



2. Do you eat the skin on chicken? \_\_\_\_\_ NO(1) \_\_\_\_\_ YES(2) \_\_\_\_\_ SOMETIMES(3) A06CSKIN

Do you trim the fat from meat before eating it? \_\_\_\_\_ NO(1) \_\_\_\_\_ YES(2) A06TRFAT

4. Do you make egg, chicken, ham, tuna, or potato salad at home? \_\_\_\_\_ NO(1) \_\_\_\_\_ YES(2) A06MKSAL  
IF YES . . . What type of salad dressing do you use?

- \_\_\_\_\_ Unknown (44263) (3) A06UNKDR
- \_\_\_\_\_ Real mayonnaise (44206) (4) A06MAYO
- \_\_\_\_\_ Mayo-type dressing (44214) (5) A06MTYP
- \_\_\_\_\_ Low calorie (44219) (6) A06LOCAL

Responses for each field:

- (1) No
- (2) Yes

5. How often do you eat breakfast, lunch or dinner out in a place such as McDonald's, Burger King, Wendy's, Arby's, Pizza Hut, or Kentucky Fried Chicken? A06FFNUM per week A06FFNUM per month A06FFFRQ (UNIT)  
(NUMBER) (3) WEEK (4) MONTH

6. Do you usually eat any of the following foods from a restaurant or places like McDonald's, Burger King, Arby's, Pizza Hut or Wendy's? Responses for each field:

- (1) NO
- (2) YES

	HAM-BURGERS	FRENCH FRIES	PIZZA	EGGS	PANCAKES/WAFFLES	MEAT	FISH	CHICKEN	SALAD
Does not eat out	A06NOUT1	_____ 2	_____ 3	_____ 4	_____ 5	_____ 6	_____ 7	_____ 8	_____ 9
Restaurant	A06REST1	_____ 2	_____ 3	_____ 4	_____ 5	_____ 6	_____ 7	_____ 8	_____ 9
Fast food place	A06FFPL1	_____ 2	_____ 3	_____ 4	_____ 5	_____ 6	_____ 7	_____ 8	_____ 9

7. Do you use artificial sweeteners? \_\_\_\_\_ NO(1) \_\_\_\_\_ YES(2) A06ARSWT  
TYPE: \_\_\_\_\_

8. Do you use a salt substitute? \_\_\_\_\_ NO(1) \_\_\_\_\_ YES(2) A06NASUB  
TYPE: \_\_\_\_\_

9. Do you use any low sodium products, such as unsalted crackers, vegetables, soups, nuts, chips, cheese or salad dressings? \_\_\_\_\_ NO(1) \_\_\_\_\_ YES(2) A06LOWNA  
TYPE: \_\_\_\_\_

10. How often is salt or salt-containing seasonings such as Accent, garlic salt or onion salt used in cooking at home? If never, go to question 12. A06NAFQC  
\_\_\_\_\_ never(3) \_\_\_\_\_ sometimes(4) \_\_\_\_\_ often(5) \_\_\_\_\_ almost always(6) \_\_\_\_\_ don't know(8)

11. What amount of salt or salt-containing seasoning is usually added during cooking? A06NACKG  
\_\_\_\_\_ light(3) \_\_\_\_\_ light to moderate(4) \_\_\_\_\_ moderate to heavy(5) \_\_\_\_\_ heavy(6) \_\_\_\_\_ does not apply(7)  
\_\_\_\_\_ don't know(8)

12. How often do you add salt or salt-containing seasonings to your food at the table? If never, go to question 15.  
\_\_\_\_\_ never(3) \_\_\_\_\_ sometimes(4) \_\_\_\_\_ often(5) \_\_\_\_\_ almost always(6) \_\_\_\_\_ don't know(8) A06NAFQT

13. Which of the following foods do you salt at the table? A06NAXXX  
EGG eggs(3) PAS pasta(4) RIC rice(5) MT meat(6) FSH fish(7) PLT poultry(10) SLD salad(11)  
VEG vegetables(12) POT potatoes(13) FRT fruit(14) NA does not apply(15)

14. What amount of salt or salt-containing seasoning do you usually add to foods at the table? A06NATBL  
\_\_\_\_\_ light(3) \_\_\_\_\_ light to moderate(4) \_\_\_\_\_ moderate to heavy(5) \_\_\_\_\_ heavy(6) \_\_\_\_\_ does not apply(7)  
\_\_\_\_\_ don't know(8)

15. How often do you cook with a microwave oven? A06MICRO  
\_\_\_\_\_ never(3) \_\_\_\_\_ sometimes(4) \_\_\_\_\_ often(5) \_\_\_\_\_ almost always(6) \_\_\_\_\_ don't know(8)

16. How much water do you usually drink in a 24 hour period? A06H2024 OZ or CP A06H20\_U (UNIT)  
(AMOUNT) (3) OZ

17. What is your usual source of water? A06XXXXX  
BOTTL bottled(3) TAP tap(4) WELL well(5) SPRNG spring(6) OTHER other(7): \_\_\_\_\_  
UNKN don't know(8) Responses for each field: (1) NO  
(2) YES

18. Do you use a water softener in your home? \_\_\_\_\_ NO(1) \_\_\_\_\_ YES(2) \_\_\_\_\_ DON'T KNOW(8) A06H20WS

QUANTITATED FOOD HISTORY

EGGS

NHLBI Code	Select	Item Description	Comments	Serving Size Amount	Frequency			Prep Code	Fat Code
					D	W	M		

1. Q. Do you eat eggs or quiche? \_\_\_\_\_ NO
- Q. How many do you usually have? \_\_\_\_\_ egg(s)
- Q. How are they usually prepared?
- Q. How often do you have them?

		Without fat:							
25015		Hard, soft, poached		SV					
		With fat:							
25338		Scrambled, omelet, fried		SV				APFC	
25448		Quiche (1SV=1/7 of 9" pie)		SV					

**Note: Eggs without fat: 1 egg=1 SV.**

**Note: Eggs with fat: 2 eggs=1 SV.**

2. Q. Do you eat Egg McMuffins? \_\_\_\_\_ NO
- Q. How many do you usually have? \_\_\_\_\_
- Q. How often do you have them?

25457		Egg McMuffin		SV					
-------	--	--------------	--	----	--	--	--	--	--

3. Q. Do you eat egg salad? \_\_\_\_\_ NO
- Q. How much do you usually have? \_\_\_\_\_ CP
- Q. How often do you have it?

		Egg Salad:							
25429		Unknown dressing		CP					
25320		Mayonnaise		CP					
25411		Mayo type dressing		CP					
25440		Low calorie drsg		CP					



DAIRY CONTINUED

NHLBI Code	Select	Item Description	Comments	Serving Size Amount	Frequency			Prep Code	Fat Code
					D	W	M		

6. Q. Do you usually eat cheese? Include hard cheese and processed cheese. \_\_\_\_\_ NO

Q. How much do you usually have? \_\_\_\_\_ OZ

Q. How often do you usually have it?

36020		Cheese: Natural: Mozzarella and other part skim		OZ					
38026		All other types		OZ					
38083		Processed: American, Swiss		OZ					
34033		Diet: Regular sodium		OZ					
38117		Low sodium		OZ					

**Note: Code cream cheese in bread section.**

**Note: Code imitation cheese as diet, regular sodium.**

7. Q. Do you eat cottage cheese or ricotta cheese? \_\_\_\_\_ NO

Q. How much do you usually have? \_\_\_\_\_ CP or \_\_\_\_\_ OZ

Q. What kind do you usually have?

Q. How often do you have it?

34041		Cottage: % fat unknown		CP OZ					
34017		Regular		CP OZ					
32037		Low fat		CP OZ					
32045		Low fat, low sodium		CP OZ					
34066		Ricotta: % fat unknown		CP OZ					
36038		Regular		CP OZ					
34025		Part skim		CP OZ					















**GRAINS/CEREALS CONTINUED**

NHLBI Code	Select	Item Description	Comments	Serving Size Amount	Frequency			Prep Code	Fat Code
					D	W	M		

21. Q. Do you add anything to the pasta that you eat? \_\_\_\_\_ NO

Q. To which foods do you add these items?

		ADDITIONS:							
38679		Cheese sauce						APFI	
		Spaghetti sauce:							
51821		meatless							
14118		w/meat						APFI	
51672		White sauce/Alfredo						APFI	
		*Butter							
		*Margarine							
38059		Parmesan cheese							
42039		Pesto							
51664		Gravy						APFI	
		*Other:							

22. Q. Do you usually eat rice or other whole grains? Include rice mixes, fried rice or fried noodles. \_\_\_\_\_ NO

Q. How much do you usually have? \_\_\_\_\_ CP

Q. How often?

		Rice:							
61168		Plain, white						CP	
61226		Brown rice						CP	
61218		Rice mixes, pilaf						CP	
53058		Fried noodles						CP	
61176		Fried rice						CP	APFC
61234		Kasha/Buckwheat, ckd.						CP	

23. Q. Do you add anything to the rice or whole grains that you eat? \_\_\_\_\_ NO

Q. To which foods do you add these items?

		ADDITIONS FOR RICE:							
		*Butter							
		*Margarine							
38679		Cheese sauce							
06429		Soy sauce							
51789		Sweet & sour sauce							
51664		Gravy						APFI	
		*Other:							

**GRAINS/CEREALS CONTINUED**

NHLBI Code	Select	Item Description	Comments	Serving Size Amount	Frequency			Prep Code	Fat Code
					D	W	M		

24. Q. Do you usually eat hot or cold cereal? \_\_\_\_\_ NO

Q. How much do you usually have? \_\_\_\_\_ CP

Q. What kind do you usually have?

Q. How often?

		Hot Cereals: Regular:								
61143		Oatmeal		CP						
61135		Farina, Cream of Wheat		CP						
61101		Corn grits		CP						
		Instant:								
61739		Oatmeal		CP						
61135		Farina, Cream of Wheat		CP						
61101		Corn grits		CP						
		Cold Cereals: Unsweetened:								
		*Brand known:								
61531		Regular (cornflakes)		CP						
61598		Protein fortified (Special K)		CP						
61614		Vitamin supplemented (Total)		CP						
		Cold Cereals: Presweetened:								
62018		All types		CP						
		High Fiber/Bran:								
61515		Processed, e.g. flakes		CP						
61655		Granola		CP						
		Low Sodium:								
61606		Shredded wheat		CP						
61580		Puffed rice/wheat		CP						

**GRAINS/CEREALS CONTINUED**

NHLBI Code	Select	Item Description	Comments	Serving Size Amount	Frequency			Prep Code	Fat Code
					D	W	M		

25. Q. Do you usually add anything to your cereals? Include any unprocessed bran or wheat germ. \_\_\_\_\_ **NO**

Q. To which cereals do you add these items?

NHLBI Code	Select	Item Description	Comments	Serving Size Amount	Frequency D	Frequency W	Frequency M	Prep Code	Fat Code
		<b>ADDITIONS:</b>							
		*Milk, type:							
		*Butter							
		*Margarine							
28100		Nondairy liquid creamer							
		Sugar:							
90084		White							
90068		Brown							
90027		Honey							
		Artificial sweetener:							
06801		Nutrasweet							
06805		Saccharin or unknown							
61713		Unprocessed bran							
61184		Wheat germ							
		*Other:							

26. Q. Do you usually eat crackers? \_\_\_\_\_ **NO**

Q. How many do you usually have? \_\_\_\_\_

Q. What kind or brand?

Q. How often?

NHLBI Code	Select	Item Description	Comments	Serving Size Amount	Frequency D	Frequency W	Frequency M	Prep Code	Fat Code
		Crackers:							
		Brand or Type Known:							
		High fat:							
53116		High sodium						SV	
53041		Medium sodium						SV	
53124		Low sodium						SV	
53330		Unsalted						SV	
		Low fat:							
60608		High sodium						SV	
60533		Medium sodium						SV	
60616		Low sodium						SV	
60624		Unsalted						SV	







FRUITS CONTINUED

NHLBI Code	Select	Item Description	Comments	Serving Size Amount		Frequency			Prep Code	Fat Code
				D	W	M				

30. Q. Do you eat canned, cooked or frozen fruit? \_\_\_\_\_ NO
- Q. What is your usual serving size for canned or frozen fruit? \_\_\_\_\_ CP or \_\_\_\_\_ SV
- Q. Looking at this list, which ones do you eat and how often?

		Cnd/Frzn/Ckd Fruits: Applesauce:									
84012		Sweetened									
82057		Unsweetened									
		Apricots, canned: (1SV=3 halves)									
81026		Unsweetened			CP		SV				
84020		Sweetened			CP		SV				
81059		Berries (all other than strawberries)					CP				
		Cherries:									
81075		Unswt/frzn (1SV=10Lg)			CP		SV				
84038		Cnd/frzn/swt					CP				
90019		Cranberry sauce			TB		CP				
84178		Figs, cnd, swt (1SV=3med)			SV		CP				
		Fruit cocktail:									
82081		Unsweetened					CP				
40461		Sweetened					CP				
		Grapefruit/orange sections:									
80044		Unsweetened			CP		SV				
84186		Sweetened			CP		SV				
84145		Orange, mandarin					CP				
		Peaches:									
81117		Cnd/frzn, unswt			CP		SV				
84053		Frzn/cnd, swt (1SV=1/2med=4SL)			CP		SV				
		Pears:									
81125		Cnd/frzn, unswt			CP		SV				
84061		Frozen/canned, swt (1SV=1half)			CP		SV				
		Pineapple:									
81141		Frozen/cnd, unswt					CP				
84160		Cnd, sweetened					CP				
82073		Frzn/cnd, unswt, slices					SV				
84079		Cnd, swt, slices					SV				
		Plums:									
81158		Cnd, unsweetened			CP		SV				
84087		Cnd, sweetened (1SV=3med)			CP		SV				





**ETHNIC CONTINUED**

NHLBI Code	Select	Item Description	Comments	Serving Size Amount	Frequency			Prep Code	Fat Code
					D	W	M		

- 35.** Q. Do you usually eat Mexican foods? \_\_\_\_\_ NO
- Q. What kind?
- Q. How much do you usually have? \_\_\_\_\_ SV or \_\_\_\_\_ CP
- Q. How often?

		Mexican:							
		Enchilada							
14229		Cheese		SV				APFC	
14227		Chicken		SV				APFC	
14231		Beef		SV				APFC	
		Burrito:							
14221		Bean		SV					
14219		Beef		SV					
14224		Taco, beef		SV					
		Tostado:							
14223		Beef		SV				APFC	
14226		Bean		SV				APFC	
73049		Refried beans, canned		CP					
73544		Refried beans		CP				APFC	
65144		Spanish rice		CP				APFI	
38208		Sour cream		CP					
46078		Guacamole		CP					
		Tortilla:							
		Flour (6" diam):							
60285		Plain		SV					
53108		Fried		SV				APFC	
		Corn (5 1/2" diam):							
60301		Plain		SV					
53173		Fried		SV				APFC	
		ADDITIONS:							
51888		Salsa							
06490		Taco sauce							

**Note:** Use tortilla codes if eaten plain or separate from Mexican foods.

**SOUPS**

NHLBI Code	Select	Item Description	Comments	Serving Size Amount	Frequency			Prep Code	Fat Code
					D	W	M		

36. Q. Do you eat soups? Include stew, chowder and chili. \_\_\_\_\_ NO

Q. How much do you usually have? \_\_\_\_\_ OZ or \_\_\_\_\_ CP

Q. What kind?

Q. How often?

51102		Water Based: Vegetable, Chicken, Beef Noodle/Rice		OZ CP						
51300		Low sodium		OZ CP						
51094		Milk or Cream Based: Tomato		OZ CP						
51086		All others		OZ CP						
		*Add type of milk:		OZ CP						
06098		Instant Soups: Dry onion mix		SV TB						
51011		Bouillon		OZ CP						
23275		Fish Chowders: New England (cream)		OZ CP						
23267		Manhattan (tomato)		OZ CP						
23150		Gumbo		CP						
51045		Hearty Soups: Bean soups		OZ CP						
14035		Beef vegetable stew		CP				APFI		
14050		Chili w/meat & beans		CP				NAP	0000	
14060		Chili w/o meat, with beans		CP						
		Chunky Soups:								
51177		W/meat		CP						
51276		Low sodium		CP						
51185		W/o meat		CP						
51268		Low sodium		CP						

**Note:** Ascertain type of milk used in cream based soups.

**Note:** 1 cup of cream based soup = 1/2 cup soup concentrate + 1/2 cup milk (if used).

**Note:** Code 1 tablespoon of dehydrated instant soup per serving for soup used in casseroles and other recipes.

**CONVENIENCE FOODS**

NHLBI Code	Select	Item Description	Comments	Serving Size Amount	Frequency			Prep Code	Fat Code
					D	W	M		

37. Q. Do you eat canned convenience foods, including corned beef hash or ravioli? \_\_\_\_\_ NO

Q. How much do you usually have? \_\_\_\_\_ CP

Q. What kind do you usually have?

Q. How often?

		Canned Entrees:							
14589		Meat/pasta type		CP					
14041		Canned beef stew & similar types		CP					
14072		Corned beef hash & similar types		CP					
15050		Poultry/pasta type		CP					
38703		Cheese/pasta type		CP					
65215		Vegetarian/pasta type		CP					

38. Q. Do you usually eat frozen entrees, including TV dinners or pot pies? \_\_\_\_\_ NO

Q. What kind do you usually have?

Q. How many do you usually have? \_\_\_\_\_ SV

Q. How often?

		Frozen Entrees:							
		Regular:							
14109		Meat		OZ					
10509		Poultry		OZ					
20036		Fish		OZ					
38711		Pasta (vegetarian)		CP					
		Pot pies:							
14037		Meat		SV					
15160		Poultry		SV					
		T.V. Dinners:							
		Higher-priced:							
14032		Meat		SV					
15162		Poultry		SV					
23115		Fish		SV					
		Lower-priced:							
14079		Meat		SV					
15030		Poultry		SV					
23147		Fish		SV					
38742		Pasta (vegetarian)		SV					





**MEATS CONTINUED**

NHLBI Code	Select	Item Description	Comments	Serving Size Amount	Frequency			Prep Code	Fat Code
					D	W	M		

41. Q. Do you usually add any of these items to your hamburgers, meatloaf, or meatballs? \_\_\_\_\_ NO

Q. To which foods do you add these items?

06031		<b>ADDITIONS TO BEEF:</b> Catsup, chili sauce, cocktail sauce							
06551		Steak sauce							
06429		Soy sauce							
06460		Worcestershire sauce							
06619		Teriyaki sauce							
06320		Mustards, prepared							
51532		BBQ sauce						APFI	
51664		Gravy						APFI	
		*Other:							

42. Q. Do you eat any ground beef casseroles or Hamburger Helper? \_\_\_\_\_ NO

Q. How much do you usually have? \_\_\_\_\_

Q. How often?

14373		Hamburger Helper		CP					
14431		Ground beef casserole w/tomato sauce		CP				NAP	0000
14423		Ground beef/noodle casserole w/soup		CP					

43. Q. Do you eat any other beef such as pot roast or steaks? \_\_\_\_\_ NO

Q. How much do you usually have? \_\_\_\_\_ OZ

Q. How often?

Q. How is it usually prepared?

11015		Trimmed Beef:		OZ					
11015				OZ					
11015				OZ					
11015				OZ					

**MEATS CONTINUED**

NHLBI Code	Select	Item Description	Comments	Serving Size Amount	Frequency			Prep Code	Fat Code
					D	W	M		
13011		Untrimmed Beef:		OZ					
13011				OZ					
13011				OZ					
13011				OZ					

44. Q. Do you usually add any of these items to beef? \_\_\_\_\_ NO

Q. To which foods do you add these items?

NHLBI Code	Select	Item Description	Comments	Serving Size Amount	Frequency D	Frequency W	Frequency M	Prep Code	Fat Code
06031		<b>ADDITIONS TO BEEF:</b> Catsup, chili sauce, cocktail sauce							
06551		Steak sauce							
06429		Soy sauce							
06460		Worcestershire sauce							
06619		Teriyaki sauce							
06320		Mustards, prepared							
51532		BBQ sauce						APFI	
51664		Gravy						APFI	
		*Other:							

45. Q. Do you eat ham or ham hocks? \_\_\_\_\_ NO

Q. How much do you usually have? \_\_\_\_\_ OZ

Q. How often?

NHLBI Code	Select	Item Description	Comments	Serving Size Amount	Frequency D	Frequency W	Frequency M	Prep Code	Fat Code
11213		Ham: Ham, smoked		OZ					
		Fresh ham (leg):							
11106		Trimmed		OZ					
13177		Untrimmed		OZ					
13235		Ham hocks		OZ					

**Note:** Deli ham coded with cold cuts.



**MEATS CONTINUED**

NHLBI Code	Select	Item Description	Comments	Serving Size Amount	Frequency			Prep Code	Fat Code
					D	W	M		

49. Q. Do you eat any other pork, including pork chops and ribs? \_\_\_\_\_ NO

Q. How much do you usually have? \_\_\_\_\_ OZ

Q. How often?

Q. How is it usually prepared?

12104		Trimmed Pork: Chops, steak		OZ					
12104				OZ					
13102		Untrimmed Pork: Chops, steak		OZ					
13102				OZ					
13102		Spareribs, Back ribs		OZ					

50. Q. Do you eat veal or lamb? \_\_\_\_\_ NO

Q. How much do you usually have? \_\_\_\_\_ OZ

Q. How often?

Q. How is it usually prepared?

10041		Trimmed: Veal		OZ					
10041				OZ					
10033		Lamb		OZ					
10033				OZ					
12021		Untrimmed: Veal		OZ					
12021				OZ					
13052		Lamb		OZ					
13052				OZ					

**MEATS CONTINUED**

NHLBI Code	Select	Item Description	Comments	Serving Size Amount	Frequency			Prep Code	Fat Code
					D	W	M		

51. Q. Do you usually add any of these items to your pork, veal or lamb? \_\_\_\_\_ NO

Q. To which foods do you add these items?

NHLBI Code	Select	Item Description	Comments	Serving Size Amount	Frequency D	Frequency W	Frequency M	Prep Code	Fat Code
06031		<b>ADDITIONS:</b> Catsup, chili sauce, cocktail sauce							
06551		Steak sauce							
06429		Soy sauce							
06460		Worcestershire sauce							
06619		Teriyaki sauce							
06320		Mustards, prepared							
51532		BBQ sauce						APFI	
51664		Gravy						APFI	
		*Other:							

52. Q. Do you usually eat any of these cold cuts or sausages? \_\_\_\_\_ NO

Q. How much do you usually have? \_\_\_\_\_ SV or \_\_\_\_\_ OZ

Q. How often?

NHLBI Code	Select	Item Description	Comments	Serving Size Amount	Frequency D	Frequency W	Frequency M	Prep Code	Fat Code
13508		Cold Cuts & Sausage: Bologna		OZ					
13615		Cold cuts, regular/ unkn varieties		OZ					
11213		Deli ham		OZ					
10066		Cold cuts, low fat, dried, pressed		OZ					
10025		Dried chipped beef		OZ					
13532		Liverwurst		SV OZ					
13599		Braunschweiger, liver sausage		SV OZ					
13573		Canned meats (Spam)		SV					
13516		Frankfurters, hot dog: Regular (1=1SV)		SV OZ					
13201		Kosher beef		SV OZ					
13755		Turkey or chicken roll		OZ					
13730		Turkey franks		OZ					
13748		Turkey bologna/salami		OZ					
13557		Sausage: Unknown type/Polish		SV OZ					
13623		Knockwurst		SV OZ					
13631		Italian		SV OZ					
13565		Vienna		SV OZ					

**MEATS CONTINUED**

NHLBI Code	Select	Item Description	Comments	Serving Size Amount	Frequency			Prep Code	Fat Code
					D	W	M		

53. Q. Do you add any of these items to your cold cuts or sausages? \_\_\_\_\_ NO

Q. To which foods do you add these items?

NHLBI Code	Select	Item Description	Comments	Serving Size Amount	Frequency D	Frequency W	Frequency M	Prep Code	Fat Code
06031		<b>ADDITIONS:</b> Catsup, chili sauce, cocktail sauce							
06551		Steak sauce							
06429		Soy sauce							
06460		Worcestershire sauce							
06619		Teriyaki sauce							
06320		Mustards, prepared							
51532		BBQ sauce						APFI	
		*Other:							

54. Q. Do you usually eat any liver, kidney, heart, pickled pigs feet, souse meat or oxtails? \_\_\_\_\_ NO

Q. How much do you usually have?  
(Ascertain serving size for each item mentioned.)

Q. How often?

Q. How is it usually prepared?

NHLBI Code	Select	Item Description	Comments	Serving Size Amount	Frequency D	Frequency W	Frequency M	Prep Code	Fat Code
16055		<b>Organ Meats:</b> Liver, beef & pork		OZ					
16212		Liver, chicken, giblets		OZ					
16220		Pate		TB				APFI	
16048		Kidney		OZ					
16030		Heart		OZ					
16097		Tongue		OZ					
16014		Brains, etc.		OZ					
16022		Chitterlings		OZ					
16089		Maw		OZ					
16071		Tripe		OZ					
13649		Souse meat		OZ					
13011		Oxtails		OZ					
12211		Pickled pigs feet		OZ					

**MEATS CONTINUED**

NHLBI Code	Select	Item Description	Comments	Serving Size Amount	Frequency			Prep Code	Fat Code
					D	W	M		

55. Q. Do you eat game, including venison, rabbit, opossum, duck or raccoon? \_\_\_\_\_ NO

Q. How much do you usually have? \_\_\_\_\_ OZ

Q. How often?

Q. How is it usually prepared?

12153		Game: Opossum, Raccoon		OZ						
10538		Guinea Hen; Pheasant; Wild Duck		OZ						
10058		All other game: Venison, Rabbit, etc.		OZ						

**POULTRY**

56. Q. Do you usually eat chicken? Include any chicken sandwiches or chicken eaten at places like Kentucky Fried Chicken, Wendy's or McDonald's. \_\_\_\_\_ NO

Q. How much do you usually have? \_\_\_\_\_

Q. Light meat or dark meat?

Q. How often?

Q. How is it usually prepared?

		Chicken:								
11726		Unknown type: w/skin:		OZ						
11734		w/o skin:		OZ						
10504		Light meat: w/skin:		OZ						
10512		w/o skin:		OZ						
11700		Dark meat: w/skin:		OZ						
10520		w/o skin:		OZ						
		*Fast food chicken:								

**Note: Record weight without bone. See guide to ascertain weight of each part.**

**Note: Ascertain fast food vs home preparation.**







FISH/SHELLFISH CONTINUED

NHLBI Code	Select	Item Description	Comments	Serving Size Amount		Frequency			Prep Code	Fat Code
						D	W	M		

63. Q. Do you usually eat any fresh or frozen shellfish, octopus or squid? \_\_\_\_\_ NO

Q. How much do you usually have?  
(Ascertain serving size for each item mentioned.)

Q. How often?

Q. How is it usually prepared?

NHLBI Code	Select	Item Description	Comments	Serving Size	Amount	Frequency D	Frequency W	Frequency M	Prep Code	Fat Code
		Shellfish:								
22236		Lobster (1tail=1SV)		SV	OZ					
22269		Shrimp (4med=1oz)		SV	OZ					
22210		Clams, ckd (3=1SV)		SV	OZ					
22020		Oysters, raw (8=1SV)		SV	OZ					
22251		Scallops (1PC=1SV)		SV	OZ					
22202		Abalone (1PC=1SV)		SV	OZ					
22293		Crab, soft shell		SV	OZ					
22301		Crab, hard shell		SV	OZ					
22285		Squid, Octopus			OZ					

64. Q. Do you usually add any of these items to the shellfish, squid or octopus? \_\_\_\_\_ NO

Q. To which foods do you add these items?

NHLBI Code	Select	Item Description	Comments	Serving Size	Amount	Frequency D	Frequency W	Frequency M	Prep Code	Fat Code
		<b>ADDITIONS:</b>								
		*Margarine								
		*Butter								
06031		Cocktail sauce								
06031		Catsup								
44321		Tartar sauce								
80515		Lemon juice								
		*Other:								

65. Q. Do you usually eat tuna salad? \_\_\_\_\_ NO

Q. How much do you usually have? \_\_\_\_\_ CP

Q. How often?

NHLBI Code	Select	Item Description	Comments	Serving Size	Amount	Frequency D	Frequency W	Frequency M	Prep Code	Fat Code
		Tuna Salad:								
23184		Unknown dressing			CP					
23069		Mayonnaise			CP					
23176		Mayo-type dressing			CP					
24075		Low calorie dressing			CP					





**VEGETABLES**

NHLBI Code	Select	Item Description	Comments	Serving Size Amount	Frequency			Prep Code	Fat Code
					D	W	M		

69. Q. Do you usually eat lettuce or green leafy salads? \_\_\_\_\_ NO

Q. How much do you usually have? \_\_\_\_\_ CP

Q. What kind?

Q. How often?

72074		Salad Greens: Iceberg or unknown											
72058		Endive, Escarole											
72090		Romaine											
72231		Watercress											
72207		Spinach, raw											

70. Q. What kind of salad dressing do you use on your salads? \_\_\_\_\_ NO

Q. How much? \_\_\_\_\_ TS or \_\_\_\_\_ TB

Q. How often?

44107		Salad Dressing: Regular: Blue cheese & all other cheeses		TS	TB	CP							
44065		Ranch				TS							
44123		French		TS	TB	CP							
44156		Italian		TS	TB	CP							
44180		Russian		TS	TB	CP							
44289		Thousand Island		TS	TB	CP							
44099		Yogurt based		TS	TB	CP							
44016		All other creamy types		TS	TB	CP							
44057		All other clear types		TS	TB	CP							
44529		Homemade/Mixes: (Fat source known) Creamy type		TS	TB	CP						APFI	
44024		Clear type (oil & vinegar)		TS	TB	CP						APFI	
44065		Ranch				TS							
44016		Reduced Calorie: Creamy		TS	TB	CP							
44057		Clear		TS	TB	CP							

**Note: Reduced calorie dressing coded as 1/2 amount of regular dressing.**

**VEGETABLES CONTINUED**

NHLBI Code	Select	Item Description	Comments	Serving Size Amount			Frequency			Prep Code	Fat Code
							D	W	M		
44115		Low Calorie: Blue cheese		TS	TB	CP					
44131		French		TS	TB	CP					
44172		Italian		TS	TB	CP					
44198		Russian		TS	TB	CP					
44297		Thousand Island		TS	TB	CP					
44032		All other low cal		TS	TB	CP					
44149		Low sodium drsg.		TS	TB	CP					
44263		Mayonnaise: Mayo or mayo-type, unknown		TS	TB	CP					
44206		Real mayonnaise		TS	TB	CP					
44214		Mayo-type salad drsg		TS	TB	CP					
44219		Diet mayon/mayo-type		TS	TB	CP					

**71. Q. Do you add bacos, croutons, lemon juice or other items to your salads? \_\_\_\_\_ NO**

**Q. How often?**

NHLBI Code	Select	Item Description	Comments	Serving Size Amount			Frequency			Prep Code	Fat Code
50021		<b>ADDITIONS:</b> Baco's									
60327		Croutons									
80515		Lemon juice									
		*Other:									

**FRESH/FROZEN, CANNED VEGETABLES**

**(72) Q. Do you eat vegetables? \_\_\_\_\_ NO**

**Q. How much do you usually have? \_\_\_\_\_ CP**

**Q. Looking at this list, which of these vegetables do you eat and how often?**

**Q. How are they usually prepared?**

NHLBI Code	Select	Item Description	Comments	Serving Size Amount			Frequency			Prep Code	Fat Code
		Vegetables: Artichokes:									
70011		Fresh		CP	SV						
		Asparagus:									
70029		Fresh/frozen			CP						
70458		Canned			CP						
46086		Avocado (1SV=1/4 med)		CP	SV						



VEGETABLES CONTINUED

NHLBI Code	Select	Item Description	Comments	Serving Size Amount		Frequency			Prep Code	Fat Code
						D	W	M		
70144		Mixed vegetables: Frozen			CP					
70532		Canned			CP					
72199		Mushrooms: Fresh, raw			CP					
70623		Cooked, fresh			CP					
70151		Canned			CP					
70169		Okra, cooked (8 pods=1SV)		SV	CP					
46045		Olives: Black (1SV=1med)		SV	CP					
46052		Green (1SV=1med)		SV	CP					
72140		Onions, fresh: 1SV=1SI Raw, chopped			CP					
72165		Raw, sliced		SV	CP					
70177		Cooked			CP					
72108		Scallion (1SV=1med)		SV	CP					
70342		Oriental vegetables: Bamboo shoots: Canned, cooked			CP					
70375		Mixed Chinese veg.: Canned			CP					
70326		Water chestnuts: Canned			CP					
64030		Parsnips: Fresh/frozen			CP					
70193		Peas, green: Fresh/frozen			CP					
70490		Canned			CP					
70391		Pea pods: Fresh/frozen			CP					
70441		Pea/carrots: Fresh/frozen			CP					
70649		Canned			CP					
72066		Peppers, fresh: (1SV=1/4 med) Raw		SV	CP					
70516		Cooked: all		SV	CP					
06064		Pickles: (1SV=1med/4 spears) Dill		SV	CP					
06072		Sweet		SV	CP					
06080		Relish		SV	CP					
70219		Rutabagas, fresh			CP					
70227		Sauerkraut, canned			CP					

**VEGETABLES CONTINUED**

NHLBI Code	Select	Item Description	Comments	Serving Size Amount	Frequency			Prep Code	Fat Code
					D	W	M		
72249		Seaweed, dried (1SV=1sheet)		SV					
70367		Sprouts, fresh: Alfalfa		CP					
72116		Soybean		CP					
70235		Spinach: Fresh/frzn. ckd		CP					
70508		Canned		CP					
70243		Squash: Summer, fresh/frzn		CP					
70250		Winter, fresh/frzn		CP					
		Sweet Potatoes: (1SV=1 small = 1/4 cup)							
64055		Fresh/frozen		SV CP					
64071		Canned		CP					
72173		Tomatoes: Raw 1SV=1SL		SV CP					
72124		Raw, half 1SV=1/2 of 3" diam		SV CP					
70268		Canned, regular		CP					
70581		Canned, low sodium		CP					
72181		Cherry, 1SV=1 avg.							
70359		Tomato sauce/paste: Regular		CP					
70573		Low sodium		CP					
70284		Turnips, cooked		CP					

**Note: For vegetables frozen in sauce use SES BUTR.**

**Note: Raw spinach coded with salad greens.**

**Note: Vegetable combinations coded as the prominent vegetable or as mixed vegetable if equal amounts of vegetables in mixture.**



**VEGETABLES CONTINUED**

NHLBI Code	Select	Item Description	Comments	Serving Size Amount	Frequency			Prep Code	Fat Code
					D	W	M		

**75.** Q. Looking at this list, do you add any of these items to your potatoes? \_\_\_\_\_ **NO**

Q. To which potatoes do you add these items?

		ADDITIONS FOR POTATOES:							
		*Butter							
		*Margarine							
38208		Sour cream							
32235		Yogurt							
06031		Catsup							
06429		Soy Sauce							
50021		Bacos							
51771		Hollandaise							
51664		Gravy							
38679		Cheese sauce						APFI	
51672		White sauce						APFI	
		*Other:						APFI	

**76.** Q. Do you eat potato salad? \_\_\_\_\_ **NO**

Q. How much? \_\_\_\_\_ **CP**

Q. How often?

		Potato salad:							
65250		Unknown dressing				CP			
65318		Real mayonnaise				CP			
65243		Mayo-type dressing				CP			
65273		Low calorie drsg				CP			

**DESSERTS**

NHLBI Code	Select	Item Description	Comments	Serving Size Amount	Frequency			Prep Code	Fat Code
					D	W	M		

**77.** Q. Do you eat cake, pie, poptarts or snack cakes? \_\_\_\_\_ **NO**

Q. What kind?

Q. How often?

		Cakes:							
56176		Chocolate		1 SV					
56192		Yellow/White/Unknown		1 SV					
56432		Pound Cake (1SV= 4 1/2"x2 1/2"x1/2")		1 SV				APFI	
93013		Angel Food (1SV=1/10 of 10" diam)		1 SV					
56408		Cheese Cake, cream (1SV=1/7 of 9" diam)		1 SV					
56424		Fruitcake (1SV=1SL)		1 SV				APFI	
		Carrot:							
56499		Scratch		1 SV				APFI	
56283		Comm'l or from mix		1 SV				APFI	

**Note: Code sponge cake as yellow/white cake.**

		Pies:							
		Fillings:							
57463		Pumpkin, Sweet Potato		1 SV					
91140		All fruit pies/tarts		1 SV					
57562		All cream pies/tarts		1 SV					
		Crusts:							
57067		1 crust		1 SV				APFI	
57059		2 crust		1 SV				APFI	
57620		Turnovers/fried pies (1SV=1)		1 SV				APFC	

**Note: Code filling and crust for each serving of pie.**

		Poptarts/Snack Cakes:							
95054		Poptarts		SV					
		Snack Cakes:							
56440		Ding Dong (similar)		SV					
56465		Twinkie (similar)		SV					

**Note: 1 Twinkie or Ding Dong = 1SV.**

**78.** Q. Are your cakes usually frosted? \_\_\_\_\_ **NO**

Q. Which ones are frosted?

56663		Frosting		2 TB				APFI	
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**DESSERTS CONTINUED**

NHLBI Code	Select	Item Description	Comments	Serving Size Amount	Frequency			Prep Code	Fat Code
					D	W	M		

82. Q. Do you eat cookies or brownies? \_\_\_\_\_ NO

Q. How many do you usually have?

Q. How often?

		Brand or Type Known:							
55608		High Fat: Commercial			SV				
55095		Homemade			SV			APFI	
55616		Medium Fat: Commercial			SV				
55103		Homemade			SV			APFI	
93112		Low Fat: Commercial			SV				
93070		Homemade			SV			APFI	
93104		Bar cookies (fig)			SV				
55038		Brownies: Chocolate type, comm. or homemade			SV			APFI	

**Note:** Home baked category includes: from scratch, bought from a bakery or made from refrigerator or frozen dough.

**NUTS & SEEDS**

NHLBI Code	Select	Item Description	Comments	Serving Size Amount			Frequency			Prep Code	Fat Code
				OZ	TB	CP	D	W	M		

83. Q. Do you usually eat nuts or seeds? Include any trail mix, nuts or peanut butter that you have not reported. \_\_\_\_\_ NO

Q. How much do you usually have? \_\_\_\_\_ OZ or \_\_\_\_\_ TB or \_\_\_\_\_ CP

Q. Salted or unsalted?

Q. How often?

45328		Salted: Almonds		OZ	TB	CP							
45336		Cashews		OZ	TB	CP							
45252		Mixed nuts		OZ		CP							
45344		Peanuts		OZ	TB	CP							
45450		Pecans		OZ		CP							
73098		Roasted soynuts		OZ		CP							
45351		Sunflower seeds		OZ	TB	CP							
45260		Pumpkin seeds		OZ	TB	CP							
45377		Trail mix		OZ		CP							
45013		Peanut butter		TS	TB	CP							
		Unsalted:											
45104		Almonds		OZ		CP							
45120		Cashews		OZ		CP							
45435		Mixed nuts		OZ		CP							
45161		Peanuts		OZ		CP							
45179		Pecans		OZ		CP							
45203		Walnuts		OZ		CP							
73106		Roasted soynuts		OZ		CP							
45278		Sesame seeds		OZ		TB							
45195		Sunflower seeds		OZ		CP							
45385		Pumpkin seeds		OZ	TB	CP							
45039		Peanut butter		TS	TB	CP							
45401		Almond or sesame paste				TB							

**Note: If salting unknown, assume salted.**

**SALTY SNACKS**

NHLBI Code	Select	Item Description	Comments	Serving Size Amount		Frequency			Prep Code	Fat Code
						D	W	M		

84. Q. Do you usually eat chips? Include potato, corn or tortilla chips, pork skins and nacho's. \_\_\_\_\_ NO

Q. How many do you usually have? \_\_\_\_\_ OZ or \_\_\_\_\_ CP

Q. How often?

53033		Chips: Regular		OZ	CP						
53165		Unsalted		OZ	CP						
53095		Nachos w/cheese sauce			CP						

85. Q. Do you eat pretzels? \_\_\_\_\_ NO

Q. How much do you usually have? \_\_\_\_\_ SV or \_\_\_\_\_ CP

Q. How often?

60525		Pretzels: Salted		CP	SV						
60632		Unsalted			SV						

86. Q. Do you usually eat dips with these snacks? \_\_\_\_\_ NO

Q. How often?

36210		Dips: Sour cream based									
73072		Bean									
36012		Cream cheese based									
33250		Yogurt based									

87. Q. Do you eat popcorn? \_\_\_\_\_ NO

Q. How much do you usually have? \_\_\_\_\_ CP

Q. How often?

Q. How is it usually prepared?

61150		Popcorn: Popped w/fat: Salted or flavored			CP					APFC	
61333		Unsalted			CP					APFC	
61267		Plain, w/o fat: Salted			CP						
61358		Unsalted			CP						
59147		Caramel & similar			CP					APFI	BCOM

**SALTY SNACKS CONTINUED**

NHLBI Code	Select	Item Description	Comments	Serving Size Amount	Frequency			Prep Code	Fat Code
					D	W	M		

88. Q. Do you usually add butter, margarine or some other item to your popcorn? \_\_\_\_\_ NO

		ADDITIONS TO POPCORN							
		*Butter							
		*Margarine							
		*Other:							

**CANDY**

89. Q. Do you usually eat candy? \_\_\_\_\_ NO

Q. What kind?

Q. How much do you usually have? \_\_\_\_\_

Q. How often?

		*Brand Known:							
		Chocolate:							
		Chocolate bar:							
59378		w/o nuts				OZ			
59030		with peanuts				OZ			
59477		Chocolate covered nuts (bridge mix)			CP	OZ			
59105		Fudge				OZ		APFI	
		Other:							
92023		Hard candy/Sour balls			SV	OZ			
59493		Nut roll				OZ			

**BEVERAGES**

90. Q. Do you drink hot chocolate? \_\_\_\_\_ NO

Q. How much do you usually have? \_\_\_\_\_ CP

Q. What kind?

Q. How often?

33027		Cocoa, skim milk, or package mix				CP			
33126		Cocoa, sugar free				CP			
35022		Cocoa, whole milk				CP			







**BEVERAGES CONTINUED**

NHLBI Code	Select	Item Description	Comments	Serving Size Amount	Frequency			Prep Code	Fat Code
					D	W	M		

98. Q. Do you drink wine? \_\_\_\_\_ NO

Q. How much do you usually have? \_\_\_\_\_ OZ

Q. How often?

Q. How often during a month do you drink more than this amount? \_\_\_\_\_

How much more? \_\_\_\_\_ OZ

02113		Wine: Table		OZ					
02105		Sweet or dessert		OZ					
02113		Low calorie		OZ					

**Note:** Code low calorie wine as 02113, 1/2 the amount reported.

99. Q. Do you drink liqueurs, mixed drinks, cocktails or liquor? \_\_\_\_\_ NO

Q. How much? \_\_\_\_\_ OZ

Q. How often?

Q. How often during a month do you drink more than this? \_\_\_\_\_

How much more? \_\_\_\_\_ OZ

02824		Liqueurs/Cordials: Regular		OZ					
02857		Creme		OZ					
		*Mixed Drinks/Cocktails:							
02303		Liquor: Vodka		OZ					
02303		Gin		OZ					
02303		Rum		OZ					
02303		Whiskey/Bourbon		OZ					
		*Mixers:							

**Note:** Ascertain any mixers used in drinks.

**MINERAL/VITAMIN SUPPLEMENTS**

NHLBI Code	Select	Item Description	Comments	Serving Size Amount	Frequency			Prep Code	Fat Code
					D	W	M		

100. Q. Do you usually take a vitamin or mineral supplement? \_\_\_\_\_ NO
- Q. What kind?
- Q. How many? \_\_\_\_\_ DS
- Q. How often?

NHLBI Code	Select	Item Description	Comments	Serving Size Amount	Frequency D	Frequency W	Frequency M	Prep Code	Fat Code
		Vitamin/Mineral Supplement *Brand known:							
		Brand unknown:							
07070		Multivitamin: w/minerals		DS					
07013		w/o minerals or unknown		DS					
07062		w/iron		DS					

101. Q. Is there anything that I haven't mentioned that you eat on a regular basis? \_\_\_\_\_ NO

NHLBI Code	Select	Item Description	Comments	Serving Size Amount	Frequency D	Frequency W	Frequency M	Prep Code	Fat Code

102. Q. How well do you feel this history represents your usual intake?
- \_\_\_\_\_ Very well (3)
- \_\_\_\_\_ Well (4)
- \_\_\_\_\_ Fair (5)
- \_\_\_\_\_ Poor (6)
- \_\_\_\_\_ Not at all (7)

103. Q. Did anything occur last month that caused you to significantly alter your diet? \_\_\_\_\_ NO
- \_\_\_\_\_ Vacation (3)
- \_\_\_\_\_ Illness (4)
- \_\_\_\_\_ Frequent business travel (5)
- \_\_\_\_\_ Weight loss/special diet (6)
- \_\_\_\_\_ Other (7): \_\_\_\_\_

Time ended: \_\_\_\_\_  
Total time: \_\_\_\_\_

POST INTERVIEW —  
Interviewer: How well do you think participant was able to recall dietary information?  
(a) Excellent(3) (b) Good (4) (c) Fair (5) (d) Poor (6)

When asked, the participant was able to provide:  
a) general information (3)  
b) specific information (4)

Interviewer's code number: \_\_\_\_\_  
Cross checked by: \_\_\_\_\_

**THIS FORM IS:**  
\_\_\_\_\_ COMPLETE (3)  
\_\_\_\_\_ INCOMPLETE (4)