

**Naming Conventions for Form 6  
CARDIA Study Exam VII**

**Described question (Head question) will be annotated as:**

G06 + Q [question number]

**For sub-question,**

such as :

- Q. How much do you have?
- Q. How often do you have them?
- Q. How many do you have?
- Q. How were they prepared?
- Q. What kind of dressing is used?
- Q. What do you add?

will be annotated as:

G06 + Q [question number] + [Adjective or Be-verb or Verb]

Examples for sub questions of question number 1:

- |  |                     |
|--|---------------------|
| Q. How <b>much</b> do you have?          | G06Q01 <b>MUCH</b>  |
| Q. How <b>often</b> do you have them?    | G06Q01 <b>OFTEN</b> |
| Q. How <b>many</b> do you have?          | G06Q01 <b>MANY</b>  |
| Q. How <b>were</b> they prepared?        | G06Q01 <b>WERE</b>  |
| Q. What <b>kind</b> of dressing is used? | G06Q01 <b>KIND</b>  |
| Q. What do you <b>add</b> ?              | G06Q01 <b>ADD</b>   |

**For meals descriptions (boxes found below each question) the following format will be used:**

<p>G06 + Q [question number] + F [NCC code] + <math>\left[ \begin{matrix} a, b, c, d \\ w, x, y, z \end{matrix} \right]</math> +</p>	+	<div style="border-left: 1px solid black; border-right: 1px solid black; padding: 5px;"> <p><i>cc</i></p> <p><i>ss</i></p> <p><i>sm</i></p> <p><i>fq</i></p> <p><i>ut</i></p> <p><i>pc</i></p> <p><i>fc</i></p> </div>
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Comment:

- a, b, c, d for multiple responds for brand/type known cases
- w, x, y, z for multiple responds for adding types of food cases
- cc stands for comments
- ss stands for serving size
- sa stands for serving amount
- fq stands for frequency
- ut stands for unit
- pc stands for prepared food
- fc stands for fat code

For example for question 1, NCC Code 23901 the following variable names will be assigned:

NCC Code	✓	Item Description	Comments	Serving Size /Amount	Freq	Unit	Prep Code	Fat Code
<b>G06Q01F23901</b>								
(for brand/type known cases)								
		G06Q01F23901	<b>a</b>					
		G06Q01F23901	<b>b</b>					
		G06Q01F23901	<b>c</b>					
		G06Q01F23901	<b>d</b>					
(for adding types of food cases)								
		G06Q01F23901	<b>w</b>					
		G06Q01F23901	<b>x</b>					
		G06Q01F23901	<b>y</b>					
		G06Q01F23901	<b>z</b>					
		G06Q01f23901z	<b>co</b>					
		G06Q01f23901z	<b>ss</b>					
		G06Q01f23901z	<b>sa</b>					
		G06Q01F23901z	<b>fq</b>					
		G06Q01F23901z	<b>ut</b>					
		G06Q01F23901z	<b>pc</b>					
		G06Q01F23901z	<b>fc</b>					

Food ID	✓	Item Description	Comments	Serving Size Amount	Freq	Unit	Prep Code	Fat Code
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## Y20-CARDIA VII QUANTITATED FOOD FREQUENCY

### INSTRUCTIONS TO PARTICIPANT:

Thank you. We are now ready to begin the second portion of the diet history.

Please tell me about the foods you usually eat. Use the past month as a guide for usual intake. I will ask if you have eaten any foods from various food groups, such as dairy products. I will then ask you how much you usually ate, how often you ate that food, how it was prepared, and whether anything was added to the food.

(INDICATE FOOD MODELS) These food models can be used as a reference to help determine your usual serving size. When you look at them, please let me know if you ate the same amount, or if you had, for example, half as much, twice as much, or another amount.

I will also ask how often you ate the foods, per day, per week, or per month.

(HAND PARTICIPANT FIRST CUE CARD) This cue card will be helpful to you. It will remind you of the information that is needed. I will also give you cue cards with lists of food you may have eaten as we go along. Please take a few seconds to read over the card. Let me know when you are ready to begin.





Food ID	✓	Item Description	Comments	Serving Size Amount	Freq	Unit	Prep Code	Fat Code
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4. Q. Do you eat Egg McMuffins or similar type breakfast sandwiches, or Eggs Benedict?

\_\_\_\_\_ (1) NO \_\_\_\_\_ (2) YES

Q. How many do you have?

Q. How often do you have them?

10886		<b>Breakfast sandwich</b> with English muffin, egg, ham, and cheese (e.g. Egg McMuffin–type) (SAN = 1 sandwich)		SAN				
11540		<b>Eggs Benedict</b> with meat (English muffin, egg, ham, hollandaise sauce) (PC = ½ English muffin plus components)		PC			APFC	
		<b>Eggs Benedict</b> with seafood or other components – code components separately						
		<b>*Fast food breakfast sandwiches: list type and restaurant:</b>						

5. Q. Do you eat egg salad? \_\_\_\_\_ (1) NO \_\_\_\_\_ (2) YES

Q. What kind of dressing is used?

Q. How much do you have?

Q. How often do you have it?

		<b>Egg salad - made with:</b>						
210004		Mayonnaise - regular		CP				
210001		Mayonnaise – low fat		CP				
210002		Mayonnaise – low-fat/low sodium		CP				
210003		Mayonnaise/mayo type dressing – fat-free		CP				
5426		Mayo-type dressing – regular or unknown type of dressing		CP				
210005		Mayo-type dressing – low fat		CP				

Note: if unknown whether mayonnaise or mayo-type dressing is used in egg salad, code as regular mayo-type dressing.

Food ID	✓	Item Description	Comments	Serving Size Amount	Freq	Unit	Prep Code	Fat Code
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## DAIRY

6. Q. Do you drink milk, including soy milk, as a beverage? \_\_\_\_\_ (1) NO \_\_\_\_\_ (2) YES

Q. What kind do you have?

Q. How much do you have?

Q. How often do you have it?

		<b>Milk:</b>						
4343		% Fat unknown		FO	CP			
4338		Whole		FO	CP			
4339		2%		FO	CP			
4340		1%		FO	CP			
4341		Skim, nonfat, instant, reconstituted		FO	CP			
		<b>Evaporated milk:</b>						
4370		Whole; unknown, undiluted		FO	CP			
4373		2% or reduced fat, undiluted		FO	CP			
4601		Skim, undiluted		FO	CP			
		<b>Buttermilk:</b>						
4358		% fat unknown		FO	CP			
4356		Whole		FO	CP			
12364		2%		FO	CP			
14228		1%		FO	CP			
10712		Skim		FO	CP			
		<b>Chocolate milk, commercial:</b>						
4364		% fat unknown		FO	CP			
4361		Whole		FO	CP			
14954		2%		FO	CP			
15166		1%		FO	CP			
4363		Skim, fat-free		FO	CP			
		<b>Soy milk:</b>						
103537		Regular, fortified, or unknown		FO	CP			
4704		Regular, not fortified		FO	CP			
103545		Low fat, fortified		FO	CP			
103546		Low fat, not fortified		FO	CP			
103554		Fat free, fortified		FO	CP			
103555		Fat free, not fortified		FO	CP			
		<b>Lactose reduced:</b>						
23944		Whole		FO	CP			
23945		2%		FO	CP			
23947		1% or unknown		FO	CP			
23949		Fat-free		FO	CP			
4607		<b>Goats milk</b>		FO	CP			
		<b>Acidophilus:</b>						
11786		2% or unknown		FO	CP			

Food ID	✓	Item Description	Comments	Serving Size Amount	Freq	Unit	Prep Code	Fat Code
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9879		Fat-free		FO CP				

Note: for dairy products not listed on this form – see Food Code List

7. Q. Do you add anything to your milk? \_\_\_\_\_ (1) NO \_\_\_\_\_ (2) YES

Q. What do you add?

Q. How often?

7349		<b>Chocolate syrup</b>						
		<b>Cocoa powder:</b>						
4648		Cocoa powder w/sugar, or unknown if sweetened or unknown type of sweetening						
11155		W/o sugar, or w/artificial sweetener						
		<b>*Other:</b>						

8. Q. Do you eat cheese? Include hard cheese and processed cheese.

\_\_\_\_\_ (1) NO \_\_\_\_\_ (2) YES

Q. How much do you have?

Q. How often do you have it?

		<b>Natural:</b>						
3265		Mozzarella and other part skim		SL OZ				
3218		All other types		SL OZ				
		<b>Processed:</b>						
3203		Regular; or unknown if natural or processed		SL OZ				
4864		Reduced fat		SL OZ				
12405		Low sodium		SL OZ				
29187		Fat-free		SL OZ				
12413		Cheese spread		TB OZ				
4899		Pressurized can		TB OZ				
21438		Cheese curds		EA OZ				
12409		String cheese		STK OZ				
4881		<b>Cheese nuggets/fried cheese snacks</b>		PC NUG OZ			APFC	
		<b>Imitation/substitute cheese, including soy, etc.:</b>						

Food ID	✓	Item Description	Comments	Serving Size Amount	Freq	Unit	Prep Code	Fat Code
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4886		Regular		SL OZ				
4887		Fat free		SL OZ				

Note: If slice size unknown, 1 slice = 0.75 OZ; thick slice = 1.00 OZ; extra thick = 1.2 OZ

Note: Grated cheese: 1 CP = 4 OZ; 1 TB = 0.25 OZ

Note: Code cream cheese in Additions to Bread section

Note: Code any natural low-fat cheese as 3265

**9. Q. Do you eat cottage cheese or ricotta cheese? \_\_\_\_\_ (1) NO \_\_\_\_\_ (2) YES**

Q. What kind do you have?

Q. How much do you have?

Q. How often do you have it?

		<b>Cottage:</b>						
3235		4% fat or regular, % fat unknown		CP				
4871		Low-fat – 2% fat		CP				
12363		1% fat		CP				
21689		Fat-free		CP				
		<b>Ricotta:</b>						
3279		Whole milk		CP				
17606		Part skim or unknown		CP				
25614		Non fat		CP				

**10. Q. Do you eat yogurt? \_\_\_\_\_ (1) NO \_\_\_\_\_ (2) YES**

Q. What kind do you have?

Q. How much do you have?

Q. How often do you have it?

		<b>Flavored/fruited:</b>						
4787		Whole		OZ				
4788		Low-fat or unknown % fat		OZ				
4789		Non-fat		OZ				
16267		Non-fat, artificially sweetened		OZ				
		<b>Unflavored:</b>						
4783		Whole		OZ				
23939		Low-fat or unknown % fat		OZ				

Food ID	✓	Item Description	Comments	Serving Size Amount	Freq	Unit	Prep Code	Fat Code
4785		Non-fat, sugar-free or artificially sweetened		OZ				
		<b>*Yogurt – brand/type known:</b>						
		<b>Yogurt, non-dairy</b> ( e.g. soy yogurt, regular or reduced fat):						
23788		Plain		OZ				
23789		Fruited		OZ				
		<b>*Non-dairy yogurt – Brand/type known:</b>						

Note: Whole: >2-4% fat  
 Low fat: 1-2% fat  
 Non fat: < 1% fat

Note: Carton sizes for common brands: 4.4, 6, or 8 OZ. Use 6 OZ for unknown size.

Note: Check Food Code List for the Food ID if participant reports brand/type.

**11. Q. Do you eat ice cream or frozen desserts?**  
**Include ice cream snacks, frozen yogurt, sherbet or milkshakes, and fast food frozen desserts.** \_\_\_\_\_ (1) NO \_\_\_\_\_ (2) YES

Q. What kind do you have?

Q. How much do you have?

(Ascertain serving size for each item mentioned.)

Q. How often do you have it?

		Ice cream:						
5510		Rich - 16% fat (e.g. Ben & Jerry's, Haagen Dazs)		CP				
5508		Regular or % fat unknown (e.g. Blue Bunny)		CP				
11333		Light - 4% (Kemp's Light)		CP				
5517		Ice milk		CP				
5514		Fat free		CP				
107083		Low-fat, sugar-free		CP				
107085		Non-fat, sugar-free		CP				
5519		Soft serve		CP				
		<b>Frozen yogurt:</b>						
12393		% fat unknown		CP				
4808		Whole milk (3-4% fat)		CP				
12391		Low-fat (1-2%)		CP				
12392		Non-fat (< 1%)		CP				
17414		Non-fat, sugar-free		CP				
29848		<b>Frozen dessert, tofu type (e.g. Tofutti)</b>		CP				



Food ID	✓	Item Description	Comments	Serving Size Amount	Freq	Unit	Prep Code	Fat Code
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12. Q. Do you add anything to your ice cream or frozen dessert?

\_\_\_\_\_ (1) NO \_\_\_\_\_ (2) YES

Q. How often?

7348		<b>Chocolate sauce (fudge)</b>						
7349		<b>Chocolate syrup</b>						
7147		<b>Caramel topping</b>						
		<b>Whipped cream:</b>						
885		Dairy						
884		Non-dairy, regular or unknown type						
17072		Non-dairy, light						
28807		Non-dairy, fat free						
2188		<b>Nuts</b>						
4221		<b>Nut topping in syrup</b>						
5073		<b>Fresh fruit</b>						
		<b>Cone:</b>						
5532		Plain, wafer type			REG			
5533		Sugar type			REG LG			
		<b>*Other:</b>						

Note: Code waffle cone as LG sugar-type cone.

## GRAINS/CEREALS

\*13. Q. Do you eat bread, including sandwiches or toast?

\_\_\_\_\_ (1) NO \_\_\_\_\_ (2) YES (Cue card)

Q. What kind do you have?

Q. How often do you have it?

		MDS = 1 medium slice						
8687		<b>White</b>			MDS			
8697		<b>Whole wheat</b>			MDS			
13973		<b>Multi grain or granola</b>			MDS			
8741		<b>French/Italian</b>			MDS			
8768		<b>Rye/pumpernickel</b>			MDS			
8691		<b>Reduced calorie, high fiber</b>			MDS			
8751		<b>Lowfat – 98% fat free</b>			MDS			
13443		<b>Low gluten</b>			MDS			
32029		<b>Added fiber, calcium fortified</b>			MDS			

Note: Code thin sliced bread as 0.8 MDS; snack size bread as .25 MDS

Note: Unknown type of bread: code as white 8687

Food ID	✓	Item Description	Comments	Serving Size Amount	Freq	Unit	Prep Code	Fat Code
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- \*14. Q. Do you add anything to your bread? \_\_\_\_ (1) NO \_\_\_\_ (2) YES (Cue card)  
 Q. To what breads do you add these items?

		<b>*Butter</b>						
		<b>*Margarine</b>						
2808		<b>Molasses</b>						
		<b>Jelly/jam:</b>						
4296		Regular or unknown type						
4297		Reduced sugar						
27334		Artificially sweetened						
15593		Fruit spread – w/o sugar or artificial sweetener						
		<b>Peanut butter:</b>						
2203		Salted, or unknown type						
2204		Unsalted						
23225		Reduced fat						
2801		<b>Honey</b>						
		<b>Dressings: Mayonnaise and “mayo-type”:</b>						
10982		Mayonnaise - regular						
6950		Mayonnaise - light (low-fat)						
6952		Mayonnaise - light (low-fat)/low sodium						
27328		Mayonnaise/mayo-type fat-free						
937		Mayo-type dressing – regular or unknown type of dressing						
942		Mayo-type – dressing – light (low fat)						
5627		<b>Mustard</b>						
584		<b>Catsup</b>						
		<b>Cream cheese:</b>						
4876		Regular or unknown type						
4878		Light or whipped						
21885		Nonfat						
1169		<b>Olive oil</b>						
1637		<b>Gravy</b>						
3022		<b>Lettuce (for sandwiches)</b>						
3159		<b>Tomato (for sandwiches)</b>						
7533		<b>Onion (for sandwiches)</b>						
		<b>*Other</b>						

Note: If unknown whether mayonnaise or mayo-type, code as regular mayo-type dressing.



Food ID	✓	Item Description	Comments	Serving Size Amount	Freq	Unit	Prep Code	Fat Code
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		<b>*Fast food biscuits and rolls</b>						

*Note: In this section, exclude all hamburger or hot dog buns eaten in a fast food restaurant.  
 Note: Biscuit from refrigerated dough: 1 reg. = 0.5 MD; 1 "Hungry Jack" = 1 MD; 1 "Grand" = 1.5 MD  
 Note: Use tortilla codes if tortilla is eaten separately from Mexican foods.  
 Note: Code restaurant- type bagels such as Breuggers as 2 MD; mini bagels as 0.5 MD.  
 Note: If unknown if bread, etc. is white or whole wheat, code as white*

- \*16. Q. Do you add anything to your rolls? \_\_\_\_\_ (1) NO \_\_\_\_\_ (2) YES (Cue card)**  
 Q. To what rolls do you add these items?

		<b>*Butter</b>						
		<b>*Margarine</b>						
2808		<b>Molasses</b>						
		<b>Jelly/jam</b>						
4296		Regular or unknown type						
4297		Reduced sugar						
27334		Artificially sweetened						
15593		Fruit spread – w/o sugar or artificial sweetener						
		<b>Peanut butter</b>						
2203		Salted, or unknown type						
2204		Unsalted						
23225		Reduced fat						
2801		<b>Honey</b>						
		<b>Dressings: mayonnaise and "mayo-type":</b>						
10982		Mayonnaise - regular						
6950		Mayonnaise - light (low-fat)						
6952		Mayonnaise - light (low-fat)/ low sodium						
27328		Mayonnaise/mayo-type fat-free						
937		Mayo-type dressing – regular or unknown type of dressing						
942		Mayo-type – dressing – light (low fat)						
5627		<b>Mustard</b>						
584		<b>Catsup</b>						

Food ID	✓	Item Description	Comments	Serving Size Amount	Freq	Unit	Prep Code	Fat Code
		<b>Cream cheese:</b>						
4876		Regular or unknown type						
4878		Light or whipped						
21885		Nonfat						
1169		<b>Olive oil</b>						
1637		<b>Gravy</b>						
3022		<b>Lettuce (for sandwiches/wraps/subs)</b>						
3159		<b>Tomato (for sandwiches/wraps/subs)</b>						
7533		<b>Onion (for sandwiches/wraps/subs)</b>						
		<b>*Other</b>						

Note: If unknown whether mayonnaise or mayo-type, code as regular mayo-type dressing.

**\*17. Q. Do you eat pancakes, French toast, coffee cakes, cornbread, other quick breads, or muffins? \_\_\_\_\_ (1) NO \_\_\_\_\_ (2) YES (Cue card)**

- Q. How much do you have?  
(Ascertain serving size for each item mentioned)
- Q. How often?
- Q. How was it prepared?

		<b>Pancakes: (MD = 4" diam.)</b>						
8987		white or unknown		MD			APFI	
9008		whole wheat/buckwheat		MD			APFI	
21441		frozen		MD				
		<b>Waffles: (BEL = Belgian waffle)</b>						
9492		plain, frozen (MDR = 4" diam.) or unknown		BEL MDR				
9494		plain, from recipe (MDR = 7" diam.)		BEL MDR			APFI	
106478		whole wheat, frozen (MDR = 4" diam.)		BEL MDR				
106952		whole wheat, from recipe (MDR = 7" diam.)		BEL MDR			APFI	
		<b>French toast:</b>						
8948		from recipe		SL			APFC	
15543		frozen		SL				
8951		<b>Fruit bread/Nut bread (SL = 4 ½ x 2 ½ x ½")</b>		SL			APFI	

Food ID	✓	Item Description	Comments	Serving Size Amount	Freq	Unit	Prep Code	Fat Code
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13242		<b>Coffee cake</b> (SQ = 3" x3")		SQ				
		<b>Muffins:</b> (MIN = 1 ¼" diam.[mini size]; MD = 2 ¾" diam.; XL = 3 ½" diam.)						
		Fruit, flavored, plain:						
17312		Regular		MIN MD XL				
29017		Reduced-fat		MIN MD XL				
29014		Fat-free		MIN MD XL				
		Bran:						
17278		Regular		MIN MD XL				
28990		Fat-free		MIN MD XL				
		Oatmeal or Oat Bran:						
17289		Regular		MIN MD XL				
29002		Fat-free		MIN MD XL				
22564		<b>Cornbread:</b> (SM = 2x2x1 ½"; MD = 3x3x1")		SM MD				
14003		<b>Hushpuppy:</b> (EA = 1 ¼" diam.x 2 ½" high)		EA				
		<b>*Other:</b>						
		<b>*Fast food pancakes, etc.:</b>						

**\*18. Q. Do you add anything to these foods? \_\_\_\_\_ (1) NO \_\_\_\_\_ (2) YES (Cue Card)**  
 Q. To what foods do you add these items?

		<b>*Butter</b>						
		<b>*Margarine</b>						
		<b>Syrup:</b>						
2816		Regular or unknown type						
4312		Reduced calorie; sweetened w/sugar						
4313		Reduced calorie, artificially sweetened						
2808		<b>Molasses</b>						
		<b>Jelly/jam</b>						
4296		Regular or unknown type						
4297		Reduced sugar						
27334		Artificially sweetened						

Food ID	✓	Item Description	Comments	Serving Size Amount	Freq	Unit	Prep Code	Fat Code
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15593		Fruit spread – w/o sugar or artificial sweetener						
		<b>Peanut butter</b>						
2203		Salted or unknown type						
2204		Unsalted						
23225		Reduced fat						
2801		<b>Honey</b>						
		<b>Dressings: mayonnaise and “mayo-type”:</b>						
10982		Mayonnaise - regular						
6950		Mayonnaise - light (low-fat)						
6952		Mayonnaise - light (low-fat)/ low sodium						
27328		Mayonnaise/mayo-type fat-free						
937		Mayo-type dressing - regular or unknown type of dressing						
942		Mayo-type – dressing - light (low fat)						
5627		<b>Mustard</b>						
584		<b>Catsup</b>						
		<b>Cream cheese:</b>						
4876		Regular or unknown type						
4878		Light or whipped						
21885		Nonfat						
1169		<b>Olive oil</b>						
1637		<b>Gravy</b>						
		<b>*Other</b>						

Note: If unknown whether mayonnaise or mayo-type, code as regular mayo-type dressing.

19. Q. Do you eat doughnuts or sweet rolls? \_\_\_\_\_ (1) NO \_\_\_\_\_ (2) YES

Q. How often?

		<b>Doughnuts:</b>						
8921		Cake: all types or unknown if cake or raised (MD = 3 ¼" diam.; HOL = 1 hole; TWI = twist = 4 ½" long)		MD	HOL	TWI		
8937		Yeast or raised: (MD = 3 ¾" diam.; HOL = 1 hole; TWI = twist = 5 ¼" long)		MD	HOL	TWI		

Food ID	✓	Item Description	Comments	Serving Size Amount	Freq	Unit	Prep Code	Fat Code
8861		Filled (4 ¼" diam.)		MD				
13439		Sweet rolls (MD = 3 x 3")		MD				

\*20. Q. Do you eat pasta, including macaroni, macaroni and cheese, spaghetti, noodles, or pasta salads?

\_\_\_\_\_ (1) NO \_\_\_\_\_ (2) YES (Cue Card)

Q. How much do you have?

Q. How often?

		<b>Pasta (sauce not included):</b>						
8510		White macaroni, spaghetti		CP				
8513		Whole wheat macaroni, spaghetti		CP				
8485		Egg noodles		CP				
5904		Macaroni and cheese		CP			APFI	
		<b>Pasta salad:</b>						
210009		Mayonnaise - regular		CP				
210006		Mayonnaise – low fat		CP				
210007		Mayonnaise – low-fat/low sodium		CP				
210008		Mayonnaise/mayo type dressing – fat-free		CP				
18431		Mayo-type dressing – regular or unknown type of dressing		CP				
210010		Mayo-type dressing – low fat		CP				
5468		Oil based dressing – with vegetables, no meat		CP			APFI	
		<b>Ravioli/Stuffed pasta: - sauce not included:</b>						
25618		Cheese filled		CP				
25619		Meat filled		CP				
25627		Spinach/veggie filled		CP				
		<b>Lasagna: (MOD = 3x4x1")</b>						
5899		Meatless, spinach/veggie		MOD				
5898		Beef, pork		MOD				
17319		Turkey/poultry		MOD				

Note: if unknown whether mayonnaise or mayo-type dressing is used in pasta salad, code as regular mayo-type dressing.



Food ID	✓	Item Description	Comments	Serving Size Amount	Freq	Unit	Prep Code	Fat Code
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**\*23. Q. Do you add anything to the rice or whole grains? \_\_\_\_\_ (1) NO \_\_\_\_\_ (2) YES**  
**(Cue card)**

Q. To which foods do you add these items?

		<b>*Butter</b>						
		<b>*Margarine</b>						
		<b>Soy sauce</b>						
7379		Regular or unknown type						
2538		Low-sodium						
2540		<b>Sweet and sour sauce</b>						
7342		<b>Cheese sauce</b>					APFI	
1637		<b>Gravy</b>						
		<b>*Other</b>						

**24. Q. Do you eat hot or cold cereal, granola, or grits? \_\_\_\_\_ (1) NO \_\_\_\_\_ (2) YES**

Q. What kind do you have?

Q. How much do you have?

Q. How often?

		<b>Hot cereals:</b>						
		<b>Regular/Quick:</b>						
10563		Oatmeal		CP				
10496		Farina/creamed wheat		CP				
		<b>Instant:</b>						
12480		Oatmeal, plain		CP	PKT			
10991		Oatmeal, flavored		CP	PKT			
10481		Farina/creamed wheat		CP				
11846		<b>Corn grits/hominy</b>		CP				
		<b>Cold cereals:</b>						
400		Unknown type		CP				
		<b>*Brand/type known</b>						

Note: 1 PKT instant, prepared oatmeal = 0.5 CP of hot cereal.



Food ID	✓	Item Description	Comments	Serving Size Amount	Freq	Unit	Prep Code	Fat Code
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27. Q. Do you add anything to your crackers or rice cakes? \_\_\_\_\_ (1) NO \_\_\_\_\_ (2) YES  
 Q. To which crackers do you add these items?

		Peanut butter						
2203		Salted or unknown type						
2204		Unsalted						
23225		Reduced fat						
		<b>*Cheese</b>						
		<b>*Butter</b>						
		<b>*Margarine</b>						
		<b>*Other:</b>						

## FRUIT

**Mark Track on CD**

### Fruit/Vegetable Juices

\*28. Q. Do you drink any fruit or vegetable juices? \_\_\_\_\_ (1) NO \_\_\_\_\_ (2) YES (Cue card)  
 Q. How much do you have?  
 Q. How often?

		Apple juice or cider:						
7907		Unsweetened; unknown if sweetened or fortified		FO	CP			
7906		Sweetened		FO	CP			
31673		Fortified with Vitamin C		FO	CP			
7924		<b>Apricot</b> nectar		FO	CP			
21172		<b>Cherry</b> juice		FO	CP			
		<b>Cranberry</b> juice:						
29303		Low calorie		FO	CP			
7956		Sweetened or unknown if sweetened		FO	CP			
		<b>Grape</b> juice						
7975		Sweetened or unknown type		FO	CP			
29310		Unsweetened; fortified w/Vit C		FO	CP			
		<b>Grapefruit</b> juice:						
7987		Unsweetened or unknown if sweetened		FO	CP			
7986		Sweetened		FO	CP			
8015		<b>Lemon</b> juice		FO	CP			
8031		<b>Lime</b> juice		FO	CP			
21079		<b>Mango</b> nectar		FO	CP			
		<b>Orange</b> juice:						
8066		Unsweetened or unknown type		FO	CP			
15591		Unsweetened, fortified with calcium		FO	CP			

Food ID	✓	Item Description	Comments	Serving Size Amount	Freq	Unit	Prep Code	Fat Code
106974		Unsweetened, fortified with calcium & Vitamin D		FO CP				
28300		Unsweetened, fortified with Vitamins A,C, & E		FO CP				
8075		Unsweetened, reduced acid		FO CP				
		<b>Papaya:</b>						
11164		Juice		FO CP				
21096		Nectar or unknown type		FO CP				
14007		<b>Passion fruit</b> nectar		FO CP				
8099		<b>Peach</b> nectar		FO CP				
8104		<b>Pear</b> nectar		FO CP				
8109		<b>Pineapple</b> juice		FO CP				
		<b>Prune</b> juice						
11167		Unsweetened or unknown if sweetened		FO CP				
22574		Sweetened		FO CP				
21210		<b>Unknown fruit or flavor, unknown if juice, drink or nectar</b>		FO CP				
		<b>Vegetable juices:</b>						
197		<b>Carrot juice</b>		FO CP				
		<b>Tomato juice:</b>						
8156		Regular		FO CP				
8157		Low sodium		FO CP				
		<b>Mixed, V-8 type juice:</b>						
8161		Regular		FO CP				
8162		Low sodium		FO CP				
		<b>*Other:</b>						
		<b>*Brand/type known:</b>						

Note: small can = 5.5 FO; medium can = 11.5 FO; small bottle = 10 FO; box = 5.5 FO; pouch = 7 FO.

Food ID	✓	Item Description	Comments	Serving Size Amount	Freq	Unit	Prep Code	Fat Code
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### Fresh Fruit

\*29. Q. Do you eat fresh fruit? \_\_\_\_\_ (1) NO \_\_\_\_\_ (2) YES (Cue card)

Q. Looking at this list, which ones do you eat and how often?

4922		Apple (MD = 2 3/4" diam.)		MD				
4954		Apricot		EA				
4974		Banana (MD = 7 - 7 1/8" long)		MD				
5006		Blackberries		CP				
5017		Blueberries		CP				
5040		Cherries		CP				
5102		Figs (MD = 2 1/4" diam.)		MD				
5073		Fruit Salad		CP				
		Grapefruit: (MD = 4" diam. - whole fruit)						
5119		White		MD				
33779		Pink or red		MD				
10802		Grapes		CP				
11137		Guava		EA				
5150		Kiwi fruit		MD				
11321		Kumquats		EA				
5175		Mandarin orange (MD = 2 3/8" diam.)		MD				
5182		Mango		CP EA				
		Melons:						
5034		Cantaloupe (MD = 5" diam.; WDG = 1/8 of 5" diam.)		MD WDG CP				
5145		Honeydew (MD = 7" diam.; WDG = 1/8 of 7" diam.)		MD WDG CP				
5387		Watermelon (SL = 7 1/2" diam. x 1" thick)		CP SL				
11322		Nectarine (MD = 2 1/2" diam.)		MD				
5217		Orange (MD = 2 5/8" diam.)		MD				
5221		Papaya (MD = 5" long x 3" diam.)		MD CP				
11709		Passion fruit		EA				
5230		Peach (MD = 2 1/2" diam.)		MD				
5252		Pear (MD = 2 1/2" diam.)		MD				
5274		Pineapple (SL = 1 slice)		SL CP				
5300		Plum (MD = 2 1/8" diam.)		MD				
5315		Pomegranate (ascertain amount of seeds)		TB CP				
5328		Raspberries		CP				
5363		Strawberries (MD = 1 1/4" diam.)		CP MD				
5386		Tangelo (MD = 2 1/2" diam.)		MD				
5175		Tangerine (MD = 2 3/8" diam.)		SM MD				

Food ID	✓	Item Description	Comments	Serving Size Amount	Freq	Unit	Prep Code	Fat Code
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Note: code clementine as SM tangerine

### Canned, cooked, or frozen fruit

- \*30. Q. Do you eat canned, cooked, or frozen fruit? \_\_\_\_\_ (1) NO \_\_\_\_\_ (2) YES (Cue card)**  
 Q. Looking at this list, which ones do you eat and how often?  
 Q. What is your usual serving size for canned or frozen fruit?

		<b>Applesauce:</b>						
4926		Unsweetened		CP				
4925		Sweetened		CP				
		<b>Apricots:</b>						
4955		Unsweetened		CP HLF				
4961		Sweetened		CP HLF				
		<b>Blackberries:</b>						
5014		Unsweetened		CP				
17473		Sweetened		CP				
		<b>Blueberries:</b>						
5026		Unsweetened		CP				
5022		Sweetened		CP				
		<b>Cherries:</b>						
5047		Unsweetened		CP				
5050		Sweetened		CP				
2512		<b>Cranberry sauce</b>		TB				
		<b>Figs, canned:</b>						
5106		Unsweetened		EA CP				
5108		Sweetened		EA CP				
		<b>Fruit cocktail:</b>						
5077		Unsweetened		CP				
5080		Sweetened		CP				
		<b>Grapefruit sections:</b>						
5120		Unsweetened		CP SEC				
5122		Sweetened		CP SEC				
		<b>Mandarin orange sections</b>						
5176		Unsweetened		CP SEC				
5177		Sweetened		CP SEC				
5188		<b>Melon balls frozen</b>		CP				
		<b>Peaches:</b>						
5234		Unsweetened		SL CP HLF				
5238		Sweetened		SL CP HLF				
		<b>Pears, canned:</b>						
5256		Unsweetened		CP HLF				
5259		Sweetened		CP HLF				
		<b>Pineapple: (SL = 1 slice)</b>						
5278		Unsweetened		SL CP				

Food ID	✓	Item Description	Comments	Serving Size Amount	Freq	Unit	Prep Code	Fat Code
5281		Sweetened		SL CP				
		<b>Plums, canned:</b>						
5304		Unsweetened		CP EA				
5307		Sweetened		CP EA				
		<b>Raspberries:</b>						
5339		Unsweetened		CP				
5335		Sweetened		CP				
		<b>Rhubarb:</b>						
5347		Unsweetened		CP				
5349		Sweetened		CP				
		<b>Strawberries:</b>						
5371		Unsweetened		CP				
5370		Sweetened		CP				
		<b>*Other:</b>						

Note: Individual serving packaged bowls/cans = 4 OZ = 0.5 CP canned fruit

- \*31. Q. Do you eat dried fruit or fruit roll-ups? \_\_\_\_\_ (1) NO \_\_\_\_\_ (2) YES (Cue card)  
 Q. How much do you have?  
 (Ascertain serving size for each item mentioned)  
 Q. How often?

4945		<b>Apples</b> (RNG = ring)		RNG CP				
15171		<b>Apple chips</b> (CHI = chip)		CHI CP				
4966		<b>Apricots</b> (HLF = 1 half; CP = 9 halves)		HLF CP				
4987		<b>Banana chips</b> (CHI = chip)		CHI CP				
27377		<b>Craisins</b> (dried cranberries)		TB CP				
5092		<b>Currants</b>		TB CP				
5095		<b>Dates</b> (EA = 1 date)		EA CP				
5111		<b>Figs</b> (EA = 1 fig)		EA CP				
5097		<b>Mixed fruit mixture</b>		CP				
5242		<b>Peaches</b> (HLF = 1 half)		HLF CP				
5264		<b>Pears</b> (HLF = 1 half)		HLF CP				
5288		<b>Pineapple</b>		PC CP				
5317		<b>Prunes/dried plums</b> (EA = 1 prune)		EA CP				
5324		<b>Raisins</b>		TB CP				
		<b>Fruit leather or rolls:</b>						
3602		Commercial		PC OZ				
27413		Homemade		PC OZ				



Food ID	✓	Item Description	Comments	Serving Size Amount	Freq	Unit	Prep Code	Fat Code
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**ETHNIC**

33. Q. Do you eat pizza? \_\_\_\_\_ (1) NO \_\_\_\_\_ (2) YES

Q. What kind do you have?

Q. How much?

Q. How often?

		<b>Cheese pizza:</b>						
12088		regular		MOD			APFI	
12125		deep dish or thick crust		MOD			APFI	
12078		frozen		SM MD				
		<b>Meat pizza:</b>						
12092		regular		MOD			APFI	
12093		deep dish or thick crust		MOD			APFI	
12080		frozen		SM MD				
15614		<b>Vegetable pizza</b>		MOD			APFI	
103566		<b>Low fat pizza, cheese, frozen</b>		SM MD				
21437		<b>White sauce and vegetable pizza</b>		MOD				
		<b>Calzone:</b> (EA = 7" diam., folded)						
5720		With cheese		EA			APFI	
5884		With cheese and meat		EA			APFI	
12127		<b>Pizza rolls/bites</b>		EA				
		<b>*Fast food pizza – brand/type:</b>						

Note: disregard any vegetables on pizza unless the pizza is a "vegetable pizza" – no need to code vegetables on meat pizzas.

Note: MOD = 1/8 of 14" diameter pizza

Note: frozen pizza: SM = 9" diameter; MD = 12" diameter



Food ID	✓	Item Description	Comments	Serving Size Amount	Freq	Unit	Prep Code	Fat Code
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\*35. Q. Do you eat any Mexican food? \_\_\_\_\_ (1) NO \_\_\_\_\_ (2) YES (Cue card)

Q. What kind?

Q. How much do you have?

Q. How often?

		<b>Enchilada:</b> EA = 1 enchilada – 6" long, folded: incl. 8" tortilla, meat/cheese, sauce						
5769		Cheese		EA				
5771		Chicken		EA				
5768		Beef		EA				
13421		Pork/ham		EA				
		<b>Burrito:</b> EA = 8" diam. tortilla, 6" folded: incl. tortilla, meat or refried beans						
5700		Bean		EA				
5704		Beef		EA				
5707		Chicken		EA				
12517		Pork		EA				
		<b>Taco:</b> Incl. 5" taco shell, meat or refried beans, lettuce, tomato, olives						
7804		Beef		REG				
6070		Chicken		REG				
7803		Bean		REG				
		<b>Taco salad:</b> Incl. shell, meat, cheese, lettuce, tomato, olives, avocado, beans, dressing						
5485		With shell (EA = 2 cups)		EA CP				
210032		Without shell		CP				
		<b>Tostada:</b> Incl. 6" tortilla, lettuce, tomato, meat or refried beans, cheese						
12595		Beef		MD				
6086		Bean		MD				
12596		Chicken		MD				
12597		Pork		MD				
		<b>Fajitas:</b> Incl. 7" tortilla, meat, vegetables						
13617		Chicken		EA			APFC	
13616		Beef		EA			APFC	
5986		<b>Quesadillas, cheese:</b> EA = 7" diam. tortilla		EA			APFC	
		<b>Refried beans:</b>						
2886		canned – reg. or fat-free		CP				
2885		made from recipe		CP			APFC	
8797		<b>Spanish rice,</b> meatless		CP			APFI	
3309		<b>Guacamole</b>		TB CP				

Food ID	✓	Item Description	Comments	Serving Size Amount	Freq	Unit	Prep Code	Fat Code
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		<b>Tortillas:</b> code in Rolls section if eaten plain or separate from Mexican foods						
		<b>Additions:</b>						
11144		<b>Salsa/taco sauce</b>						
		<b>Sour cream:</b>						
874		Regular or unknown type						
11822		Low fat						
25615		Fat-free						
3218		<b>Cheese, grated</b>						
		<b>*Other:</b>						
		<b>*Fast food Mexican items:</b>						

Note: Code tortilla chips in salty snack section.

### SOUPS

36. Q. Do you eat soups? Include stew, chowder, and chili. \_\_\_\_\_ (1) NO \_\_\_\_\_ (2) YES

Q. What kind do you have?

Q. How much?

Q. How often?

		<b>Milk or cream based:</b>						
1788		Tomato (undiluted)		FO CP				
18556		Tomato, low sodium (undiluted)		FO CP				
4718		All others (undiluted)		FO CP				
11785		All others, reduced fat (undiluted)		FO CP				
18552		All others, reduced fat and sodium (undiluted)		FO CP				
		<b>*Add type of milk:</b>						
				FO CP				
				FO CP				
		<b>Broth based:</b>						
10309		Vegetable, chicken, beef, noodle/rice (as eaten)		FO CP				
18562		Low sodium (as eaten)		FO CP				
10239		Ramen noodles (soup as eaten)		FO PKT CP				

Food ID	✓	Item Description	Comments	Serving Size Amount	Freq	Unit	Prep Code	Fat Code
10202		Onion soup, prepared from dry mix		FO PKT CP				
10210		French onion soup w/bread & cheese		CP				
		<b>Bouillon:</b>						
9943		Regular (as eaten)		FO CP				
9944		Low sodium (as eaten)		FO CP				
		<b>Fish chowders:</b>						
10077		New England, cream style, (as eaten)		FO CP				
10068		Manhattan, tomato (as eaten)		FO CP				
10243		Seafood gumbo (as eaten)		FO CP				
		<b>Hearty/chunky soups:</b>						
10310		W/meat and vegetables (as eaten)		FO CP				
10312		W/meat and vegetables, low sodium (as eaten)		FO CP				
27826		W/vegetables, no meat (as eaten)		FO CP				
9937		Bean/split pea soups (as eaten)		FO CP				
25275		Beef vegetable stew (as eaten)		FO CP				
25273		Chicken stew (as eaten)		FO CP				
		<b>Chili:</b>						
5726		W/beans and meat		CP				
5725		W/beans, no meat		CP				
5727		W/meat, no beans		CP				
		<b>Additions:</b>						
		<b>*Butter</b>						
		<b>*Margarine</b>						
		<b>Sour cream:</b>						
874		Regular or unknown type						
11822		Low fat						
25615		Fat-free						
3218		<b>Cheese, grated</b>						
		<b>*Other:</b>						

Note: Ascertain type of milk used in cream based soups or indicate water if used in place of milk.

Note: 1 cup of cream based soup = ½ cup concentrate (undiluted) + ½ cup milk (if used).

Note: 1 package onion soup prepared = 4 cups.

Note: As eaten = ready-to-serve.

Food ID	✓	Item Description	Comments	Serving Size Amount	Freq	Unit	Prep Code	Fat Code
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### CONVENIENCE FOODS AND MIXED DISHES

37. Q. Do you eat canned or microwaveable convenience foods, including corned beef hash or ravioli? \_\_\_\_\_ (1) NO \_\_\_\_\_ (2) YES

Q. What kind do you have?

Q. How much do you have?

Q. How often?

5993		Meat/pasta type		CP				
5990		Cheese/pasta type		CP				
25293		Vegetarian/pasta type		CP				
25295		Corned beef hash/roast beef hash and similar types		CP				
		*Brand/type:						

38. Q. Do you eat frozen entrees or pot pies? \_\_\_\_\_ (1) NO \_\_\_\_\_ (2) YES

Q. What kind do you have?

Q. How much do you have?

Q. How often?

		<b>Frozen entrees, regular:</b> (PC = 1 entrée)						
15281		Meat		PC				
13597		Poultry		PC				
17887		Fish		PC				
12528		Pasta (vegetarian)		PC				
		<b>Frozen entrée, low calorie:</b> (PC = 1 entrée)						
15283		Meat		PC				
15293		Poultry		PC				
15285		Fish		PC				
5903		Pasta (vegetarian)		PC				
		<b>Pot pies: (REG = 8 oz. pie)</b>						
5960		Meat		REG				
5963		Poultry		REG				
		<b>Frozen dinner: (PC = 1 dinner)</b>						
13274		Meat		PC				
5861		Poultry		PC				
13374		Fish		PC				
5899		Pasta (vegetarian)		PC				

Food ID	✓	Item Description	Comments	Serving Size Amount	Freq	Unit	Prep Code	Fat Code
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		<b>*Brand/type:</b>						

**39. Q. Do you eat any casseroles, mixed dishes, or “Helper” type dishes?**

\_\_\_\_\_ (1) NO \_\_\_\_\_ (2) YES

Q. How much do you have?

Q. How often?

Q. How are they prepared?

		<b>Helper mixtures/package mixes/skillet dinner-type dish:</b>						
106964		<b>Hamburger</b>		CP				
106970		<b>Chicken</b>		CP				
5887		<b>Tuna</b>		CP				
		<b>Casseroles:</b>						
13278		<b>Beef, pork, or ham,</b> pasta/rice, cream sauce, with vegetables		CP				
12353		<b>Beef, pork, or ham,</b> pasta/rice, cream sauce, w/o vegetables		CP				
10696		<b>Beef, pork, or ham,</b> pasta/rice, tomato sauce, with vegetables		CP				
10697		<b>Beef, pork, or ham,</b> pasta/rice, tomato sauce, w/o vegetables		CP				
13320		<b>Fish or seafood,</b> pasta/rice, cream sauce, with vegetables		CP				
6123		<b>Fish or seafood,</b> pasta/rice, cream sauce, w/o vegetables		CP				
13310		<b>Poultry,</b> pasta/rice, cream sauce, with vegetables		CP				
13309		<b>Poultry,</b> pasta/rice, cream sauce, w/o vegetables		CP				
		<b>*Other:</b>						

*Note: See Food Code List for additional casseroles. Ask participant to identify components: meat/protein, pasta/rice, vegetables (ask only if present in casserole – it is not necessary to list individual vegetables), cream or tomato-based sauce*

Food ID	✓	Item Description	Comments	Serving Size Amount	Freq	Unit	Prep Code	Fat Code
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### LEGUMES

**\*40. Q. Do you eat any dried peas or beans? (Include canned beans and baked beans)**

\_\_\_\_\_ (1) NO \_\_\_\_\_ (2) YES (Cue card)

Q. How much do you have?

Q. How often?

Q. How are they prepared?

2881		Baked beans		CP				
2913		Navy beans, black beans		CP				
3055		Blackeye peas; cowpeas		CP				
11005		Split peas		CP				
2921		Pinto beans		CP				
2901		Kidney/red beans		CP				
2917		Northern beans, white beans		CP				
2891		Chickpeas (Garbanzos)		CP				
17296		Hummus		TB CP				
11001		Lentils		CP				
12373		Falafel (PTY = patty 2 1/4" diam. or 1.5" ball)		CI PTY CP			APFC	
11008		Soybeans		CP				
28966		Edamame (whole soybeans)		CP				
		*Other:						

Note: Disregard pork in canned pork and beans.

Note: It is not necessary to distinguish between homemade and canned baked beans; use code 2881 for all types.

**\*41. Q. Do you eat any tofu, veggie burgers, or meat substitutes? \_\_\_\_\_ (1) NO \_\_\_\_\_ (2) YES (Cue Card)**

Q. How much do you have?

Q. How often?

Q. How is it prepared?

103762		Tofu, soybean curd (BLK (block) = 8.5 OZ)		BLK OZ				
18415		Tempeh (PTY = 8 OZ)		PTY OZ				
18416		Miso		CP TB				
7664		TVP, dehydrated		CP				
16416		Hamburger or ground beef substitute, crumbles		PTY CP OZ				
31547		Canadian bacon substitute		SL OZ				
		Sausage substitute:						
9815		Link		OZ LNK				
11727		Patty		PTY OZ				
2284		Bacon substitute, strips		STR				
2285		Bacon-like bits (e.g. Bacos)		TB				



Food ID	✓	Item Description	Comments	Serving Size Amount	Freq	Unit	Prep Code	Fat Code
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**Mark Track on CD**

### MEATS

- 43. Q. Do you eat any fast food hamburgers or cheeseburgers?** \_\_\_\_\_ (1) NO \_\_\_\_\_ (2) YES
- Q. What kind do you have?
- Q. How many?
- Q. How often?

8612		Hamburger, fast food, restaurant unknown		EA				
8613		Cheeseburger, fast food, restaurant unknown		EA				
		*Fast food hamburgers/ cheeseburgers: restaurant known:						

- 44. Q. Do you eat ground beef, including other hamburgers, meatloaf, or meatballs?** \_\_\_\_\_ (1) NO \_\_\_\_\_ (2) YES
- Q. What kind of beef?
- Q. How much do you have?
- Q. How is it prepared?
- Q. How often?

		<b>Ground beef:</b>						
6374		Regular, >= 25% fat, or unknown		CI CP OZ				
6375		Chuck, lean, 20% fat		CI CP OZ				
6376		Round, sirloin, extra lean, 15% fat		CI CP OZ				
18389		Less than 15% fat		CI CP OZ				
5999		Sloppy joe mixture (no roll)		CP OZ				

Note: veggie burgers – record in question 40 – meat substitutes.





Food ID	✓	Item Description	Comments	Serving Size Amount	Freq	Unit	Prep Code	Fat Code
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- \*47. Q. Do you add any of these items to beef? \_\_\_\_\_ (1) NO \_\_\_\_\_ (2) YES (Cue card)**  
**Do not record additions that were already recorded under Breads or Rolls.**  
 Q. To which foods do you add these items?

584		<b>Catsup, chili sauce, cocktail sauce</b>						
2541		<b>Steak sauce</b>						
		<b>Soy sauce</b>						
7379		Regular or unknown type						
2538		Reduced sodium						
2552		<b>Worcestershire sauce</b>						
2545		<b>Teriyaki sauce</b>						
5627		<b>Mustards, prepared</b>						
13251		<b>BBQ sauce</b>						
1637		<b>Gravy</b>						
11144		<b>Salsa</b>						
		<b>*Other:</b>						

- 48. Q. Do you eat ham or ham hocks? \_\_\_\_\_ (1) NO \_\_\_\_\_ (2) YES**  
 Q. Do you eat it trimmed or untrimmed?  
 Q. How much do you have?  
 Q. How often?  
 Q. How is it prepared?

		<b>Ham, cured/smoked:</b>						
11420		Trimmed		OZ				
11421		Untrimmed		OZ				
		<b>Ham, fresh (leg):</b>						
11414		Trimmed		OZ				
11416		Untrimmed		OZ				
7246		<b>Ham hocks</b>		EA				

Note: deli ham is coded with cold cuts.

Food ID	✓	Item Description	Comments	Serving Size Amount	Freq	Unit	Prep Code	Fat Code
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**\*49. Q. Do you add any of these items to ham? \_\_\_\_\_ (1) NO \_\_\_\_\_ (2) YES (Cue card)**

**Do not record additions that were already recorded under Breads or Rolls.**

Q. To which foods do you add these items?

584		Catsup, chili sauce, cocktail sauce						
2541		Steak sauce						
		Soy sauce						
7379		Regular or unknown type						
2538		Reduced sodium						
2552		Worcestershire sauce						
2545		Teriyaki sauce						
5627		Mustards, prepared						
13251		BBQ sauce						
1637		Gravy						
11144		Salsa						
		*Other:						

**50. Q. Do you eat ham salad? \_\_\_\_\_ (1) NO \_\_\_\_\_ (2) YES**

Q. What kind of dressing was used?

Q. How much do you have?

Q. How often?

		Ham salad – made with:						
210014		Mayonnaise - regular		CP				
210011		Mayonnaise – low fat		CP				
210012		Mayonnaise – low-fat/low sodium		CP				
210013		Mayonnaise/mayo type dressing – fat-free		CP				
5442		Mayo-type dressing – regular or unknown type of dressing		CP				
210015		Mayo-type dressing – low fat		CP				

Note: if unknown whether mayonnaise or mayo-type dressing is used in ham salad, code as regular mayo-type dressing.





Food ID	✓	Item Description	Comments	Serving Size Amount	Freq	Unit	Prep Code	Fat Code
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\*55. Q. Do you eat any of these cold cuts, deli meats, or sausage? \_\_\_\_ (1) NO \_\_\_\_ (2) YES  
(Cue card)

Q. How much do you have?

Q. How often?

		Cold cuts/deli meats:						
31489		Bologna (non-turkey)		OZ				
9704		Deli ham		OZ				
31509		Deli roast beef		OZ				
12875		Regular/unknown varieties		OZ				
9759		Light or low-fat (5-10%)		OZ				
6360		Dried chipped beef		OZ				
31513		Salami (non-turkey)		OZ				
9748		Liverwurst/liver sausage		OZ				
9834		Pepperoni		SL OZ				
9811		Braunschweiger		OZ				
9850		Summer sausage		SL				
9551		Canned meats (Spam, Treet)		OZ				
12863		Canned meats - lowfat (Spam, Treet)		OZ				
9986		Turkey/chicken roll (light/dark)		OZ				
17875		Turkey breast (light only)		OZ				
12862		Turkey bologna/salami		OZ				
		<b>Frankfurters/hot dogs:</b> (SM = cocktail size; REG = regular size; JM = jumbo size; XL = 12")						
31532		Regular hot dogs or unknown type		SM REG JM XL				
9730		Kosher beef hot dogs		SM REG JM XL				
9734		Turkey/chicken hot dogs		SM REG JM XL				
17917		Reduced fat hot dog		SM REG JM XL				
31536		Fat-free		SM REG JM XL				
12874		Corn dogs/pronto pups		PC				
		<b>Sausage:</b>						
9835		Polish (LNK = 4" x 1 1/8" diam.)		LNK				
9824		Kielbasa (LNK = 4" x 1 1/8" diam.)		SL LNK				
9825		Knockwurst (LNK = 4" x 1 1/8" diam.)		LNK				
9823		Italian (LNK = 4" x 1" diam.)		LNK				
9810		Bratwurst (brat 5 1/2 - 6" long)		EA				
31572		Turkey brat - (5 1/2 - 6" long)		EA				
31585		Chicken (LNK = 3 OZ.)		LNK				
31601		Reduced fat (LNK = 2" link)		LNK				



Food ID	✓	Item Description	Comments	Serving Size Amount	Freq	Unit	Prep Code	Fat Code
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\*57. Q. Do you eat any liver, kidney, heart, or other organ meats? \_\_\_\_\_ (1) NO \_\_\_\_\_ (2) YES

(Cue card)

Q. How much do you have?

Q. How often?

Q. How is it prepared?

		Liver:						
6395		Liver, beef		OZ				
2342		Liver, pork		OZ				
6302		Liver, chicken/giblets		OZ				
31505		<b>Pate</b>		TB				
6394		<b>Kidney, beef</b> (EA = 1 kidney)		EA OZ				
6393		<b>Heart, beef</b> (EA = 1 heart)		EA				
6398		<b>Tongue</b>		OZ				
6392		<b>Brains, beef</b> (EA = 1 brain)		EA OZ				
2339		<b>Chitterlings</b>		OZ CP				
2343		<b>Maw</b> (pork stomach)		OZ				
6399		<b>Tripe</b> (beef stomach)		OZ				
9864		<b>Souse meat</b> (SL = 3 7/8" sq x 1/8")		SL				
6400		<b>Oxtails</b>		EA OZ				
2346		<b>Pickled pigs feet</b>		EA OZ				

### POULTRY/GAME

58. Q. Do you eat any chicken? Include any chicken sandwiches, barbecue chicken, or chicken eaten at places like Kentucky Fried Chicken, Wendy's, or McDonald's.

\_\_\_\_\_ (1) NO \_\_\_\_\_ (2) YES

Q. Light meat or dark meat?

Q. With skin or without skin?

Q. How much do you have?

Q. How often?

Q. How is it prepared?

		Light meat:						
6279		w/skin		OZ				
6279		w/skin		OZ				
6280		w/o skin		OZ				
6280		w/o skin		OZ				
		<b>Dark meat:</b>						
6283		w/skin		OZ				
6283		w/skin		OZ				
6284		w/o skin		OZ				
6284		w/o skin		OZ				
		<b>Unknown type:</b>						
6287		w/skin		OZ				

Food ID	✓	Item Description	Comments	Serving Size Amount	Freq	Unit	Prep Code	Fat Code
6287		w/skin		OZ				
6288		w/o skin		OZ				
6288		w/o skin		OZ				
6298		<b>Breaded chicken – nuggets, sticks, patties</b>		PTY NUG OZ				
13523		<b>Chicken with barbecue sauce</b> (chicken pieces, sauce included, bun not included)		CP OZ				
		<b>*Fast food chicken:</b>						

Note: Record weight without bone.  
 Note: Ascertain fast food vs. home preparation.

- 59. Q. Do you eat any turkey, Cornish hens, duck, or goose? \_\_\_\_\_ (1) NO \_\_\_\_\_ (2) YES**
- Q. Light meat or dark meat?
  - Q. With skin or without skin?
  - Q. How much do you have?
  - Q. How often?
  - Q. How is it prepared?

		<b>Turkey:</b>						
		<b>Light meat:</b>						
6612		w/skin		OZ				
6612		w/skin		OZ				
6613		w/o skin		OZ				
6613		w/o skin		OZ				
		<b>Dark meat:</b>						
6616		w/skin		OZ				
6616		w/skin		OZ				
6617		w/o skin		OZ				
6617		w/o skin		OZ				
		<b>Unknown type:</b>						
12399		w/skin		OZ				
12399		w/skin		OZ				
12400		w/o skin		OZ				
12400		w/o skin		OZ				
6625		<b>Ground turkey</b>		OZ				
		<b>Cornish hen</b>						
6311		w/skin		OZ				
6312		w/o skin		OZ				
		<b>Duck, domestic:</b>						

Food ID	✓	Item Description	Comments	Serving Size Amount	Freq	Unit	Prep Code	Fat Code
6315		w/skin		OZ				
6316		w/o skin		OZ				
		<b>Goose:</b>						
6320		w/skin		OZ				
6321		w/o skin		OZ				

Note: Code processed turkey and turkey sausage in cold cuts question 55.

**\*60. Q. Do you eat any wild game, including venison, rabbit, or pheasant?**

\_\_\_\_\_ (1) NO \_\_\_\_\_ (2) YES (Cue card)

Q. How much do you have?

Q. How often?

Q. How is it prepared?

7156		<b>Venison or deer, roast</b>		OZ				
		<b>Rabbit or hare:</b>						
7172		domestic		OZ				
7173		wild		OZ				
7168		<b>Goat</b>		OZ				
6329		<b>Pheasant</b>		OZ				
6325		<b>Guinea hen</b>		OZ				
		<b>Wild duck:</b>						
12727		w/skin		OZ				
12728		w/o skin		OZ				
		<b>*Other:</b>						

Note: for other game meats or cuts of game meat, see Food Code List

Food ID	✓	Item Description	Comments	Serving Size Amount	Freq	Unit	Prep Code	Fat Code
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**\*61. Q. Do you add any of these items to your organ meats, chicken, turkey, duck, goose, or game? \_\_\_\_\_ (1) NO \_\_\_\_\_ (2) YES (Cue card)**

**Do not record additions that were already recorded under Breads or Rolls.**

Q. To which foods do you add these items?

584		Catsup, chili sauce, cocktail sauce						
2541		Steak sauce						
		Soy sauce						
7379		Regular or unknown type						
2538		Reduced sodium						
2552		Worcestershire sauce						
2545		Teriyaki sauce						
5627		Mustards, prepared						
13251		BBQ sauce						
1637		Gravy						
11144		Salsa						
2512		Cranberry sauce (if not reported under fruits)						
		*Other:						

**62. Q. Do you eat chicken or turkey salad? \_\_\_\_\_ (1) NO \_\_\_\_\_ (2) YES**

Q. What kind of dressing was used?

Q. How much do you have?

Q. How often do you have it?

		Chicken/turkey salad – made with:						
210019		Mayonnaise - regular		CP				
210016		Mayonnaise – low fat		CP				
210017		Mayonnaise – low-fat/low sodium		CP				
210018		Mayonnaise/mayo type dressing – fat-free		CP				
5405		Mayo-type dressing – regular or unknown type of dressing		CP				
210020		Mayo-type dressing – low fat		CP				

*Note: if unknown whether mayonnaise or mayo-type dressing is used in chicken or turkey salad, code as regular mayo-type dressing.*

Food ID	✓	Item Description	Comments	Serving Size Amount	Freq	Unit	Prep Code	Fat Code
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63. Q. Do you eat stuffing or dressing? \_\_\_\_\_ (1) NO \_\_\_\_\_ (2) YES

Q. How much do you have?

Q. How often?

		Stuffing:						
15487		Bread type		CP			APFI	
32859		Cornbread type		CP			APFI	

### FISH AND SEAFOOD

64. Q. Do you eat any fresh, frozen, or smoked fish? Include any sushi or fast food fish sandwiches eaten at places such as McDonald's, Burger King, or Wendy's.

\_\_\_\_\_ (1) NO \_\_\_\_\_ (2) YES

Q. How much do you have?

Q. How often?

Q. How is it prepared?

		*Fish – type/variety:						
				OZ				
				OZ				
				OZ				
9097		Unknown type of fish		OZ				
		*Fast food fish:						
9455		Smoked fish		OZ				
9191		Lox		OZ				
11356		Pickled herring (PC = ½ OZ)		OZ	PC			
11360		Sashimi (no rice)		OZ				
		Sushi rice: (PC = 1 piece, about 2½ TB)						
6061		with fish and vegetables or fish only		PC				
6062		with vegetables		PC				
6063		with vegetables in seaweed (e.g. California roll)		PC				
6060		without fish or vegetables – rice only		PC				
17888		Fish sticks and breaded fish, frozen (1 fish stick = 1 OZ)		OZ				
27345		Fish sticks and breaded fish, frozen, low fat (1 fish stick = 1 OZ)		OZ				
5715		Salmon patties (PTY = 5" diam. x ½")		PTY			APFC	

Note: Code Captain D's foods as unknown fast food (17888 or 27345). Add buns, etc., as necessary.





Food ID	✓	Item Description	Comments	Serving Size Amount	Freq	Unit	Prep Code	Fat Code
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**\*67. Q. Do you add any of these items to shellfish, squid, or octopus? \_\_\_\_\_ (1) NO \_\_\_\_\_ (2) YES (Cue card)**

**Do not record additions that were recorded under Breads or Rolls.**

Q. To which foods do you add these items?

		<b>*Butter</b>						
		<b>*Margarine</b>						
2509		<b>Cocktail sauce</b>						
584		<b>Catsup</b>						
10792		<b>Tartar sauce</b>						
8015		<b>Lemon juice</b>						
11144		<b>Salsa</b>						
		<b>Soy sauce</b>						
7379		Regular or unknown type						
2538		Reduced sodium						
		<b>*Other:</b>						

**68. Q. Do you eat tuna salad? \_\_\_\_\_ (1) NO \_\_\_\_\_ (2) YES**

Q. What kind of dressing was used?

Q. How much do you have?

Q. How often do you have it?

		<b>Tuna salad – made with:</b>						
210024		Mayonnaise - regular		CP				
210021		Mayonnaise – low fat		CP				
210022		Mayonnaise – low-fat/low sodium		CP				
210023		Mayonnaise/mayo type dressing – fat-free		CP				
5500		Mayo-type dressing – regular or unknown type of dressing		CP				
210025		Mayo-type dressing – low fat		CP				

*Note: if unknown whether mayonnaise or mayo-type dressing is used in tuna salad, code as regular mayo-type dressing.*

Food ID	✓	Item Description	Comments	Serving Size Amount	Freq	Unit	Prep Code	Fat Code
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69. Q. Do you eat any other canned fish including tuna, sardines, herring, or salmon?

\_\_\_\_\_ (1) NO \_\_\_\_\_ (2) YES

Q. How much do you have?

Q. How often?

		Tuna:						
9647		Oil packed, regular		CP	CAN			
9651		Oil packed, low-sodium		CP	CAN			
9655		Water packed, regular		CP	CAN			
9658		Water packed, low-sodium		CP	CAN			
		Canned fish:						
9459		Sardines (MD = 3" sardine)		CAN	MD			
9178		Herring		CAN	MD			
5793		Gefilte fish		PC	OZ			
9109		Crabmeat (MDC = medium can)		CP	OZ MDC			
9452		Salmon (MDC = medium can)		CP	MDC			
9087		Caviar			TB			
9053		Anchovies (EA = 1 filet)		EA	CAN			

Note: For tuna, CAN = 6 ounce can.  
For sardines, CAN = 3 ¾ ounce can.  
For herring, CAN = 3 ¾ ounce can

For salmon, MDC = 6 ¼ ounce can.  
For anchovies, CAN = 2 ounce can.

## VEGETABLES

### Salads

70. Q. Do you eat lettuce or green leafy salads? \_\_\_\_\_ (1) NO \_\_\_\_\_ (2) YES

Q. What kind do you have?

Q. How much?

Q. How often?

3022		Iceberg or unknown		OZ	WDG CP			
2999		Endive, escarole		OZ	CP			
31703		Mixed greens		OZ	CP			
3023		Boston, bibb, butterhead		OZ	CP			
7483		Red leaf		OZ	CP			
3024		Romaine; green leaf lettuce		OZ	CP			
7727		Watercress		OZ	CP			
3112		Spinach, raw		OZ	CP			
		*Fast food salads:						

Note: WDG = 1/8 average head.

Food ID	✓	Item Description	Comments	Serving Size Amount	Freq	Unit	Prep Code	Fat Code
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71. Q. Do you use salad dressing on your salads? \_\_\_\_ (1) NO \_\_\_\_ (2) YES

Q. What kind do you use?

Q. How much?

Q. How often?

		Regular:						
11285		Blue cheese and all other cheese dressings		TB				
6905		Buttermilk		TB				
22587		Honey mustard dressing		TB				
905		French		TB				
918		Italian		TB				
19432		Russian		TB				
960		Thousand Island		TB				
6905		All other creamy types		TB				
918		All other clear types		TB				
		<b>Homemade/mixes:</b> (Fat source unknown)						
6972		Creamy type; unknown type of creamy dressing		TB			APFI	
6965		Clear type (oil and vinegar); unknown type of clear dressing		TB			APFI	
6907		Ranch		TB				
		<b>Low fat:</b>						
898		Blue cheese and all other cheese dressings		TB				
16034		French		TB				
924		Italian		TB				
964		Thousand Island		TB				
6906		Ranch, Buttermilk		TB				
		<b>Fat-free:</b>						
28113		Creamy		TB				
28124		Clear		TB				
28122		Honey mustard		TB				
28125		Russian		TB				
		<b>*Other</b>						

Note: If amount of dressing is unknown, code 1 TB of appropriate dressing per 1 cup of salad.

Food ID	✓	Item Description	Comments	Serving Size Amount	Freq	Unit	Prep Code	Fat Code
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72. Q. Do you add bacon bits, croutons, lemon juice, or other items to your salads?

\_\_\_\_\_ (1) NO \_\_\_\_\_ (2) YES

Q. How often?

2285		Bacon-like bits (e.g. Bacos)						
2279		Real bacon bits						
31967		Croutons						
8015		Lemon juice						
3272		Parmesan cheese, grated						
3208		Blue cheese						
2230		Sunflower seeds						
2144		Almond pieces						
5324		Raisins						
		*Other						

Note: do not report bacon-like bits already reported under Meat Substitutes in Question 40 or bacon reported in Question 51.

### Fresh/frozen/canned vegetables

\*73. Q. Do you eat vegetables? \_\_\_\_\_ (1) NO \_\_\_\_\_ (2) YES (Cue card)

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

Q. How much do you have?

Q. How are they prepared?

		<b>Artichokes:</b> (HRT = 1 heart)						
7229		Cooked from fresh		HRT	CP			
25610		Canned		HRT	CP			
17318		Marinated		HRT	CP			
		<b>Asparagus:</b> (SPR = approx. 5")						
2875		Cooked from fresh/frozen		SPR	CP			
7231		Canned			CP			
4971		<b>Avocado</b> (SM = California – black skin; LG = Florida – green skin); TB = mashed		SM	LG TB			
		<b>Beans:</b>						
		<b>Green beans:</b> Note: Models = ½ cup and 1 cup)						
2895		Cooked from fresh/frozen			CP			
7284		Canned			CP			
		<b>Lima beans, butter beans:</b>						
2905		Cooked from fresh/frozen			CP			
7290		Canned			CP			

Food ID	✓	Item Description	Comments	Serving Size Amount	Freq	Unit	Prep Code	Fat Code
		<b>Wax/yellow beans:</b>						
2934		Cooked from fresh/frozen		CP				
7307		Canned		CP				
		<b>Beets:</b> (EA = 2" diam.) CP = sliced						
2941		Cooked from fresh/frozen		EA CP				
7320		Canned		SL CP				
7322		Pickled		EA SL				
		<b>Broccoli:</b> (SPR = 1 spear)						
2950		Raw		SPR CP				
2952		Cooked from fresh/frozen		SPR CP				
7330		Batter dipped or breaded		CP			APFC	
		<b>Broccoli:</b>						
22045		Raw		CP				
22048		Cooked from fresh/frozen		CP				
22093		Batter dipped or breaded		CP			APFC	
		<b>Brussels sprouts</b> (SPT = 1 sprout)						
2955		Cooked from fresh/frozen		SPT CP				
13922		Batter dipped or breaded		SPT CP			APFC	
		<b>Cabbage:</b>						
2957		Raw		CP				
2958		Cooked		CP				
5412		Coleslaw (w/mayo-type dressing)		CP				
5416		Coleslaw (w/vinaigrette)		CP			APFI	
		<b>Carrots:</b>						
2963		Raw PC = 1 stick 3" long CP = sliced; MD = 1 whole		PC MD CP				
210034		Raw, baby carrots EA = med. baby carrot		CP EA				
2965		Cooked from fresh/ frozen CP = sliced		CP				
7396		Canned		CP				
		<b>Cauliflower:</b>						
2971		Raw		CP				
2973		Cooked from fresh/frozen		CP				
7405		Batter dipped or breaded		CP			APFC	
		<b>Celery:</b>						
2975		Raw (STK = stick 4" long; MD = medium stalk 7 1/2" long)		STK MD CP				
2976		Cooked		CP				
		<b>Corn:</b>						
7420		Cob (MD = 7" ear)		MD				
7423		Kernel, cooked from fresh/frozen		CP				
2991		Kernel, canned		CP				
7424		Cream-style		CP				

Food ID	✓	Item Description	Comments	Serving Size Amount	Freq	Unit	Prep Code	Fat Code
7449		<b>Cucumber</b> CP = chopped		SL MD CP CP				
		<b>Eggplant:</b>						
7457		Cooked						
7458		Batter dipped or breaded (SL = 3" diam. X 1/2")		SL CP			APFC	
		<b>Greens:</b>						
2982		Collard						
3012		Kale						
3173		Turnip, mustard						
2947		Beet greens						
2978		Swiss chard						
3009		<b>Jicama, raw</b> (STK = stick 4" long; SL = slice 1/8" thick)		SL CP STK				
3018		<b>Leeks</b>						
		<b>Mixed vegetables:</b>						
15170		Broccoli, cauliflower, carrots; cooked from fresh/frozen						
		Corn, lima beans, peas, carrots:						
7488		Cooked from fresh/frozen						
7487		Canned						
		<b>Mushrooms:</b>						
3032		Raw, fresh		MD CP				
3033		Cooked from fresh/frozen						
7520		Canned						
7522		Batter dipped or breaded		MD CP			APFC	
		<b>Okra:</b>						
3040		Cooked						
7528		Batter dipped or breaded		PC CP			APFC	
		<b>Olives:</b> CP – contains whole olives						
593		Black (ripe)		CP MD				
592		Green		CP MD				
		<b>Onions, fresh:</b> CP = chopped						
7533		Raw: chopped, sliced (SL = 1 slice 1/8" thick)		SL CP				
3043		Cooked						
3107		Scallions		MD CP				
13937		Fried onion rings (MD = med. slice 2-3" diam.)		MD CP			APFC	
		<b>Asian vegetables:</b>						
2880		Bamboo shoots, canned						
7413		Mixed Chinese vegetables, canned						
3182		Water chestnuts, canned						
3048		<b>Parsnips, cooked</b> CP = sliced						
		<b>Peas, green:</b>						

Food ID	✓	Item Description	Comments	Serving Size Amount	Freq	Unit	Prep Code	Fat Code
3058		Cooked from fresh/frozen		CP				
7546		Canned		CP				
		<b>Pea pods/snow peas:</b>						
7550		Raw		CP				
3064		Cooked from fresh/frozen		CP				
		<b>Peas/carrots:</b>						
7501		Cooked from fresh/frozen		CP				
7502		Canned		CP				
		<b>Peppers:</b>						
		<b>Green</b>						
3069		Raw		CP				
3070		Cooked		CP				
		<b>Red:</b>						
7556		Raw		CP				
7557		Cooked		CP				
		<b>Yellow:</b>						
22698		Raw		CP				
29767		Cooked		CP				
		<b>Pickles:</b> CP = chopped						
597		Dill		SPR CP				
595		Sweet (MD = 2 3/4" long)		CP SL MD				
5648		Relish		PKT TB				
		<b>Plantains:</b> CP = sliced						
5290		Boiled or baked		CP				
15557		Batter dipped or breaded, fried		CP			APFC	
7607		<b>Radish, raw</b>		EA				
3104		<b>Rutabagas, cooked</b> CP = diced		CP				
11377		<b>Sauerkraut, canned</b>		CP				
11378		<b>Seaweed, dried</b> (SHE = 1 sheet)		SHE				
		<b>Sprouts, fresh:</b>						
3119		Alfalfa		CP				
7623		Soybean		CP				
		<b>Spinach:</b>						
3114		Cooked from fresh/frozen		CP				
7617		Canned		CP				
7620		Creamed		CP				
		<b>Squash:</b>						
3147		Summer, raw or cooked from fresh/frozen (zucchini, yellow squash) CP = sliced		CP				
7635		Summer, batter dipped or breaded		CP			APFC	



Food ID	✓	Item Description	Comments	Serving Size Amount	Freq	Unit	Prep Code	Fat Code
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\*74. Q. Do you add any of these items to your vegetables? \_\_\_\_\_ (1) NO \_\_\_\_\_ (2) YES  
(Cue card)

Q. To which foods do you add these items?

		*Butter						
		*Margarine						
584		Catsup						
		Soy sauce:						
7379		Regular or unknown type						
2538		Reduced sodium						
2285		Bacon-like bits (e.g. Bacos)						
2279		Real Bacon bits						
2525		Hollandaise					APFI	
1637		Gravy						
7342		Cheese sauce					APFI	
7436		White sauce						
8015		Lemon juice						
11144		Salsa						
1184		Oil/flavored oil						
		*Other:						

Note: do not report bacon-like bits already reported under Meat Substitutes in Question 40 or bacon reported in Question 51.

\*75. Q. Do you eat potatoes? Include any French fries or baked potatoes eaten at home or at places such as McDonald's, Wendy's, or Arby's. \_\_\_\_\_ (1) NO \_\_\_\_\_ (2) YES (Cue card)

Q. What kind do you have?

Q. How much do you have?

Q. How often?

		<b>Baked, boiled:</b> (MD = 2 ¼ - 3" diameter) CP = chopped						
3075		w/skin		MD	CP			
7581		w/o skin		MD	CP			
7592		<b>French fried</b> (MD = 1 fry; CP = 14 MD; WDG = 1 steak cut) Note: Models = 1 CP and 1 ½ CP		MD	CP WDG		APFC	
		<b>*Fast food French fries:</b> Ascertain size of order						
3090		<b>Hash browned</b>			CP		APFC	
3088		<b>Other pan fried</b>			CP		APFC	
3082		<b>Mashed</b> Note: Models = ½ CP and 1 CP			CP		APFI	
7600		<b>Scalloped</b>			CP		APFI	

Food ID	✓	Item Description	Comments	Serving Size Amount	Freq	Unit	Prep Code	Fat Code
7585		<b>Au gratin</b>		CP			APFI	
7604		<b>Potato skins, fried</b>		CP				
		<b>Canned:</b> CP = whole pieces						
7584		regular		EA CP				
3080		low-sodium		EA CP				

\*76. Q. Do you add any of these items to your potatoes? \_\_\_\_\_ (1) NO \_\_\_\_\_ (2) YES  
(Cue card)

Q. To which potatoes do you add these items?

		<b>*Butter</b>						
		<b>*Margarine</b>						
		<b>Sour cream:</b>						
874		Regular or unknown type						
11822		Low-fat						
25615		Fat-free						
23939		<b>Yogurt</b>						
584		<b>Catsup</b>						
		<b>Soy sauce</b>						
7379		Regular or unknown type						
2538		Reduced sodium						
2285		<b>Bacon-like bits (e.g., Bacos)</b>						
2279		<b>Real bacon bits</b>						
2525		<b>Hollandaise</b>					APFI	
1637		<b>Gravy</b>						
7342		<b>Cheese sauce</b>					APFI	
7436		<b>White sauce</b>						
11144		<b>Salsa</b>						
		<b>*Other:</b>						

Note: do not report bacon-like bits already reported under Meat Substitutes in Question 40 or bacon reported in Question 51.

Food ID	✓	Item Description	Comments	Serving Size Amount	Freq	Unit	Prep Code	Fat Code
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77. Q. Do you eat potato salad? \_\_\_\_\_ (1) NO \_\_\_\_\_ (2) YES

Q. What kind of dressing is used?

Q. How much?

Q. How often?

		Potato salad – made with:						
210029		Mayonnaise - regular		CP				
210026		Mayonnaise – low fat		CP				
210027		Mayonnaise – low-fat/low sodium		CP				
210028		Mayonnaise/mayo type dressing – fat-free		CP				
5472		Mayo-type dressing – regular or unknown type of dressing		CP				
210030		Mayo-type dressing – low fat		CP				
5474		Oil-type dressing (German)		CP			APFI	

Note: if unknown whether mayonnaise or mayo-type dressing is used in potato salad, code as regular mayo-type dressing.

## DESSERTS

**Mark Track on CD**

\*78. Q. Do you eat any cake, cheesecake, pie, cream puffs, éclairs, poptarts, or snack cakes, including fast food desserts? \_\_\_\_\_ (1) NO \_\_\_\_\_ (2) YES (Cue card)

Q. What kind?

Q. How often?

		Cakes:						
4478		Chocolate, regular or unknown		MOD CI				
22102		Chocolate, light		MOD CI				
4590		Yellow/white/unknown type, regular or unknown if light		MOD CI				
22110		Yellow/white/unknown type, light		MOD CI				
4526		Pound cake		CI			APFI	
22601		Angel food		CI				
12882		Cheesecake (includes crust)		CI				
22588		Fruitcake		CI				
		Carrot:						
4460		Scratch		CI			APFI	
4457		Commercial or mix or unknown type		CI				

Note: Code sponge cake as yellow/white cake

Note: 1 slice of two layer wedge: 8.4 CI = 1/12 of 9" cake – MOD without frosting

1 slice of loaf cake 5.63 CI (1/2 inch thick)

1 slice of sheet cake 9.0 CI (3 x 3 x 1 inch)

1 cupcake: 4.71 CI (2 x 1 1/2 inch)

Note: Determine CI of cake without frosting.





Food ID	✓	Item Description	Comments	Serving Size Amount	Freq	Unit	Prep Code	Fat Code
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**\*82. Q. Do you eat any cookies, brownies, biscotti, or cereal or granola bars? (Cue card)**

\_\_\_\_\_ (1) NO \_\_\_\_\_ (2) YES

Q. How many do you have?

Q. How often?

10125		<b>Brownies</b> , chocolate; commercial or homemade (EA = 2x2")		CI EA			APFI	
719		<b>Chocolate chip cookie</b>		SMOD LMOD			APFI	
726		<b>Fig bar</b>		EA				
749		<b>Oatmeal cookie</b>		SMOD LMOD			APFI	
777		<b>Sugar cookie</b>		SMOD LMOD			APFI	
12751		<b>Sandwich cookie with filling</b>		MD				
27429		<b>Biscotti</b>		EA			APFI	
		<b>Granola bars:</b>						
9290		Regular		BAR				
28211		Low fat		BAR				
28214		<b>Cereal bars</b>		BAR				
		<b>*Other:</b>						
		<b>*Brand/type:</b>						
		<b>*Fast Food cookies:</b>						

Note: SMOD = small cookie model (2" diam.); LMOD = large cookie model (4" diam.).

Food ID	✓	Item Description	Comments	Serving Size Amount	Freq	Unit	Prep Code	Fat Code
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### NUTS AND SEEDS

83. Q. Do you eat any nuts or seeds? Include any trail mix, nuts, or any peanut butter that you have not already reported. \_\_\_\_\_ (1) NO \_\_\_\_\_ (2) YES

Q. Salted or unsalted?

Q. How much do you have?

Q. How often?

		Salted:						
2144		Almonds		TB	CP			
2159		Cashews		TB	CP			
2184		Macadamia nuts		TB	CP			
2188		Mixed nuts		TB	CP			
2199		Peanuts - shelled		TB	CP			
2210		Pecans - halves		TB	CP			
2926		Soy nuts		TB	CP			
2230		Sunflower seeds - shelled		TB	CP			
11156		Pine nuts		TB	CP			
7721		Pistachio nuts - shelled		TB	CP			
2219		Pumpkin seeds		TB	CP			
2236		Trail mix		TB	CP			
2203		Peanut butter – regular or unknown type			TB			
23225		Peanut butter – reduced fat			TB			
2149		Almond butter			TB			
		<b>Unsalted:</b>						
2145		Almonds		TB	CP			
2160		Cashews		TB	CP			
2185		Macadamia nuts		TB	CP			
2189		Mixed nuts		TB	CP			
2200		Peanuts – shelled		TB	CP			
2211		Pecans – halves		TB	CP			
2237		Walnuts – halves		TB	CP			
2222		Sesame seeds		TB	CP			
2231		Sunflower seeds - shelled		TB	CP			
2220		Pumpkin seeds		TB	CP			
2204		Peanut butter			TB			
2150		Almond butter			TB			
17301		Sesame butter (tahini)			TB			
2168		<b>Coconut meat – fresh (shredded)</b>		TB	CP			
		<b>*Other:</b>						

Note: If unknown if salted, code as salted.

Note: 1 cup sunflower seeds in shell = 1/3 cup shelled.

1 cup peanuts in shell = 1/4 cup shelled

Pistachio nuts in the shell – deduct 50% for refuse

Food ID	✓	Item Description	Comments	Serving Size Amount	Freq	Unit	Prep Code	Fat Code
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### SNACK FOODS

**\*84. Q. Do you eat snack foods, including chips or hard or soft pretzels? Include any potato, corn, or tortilla chips and other snacks on this list.**

\_\_\_\_\_ (1) NO \_\_\_\_\_ (2) YES (Cue card)

Q. Salted or unsalted?

Q. How much do you have?

Q. How often?

		<b>Potato chips:</b>						
9266		Salted or unknown type		OZ CP				
9267		Unsalted		OZ CP				
26298		Light		OZ CP				
32476		Fat-free		OZ CP				
		<b>Tortilla chips:</b>						
9275		Salted or unknown type		OZ CP				
9276		Unsalted		OZ CP				
22579		Light, baked, salted		OZ CP				
22580		Light, baked, unsalted		OZ CP				
9263		<b>Corn chips</b>		OZ CP				
		<b>Hard Pretzels:</b> (MD = 3 1/4"; ROD = 7 1/2" long; DUT = Dutch = 2 3/4 x 2 5/8")						
9318		Salted or unknown if salted		CP MD DUT ROD				
9321		Unsalted		CP MD DUT ROD				
		<b>Soft pretzels:</b>						
9324		Salted or unknown if salted		MD				
9325		Unsalted		MD				
12197		<b>Cheese balls, puffs or twists</b>		OZ CP				
5937		<b>Nachos w/cheese sauce</b> (includes cheese sauce)		CP				
9316		<b>Pork rinds</b>		OZ CP				
9244		<b>Cereal mix/Chex mix</b>		CP				
27313		<b>Popcorn cakes</b>		SM REG				
10631		<b>Rice cakes</b>		SM REG				
6381		<b>Beef jerky:</b> (PC = 8 1/2" x 1" x 1/8" strip; STK = 1/4" diam. x 3")		PC STK				
		<b>*Other:</b>						
		<b>*Brand/type known:</b>						

Note: For Aunt Annie's type pretzels – code as MD soft pretzel; probe for toppings or sauces

Note: If unknown if snacks are salted, code as salted

Note: If unknown if snacks are regular, reduced fat, or fat-free, code as regular









Food ID	✓	Item Description	Comments	Serving Size Amount	Freq	Unit	Prep Code	Fat Code
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		<b>Whipped cream:</b>						
885		Dairy						
884		Non-dairy, regular, or unknown type						
17072		Non-dairy, light						
28807		Non-dairy, fat free						
2813		<b>Sugar</b>						
		<b>Artificial sweetener:</b>						
4286		Aspartame (NutraSweet – blue pkg.)						
4287		Saccharin (Sweet & Low – pink pkg.) or unknown type of sweetener						
108101		Sucralose (Splenda – yellow pkg.)						
8015		<b>Lemon juice</b>						
2801		<b>Honey</b>						
		<b>Cocoa Powder:</b>						
4648		Cocoa powder w/sugar, or unknown if sweetened or unknown type of sweetening						
11155		Cocoa powder w/o sugar, or w/artificial sweetener						
		<b>*Other:</b>						

93. Q. Do you drink coke, soda, pop, tap water or bottled water? \_\_\_\_\_ (1) NO \_\_\_\_\_ (2) YES  
 Q. How much do you have?  
 Q. How often?

		<b>Colas:</b>						
231		Regular (include Mello Yello, Mountain Dew)		BOT	CAN FO			
8205		Low calorie/diet		BOT	CAN FO			
		<b>Caffeine-free colas:</b>						
232		Regular		BOT	CAN FO			
8209		Low calorie/diet		BOT	CAN FO			
235		Sodium free, low calorie/diet		BOT	CAN FO			
		<b>Noncolas:</b>						
236		Regular: citrus, tonic water, ginger ale type, etc.		BOT	CAN FO			
8214		Low calorie/diet: citrus, tonic water, ginger ale type, etc.		BOT	CAN FO			
243		Club soda/soda water/seltzer/mineral water		BOT	CAN FO			
238		Sodium-free, sugar free/diet		BOT	CAN FO			
8222		Fruit-flavored, regular		BOT	CAN FO			



Food ID	✓	Item Description	Comments	Serving Size Amount	Freq	Unit	Prep Code	Fat Code
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**\*95. Q. Do you drink smoothies or similar drinks made with yogurt, milk, fruit, or fruit juice?**

\_\_\_\_\_ (1) NO \_\_\_\_\_ (2) YES (Cue card)

Q. How much do you have?

Q. How often?

107886		Yogurt or milk and fruit drink, regular or unknown type		FO CP				
107887		Yogurt or milk and fruit drink, regular, artificially sweetened		FO CP				
12120		Yogurt or milk and fruit drink, non-fat		FO CP				
107889		Yogurt or milk and fruit drink, non-fat, artificially sweetened		FO CP				
210055		Non-dairy yogurt and fruit smoothie		FO CP				
210056		Soy milk and fruit smoothie		FO CP				
210057		Rice milk and fruit smoothie		FO CP				
210058		High protein smoothie		FO CP				
210059		Juice or fruit-based smoothie		FO CP				
		<b>*Brand/type:</b>						
		<b>*Other – ascertain ingredients</b>						

*Note: do not record smoothies or smoothie ingredients that may have been reported in other food groups, such as dairy, fruit, etc.*

Food ID	✓	Item Description	Comments	Serving Size Amount	Freq	Unit	Prep Code	Fat Code
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### ALCOHOL

96. Q. Do you drink beer? \_\_\_\_\_ (1) NO \_\_\_\_\_ (2) YES  
 Q. How much do you have?  
 Q. How often?  
 Q. How often during the month do you drink more than this amount? \_\_\_\_\_  
 How much more? \_\_\_\_\_

149		Regular or unknown type		BOT CAN FO				
150		Low calorie (light)		BOT CAN FO				
7730		Low alcohol		BOT CAN FO				
7731		Nonalcoholic		BOT CAN FO				
		*Other:						

Note: Can = 12 FO; bottle = 12 FO.

97. Q. Do you drink wine? \_\_\_\_\_ (1) NO \_\_\_\_\_ (2) YES  
 Q. How much do you have?  
 Q. How often?  
 Q. How often during the month do you drink more than this amount? \_\_\_\_\_  
 How much more? \_\_\_\_\_

147		Red		FO				
103901		Rose		FO				
103900		White		FO				
148		Sweet dessert		FO				
103902		Dry dessert		FO				
8276		Non-alcoholic		FO				
123		Cooler (bottled)		FO				
8306		Spritzer (wine mixed with club soda)		FO				
		*Other/type if known:						

Note: Code low-calorie wine as 1/2 the amount reported.  
 Note: One bottle wine (750 ml.) = 25 FO

Food ID	✓	Item Description	Comments	Serving Size Amount	Freq	Unit	Prep Code	Fat Code
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98. Q. Do you drink liqueurs, mixed drinks, cocktails, or liquor? \_\_\_\_ (1) NO \_\_\_\_ (2) YES  
 Q. How much do you have?  
 Q. How often?  
 Q. How often during the month do you drink more than this amount? \_\_\_\_  
 How much more? \_\_\_\_

		<b>Liqueurs/cordials:</b>						
187		Coffee, chocolate		FO				
188		Irish cream		FO				
189		Unknown type		FO				
		<b>*Other:</b>						
8177		<b>Brandy, flavored</b>		FO				
		<b>*Mixed drinks/cocktails:</b>						
		<b>Liquor:</b>						
8194		Vodka		FO				
8180		Gin		FO				
8183		Rum		FO				
8197		Whiskey		FO				
8174		Bourbon		FO				
		<b>*Mixers</b> (not reported in Question 93):						
		<b>*Other:</b>						

Note: Ascertain any mixers used in drinks.  
 Note: Standard shot = 1.5 FO.



Food ID	✓	Item Description	Comments	Serving Size Amount	Freq	Unit	Prep Code	Fat Code
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**\*101. Given the meal pattern you gave me at the start of this interview, how well do you feel this history represents your usual intake?** (Chose one response only)

(REVIEW PATTERN FROM Q.1 AND HAND PARTICIPANT CUE CARD.)

- (1) Very well  
 (2) Well  
 (3) Fair  
 (4) Poor  
 (5) Not at all

**102. Did anything occur last month that caused you to significantly alter your diet?**

- (1) No  
 (2) Yes

102a. If YES, what occurred? (Chose one response only)

- (1) Vacation  
 (2) Illness  
 (3) Frequent business travel  
 (4) Weight loss/special diet  
 (5) Other

Ending Time:   :    AM  PM

**Post Interview (To be completed by Nutritionist):**

103. How well do you think the participant was able to recall dietary information? (Chose one response only)

- (1) Excellent  
 (2) Good  
 (3) Fair  
 (4) Poor

104. When asked, the participant was able to provide:

- (1) General information  
 (2) Specific information

Interviewer's code number: \_\_\_\_\_

Cross-checked by: \_\_\_\_\_

**This form is:**

- (1) Complete  
 (2) Incomplete

Food ID	✓	Item Description	Comments	Serving Size Amount	Freq	Unit	Prep Code	Fat Code
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## CARDIA DIET HISTORY FORM COMPLETION CHECKLIST

- \_\_\_\_\_ Is the bar code identifier on the form?
- \_\_\_\_\_ Is the time the interview started and ended recorded?
- \_\_\_\_\_ Is there an answer recorded for each question in Part I: Dietary Practices?
- \_\_\_\_\_ Is there a check mark in the Select column for each food item reported by the participant?
- \_\_\_\_\_ Is there a check mark next to “NO” or “YES” for each food group and/or subgroup Part II: Quantitated Food Frequency?
- \_\_\_\_\_ Is all information recorded in the comments column recorded in the appropriate place on the form?
- \_\_\_\_\_ Is all information recorded on the Diet History Floating Sheet addressed at some point on the form?
- \_\_\_\_\_ Is the serving size and amount recorded for all food items reported by the participant?
- \_\_\_\_\_ Are all serving sizes converted to and reported in “legal” serving units?
- \_\_\_\_\_ Are both serving size and amount circled for each food reported by the participant?
- \_\_\_\_\_ Is the number of times recorded in the “Freq” column and the frequency unit (D, V, M) recorded in the “Unit” column for each food item reported by the participant?
- \_\_\_\_\_ Have the frequencies for additions been calculated from the serving size amount and the frequencies of food items to which they are added?
- \_\_\_\_\_ Are all applicable prep codes recorded?
- \_\_\_\_\_ Are all applicable fat codes recorded?
- \_\_\_\_\_ Are codes for food items identified by brand name recorded on the form?
- \_\_\_\_\_ Are codes for food items marked with an asterisk recorded on the form?
- \_\_\_\_\_ Have the questions assessing the interview been completed?
- \_\_\_\_\_ Is there a checkmark next to Complete or Incomplete at the end of the form?
- \_\_\_\_\_ Has the form been checked by another nutritionist for completeness?

