## m pact

Date

2000 2001 2002

Jan

Feb

Mar Apr

May Jun

Jul Aug Sep Oct

Nov

## FOOD FREQUENCY QUESTIONNAIRE

Subject Number

Dec		No   Week		Inter number of times	
Did you eat the food item last week?	No	Per Week	Per Day	Enter number of times	
1. Oranges, Tangerines or Grapefruit		W		0000000000	
2. Apples or Pears	N	w	D		<b>0200000000</b>
3. Applesauce				B20006280	
4. Banana	OED	(W)	D	DODGGGGGG	(I)
5. Cantaloupe or Mango			D	080000000	
6. Grapes	(N)	W	(D)		@ <b>@@@@@@</b>
7. Peaches or Nectarines			D		<b>men</b> (a) (a) (a) (a) (a)
8. Strawberries	N	W	D		<b>@@@@@@</b>
9. Watermelon				****************	
10. Raisins	(N)	W	D		10200000000
11. Avocado or Guacamole					
12. Fruit Salad or Fruit Cocktail	(N)	W	(D)		<b>103000000000</b>
13. V-8, Tomato or Vegetable Juice				0000000000	
14. Calcium Fortified Orange Juice	(8)	W	Œ		
15. Regular Orange Juice					
16. Other Fruit Juice such as Grape, Appl or Pineapple	e N	W	0	DDD000000	0000000000
17. Kool-Aid, Wylers, Hi-C, Hawaiian Punch, Gatorade, PowerAde				00000000	
18. Broccoli with Cheese	(8)	(W)	(II)		10 20 10 40 50 60 70 10 90
19. Broccoli without Cheese		W			
20. Carrots or Carrot Salad	N	W	D	0000000000	WWWWWWW
21. Cauliflower		W	D		
22. Corn	N	W	D		(I)
23. Green Beans		w	D	0000000000	
24. Pinto, Kidney, Black, Lima Beans, Pork / Beans, Black-eyed Peas	N	(W)	Ð	000000000	11201111111111111111111111111111111111
25. Refried Beans		w		000000000	(1) (a) (b) (c) (c) (c) (c) (c) (c)

Did you eat the fo	od item last week?	No	Week		Enter number of times	
26. Raw Tomatoes C	Other Than In Salads	Œ	w	D	121116710	(0) (2) (0) (0) (0) (0) (0) (0) (0)
27. Kale, Mustard o	Chard Greens	N	w	D	D23430789	10 20 30 40 50 60 70 80 90
28. Spinach, Collard	s or Turnip Greens		W	0	00000000	(0 (1) (1) (1) (1) (1) (1) (1) (1)
<ol> <li>Acorn, Butternu Neck Squash or</li> </ol>		N	w	(D)	D20436789	D2000000000000000000000000000000000000
30. Mixed Vegetable	es Such as Stir Fry			(D)	<b>000000000</b>	10 23 30 40 60 60 70 80 91
31. Chef Salad or Lo	ettuce Salad with Cheese	N	W	(D)		102030000000000000000000000000000000000
32. Chef Salad or Lo	ettuce Salad without Cheese	e 🕦	w	(D)	00000000	(1) (2) (3) (4) (5) (6) (6) (6) (6)
33. Regular Salad D	ressing	(N)	W	<b>(D)</b>		112000000000000000000000000000000000000
34. Reduced Calorie	or Light Salad Dressing		w		028888888	
35. Spanish Rice		N	(W)	(D)		039496789
36. Fried Rice			w			(0) (2) (3) (4) (4) (6) (7) (8) (4)
37. Brown, White or	Mixed Rice	N	w	<b>D</b>		10 20 40 50 60 70 80 90
38. Macaroni or oth	er Pasta with Cheese				000000000	(1) (2) (3) (3) (3) (3) (4)
39. Pasta with Toma Spaghetti	to or Meat Sauce such as	N	w	(D)	003436389	1123436786
40. Potato Salad					000000000	(I) (2) (3) (4) (6) (7) (8) (1
41. Hash Browns, T	ater Tots or French Fries	N	w	D	DDDDDDDD	111 201 30 40 50 60 70 80 9
42. Stuffed Baked P Gratin Potatoes	otato with Cheese or Au		(W)		00000000	(0) 20 (0) (0) (0) (0) (0)
43. Boiled, Mashed Cheese Topping	or Baked Potato w/o	N	W	D	00000000	D33496786
44. Lasagna, Canne	loni or Ziti	Ö	W	Œ	000000000	10 (0 (0 (0 (0 (0 (0 (0 (0 (0 (0 (0 (0 (0
45. Beef or Pork Ca BBQ or Goulash	sseroles, Chinese Dishes,	(X)	W	D	0000000	112349979
46. Chicken, Turkey Chinese Dishes	, Seafood Casseroles, or Barbecue		W	(D)	0000000	
47. Egg Roll		N	W	D	00000000	(D)
48. Bean Soup			( <u>w</u> )		000000000	
49. Vegetable, Toma	to, Noodle or Broth Soup	(N)	W	(D)	0000000000	1123428786
50. Cream Soup		Œ	W			
51. Cheese Nachos	with any Topping	(N)	W	D	D23436789	(D) 30 40 50 60 70 80 G
52. Cheese Enchilac	as or Quesadillas		(w)	◑	000000000	
53. Meat or Bean Er Flautas or Chalu	nchiladas, Burritos, Tacos, pas	N	w	(II)	<b>DOUG</b>	10 20 30 30 30 30 30 30 30 30 30 30 30 30 30
54. Taco Salad		®	W	(D)	0000000000	
55. Chili Con Carne		N	(W)	(D)	DD300000	(1)(2)(3)(4)(5)(6)(7)(8)(9
56. Cheeseburger			(W)	(D)		10 21 60 60 60 60 70 60 0

Did you eat the food item last week?	No	Per Pe Week Da		Enter number of times	m in example seement
57. Hamburger		W (I	D		(1) (2) (1) (1) (1) (1) (1) (1)
58. Tuna, Chicken or Egg Salad Sandwich	(N)	w c	D	123436789	11 11 11 11 11 11 11 11 11 11 11 11 11
59. Hot Dog or Corn Dog		w o	D	120050000	(10 (20 (30 (40 (50 (50 (70 (50 (90
60. Cheese Sandwich	N	w c	D	111111111111111111111111111111111111111	102345967999
61. Meat Sandwiches with Cheese	Ø	w o		00000000	
62. Meat Sandwiches without Cheese	N	w o	D	123456789	(6)(9)(4)(6)(6)(8)(6)
63. Pizza or Calzone	(N)	w c			
64. Peanut Butter or Peanut Butter Sandwich	N	w o	D	123436789	10234096789
65. Beef or Pork as a Main Dish such as Fajitas	(N)	(W) (D		100000000	
66. Fried Chicken	®	w o	D	123436769	1123456789
67. Baked or Broiled Chicken or Turkey		W O			
68. Shrimp	N	W D	D	D23436769	DB490700
69. Canned Salmon, Sardines or Mackeral		w D		020457711	
70. Fried Fish or Shellfish	(3)	w o	D	D23436789	10 20 30 40 50 60 70 80 50
71. Baked or Broiled Fish or Shellfish	( <u>N</u> )				
72. Sausage, Bacon or Chorizo	(N)	w d	D	123436789	E33436389
73. Eggs Prepared Any way with Cheese		<u>(W)</u> (D			10 20 60 60 60 60 60 60
74. Eggs Prepared Any way without Cheese	(N)	w o	D	123436789	10 20 30 40 50 60 70 10 90
75. Fortified Cereals, Basic 4, Total, Raisin Bran or Corn Flake Total	(N)	w o			
With Milk SS SS SS	(N)	w d	D	123436789	10230403060360
76. Other Dry Cereals		w o		171256780	10 20 50 40 50 7) 70 50 W)
With Milk	(N)	W D	D	DD3456789	(02)304050677800
77. Cooked Cereal or Grits	N	<u>w</u>	n		(D (a) (a) (d) (d) (d) (d) (d) (d)
78. Pancakes, Waffles or French Toast	(N)	(W) (D		D23436789	m@@@@@@@
<ol> <li>Doughnuts, Sweet Rolls, Croissants, Muffins or Coffee Cake</li> </ol>	(N)	w o			
80. Breakfast Bar or Granola Bar	N	w o	D	D03336789	D39999009
81. Tortillas		W) D			
<ol> <li>Bread, Rolls, Pita, Bagels, Biscuits, English Muffins or Cornbread</li> </ol>	(X)	w o	D	000000000	1923 1930 1930 1930
83. Skim or 1/2% Milk	N)	W O	D		(1) (20) (4) (4) (6) (7) (6) (80 (9)
84. 1% Milk	N	W D	0	D23436789	000000000
85. 2% Milk or Buttermilk	(N)	(W) (D		0201550270	
86. Whole Milk, Chocolate Milk or Milkshakes	N	W D	D	123436789	102034459667989
87. Liquid Meals such as Instant Breakfast, Slim Fast, Sego, Dynatrim	(N)	W D			
		Page 3			Please continue on next pag

Did y	ou eat the food item last week?	No	Per Week		Enter number of times	
88. Y	Ogurt Made with Whole Milk	N	W	(D)	101456789	(1) (2) (3) (4) (5) (6) (7) (8) (
89. L	owfat or No-Fat Yogurt	N	w	D	TTTTTTTTTTTTTTTTTTTTTTTTTTTTTTTTTTTTTT	1123436786
90. F	Frozen Yogurt, Ice Milk or Lowfat Ice Crea	ım 🕦	w	D	101456780	11 21 21 41 50 60 70 80
91. S	Sherbet	Œ	w	D	TOTATOTES	10 20 30 40 50 60 70 80 9
92. Id	ce Cream or Ice Cream Bar	(N)	(W)	D	112000000000	[1] 20 50 40 51 60 70 50 G
93. P	Pudding, Flan or Custard	N	w	(D)	00000000	113343636
94. S	Sour Cream or Sour Cream Dip	(8)	(W)		000000000	
95. C	Cottage Cheese	®	(W)	D	T20336780	10 20 30 40 50 60 70 80
96. N	Mozzarella or String Cheese	(A)	(W)		000000000	10 20 30 40 60 70 30 50
97. C	Cheddar, Swiss, American or Other Chees	se 🕦	(W)	(D)	000000000	1070304050607080
98. N	Vuts			1	000000000	0 0 0 0 0 0 0 0
99. P	Pretzels	N	w	D	0233360039	1023436076
100. S	Salty Snacks, Corn Chips, Tortilla Chips o Potato Chips	or N			093150780	00000000
101. Т	Taco Sauce, Picante Sauce or Salsa	N	W	(D)	0000000000	<b>@@@@@@</b> @@
102. P	Popcorn				028866280	
103. C	Chile Con Queso or Cheese Sauce	N	(W)	D	0000000000	W334360
104. 0	Cream Cheese or Cheese Spread				000460764	
105. C	Cookies or Brownies	N	w	(D)	0000000000	WWW.
106. 0	Cake, Pie or Cobbler				020666600	
107. 0	Chocolate Candy	(3)	W	D	123436789	DD349078
108. 0	Other Candy		W			
109. Г	Diet Soft Drink	N	W	D	0000000000	1023450678
110. F	Regular Soft Drink	(N)	w		000000000	(O FO SO 40 SO 60 70 SO
111. I	ced or Hot Tea	N	w	D	DDD000000	00000000
112. 0	Coffee		(W)		0200000000	
	e tell me of any other foods that yo					
		(N)			00000000	
		(N)	(W)	(D)	020436789	
		(Z)	(W)	(1)	000000000	10 (2) (2) (3) (3) (3) (3)
		(N)	W	D	D200000000	
			(W)	(D)	000000000	0000000000
		(N)	W	D	123436789	1021343678
				(D)	123456780	(0 (0 (0 (0 (0 (0 (0 (0 (0 (0 (0 (0 (0 (