCG	N/A
DT_VITA	Dietary Vit. A, mcg RAE	SUP_VITA	MCG	N/A
DT_VITE	Dietary Vit. E, mg alpha tocopherol	SUP_VITE	MG	N/A
DT_B12	Dietary Vit. B12, mcg	SUP_B12	MCG	N/A
DT_COP	Dietary copper, mg	SUP_CU	MG	N/A
DT_SEL	Dietary Selenium, mcg	SUP_SE	MCG	N/A
DT_FOL_F	Dietary folic acid (fortified), mcg	SUP_FOL	MCG	N/A

Variable	Label	Corresponding with Supplement or Dietary Variable	Units	Coding
DT_FOL_2	Dietary folate (from food), mcg	SUP_FOL	MCG	N/A
DT_FOL_D	Total folate/folic acid, mcg DFE	SUP_FOL	MCG	N/A
DT_VITK	Dietary Vitamin K, mcg	N/A	MCG	N/A
DT_THEO	Dietary theobromin, mg	N/A	MG	N/A
DT_TOTSU	Total Dietary sugars, grams	N/A	G	N/A
DT_OMEG3	Dietary Omega3 FAs, grams	N/A	G	N/A
DT_OMEG6	Dietary Omega6 FAs, grams	N/A	G	N/A
DT_VITD	Dietary Vit. D, IU	SUP_VITD	IU	N/A
DT_TRANS	Dietary Trans fatty acids, grams	N/A	G	N/A
PCTFAT	% of kcal from fat	N/A	N/A	N/A
PCTPROT	% of kcal from protein	N/A	N/A	N/A
PCTCARB	% of kcal from carb	N/A	N/A	N/A
PCTSWEET	% kcal from sweets	N/A	N/A	N/A
FIBBEAN	Dietary fiber from beans	N/A	G	N/A
FIBVEGFR	Dietary fiber from vegetables and fruit	N/A	G	N/A
FIBGRAIN	Dietary fiber from grains	N/A	G	N/A
SUP_VITA	Vit. A from supplements, mcg RAE	DT_VITA	MCG	N/A
SUP_VITC	Vit. C from supplements, mg	DT_VITC	MG	N/A
SUP_VITD	Vit. D from supplements, IU	DT_VITD	IU	N/A
SUP_VITE	Vit. E from supplements, mg alpha tocopherol	DT_VITE	MG	N/A
SUP_FE	Iron from supplements, mg	DT_FE	MG	N/A
SUP_CA	Calcium fm supplements, mg	DT_CALC	MG	N/A
SUP_ZINC	Zinc from supplements, mg	DT_ZINC	MG	N/A
SUP_BCAR	Beta-car fm supplements, mcg	DT_BCAR	MCG	N/A
SUP_B1	Vit. B1 fm supplements, mg	DT_B1	MG	N/A
SUP_B6	Vit. B6 from supplements, mg	DT_B6	MG	N/A
SUP_B12	Vit. B12 fm supplements, mcg	DT_B12	MCG	N/A
SUP_FOL	Folate from supplements, mcg DFE	DT_FOL, DT_FOL_F, DT_FOL_2, DT_FOL_D	MCG	N/A
SUP_CU	Copper from supplements, mg	DT_COP	MG	N/A
SUP_SE	Selenium fm supplements, mcg	DT_SEL	MCG	N/A

Variable	Label	Corresponding with Supplement or Dietary Variable	Units	Coding
SUP_B2	Vit. B2 fm supplements, mg	DT_RIBO	MG	N/A
SUP_MG	Magnesium fm supplements, mg	DT_MG	MG	N/A
SUP_NIAC	Niacin fm supplements, mg	DT_NIAC	MG	N/A
GRAMSSF	Grams solid food per week	N/A	G	N/A

4.6 Created Datasets

4.6.1 HEALTHY.RANDOMIZE: Randomization Assignments

HEALTHY data RANDOMIZE includes one record for each school indicating the randomization assignment for that particular school. If *assign=0* then the school was randomized to *control*. If *assign=1* then the school was randomized to *intervention*. There is no indication of randomization assignment on any data form or in any individual form dataset. All participants within a single school were randomized to the same assignment so there is no information about randomization at the participant level.