

CARDIA DIET HISTORY

Exam Date: ___ / ___ / ___

Starting Time: ___ : ___ 1 A.M. 2 P.M.
DO6START

DIETARY PRACTICES

1. We need to determine your usual meal pattern. How many days per week or month do you eat the following meals and snacks?
 (IF GREATER THAN 0, ASK PARTICIPANT, "WHAT DO YOU USUALLY EAT?")

	<u>Days/ Week</u>	OR	<u>Days/ Month</u>	
DO6BRNUM DO6BRFRQ	___ (3)		___ (4)	a. Breakfast _____
DO6MSNUM, DO6MSFRQ	___ (3)		___ (4)	b. Mid-morning snack _____
DO6LUNUM, DO6LUFQR	___ (3)		___ (4)	c. Lunch _____
DO6ASNUM, DO6ASFRQ	___ (3)		___ (4)	d. Mid-afternoon snack _____
DO6DINUM, DO6DIFRQ	___ (3)		___ (4)	e. Dinner _____
DO6ESNUM, DO6ESFRQ	___ (3)		___ (4)	f. Evening snack _____

2. How many meals are prepared at home per week? DO6HOME

- *3. What types of fats are used in the preparation of foods at home?
 (OBTAIN BRAND NAME INFORMATION AND FORM, IF POSSIBLE.)

<u>NUMERIC CODE</u>	<u>LETTER CODE</u>	<u>DESCRIPTION/BRAND</u>
DO6FAT1	_____	_____
DO6FAT2	_____	_____
DO6FAT3	_____	_____
DO6FAT4	_____	_____
DO6FAT5	_____	_____
DO6FAT6	_____	_____
DO6FAT7	_____	_____
DO6FAT8	_____	_____
DO6FAT9	_____	_____
DO6FAT10	_____	_____