"In this part of the clinic visit we want to obtain information on your usual eating habits. We will go over specific foods by groups. I'll name a food and a portion size and you tell me how often, on average, you ate that during the past year.

If your portion was much different from the amount I say, please tell me if it was at least twice as much, or half as much. We have a few sizes of cups and glasses here for reference. Here are the choices for "how often" (show RC 1). The choices are number of times a day or week or month. Please respond with the appropriate letter. For example, "once a day" would be "D". If you ate or drank something less than twelve times a year, that would be the same as "less than once a month," which is "I".

It is important that your answer be short in order to save time, but we want you to be as accurate as possible. If we miss food items that you usually eat, we will list those at the end. Feel free to ask questions or have me repeat instructions if I am not being clear."
### Dietary Intake Form (DTIC screen 1 of 15)

<table>
<thead>
<tr>
<th>Response Categories</th>
<th>&gt; 6 per day (A)</th>
<th>1 per day (D)</th>
<th>1 per week (G)</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>4-6 per day (B)</td>
<td>5-6 per week (E)</td>
<td>1-3 per month (H)</td>
</tr>
<tr>
<td></td>
<td>2-3 per day (C)</td>
<td>2-4 per week (F)</td>
<td>Almost never (I)</td>
</tr>
</tbody>
</table>

#### A. DAIRY FOODS (RC 1)

- **"In the past year, how often did you consume..."**
  1. Skim or low fat milk; 8 oz. glass
  2. Whole milk; 8 oz. glass
  3. Yogurt; 1 c.
  4. Ice cream; 1/2 c.

#### 5. Cottage cheese or ricotta cheese; 1/2 c.

#### 6. Other cheeses, plain or as part of a dish; 1 slice or serving

#### 7. Margarine or a margarine/butter blend; pats added to food or bread

#### 8. Butter; pats added to food or bread

### Dietary Intake Form (DTIC screen 2 of 15)

<table>
<thead>
<tr>
<th>Response Categories</th>
<th>&gt; 6 per day (A)</th>
<th>1 per day (D)</th>
<th>1 per week (G)</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>4-6 per day (B)</td>
<td>5-6 per week (E)</td>
<td>1-3 per month (H)</td>
</tr>
<tr>
<td></td>
<td>2-3 per day (C)</td>
<td>2-4 per week (F)</td>
<td>Almost never (I)</td>
</tr>
</tbody>
</table>

#### B. FRUITS (RC 1)

- **"In the past year, how often did you consume..."**
  9. Fresh apples or pears; 1
  10. Oranges; 1
  11. Orange or grapefruit juice; small glass
  12. Peaches, apricots or plums; 1 fresh or 1/2 c. canned or dried

#### 13. Bananas; 1

#### 14. Other fruits; 1 fresh or 1/2 c. canned, including fruit cocktail

#### C. VEGETABLES (RC 1) -- Portion is 1/2 c.

- **"In the past year, how often did you consume..."**
  15. String beans or green beans; 1/2 c.
  16. Broccoli; 1/2 c.
<table>
<thead>
<tr>
<th>D. MEATS [RC 1]</th>
<th>1. per day (D)</th>
<th>1 per week (G)</th>
</tr>
</thead>
<tbody>
<tr>
<td>&gt; 6 per day (A)</td>
<td>4-6 per day (B)</td>
<td>5-6 per week (E)</td>
</tr>
<tr>
<td>2-3 per day (C)</td>
<td>2-4 per week (F)</td>
<td>Almost never (I)</td>
</tr>
</tbody>
</table>

26. Chicken or turkey, without skin

27. Chicken or turkey, with skin

28. Hamburgers; 1

29. Hot dogs; 1

30. Processed meats: sausage, salami, bologna, etc.; piece or slice

31. Bacon; 2 slices

32. Beef, pork or lamb as a sandwich or mixed dish, stew, casserole, lasagne, or in spaghetti sauce, etc.

33. Beef, pork or lamb as a main dish, steak, roast, ham, etc.

34. Canned tuna fish; 3-4 oz.

---

<table>
<thead>
<tr>
<th>Dietary Intake Form (DTIC screen 3 of 15)</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Response Categories:</strong></td>
</tr>
<tr>
<td>&gt; 6 per day (A)</td>
</tr>
<tr>
<td>4-6 per day (B)</td>
</tr>
<tr>
<td>2-3 per day (C)</td>
</tr>
<tr>
<td>1 per day (D)</td>
</tr>
<tr>
<td>5-6 per week (E)</td>
</tr>
<tr>
<td>1-3 per month (H)</td>
</tr>
<tr>
<td>Almost never (I)</td>
</tr>
</tbody>
</table>

17. Cabbage, cauliflower, brussels sprouts; 1/2 c.

18. Carrots; 1 whole or 1/2 c. cooked

19. Corn; 1 ear or 1/2 c.

20. Spinach, collards or other greens, but do not include lettuce; 1/2 c.

21. Peas or lima beans; 1/2 c.

fresh, frozen or canned

22. Dark yellow, winter squash such as acorn, butternut; 1/2 c.

23. Sweet potatoes; 1/2 c.

24. Beans or lentils, dried cooked, or canned, such as pinto, blackeye, baked beans; 1/2 c.

25. Tomatoes; 1, or tomato juice; 4 oz.
### Dietary Intake Form (DTIC screen 5 of 15)

<table>
<thead>
<tr>
<th>Response Categories:</th>
<th>&gt; 6 per day (A)</th>
<th>1 per day (D)</th>
<th>1 per week (G)</th>
<th>4-6 per day (B)</th>
<th>5-6 per week (E)</th>
<th>1-3 per month (H)</th>
<th>2-3 per day (C)</th>
<th>2-4 per week (F)</th>
<th>Almost never (I)</th>
</tr>
</thead>
<tbody>
<tr>
<td>35. Dark meat fish, such as salmon, mackerel, swordfish, sardines, bluefish; 3-5 oz.</td>
<td>□</td>
<td>□</td>
<td>□</td>
<td>□</td>
<td>□</td>
<td>□</td>
<td>□</td>
<td>□</td>
<td>□</td>
</tr>
<tr>
<td>36. Other fish, such as cod, perch, catfish, etc.; 3-5 oz</td>
<td>□</td>
<td>□</td>
<td>□</td>
<td>□</td>
<td>□</td>
<td>□</td>
<td>□</td>
<td>□</td>
<td>□</td>
</tr>
<tr>
<td>37. Shrimp, lobster, scallops as a main dish</td>
<td>□</td>
<td>□</td>
<td>□</td>
<td>□</td>
<td>□</td>
<td>□</td>
<td>□</td>
<td>□</td>
<td>□</td>
</tr>
<tr>
<td>38. Eggs; 1</td>
<td>□</td>
<td>□</td>
<td>□</td>
<td>□</td>
<td>□</td>
<td>□</td>
<td>□</td>
<td>□</td>
<td>□</td>
</tr>
<tr>
<td><strong>E. SWEETS, BAKED GOODS, CEREALS [RC 1]</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>&quot;In the past year, how often on average did you consume...&quot;</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>39. Chocolate bars or pieces, such as Hershey's, Plain M &amp; M's, Snickers, Reese's; 1 oz.</td>
<td>□</td>
<td>□</td>
<td>□</td>
<td>□</td>
<td>□</td>
<td>□</td>
<td>□</td>
<td>□</td>
<td>□</td>
</tr>
<tr>
<td>40. Candy without chocolate; 1 oz</td>
<td>□</td>
<td>□</td>
<td>□</td>
<td>□</td>
<td>□</td>
<td>□</td>
<td>□</td>
<td>□</td>
<td>□</td>
</tr>
<tr>
<td>41. Pie, homemade from scratch; 1 slice</td>
<td>□</td>
<td>□</td>
<td>□</td>
<td>□</td>
<td>□</td>
<td>□</td>
<td>□</td>
<td>□</td>
<td>□</td>
</tr>
</tbody>
</table>

### Dietary Intake Form (DTIC screen 6 of 15)

<table>
<thead>
<tr>
<th>Response Categories:</th>
<th>&gt; 6 per day (A)</th>
<th>1 per day (D)</th>
<th>1 per week (G)</th>
<th>4-6 per day (B)</th>
<th>5-6 per week (E)</th>
<th>1-3 per month (H)</th>
<th>2-3 per day (C)</th>
<th>2-4 per week (F)</th>
<th>Almost never (I)</th>
</tr>
</thead>
<tbody>
<tr>
<td>42. Pie, ready-made or from a mix; 1 slice</td>
<td>□</td>
<td>□</td>
<td>□</td>
<td>□</td>
<td>□</td>
<td>□</td>
<td>□</td>
<td>□</td>
<td>□</td>
</tr>
<tr>
<td>43. Donut; 1</td>
<td>□</td>
<td>□</td>
<td>□</td>
<td>□</td>
<td>□</td>
<td>□</td>
<td>□</td>
<td>□</td>
<td>□</td>
</tr>
<tr>
<td>44. Biscuits or cornbread; 1</td>
<td>□</td>
<td>□</td>
<td>□</td>
<td>□</td>
<td>□</td>
<td>□</td>
<td>□</td>
<td>□</td>
<td>□</td>
</tr>
<tr>
<td>45. Danish pastry, sweet roll, coffee cake, croissant; 1</td>
<td>□</td>
<td>□</td>
<td>□</td>
<td>□</td>
<td>□</td>
<td>□</td>
<td>□</td>
<td>□</td>
<td>□</td>
</tr>
<tr>
<td>46. Cake or brownie; 1 piece</td>
<td>□</td>
<td>□</td>
<td>□</td>
<td>□</td>
<td>□</td>
<td>□</td>
<td>□</td>
<td>□</td>
<td>□</td>
</tr>
<tr>
<td>47. Cookies; 1</td>
<td>□</td>
<td>□</td>
<td>□</td>
<td>□</td>
<td>□</td>
<td>□</td>
<td>□</td>
<td>□</td>
<td>□</td>
</tr>
<tr>
<td>48. Cold breakfast cereal; 1/2 c.</td>
<td>□</td>
<td>□</td>
<td>□</td>
<td>□</td>
<td>□</td>
<td>□</td>
<td>□</td>
<td>□</td>
<td>□</td>
</tr>
<tr>
<td><strong>F. MISCELLANEOUS [RC 1]</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>&quot;In the past year, how often on average did you consume...&quot;</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>49. Cooked cereals such as oatmeal, grits, cream of wheat; 1/2 c.</td>
<td>□</td>
<td>□</td>
<td>□</td>
<td>□</td>
<td>□</td>
<td>□</td>
<td>□</td>
<td>□</td>
<td>□</td>
</tr>
<tr>
<td>50. White bread; 1 slice</td>
<td>□</td>
<td>□</td>
<td>□</td>
<td>□</td>
<td>□</td>
<td>□</td>
<td>□</td>
<td>□</td>
<td>□</td>
</tr>
<tr>
<td>51. Dark or whole grain bread; 1 slice</td>
<td>□</td>
<td>□</td>
<td>□</td>
<td>□</td>
<td>□</td>
<td>□</td>
<td>□</td>
<td>□</td>
<td>□</td>
</tr>
<tr>
<td>52. Peanut butter; 1 tbsp</td>
<td>□</td>
<td>□</td>
<td>□</td>
<td>□</td>
<td>□</td>
<td>□</td>
<td>□</td>
<td>□</td>
<td>□</td>
</tr>
</tbody>
</table>
### Dietary Intake Form (DTIC screen 7 of 15)

<table>
<thead>
<tr>
<th>Response Categories:</th>
<th>&gt; 6 per day (A)</th>
<th>4-6 per day (B)</th>
<th>2-3 per day (C)</th>
<th>1 per day (D)</th>
<th>5-6 per week (E)</th>
<th>2-4 per week (F)</th>
<th>1 per week (G)</th>
<th>1-3 per month (H)</th>
<th>2-4 per week (I)</th>
<th>Almost never (I)</th>
</tr>
</thead>
<tbody>
<tr>
<td>53. Potato chips or corn chips; small bag or 1 oz. ..........</td>
<td>□</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>54. French fried potatoes; 1 serving, 4 oz. ..........</td>
<td>□</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>55. Nuts; 1 oz. ..................................</td>
<td>□</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>56. Potatoes, mashed; 1 c. or baked; 1 .............</td>
<td>□</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>57. Rice; 1/2 c. ..................................</td>
<td>□</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>58. Spaghetti, noodles or other pasta; 1/2 c. ..........</td>
<td>□</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>59. Home-fried food, such as any meats, poultry, fish, shrimp, eggs, vegetables, etc.; 1 serving ..........</td>
<td>□</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>60. Food fried away from home, such as any fish, chicken, chicken nuggets, etc. ..........</td>
<td>□</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

### Dietary Intake Form (DTIC screen 8 of 15)

<table>
<thead>
<tr>
<th>Response Categories:</th>
<th>&gt; 6 per day (A)</th>
<th>4-6 per day (B)</th>
<th>2-3 per day (C)</th>
<th>1 per day (D)</th>
<th>5-6 per week (E)</th>
<th>2-4 per week (F)</th>
<th>1 per week (G)</th>
<th>1-3 per month (H)</th>
<th>2-4 per week (I)</th>
<th>Almost never (I)</th>
</tr>
</thead>
<tbody>
<tr>
<td>G. BEVERAGES [RC 1]</td>
<td>&quot;In the past year, how often on average did you consume...&quot;</td>
<td>□</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>61. Coffee, not decaffeinated; 1 c. ...............</td>
<td>□</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>62. Tea, iced or hot, not including decaf or herbal tea; 1 cup ........</td>
<td>□</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>63. Low calorie soft drinks, such as any diet Coke, diet Pepsi, diet 7-Up; 1 glass .......</td>
<td>□</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>64. Regular soft drinks, such as Coke, Pepsi, 7-Up, ginger ale; 1 glass ..........</td>
<td>□</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>65. Fruit-flavored punch or non-carbonated beverages, such as lemonade, Kool-Aid or Hawaiian Punch; not diet; 1 glass ..........</td>
<td>□</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

### H. OTHER DIETARY ITEMS

| How often do you eat liver; 3-4 oz. serving? .......... 1/week [rc 2] | □              |                |              |              |                |              |              |                |                |
| 2-3/month B | □              |                |              |              |                |              |              |                |                |
| 1/month or less C | □              |                |              |              |                |              |              |                |                |
| Never D | □              |                |              |              |                |              |              |                |                |
67. Are there any other foods that you usually eat at least twice per week such as tortillas, prunes, or avocado? Do not include dry spices nor something that has been listed previously. ............ Yes Y

Go to Item 74, Screen 10

No N

68. Food #1 eaten at least twice per week (enter code and specify food and usual portion size below): ......................

69. Frequency for food #1: ............. > 6/day A

[rc 3]

4-6/day B

2-3/day C

1/day D

5-6/wk E

2-4/wk F

70. Food #2 eaten at least twice per week (enter code and specify food and usual portion size below): ......................

a. ...................................................

71. Frequency for food #2: ............. > 6/day A

[rc 3]

4-6/day B

2-3/day C

1/day D

5-6/wk E

2-4/wk F

72. Food #3 eaten at least twice per week (enter code and specify food and usual portion size below): ......................

73. Frequency for food #3: ............. > 6/day A

[rc 3]

4-6/day B

2-3/day C

1/day D

5-6/wk E

2-4/wk F

74. What do you do with the visible fat on your meat? [rc 4]

Eat most of the fat A

Eat some of the fat B

Eat as little as possible C

Don't eat meat D

75. What kind of fat do you usually use for frying and sautéing foods at home, excluding "Pam"-type spray? [rc 5]

Real Butter A

Margarine B

Vegetable Oil C

Vegetable Shortening D

Lard E

Bacon Grease F

Not Applicable G

Unknown H

Go to Item 77, Screen 11

76. Enter code and specify brand and form below: ..............

a. ..........................
77. What kind of fat do you usually use for baking? [rc 5]
   - Real Butter
   - Margarine
   - Vegetable Oil
   - Vegetable Shortening
   - Lard
   - Bacon Grease
   - Not Applicable
   - Unknown

   Go to Item 79

78. Enter code and specify brand and form below: .......... 
   a. 

79. What brand and form of margarine do you usually use at the table? [rc 6]
   a. Form: ................. None
   - Stick
   - Tub
   - Diet (low calorie)
   - Other

   Go to Item 80, Screen 12
   b. Code number: ................. 
   c. Brand: 

80. What kind of cold breakfast cereal do you most often use? (Enter code and specify brand name below): ...... 
   a. Brand: 

81. Are you currently on a special diet? ...... Yes Y

   Go to Item 84, Screen 13
   No N

82. How many years have you been on it? .......

83. People are often on more than one diet at a time. We are interested in learning what diet or diets you are currently on. Are you on any of these?

   a. Weight Loss
   - Y
   - N
   - Unknown

   b. Low Salt
   - Y
   - N
   - Unknown

   c. Low Cholesterol
   - Y
   - N
   - Unknown

   d. Weight Gain
   - Y
   - N
   - Unknown

   e. Diabetic
   - Y
   - N
   - Unknown

   f. Other
   - Y
   - N
   - Unknown
84. How many teaspoons of sugar do you add to your food daily? Include sugar added to coffee, tea, cereal, etc. ...... [rc 7]  

85. In cooking vegetables, how often do you add fat such as salt pork, butter, or margarine? ............... 2-3 times per day A  
1 time per day B  
5-6 times per week C  
2-4 times per week D  
1 time per week E  
1-3 times per month F  
Never G  
Unknown H

86. How often is salt or salt-containing seasoning such as garlic salt, onion salt, soy sauce, or Accent added to your food in cooking? [rc 7]  
2-3 times per day A  
1 time per day B  
5-6 times per week C  
2-4 times per week D  
1 time per week E  
1-3 times per month F  
Never G  
Unknown H

87. How many shakes of salt do you add to your food at the table every day? ...... [rc 7]

88. How often do you add catsup, hot sauce, soy or steak sauces to your food? ...... 2-3 times per day A  
1 time per day B  
5-6 times per week C  
2-4 times per week D  
1 time per week E  
1-3 times per month F  
Never G  
Unknown H

89. How often do you eat special low salt foods such as low salt chips, nuts, cheese, or salad dressing? ...... 2-3 times per day A  
1 time per day B  
5-6 times per week C  
2-4 times per week D  
1 time per week E  
1-3 times per month F  
Never G  
Unknown H

90. Interviewer's opinion of information:  
Reliable A  
Questionable B  
Participant uncooperative C  
Participant unable to estimate frequencies D

91. Date of data collection: [Month] [Day] [Year]

92. Method of data collection: ............ Computer C  
Paper form P

93. Code number of person completing this form: ............