

FOOD INSTRUCTION BOOKLET

INSTRUCTIONS FOR DESCRIBING AND GIVING AMOUNTS OF THE FOODS AND BEVERAGES YOU ATE

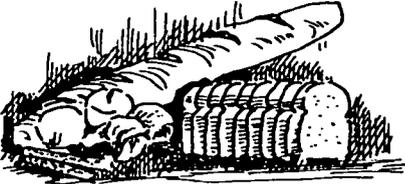
Foods and beverages are obtained and served in many ways. To know how people eat, we need specific information about such things as the kind of food or drink consumed, the form in which it was purchased, or if it was homemade. We also need information on how it was cooked or prepared and the amount you ate. In describing specific food items, brand names are often helpful. You may include them as part of your description. One, 1/2, 1/3, and 1/4 cup measures are provided for you to use in estimating amounts eaten. Measuring spoons are for small amounts and the ruler for dimensions. Report only the amount you actually ate or drank. The chart below is to guide you in giving the information we need.

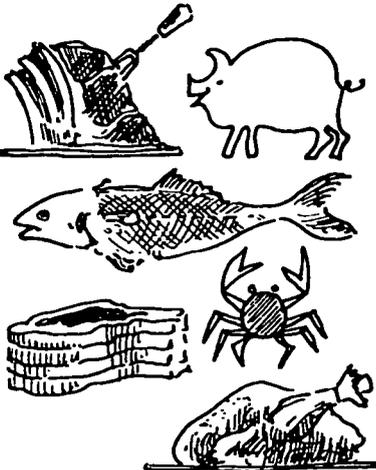
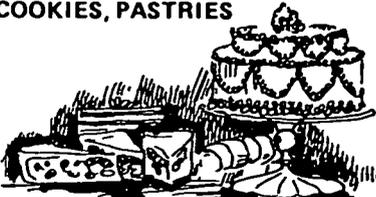
(Q.4)	(Q.5)	(Q.6)
BEVERAGES	DESCRIPTION	AMOUNT
<p>COFFEE, TEA</p> 	<p>Ground or instant? Decaffeinated? Black? Sugar/sugar substitute? Cream/milk? Non-dairy substitute? Powdered or liquid? List these additions on separate lines. Brand names of these additions.</p>	<p>How much does your cup, mug, or glass hold?</p>
<p>JUICES, DRINKS, SODAS</p> 	<p>Kind? Is it fruit juice, nectar, drink, or what? Flavor? Made from powdered mix or frozen concentrate? Brand name? Low-calorie? Cola type? Added vitamin C, etc.? Carbonated?</p>	<p>One measuring cup equals 8 fluid ounces.</p>
<p>ALCOHOLIC DRINKS</p> 	<p>Kind of drink? If mixed, name of drink? What was it mixed with?</p>	<p>Report as portion of a measuring cup, or in amount on container.</p>
<p>MILK, MILK DRINKS, SHAKES, YOGURT</p> 	<p>Kind? Whole, low fat or percent fat, skim? Fresh, canned (diluted or not), made from dry milk, chocolate-flavored mixture? Brand?</p>	

(Q.4)	(Q.5)	(Q.6)
FOOD OR BEVERAGES	DESCRIPTION	AMOUNT
BABY FOODS 	Kind? Brand? Main ingredients? For dry cereals, list liquid used to mix on a separate line. Baby or junior?	Give weight of jar or container and proportion eaten. For dry cereal report number of level tablespoons used
BABY FORMULA 	Ready-to-use, ready-to-feed, or home prepared? Brand name? List ingredients of home prepared on separate lines. Liquid or dry concentrate? Iron fortified? Milk, soy, meat base?	Give in fluid ounces for each feeding. Give amounts of ingredients in home-prepared formulas
BREAST FED	List as breast fed each time nursed	No amount needed

CEREALS 	Kind? Ready-to-eat? Brand name? Sugar-coated? If hot cereal, instant, quick, or regular cooking time?	Give in cup(s) or weight on individual packets and proportion you ate.
EGGS 	Fresh, dried, egg substitute (brand, frozen, dried, or liquid)? How was it prepared or cooked? Kind, if omelet?	Small, medium, large, extra-large? How many?
CHEESE 	Kind? Was it a spread? Was it natural, processed, imitation, low-fat type? Brand?	Number of slices, dimensions of pieces, cups or parts of a cup.

SPREADS, SAUCES, SWEETENERS, CREAM, BUTTER, MARGARINE, JELLIES, SYRUPS, DIPS, GRAVY, SUGAR, ETC. 	List any of the following items you ate on separate lines and give kind: butter and margarine (whipped, regular, diet, liquid, etc.), jams, sirups, cream (heavy, light, substitutes), sugar, artificial sweetener (brand), dips (main ingredient), relish, sauces, gravy, salad dressing (low-calorie or regular)	Report as number of level tablespoons, teaspoons, or portion of a cup. Report amount of individual packets, if used.
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(Q. 4)	(Q. 5)	(Q. 6)
FOOD	DESCRIPTION	AMOUNT
<p>BREADS, ROLLS, BISCUITS, QUICK BREADS</p> 	<p>Kind of bread (white, whole wheat, rye, raisin, etc.)? Toasted? Special type such as diet, high fiber, Italian, etc.? Enriched or not enriched? Kind of quick bread or muffins (cornbread, Boston brown-bread, blueberry muffins, etc.)? Made from home recipe?</p>	<p>Number of slices? Size of slices (thin, regular, large). Diameter and height of biscuits and muffins.</p>
<p>SANDWICHES, FILLINGS, LUNCHEON MEATS, FAST FOOD SANDWICHES, HAMBURGERS</p> 	<p>State that it is a sandwich and the kind. List the parts on separate lines and describe any meat, spread, bread, other fillings. State kind of luncheon meat or cheese. If purchased from fast food chain, give name of item and chain. Circle parts of the sandwich to indicate they are one unit.</p>	<p>Report fillings as portion of a cup or as level measuring spoon (tablespoon or teaspoon) when possible. Give number of slices and size of bread. Give weight or dimensions of luncheon meat or cheese.</p>
<p>VEGETABLES, FRUITS</p> 	<p>Kind? Was it fresh, canned, frozen, dried, or what? Was it served raw, baked, mashed, boiled, French fried? Did it have butter, cream sauce, or salad dressing, or what on it? If canned fruit, was it packed with heavy or light sirup, juice pack, low-calorie sweetener, water pack? Was peel eaten or uneaten?</p>	<p>Report in cups or part of a cup.</p> <p>Whole fruits or vegetables: give number, estimate diameter or if small, medium, large, or extra large.</p>
<p>SALAD</p> 	<p>Main items? Kind of salad dressing? Low-calorie or regular? Report main salad items on one line, salad dressing on a separate line if possible.</p>	<p>Report in cups or part of a cup. Report salad dressing in teaspoons (tsp.) or tablespoons (Tbs.) if possible.</p>
<p>MIXED DISHES: STEWS, CASSEROLES, SOUPS, ETC</p> 	<p>What was it (such as stew, casserole, soup, or other recipe)? Main items in it? Was it homemade? Brand name (canned, frozen, ready-to-eat)? For soups, was it prepared with water or milk/cream? Report mixed dish on one line.</p>	<p>Report as cup(s), part of a cup or give amount on individual package or can and proportion eaten.</p>

(Q.4)	(Q.5)	(Q.6)
FOOD	DESCRIPTION	AMOUNT
<p>MEAT, FISH, POULTRY</p> 	<p>Kind? What part or cut (rib eye steak, chicken thigh, pork loin chop, flounder fillet)? Is bone included in the amount? Was meat sliced, ground, chopped? Was it pickled, canned, frozen, dried, or what? Was it batter-dipped, flour-dipped or breaded? How was it cooked (baked, broiled, roasted, fried)? Did you eat poultry skin? Did you eat the fat and lean or just the lean? Did you have stuffing, sauce, gravy, etc.? If so, list on separate line.</p>	<p><u>Beef, veal, lamb, fish, pork:</u> If known, give RAW WEIGHT of portion you ate (such as 1/4 of a 1 pound package). For <u>cooked</u>, give dimensions (length, width, and thickness), and number of slices or pieces, or weight in ounces. <u>State whether raw or cooked weight.</u></p> <p><u>Poultry with bone:</u> Give size of part (small, medium, large), or portion of whole bird (such as leg quarter, 1/2 breast). <u>Poultry without bone:</u> Give as portion of cup, or give dimensions. <u>Shellfish:</u> Give size and number of pieces or give as portion of a cup.</p>
<p>FROZEN MEALS</p> 	<p>Was it labeled a dinner, breakfast, luncheon, or entree? Brand name? List foods included, each on a separate line. Draw circle around all items in frozen meal to indicate a unit.</p>	<p>Give package weight or tell if regular or extra large portions. Note for each food item if you ate all or what part you ate.</p>
<p>CAKE, PIES, COOKIES, PASTRIES</p> 	<p>Kind (such as chocolate fudge cake, blueberry pie, chocolate chip cookies, Danish pastry, etc.)? Made from home recipe? Iced or not iced? Kind of icing, topping, filling such as chocolate, lemon, etc.? Brand name? One or two crust pie? Number of layers for layer cake? Cupcakes?</p>	<p>For square or rectangle pieces, give dimensions. For round pieces, give diameter and thickness. For wedges, describe as a fraction of the pie or cake, giving diameter and height of the whole item, or give length, height and width at widest part of piece.</p>
<p>ICE CREAM, CANDY, DESERTS</p> 	<p>Kind (such as vanilla, chocolate, butter pecan ice cream or ice milk) (hardened or soft serve)? gelatin desserts, puddings (canned, homemade)? candies, etc.? Brand name of candy bars and other candy? Main ingredients of candy? Low-calorie or dietetic type?</p>	<p>Report as cup(s) or part of cup if possible. Give weight on package of individual items or count of pieces of candy, size of each piece.</p>
<p>CRACKERS, POPCORN, SNACKS</p> 	<p>Kind? Brand name? What was it made from? Any other main ingredients? Low salt? Sugared?</p>	<p>Count of pieces or weight from package and proportion you ate or as cup(s).</p>