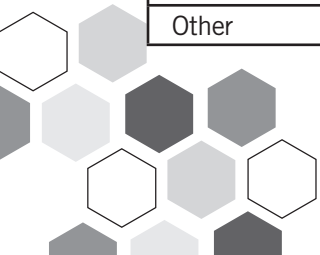


FOOD-FREQUENCY QUESTIONNAIRE



| FOOD | EVERY DAY (ALWAYS) | 3 OR 4 TIMES/WEEK (OFTEN) | EVERY 2 OR 3 WEEKS (SOMETIMES) | DON'T EAT (NEVER) |
|----------------------------|--------------------|---------------------------|--------------------------------|-------------------|
| Dairy Products | | | | |
| Milk, whole | | | | |
| Milk, reduced fat | | | | |
| Milk, nonfat | | | | |
| Cottage cheese | | | | |
| Cream cheese | | | | |
| Other cheeses | | | | |
| Yogurt | | | | |
| Ice cream | | | | |
| Sherbet | | | | |
| Puddings | | | | |
| Margarine | | | | |
| Butter | | | | |
| Other | | | | |
| Meats | | | | |
| Beef, hamburger | | | | |
| Poultry | | | | |
| Pork, ham | | | | |
| Bacon, sausage | | | | |
| Cold cuts, hot dogs | | | | |
| Other | | | | |
| Fish | | | | |
| Canned tuna | | | | |
| Breaded fish | | | | |
| Fresh or frozen fish | | | | |
| Eggs | | | | |
| Peanut butter | | | | |
| Grain products | | | | |
| Bread, white | | | | |
| Bread, whole wheat | | | | |
| Rolls, muffins | | | | |
| Pancakes, waffles | | | | |
| Bagels | | | | |
| Pasta, spaghetti | | | | |
| Pasta, macaroni and cheese | | | | |
| Rice | | | | |
| Crackers | | | | |
| Other | | | | |

Continued on next page





| FOOD | EVERY DAY (ALWAYS) | 3 OR 4 TIMES/WEEK (OFTEN) | EVERY 2 OR 3 WEEKS (SOMETIMES) | DON'T EAT (NEVER) |
|------------------------------|--------------------|---------------------------|--------------------------------|-------------------|
| Cereals | | | | |
| Sugar-coated | | | | |
| High-fiber (bran) | | | | |
| Natural (granola) | | | | |
| Plain (e.g., Cheerios®) | | | | |
| Fortified | | | | |
| Other | | | | |
| Fruits | | | | |
| Oranges, orange juice | | | | |
| Tomatoes, tomato juice | | | | |
| Grapefruit, grapefruit juice | | | | |
| Strawberries | | | | |
| Cranberry juice | | | | |
| Apples, apple juice | | | | |
| Grapes, grape juice | | | | |
| Fruit drink | | | | |
| Peaches | | | | |
| Bananas | | | | |
| Other | | | | |
| Vegetables | | | | |
| Peppers | | | | |
| Potatoes | | | | |
| Lettuce | | | | |
| Broccoli | | | | |
| Spinach | | | | |
| Carrots | | | | |
| Corn | | | | |
| Squash | | | | |
| Peas | | | | |
| Green beans | | | | |
| Beets | | | | |
| Other | | | | |
| Snacks and Sweets | | | | |
| Chips (potato, corn) | | | | |
| Pretzels | | | | |
| Popcorn | | | | |
| French fries | | | | |
| Cookies | | | | |
| Pastries | | | | |
| Candy | | | | |
| Sugar, honey, jelly | | | | |
| Soda, regular | | | | |
| Soda, diet | | | | |
| Cocoa | | | | |
| Other | | | | |

