

what we eat in
AMERICA

FOOD INSTRUCTION BOOKLET
Supplemental Children's Survey

Conducted for the United States Department of Agriculture
by Westat Inc., Rockville, MD

December 1997

Mention of a trade name does not constitute a guarantee or warranty of the products by the U.S. Department of Agriculture or an endorsement of the Department over other products not mentioned.

TABLE OF CONTENTS

	<u>Page</u>
BABY FOODS, FORMULAS, JUICES	1
Formulas	1
Breast Milk	2
Baby Cereal	2
Jarred (Not Dry) Baby Foods	3
Juice, Baby Food	3
 BEVERAGES, MILK, CREAM	 5
Coffee, Hot & Iced	5
Tea, Hot & Iced	5
Milk	6
Flavored Milks, Milk Drinks, Chocolate Milk, Hot Chocolate	6
Milk Shakes	7
Cream, Creamers, Cream Substitutes	8
Whipped Cream, Whipped Toppings	8
Orange Juice (100%)	8
Juices (100% Juice), Nectars	9
Fruit Flavored Drinks, Aides, Punches, Juice Drinks (Noncarbonated)	10
Sodas, Pop, Soft Drinks	10
Water, Carbonated Water	11
Nonalcoholic and Alcoholic Beer, Wine, Cocktails, Liquor	12
Powdered Breakfast Drinks, Meal Replacements, Protein Supplements	13
 BREADS, SWEET BREADS	 15
Bread (Not Sweet)	15
Rolls, Buns, Bagels, English Muffins	15
Biscuits	16
Tortillas	16
Bread or Rice Stuffing, Dressing	16
Dumplings	16
Cornbread, Corn Muffins, Corn Pone	17
Sweet Breads, Coffee Cakes, Sweet Rolls, Pastries, Muffins (not corn), Croissants, Toaster Strudel, Pop Tarts, Toaster Pastries	17
Pancakes/Flapjacks, Waffles	18
French Toast	18
Doughnuts	18
Breakfast Bars, Granola Bars, Meal Replacement Bars	18
 CANDY, SYRUPS, SWEETENERS	 19
Candy	19
Syrups, Pancake Syrup	19
Sugars	20
Low Calorie Sweeteners, Sugar Substitutes	20

TABLE OF CONTENTS (continued)

	<u>Page</u>
CEREALS, PASTA, RICE	21
Ready-to-Eat Cereals	21
Cooked Cereals	21
Pasta: Noodles, Macaroni	22
Rice	22
CHEESE, EGGS, YOGURT	23
Cheese	23
Cottage Cheese	23
Cream Cheese	23
Eggs, Egg Substitutes	24
Sour Cream	24
Yogurt	24
DESSERTS, ICE CREAM, FROZEN YOGURT	25
Cookies, Brownies	25
Cakes, Cupcakes, Snack Cakes	26
Pies, Tarts, Strudels, Turnovers	27
Cobblers, Crisps	28
Ice Cream, Ice Milk, Sherbet, Tofu Desserts, Frozen Dairy Desserts, Frozen Yogurt, Sundaes	28
Popsicles, Ices, Fruit Bars, Sorbets, Slurpees, Smoothies	29
Jello, Gelatin	29
Pudding	29
Pudding Pops	29
FRUITS, VEGETABLES	31
Fruits, Berries	31
White Potatoes	32
French Fries, Tater Tots	34
Sweet Potatoes	34
Vegetables, Dry Beans	35
Pickles	36
Olives	36

TABLE OF CONTENTS (continued)

	<u>Page</u>
MEAT, POULTRY, FISH, SHELLFISH	37
Beef, Lamb, Veal, Game Meats	37
Ham or Pork	38
Deli Meats, Packaged Lunch Meats, Meat Spreads, Potted Meat	39
Liver, Organ Meats	39
Bacon	40
Sausage	40
Jerky, Dried Meat	40
Poultry	42
Fish, Shellfish	44
PIZZA, TACOS, FROZEN MEALS	45
Pizza	45
Tacos, Burritos, Enchiladas, Fajitas, Quesadillas, Nachos	46
Frozen Meals, Frozen Main Dishes	47
MIXED DISHES, MACARONI AND CHEESE, SPAGHETTI WITH SAUCE	49
Mixed Dishes, Casseroles, Stews - Home Recipe (Recipe Known)	50
Mixed Dishes, Casseroles, Stews - Commercial, Restaurant, or Recipe Unknown	51
Macaroni and Cheese	52
Spaghetti, Spaghetti and Sauce, Spaghetti with Meatballs/Meat Sauce	54
SANDWICHES	55
Fast Food Sandwiches, Fast Food Breakfast Sandwiches	55
Bacon, Sausage, BLT Sandwiches	56
Beef, Ham, Pork, Chicken, Turkey, Vegetarian, Other Sandwiches	58
Egg, Egg Salad Sandwiches	60
Fish, Shellfish Sandwiches	62
Grilled Cheese Sandwiches	65
Hamburger on Bun	66
Hot Dogs	68
Peanut Butter Sandwiches, Peanut Butter and Jelly Sandwiches	69
SALADS, SOUPS	71
Green Salads	71
Other Salads	71
Soups	72

TABLE OF CONTENTS (continued)

	<u>Page</u>
SAUCES, GRAVIES	73
Gravy	73
Spaghetti Sauce	73
Sauces (other than spaghetti sauce)	73
Salsa, Taco Sauce	73
 SNACKS	 75
Chips, Puffs, Twists, Potato Sticks	75
Crackers	75
Dip	75
Popcorn	76
Pretzels, Breadsticks	76
Nuts, Seeds	76
 SPREADS, SALAD DRESSINGS, OIL	 77
Butter, Margarine, Spreads, Butter Replacements	77
Oil	77
Salad Dressings, Mayonnaise	77
Peanut Butter	77
Jam, Jelly, Fruit Spreads	77
Condiments	78

GENERAL INSTRUCTIONS

The Food Instruction Booklet (FIB) has been designed to work with the Intake Questionnaire. The first column on each page in the FIB (the Food/Drink Category) is where you will look for the category of the food item you recorded in the *Food/Drink and Additions* column of the Intake Questionnaire. The second column of the FIB contains the list of probes you will ask the SP about each food item. You will record the responses to these probes in the Q4 column (*Description of Food/Drink and Ingredient Amount*) of the Intake Questionnaire. The third column of the FIB contains additional probes you need to ask about the amount of the food item that the SP actually ate/drank. After asking Q5 (*How much of this (FOOD) did you actually (eat/drink)?*), you will record the answers to these probes in the Q5 column of the Intake Questionnaire.

WHEN TO USE THE FIB

Every food item recorded in the *Quick List* and subsequently transferred to the *Food/Drink and Additions* column of the Intake Questionnaire, as well as each addition recorded as a result of your probes, must be looked up in the FIB and every appropriate description and amount probe asked. You will record the answers to each probe in the Q4 and Q5 columns of the Intake Questionnaire.

HOW TO LOCATE A FOOD

You can locate a food item in the FIB by using the Table of Contents in the front or the Index in the back. The Table of Contents is divided into 16 major food groups. Each of the food groups corresponds to one of the tabbed sections of the FIB. The groups are in alphabetical order. Each of these groups is further divided into categories so that you can more easily find food items. The Index should be used when you are looking for a specific food item.

HOW TO READ THE FIB PROBES

The Q4 column contains a series of probes for each food item. These probes are preceded by bold headings called hangers. All probes in each category are attached to hangers.

Begin by asking the first probe preceded by a hanger to the far left (for most categories, this is KIND). Then proceed down the Q4 column until you have asked all applicable questions under the hangers.

Some hangers are preceded by the word IF. These are always decision points. You will only ask the indented questions within the IF series when the previous answers send you to the series.

The three dots (...) following a probe are to be read "or something else?"

HOW TO RECORD THE PROBE RESPONSES

Recording Descriptions -- You must record an answer to every probe asked in the Q4 column. Record either the respondent's answer or if the respondent does not know the answer, record DK followed by the hanger (e.g., if the respondent does not know the kind of juice, you will record "DK Kind"). When a hanger starts with IF and the respondent does not know the answer, you will sometimes need to record the response by using a word from the probe that describes the response (e.g., if the respondent does not know if the soda was decaffeinated or not decaffeinated, record "DK decaf"). "Don't know" is an acceptable answer that may be given by the respondent at any point during the interview.

There is one exception to this recording rule. Under the hanger TYPE, there are sometimes multiple probes. It is possible that the respondent knows the answers to all of these probes (record each response), to none of these probes (record "DK Type"), or to some of these probes. If the respondent knows some, but not all of the answers, record what he/she knows followed by "DK More" (i.e., in this case, you do not need to record a response to each probe under the hanger TYPE).

Bracketing -- Brackets are used in two different ways to record foods. The first way is used when recording additions to foods. Record an addition(s) to a food on a separate line in the *Food/Drink and Additions* column of the Intake questionnaire, below the original food. Then, bracket the food item with the addition(s), to the left of the *Food/Drink and Additions* column to show they were eaten together. An example of bracketing additions is shown below.

Q2 Time	Q3 Occ. (HAND- CARD I2)	Food/Drink and Additions	Q4 Description of Food/Drink and Ingredient Amount	Q5 How much of this (FOOD) did you actually (eat/drink)?
a p		1.		
a p		2.		

The second way is used when listing ingredients as part of the description of food items in column Q4, *Description of Food/Drink*. Ingredients should not be recorded on separate lines in the *Food/Drink and Additions* column, but instead should be recorded sequentially on one or more lines within the Q4 column. It is important that you bracket all the ingredients that are part of the same food item. Bracket the ingredients listed in column Q4 to the left of the column. The following food subcategories may have probes for ingredients as part of the description:

- | | | |
|----------------------------|---------------------|---------------------------------|
| Cakes (some home recipes) | Macaroni and Cheese | Scrambled eggs/omelets |
| Dips | Milkshakes | Spaghetti, w/sauce, w/meatballs |
| Frz Meals, Frz Main Dishes | Mixed Dishes | Soups |
| Gravy | Mixed Drinks | Sundaes (if already prepared) |
| Hamburger on Bun | Salads | Tacos, Burritos, Enchiladas, |
| Hot Dogs | Sandwiches | Fajitas |

An example of bracketing ingredients as part of a food description is shown on the following page.

The example below illustrates the correct method of bracketing ingredients.

Q2 Time	Q3 Occ. (HAND- CARD I2)	Food/Drink and Additions	Q4 Description of Food/Drink and Ingredient Amount	Q5 How much of this (FOOD) did you actually (eat/drink)?
a p		1.		
a p		2.		
a p		3.		
a p		4.		

You may need to use both types of brackets when recording a food. If a food has ingredients recorded in column Q4 (*Description of Food/Drink and Ingredient Amount*) and also has an addition recorded in the *Food/Drink and Additions* column, then bracket both the ingredients and the addition as shown below.

Q2 Time	Q3 Occ. (HAND- CARD I2)	Food/Drink and Additions	Q4 Description of Food/Drink and Ingredient Amount	Q5 How much of this (FOOD) did you actually (eat/drink)?
a p		1.		
a p		2.		
a p		3.		
a p		4.		
a p		5.		
a p		6.		

Recording Quantities -- The Q5 column of the FIB provides measures which you will use to record how much of each item in the *Food/Drink and Additions* column was eaten. After asking Q5, use the appropriate probes to obtain the required quantity information. The descriptive information that you have obtained in the Q4 column will often be used to guide you to the correct probes in the Q5 column. For example, when asking about bread, the Q5 probes depend on knowing whether or not the bread was presliced. If the bread was presliced, you will ask and record the number and size of the slices the SP actually ate. If the bread was not presliced, you will obtain the number of slices, shape, and dimensions.

The FIB specifies the following three ways to measure quantities of foods and beverages consumed:

Weight (weight ounce, pound) measures how heavy or dense a food is. Weight should only be used when the SP knows the weight from the package label, a menu, or a food weighing scale. When recording weight, follow the Q5 column probes to obtain the form of the food item since this will be required as part of the answer to Q5. For example, if the respondent reports the weight ounces of a porkchop, you will need to ask whether it was a raw or cooked weight, and whether the weight included the bone and/or included the fat.

Volume (fluid ounce, cup, tablespoon, teaspoon) measures how much space a food takes up. Fluid ounces should only be used for liquids. Cups, tablespoons, and teaspoons can be used to report both liquid and solid volumes. Always collect level cup, tablespoon, or teaspoon measures.

Size (small, medium, large, length, width, height) measures the physical dimensions or proportion of a food.

Notice that an *ounce* is a unit of measure that can be used to quantify either the weight or the volume of a food. Always specify the amount in ounces as either a *weight ounce* (WO) or a *fluid ounce* (FO) to distinguish between the weight of a food item and the volume of a food item.

ICONS

Throughout the FIB, icons are used to remind you that more detailed instruction for obtaining complete information about a food item is available in these General Instructions. The following explanations refer to the five icons used.



ADDITIONS: An ADDITION is any food item that is added by the SP or by someone else for the SP. For example, butter is an addition to toast if a child spreads it at the table and it is also an addition if the mother buttered the toast before she served it to the child.

The ADDITION question is always the last question in column Q4.

If after asking "Did you add anything to the (FOOD)?" the respondent looks puzzled or asks for clarification, you should say "Did you put anything on the food before you ate it?"

When a respondent reports an addition, record it on a separate line in the *Food/Drink and Additions* column. Continue to probe for more additions using "Anything else?" until the respondent has reported and you have recorded all of the additions. Then ask the amount the SP actually ate/drank (Q5) of the food item to which the addition(s) was made. Lastly, obtain descriptive detail (Q4) and quantity consumed (Q5) of each addition.

Following is an example for asking about and recording ADDITIONS.

1. The SP reported eating Cheerios. You have asked the probes and recorded the detail in the Q4 column of the Intake questionnaire. You then ask about additions: "Did you add anything to the Cheerios?"
2. The SP reports milk as an addition. You record the reported addition (milk) on the next line in the *Food/Drink and Additions* column, and ask "Anything else?" The SP says milk was the only addition.
3. You ask Q5 for Cheerios ("How much of these Cheerios did you actually eat?"), and record the response in the Q5 column of the Intake Questionnaire.
4. Locate milk in the FIB then ask Q4 (description) and Q5 (amount) for the milk.

The answers to the above example have been recorded below. Notice that the food items (Cheerios and milk) are bracketed to show that they were eaten together.

Q2 Time	Q3 Occ. (HAND- CARD I2)	Food/Drink and Additions	Q4 Description of Food/Drink and Ingredient Amount	Q5 How much of this (FOOD) did you actually (eat/drink)?
a p		1.		
a p		2.		



HOME RECIPES: A home recipe is a dish that was made from scratch or from more than one ingredient and not from a commercial mix alone. The following categories have specific probes about all ingredients in a home recipe:

- Milkshakes (page 7);
- Tacos, Burritos, Enchiladas, Fajitas, Quesadillas, Nachos (pages 46, 47);
- Mixed Dishes, Casseroles, Stews (pages 50, 51);
- Macaroni and Cheese (pages 52, 53); and
- Spaghetti, Spaghetti and Sauce, Spaghetti with Meatballs/Meat Sauce (page 54).

As the respondent reports the ingredients, you will record them in the Q4 column of the questionnaire and ask the probes specified in column Q4 of the FIB for each ingredient.

For three of the home recipe items (milkshakes, tacos, etc., and mixed dishes, etc.), you will also need to record the amount of each ingredient in the Q4 column of the questionnaire.

Since each recipe can contain many ingredients, feel free to use as many lines as you need for recording in the Q4 column. When you have completed recording all of the ingredients, bracket the home recipe to show that the ingredients were eaten together.

Once you have obtained all of the ingredients, go to the Q5 column and ask the probe for the total amount of the recipe that the SP actually ate/drank.



SANDWICHES: There are 9 sandwich categories in the FIB:

- Fast Food Sandwiches (page 55);
- Bacon, Sausage, BLT (page 56);
- Beef, Ham, Pork, Chicken, Turkey, Vegetarian (page 58);
- Eggs (page 60);
- Fish (page 62);
- Grilled Cheese (page 65);
- Hamburger on Bun (page 66);
- Hot Dog (page 68); and
- Peanut Butter Sandwich (page 69).

The first category (Fast Food Sandwiches) includes only sandwiches purchased at the following fast food places: Arby's, Burger King, Hardees, Jack-in-the-Box, Kentucky Fried Chicken, McDonalds, Roy Rogers, White Castle, and Wendy's. If the sandwich is from one of these places, you need only get the name of the sandwich and any changes made to the standard item (deletions or additions).

If the sandwich is not a fast food sandwich from a place listed above, refer to the appropriate category and ask the respondent each probe. As the respondent reports the ingredients, you will record them one after the other in the Q4 column asking the probes specified for each ingredient.

You will also need to record the amount of each ingredient. Again, this amount should be recorded in the Q4 column as you are asking about each ingredient.

Since each sandwich can contain many ingredients, feel free to use as many lines as you need for recording in the Q4 column. When you have completed recording all of the ingredients, bracket the sandwich to show that the ingredients were eaten together.

Once you have obtained all of the ingredients, ask Q5, and record the portion of the sandwich that the SP actually ate (e.g., all or 1/2) in the Q5 column.



SALT: The salt question refers to the salt used in cooking and preparing the foods. "Cooking and preparing" foods is defined as the preparation before cooking, during cooking, and the garnish after cooking but before serving. For example, if noodles were boiled in water containing salt OR if noodles were boiled in unsalted water but salt was added prior to serving, the response should be recorded as SALT USED. Record the answer to this question as either DK SALT, SALT USED, or NO SALT.

This question does not refer to the salt added by the SP to the portions of food he/she eats.



FAT: The fat question refers to fat used in cooking and preparing the food. "Cooking and preparing" foods is defined as the preparation before cooking, the period of cooking, and the garnish after cooking but before serving. For example, if green beans were cooked in water with oil OR if green beans were cooked without fat but margarine was added before they were served, the response should be recorded as FAT USED.

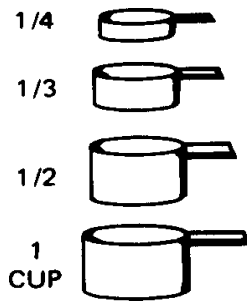
This question does not refer to the fat added by the SP to the individual portion of food he/she ate.

The fat used can be a solid (such as lard, butter, or margarine) or a liquid (such as olive oil, canola oil, or corn oil). Record the answer to this question as either DK FAT, FAT USED or NO FAT.

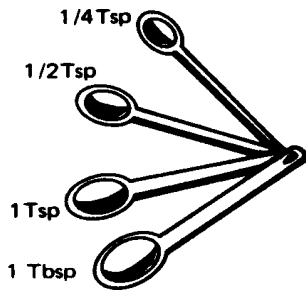
If the SP reports using fat, you will ask "What kind"? and record the answer as part of the food item description in the Q4 column.

USING THE MEASURING GUIDES

There are six (6) measuring guides to help the respondent report the amount of food the SP actually ate/drank.



MEASURING CUPS (C): Use the measuring cups to estimate the capacity of mugs, bowls or glasses, and to estimate sizes of portions or servings. For example, these cups would be used to estimate quantities of measure of liquids (such as juice or milk) and solids (such as potato salad or corn chips).



MEASURING SPOONS (tsp, tbsp): Use the measuring spoons to estimate the capacities of cooking spoons, serving spoons, or household spoons, and to estimate small amounts. Always have the respondent estimate level spoons.



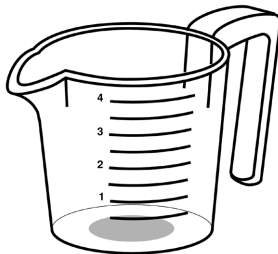
THICKNESS STICKS (st): The thickness sticks consist of eight 1/8 inch sticks. Only use the thickness sticks to measure the thickness of meat, poultry, and cheese. If the respondent thinks the thickness was greater than one inch, use a ruler. The Q5 column of the FIB will instruct you when to use thickness sticks.



RULER ("): Use the ruler to estimate dimensions in inches. For example, the ruler would be used to estimate the length, width, and height of a piece of cornbread; and the length and width of a piece of meat (height would be estimated using the thickness sticks).

LAMINATED CARD: The laminated card has two sides. The first side includes a set of six concentric circles (1" to 6") and two perpendicular 6" rulers. The circles can be used to estimate the size of such foods as pancakes, or a small pizza. The perpendicular rulers are helpful to the respondent when estimating the length and width of square and rectangular foods such as cornbread, cake, or lasagna.

The other side contains pictures of a fish filet, parts of chicken, and dimensions for various shapes. This card can be used as a type of Hand Card to help the respondent in answering particular questions.



TWO CUP PLASTIC MEASURING CUP (C): Use the 2-cup plastic measuring cup to measure the amount of food or beverage the SP ate or drank when the SP refers to a bowl or cup in his/her home. For example, if a respondent reports drinking "a cup of coffee," have him/her fill the cup used with water to represent the amount of coffee he/she actually drank. You can then measure the liquid by pouring it into the 2 cup measure. Make sure the amount in the measuring cup is the amount drank.

You can use this same procedure with dry measures. For example, if the SP reports eating a small bowl of popcorn, have him/her fill the bowl used with water to represent the amount of popcorn he/she actually ate. Then you can measure the water by pouring it into the 2 cup measure.

BABY FOODS, FORMULAS, JUICES

Food/Drink Category	Q4. Description of Food/Drink	Q5. How much of this (FOOD) did you actually (eat/drink)?
Formulas	<p>BRAND: What was the brand name? (Was it Enfamil, Gerber Soy Formula, Similac...?)</p> <p>TYPE: Was it with iron, low iron...?</p> <p>FORM: Was it ready-to-feed, liquid concentrate, powder...?</p> <p>PREPARATION: Was it made according to directions? If no -- How much formula and water was used? Example: <i>3 FO Enfamil with iron, liquid concentrate, mixed with 4 FO water</i></p> <p>MIXTURE: Was cereal or any other food mixed with the formula? If no -- GO TO Q5.</p> <p>If yes -- What was it? IF CEREAL -- Kind: What kind of cereal was it? (Was it rice, oatmeal, rice with bananas,...?) Was it dry baby cereal...?</p> <p>Brand: What was the brand name? Was it Heinz, Beech-Nut, Gerber...? If Beech-Nut -- Was it Stage 1, Stage 2...?</p> <p>If other brand -- GO TO CEREAL AMOUNT.</p> <p>Cereal Amount: How much cereal was mixed with the formula? (RECORD AMOUNT -- TSP, TBSP, CUP...) GO TO FORMULA AMOUNT</p> <p>IF OTHER FOOD -- (What was mixed with the formula?) Other food amount: How much of this food was mixed with the formula? (RECORD AMOUNT -- TSP, TBSP, CUP...) GO TO FORMULA AMOUNT</p> <p>FORMULA AMOUNT: How much formula was mixed with the food? (RECORD AMOUNT -- FO, CUP)</p>	<p>IF NOT MIXTURE: If volume: How much? (FO, Cup, Tsp, Tbsp)</p> <p>If bottle: What portion drank and size of bottle? (Example: 1/3 of 8 FO bottle)</p> <p>IF MIXTURE: What portion of mixture drank? (Example: 1/3 of mixture)</p>

BABY FOODS, FORMULAS, JUICES

Food/Drink Category	Q4. Description of Food/Drink	Q5. How much of this (FOOD) did you actually (eat/drink)?
<p>Jarred (Not Dry) Baby Foods</p> <p>(Record as baby food on Intake)</p>	<p>KIND: What kind of food was it? (Was it carrots, peaches, turkey rice dinner, vanilla custard pudding...?)</p> <p>BRAND: What was the brand name? Was it Gerber, Beech-Nut, Heinz...?</p> <p>If Gerber -- Was it First, Second, Third, Graduates, Tropical Foods...?</p> <p>If Beech-Nut -- Was it Baby's First, Stage 1, Stage 2, Stage 3, Table Time...?</p> <p>If Heinz -- Was it Beginner, Strained, Junior Foods...?</p> <p>If other brands -- Was it Strained, Junior Foods...?</p>	<p>IF VOLUME: How much? (Tsp, Tbsp, Cup)</p> <p>IF WEIGHT: What was the weight and portion eaten? (Example: 1/2 of 4 WO jar)</p>
<p>Juice, Baby Food</p> <p>(Record as baby juice on Intake)</p>	<p>KIND: What kind of juice was it? (Was it apple-cherry juice, banana juice with yogurt...?)</p> <p>(FOR OTHER JUICES [NOT BABY FOOD], SEE PAGES 8-10)</p> <p>BRAND: What was the brand name? Was it Gerber, Beech-Nut, Heinz...?</p> <p>If Gerber -- Was it Graduates ...?</p> <p>If Heinz -- Was it Strained...?</p> <p>If Beech-Nut -- Was it Stage 1, Stage 2...?</p> <p>If other brands -- GO TO Q5.</p> <p>PREPARATION: Was water added to the juice?</p> <p>If yes -- GO TO Q5, IF JUICE WITH WATER.</p> <p>If no -- GO TO Q5, IF VOLUME <u>OR</u> IF BOTTLE.</p>	<p>IF VOLUME: How much? (FO, Cup, Tsp, Tbsp)</p> <p>IF BOTTLE: What portion drank and size of bottle? (Example: 2/3 of 4 FO bottle)</p> <p>IF JUICE WITH WATER: How much juice? How much water? (FO, Cup, Tsp, Tbsp) (Example: 1/2 C juice, 1/4 C water)</p>


THIS PAGE INTENTIONALLY BLANK

BEVERAGES, MILK, CREAM

Food/Drink Category	Q4. Description of Food/Drink	Q5. How much of this (FOOD) did you actually (eat/drink)?
<p>Coffee Hot & Iced</p> <p style="text-align: center; font-size: 2em;">+</p>	<p>FORM: Was it made from ground, instant, freeze-dried, powdered mix...? If powdered mix -- Did the mix have sugar or a low calorie sweetener? What was the brand name?</p> <p>TYPE: Was it regular, decaffeinated...?</p> <p>ADDITIONS: Did you add anything to the coffee? RECORD EACH ADDITION ON A SEPARATE LINE IN THE FOOD/DRINK COLUMN, COMPLETE Q5 FOR THE ORIGINAL FOOD, AND THEN ASK Q4 AND Q5 FOR EACH ADDITION. Example: <i>Milk, cream, cream substitute, pages 6, 8</i> <i>Sugar, sugar substitute, page 20</i></p>	<p>IF VOLUME: How much? (Cup, FO)</p> <p>(COFFEE CUPS AND MUGS MAY NOT HOLD THE SAME AMOUNT AS AN 8 FO MEASURING CUP)</p>
<p>Tea Hot & Iced</p> <p style="text-align: center; font-size: 2em;">+</p>	<p>FORM: Was it made from a tea bag, leaf, powdered instant, ready-to-drink...?</p> <p>TYPE: Was it regular, decaffeinated, or herbal?</p> <p>PRESWEETENED: Was the tea sweetened before it was poured into your glass or cup? If yes -- Was it sweetened with sugar or a low calorie sweetener? (RECORD ON SAME LINE AS TEA IN Q4.)</p> <p>BRAND: What was the brand name of the tea?</p> <p>ADDITIONS: Did you add anything to the tea? RECORD EACH ADDITION ON A SEPARATE LINE IN THE FOOD/DRINK COLUMN, COMPLETE Q5 FOR THE ORIGINAL FOOD, AND THEN ASK Q4 AND Q5 FOR EACH ADDITION. Examples: <i>Sugar, low calorie sweetener, page 20</i> <i>Cream, cream substitute, milk, pages 6-8</i> <i>Lemon, page 31</i></p>	<p>IF VOLUME: How much? (Cup, FO)</p> <p>(COFFEE CUPS AND MUGS MAY NOT HOLD THE SAME AMOUNT AS AN 8 FO MEASURING CUP)</p>

BEVERAGES, MILK, CREAM

Food/Drink Category	Q4. Description of Food/Drink	Q5. How much of this (FOOD) did you actually (eat/drink)?
<p>Milk</p> <p style="text-align: center;">+</p>	<p>KIND: What kind was it? (Was it whole, 1%, 2%, skim, soy, buttermilk...?)</p> <p style="text-align: center;">(FOR CHOCOLATE MILK, SEE NEXT CATEGORY)</p> <p>TYPE: Was it liquid, dry, sweetened condensed, evaporated? If dry, evaporated or sweetened condensed -- Was water added?</p> <p>ADDITIONS: Did you add anything to the milk? RECORD EACH ADDITION ON A SEPARATE LINE IN THE FOOD/DRINK COLUMN, COMPLETE Q5 FOR THE ORIGINAL FOOD, AND THEN ASK Q4 AND Q5 FOR EACH ADDITION. Example: <i>Chocolate syrup, page 19</i></p>	<p>IF VOLUME: How much? (Tsp, Tbsp, Cup, FO)</p> <p>IF SCHOOL MILK CARTON: How many? <u>or</u> What portion? (Examples: 1 carton; 1/2 carton)</p>
<p>Flavored Milks, Milk Drinks, Chocolate Milk, Hot Chocolate</p>	<p>KIND: What kind was it? (Was it cocoa, hot chocolate, chocolate milk, malted milk, strawberry milk, PDQ...?)</p> <p>FORM: Was it made from a dry mix, or was it ready-to-drink? If dry mix -- Did the mix have sugar or a low calorie sweetener?</p> <p>TYPE: Was it made with whole, 1%, 2%, skim milk, water...?</p> <p>BRAND: If school -- GO TO Q5. If not school -- What was the brand name?</p>	<p>IF VOLUME: How much? (Tsp, Tbsp, Cup, FO)</p> <p>IF WEIGHT: What was the weight and how many packets?</p> <p>IF SCHOOL MILK CARTON: How many? <u>or</u> What portion? (Examples: 1 carton; 1/2 carton)</p>

Food/Drink Category	Q4. Description of Food/Drink	Q5. How much of this (FOOD) did you actually (eat/drink)?
<p>Milk Shakes</p> 	<p>SOURCE: Was the milk shake commercially made or was it made from a home recipe?</p> <p>IF COMMERCIAL: What was the name of the fast food place, the restaurant, or the brand name?</p> <p>Flavor: Was it chocolate or not chocolate?</p> <p>IF HOME RECIPE: What were the ingredients and amounts in the milk shake? (RECORD INGREDIENTS FIRST)</p> <p>If milk: Was it whole milk, 1%, 2%, skim...? Milk amount: -- How much? (CUP, FO)</p> <p>If ice cream, ice milk, sherbet: What was the brand name? Was it all chocolate or not all chocolate? Ice cream amount: -- How much? (CUP, SCOOP)</p> <p>If frozen yogurt: Was it from whole, lowfat, nonfat milk? Was it made with low calorie sweetener? Frozen yogurt amount: -- How much? (CUP, SCOOP)</p> <p>If syrup: Was it chocolate, fruit...? Syrup amount: How much? (TBSP, CUP)</p> <p>If other ingredients: How much? (RECORD AMOUNTS OF EACH)</p>	<p>IF COMMERCIAL SHAKE: What was the size? (small, medium, large) What portion? (Example: 1/2 small shake)</p> <p>IF HOME RECIPE: If ingredient amounts given -- What portion?</p> <p>If no ingredient amounts -- How much? (Cup, FO)</p>

BEVERAGES, MILK, CREAM

Food/Drink Category	Q4. Description of Food/Drink	Q5. How much of this (FOOD) did you actually (eat/drink)?
<p>Cream, Creamers, Cream Substitutes,</p>	<p>KIND: What kind was it? (Was it light or table cream, a cream substitute, half & half, heavy...?)</p> <p style="text-align: center;">(IF WHIPPED CREAM, SEE NEXT CATEGORY)</p> <p>FORM: Was it liquid, powdered, frozen...?</p> <p>BRAND: What was the brand name?</p>	<p>IF VOLUME: How much? (Tsp, Tbsp, FO)</p> <p>IF INDIVIDUAL CONTAINERS OR PACKETS: How many?</p>
<p>Whipped Cream, Whipped Toppings</p>	<p>KIND: What kind was it? (Was it real whipped cream, nondairy topping...?)</p> <p>FORM: Was it from a pressurized can, frozen, powdered, liquid heavy cream, liquid light cream...? If from liquid cream: Was it sweetened?</p> <p>TYPE: Was it regular, lowfat...?</p> <p>BRAND: What was the brand name?</p>	<p>IF VOLUME: How much? (Tsp, Tbsp, Cup)</p>
<p>Orange Juice (100%)</p> <p style="text-align: center;">+</p>	<p>100% JUICE: Does the label say 100% juice? (CHECK LABEL)</p> <p style="text-align: center;">(IF NOT 100%, SEE FRUIT FLAVORED DRINKS, PAGE 10)</p> <p>BRAND: If school -- GO TO Q5. If not school -- What was the brand name?</p> <p>TYPE: Was it freshly squeezed, frozen concentrate, or from a carton, bottle, or can...? (FRESHLY SQUEEZED MEANS SQUEEZED FROM FRESH ORANGES WITHOUT FURTHER PROCESSING.) If frozen concentrate -- Was it made according to directions? If yes -- GO TO ADDITIONS. If no -- How many canfuls of water were added per can of concentrate? Example: <i>4 cans water + 1 can juice</i></p> <p>ADDITIONS: Did you add anything to the juice? (DO NOT INCLUDE THE WATER USED TO RECONSTITUTE THE FROZEN CONCENTRATE.) RECORD EACH ADDITION ON A SEPARATE LINE IN THE FOOD/DRINK COLUMN, COMPLETE Q5 FOR THE ORIGINAL FOOD, AND THEN ASK Q4 AND Q5 FOR EACH ADDITION. Example: <i>Yogurt, page 24</i></p>	<p>IF VOLUME: How much? (Cup, FO)</p> <p>IF SCHOOL ORANGE JUICE CARTON: How many? <u>or</u> What portion? (Examples: 1 carton; 1/2 carton)</p> <p>IF JUICE BOX: How many? <u>or</u> What portion? Size of each box? (Example: 1/2 - 4.23 FO box)</p>

Food/Drink Category	Q4. Description of Food/Drink	Q5. How much of this (FOOD) did you actually (eat/drink)?
<p>Juices (100%), Nectars</p> <p style="text-align: center;">+</p>	<p>KIND: What kind of juice (nectar) was it? (Was it apple, grape, pineapple, carrot, tomato, apricot nectar...?)</p> <p style="text-align: center;">(IF ORANGE JUICE, SEE PREVIOUS CATEGORY)</p> <p>IF JUICE: 100% Juice -- Did the label say 100% juice? (CHECK LABEL)</p> <p style="text-align: center;">IF NOT 100%, SEE FRUIT FLAVORED DRINKS, PAGE 10.</p> <p>Vitamin C -- Did the label say "Vitamin C added?"</p> <p>Brand: What was the brand name?</p> <p>Type: Was it frozen concentrate, or in a carton, bottle, or can...?</p> <p style="padding-left: 20px;">If frozen concentrate -- Was it made according to directions? If yes -- GO TO SWEETENED. If no -- How many canfuls of water were added per can of concentrate? Example: 4 cans water + 1 can juice</p> <p>Sweetened: Was it sweetened or unsweetened? If sweetened -- Was it sweetened with sugar or low calorie sweetener?</p> <p>IF NECTAR: Vitamin C -- Did the label say "Vitamin C added?"</p> <p>ADDITIONS: Did you add anything to the (FOOD)? (DO NOT INCLUDE THE WATER USED TO RECONSTITUTE THE FROZEN CONCENTRATE.) RECORD EACH ADDITION ON A SEPARATE LINE IN THE FOOD/DRINK COLUMN, COMPLETE Q5 FOR THE ORIGINAL FOOD, AND THEN ASK Q4 AND Q5 FOR EACH ADDITION. Example: <i>Carnation Instant Breakfast, page 13</i></p>	<p>IF VOLUME: How much? (Cup, FO)</p> <p>IF JUICE BOX: How many? <u>or</u> What portion? Size of each box? (Example: 1 - 4.23 FO box)</p>

BEVERAGES, MILK, CREAM

<p>Food/Drink Category</p> <p>Fruit Flavored Drinks, Ades, Punches, Juice Drinks (Noncarbonated)</p>	<p style="text-align: center;">Q4.</p> <p style="text-align: center;">Description of Food/Drink</p> <p>KIND: What kind of drink was it? (Was it lemonade, cranberry-apricot juice drink, yogurt drink...?)</p> <p style="text-align: center;">(IF 100% JUICE, SEE PAGES 8, 9)</p> <p>BRAND: What was the brand name? (Was it Hawaiian Punch, Sugar-Free Kool-Aid, Crystal Light, Ocean Spray Cranapple Cocktail, Tang...?)</p> <p>FORM: Was it made from powder, frozen concentrate, or was it ready-to-drink?</p> <p>If powdered -- Did the powder have sugar or low calorie sweetener in it, or was the powder unsweetened? Was it made according to directions? If no -- What were the ingredients and amounts? (RECORD THE INGREDIENTS AND AMOUNTS OF EACH) Example: <i>1 packet of powder, 2 cups sugar + 1 quart water</i></p> <p>If frozen concentrate -- Did it have low calorie sweetener in it? Was it made according to directions? If no -- How many canfuls of water were added per can of concentrate? Example: <i>4 cans water+ 1 can juice drink</i></p> <p>If ready-to-drink -- Did it have low calorie sweetener in it?</p> <p>VITAMIN C: Did the label say "Vitamin C added?"</p> <p>+ ADDITIONS: Did you add anything to the (FOOD)? (DO NOT INCLUDE THE WATER USED TO RECONSTITUTE THE FROZEN CONCENTRATE.) RECORD EACH ADDITION ON A SEPARATE LINE IN THE FOOD/DRINK COLUMN, COMPLETE Q5 FOR THE ORIGINAL FOOD, AND THEN ASK Q4 AND Q5 FOR EACH ADDITION.</p>	<p style="text-align: center;">Q5.</p> <p>How much of this (FOOD) did you actually (eat/drink)?</p> <p>IF VOLUME: How much? (Cup, FO)</p> <p>IF DRINK BOX: How many? <u>or</u> What portion? Size of each box? (Example: 2 - 8.45 FO boxes)</p>
<p>Sodas, Pop, Soft Drinks</p>	<p>KIND: What kind of drink was it? (Was it cola, root beer, ginger ale...?)</p> <p>BRAND: What was the brand name? (Was it Coke, Pepsi, Sprite, Dr. Pepper, Canada Dry Ginger Ale, 7-Up...?)</p> <p>If cola-type soda or Mountain Dew -- Was it decaffeinated or not decaffeinated?</p> <p>TYPE: Was it regular or diet?</p>	<p>IF VOLUME: How much? (Cup, FO)</p> <p>IF BOTTLE OR CAN: What portion drank and size of bottle? (Example: 12 FO can; 1/2 of 1 liter bottle)</p>

<p>Food/Drink Category</p> <p>Water, Carbonated Water</p> <p style="text-align: center;">+</p> <p style="text-align: center;">+</p>	<p style="text-align: center;">Q4.</p> <p style="text-align: center;">Description of Food/Drink</p> <p>KIND: Was it carbonated water (with bubbles)?</p> <p>IF CARBONATED WATER --</p> <p>Brand: What was the brand name?</p> <p>Type: Was it sweetened or unsweetened? If sweetened -- Was it sweetened with sugar or a low calorie sweetener (diet)?</p> <p style="text-align: center;">Did it have fruit juice in it?</p> <p>Additions: 1) Was lemon or lime added to the water? If yes -- How many wedges/slices or how much juice was added?</p> <p style="text-align: center;">2) Did you add anything else to the water? If yes -- RECORD EACH ADDITION ON A SEPARATE LINE IN THE FOOD/DRINK COLUMN, COMPLETE Q5 FOR THE ORIGINAL FOOD, AND THEN ASK Q4 AND Q5 FOR EACH ADDITION.</p> <p>IF NOT CARBONATED WATER --</p> <p>Additions: 1) Was lemon or lime added to the water? If yes -- How many wedges/slices or how much juice was added?</p> <p style="text-align: center;">2) Did you add anything else to the water? If yes -- RECORD EACH ADDITION ON A SEPARATE LINE IN THE FOOD/DRINK COLUMN, COMPLETE Q5 FOR THE ORIGINAL FOOD, AND THEN ASK Q4 AND Q5 FOR EACH ADDITION.</p> <p>If yes to either Additions questions -- GO TO Q5.</p> <p>If no to both Additions questions -- MARK THROUGH WATER IN FOOD/DRINK COLUMN, QUICK LIST, AND Q4. GO TO THE NEXT FOOD ITEM. (DO NOT MARK THROUGH IF WATER IS ADDED TO PROTEIN POWDERS/MEAL REPLACEMENTS. GO TO Q5.)</p>	<p style="text-align: center;">Q5.</p> <p>How much of this (FOOD) did you actually (eat/drink)?</p> <p>IF VOLUME: How much? (Cup, FO)</p> <p>IF BOTTLE OR CAN: What portion drank and size of bottle? (Example: 12 FO can; 1/2 of 1 liter bottle)</p>
--	---	---

BEVERAGES, MILK, CREAM

Food/Drink Category	Q4. Description of Food/Drink	Q5. How much of this (FOOD) did you actually (eat/drink)?
<p>Nonalcoholic and Alcoholic Beer Wine Cocktails Liquor</p>	<p>KIND: What kind of drink was it? (Was it beer, wine, Amaretto, daiquiri, sherry, whiskey, gin and tonic, spritzer...?)</p> <p>IF BEER -- What kind was it? (Was it regular, light, nonalcoholic...?)</p> <p>IF WINE -- What kind was it? (Was it a table wine, sweet dessert wine, a wine cooler, light, nonalcoholic...?)</p> <p>IF LIQUOR -- What kind was it? Example: <i>Gin, vodka</i></p> <p>IF MIXED DRINK OR COCKTAIL -- Did you make the drink yourself? If no -- Do you know what was in it? If yes -- RECORD INGREDIENTS IN Q4; THEN GO TO Q5 If no -- GO TO Q5</p> <p>If yes -- What were the ingredients and amounts? (RECORD INGREDIENTS FIRST)</p> <p>If beer, wine, or liquor -- ASK APPROPRIATE TYPE PROBE LISTED ABOVE. Beer, wine, liquor amount: How much? (TSP, TBSP, CUP, FO, JIGGER)</p> <p>If tonic water -- Was it regular or diet? Tonic water amount: How much? (TSP, TBSP, CUP, FO)</p> <p>If soda water, seltzer water, or club soda -- Soda water amount: How much? (TSP, TBSP, CUP, FO)</p> <p>If water -- Was it carbonated water (with bubbles)? If carbonated water -- What was the brand name? Was it sweetened or unsweetened? If sweetened -- Was it sweetened with sugar or low calorie sweetener? Carbonated water amount: How much? (TSP, TBSP, CUP, FO)</p> <p>If not carbonated water -- Water amount: How much? (TSP, TBSP, CUP, FO)</p>	<p>IF NOT MIXED DRINK: How many drinks? How many fluid ounces in each drink? (Examples: 3 - 12 FO beers; 10 FO wine)</p> <p>IF MIXED DRINK: If no ingredient amounts -- How many drinks? How many fluid ounces in each drink? (Example: 2 - 4 FO drinks)</p> <p>If ingredient amounts given -- What portion? (Example: 1/2 of drink or 1/4 of amount made)</p>

(Mixed Drink or Cocktail continued on next page)

Food/Drink Category	Q4. Description of Food/Drink	Q5. How much of this (FOOD) did you actually (eat/drink)?
<p>Nonalcoholic and Alcoholic (continued)</p>	<p>If soft drink, pop, or soda -- What kind of drink was it? (Was it Coke, Pepsi, cola, Sprite, Dr. Pepper, root beer, ginger ale, 7-Up...?) If cola type soda or Mountain Dew -- Was it decaffeinated or not decaffeinated? Was it regular or diet? Soft drink amount: How much? (TSP, TBSP, CUP, FO)</p> <p>If juice -- What kind was it? (Was it orange, apple, grapefruit...?) 100%: Did the label say 100% juice? If yes -- Was it freshly squeezed, from frozen concentrate, or in a carton, bottle, or can...? Did it have sugar or low calorie sweetener? If no, type -- Was it a fruit-flavored drink, juice drink, ade, punch...? Did it have sugar or low calorie sweetener? Did the label say "Vitamin C added?" Juice amount: How much? (TSP, TBSP, CUP, FO)</p> <p>If lemon or lime -- Lemon or lime amount: How many wedges/slices or how much juice did you use? (TSP, TBSP, CUP, FO)</p> <p>If other ingredients -- How much? (RECORD AMOUNT OF EACH)</p>	<p>(See Q5 on page 12)</p>
<p>Powdered Breakfast Drinks, Meal Replacements, Protein Supplements</p> <p style="text-align: center;">+</p>	<p>BRAND: What was the brand name? (Was it Carnation Instant Breakfast, Nutrament, Slim Fast, Ensure, Sego...?)</p> <p>TYPE: Was it made from powdered or was it ready-to-drink? Did the label say sugar or low calorie sweetener added? If powdered -- GO TO ADDITIONS. If ready-to-drink -- GO TO Q5.</p> <p>ADDITIONS: What was it mixed with? RECORD EACH ADDITION ON A SEPARATE LINE IN THE FOOD/DRINK COLUMN, COMPLETE Q5 FOR THE ORIGINAL FOOD, AND THEN ASK Q4 AND Q5 FOR EACH ADDITION. Examples: <i>Milk, page 6</i> <i>Juice, pages 8-10</i> <i>Water, page 11</i></p>	<p>IF READY-TO-DRINK: How much? (Cup, FO)</p> <p>IF POWDER: How much? (Tsp, Tbsp, packet, scoop, WO)</p>

THIS PAGE INTENTIONALLY BLANK

BREADS, SWEET BREADS

Food/Drink Category	Q4. Description of Food/Drink	Q5. How much of this (FOOD) did you actually (eat/drink)?
<p>Bread (Not Sweet)</p> <p style="text-align: center;">+</p>	<p>KIND: What kind was it? (Was it sandwich, Italian, French, raisin, pita...?)</p> <p style="text-align: center;">(IF BISCUIT, SEE PAGE 16)</p> <p>TYPE: Was it white, rye, whole wheat, pumpernickel, multigrain, garlic...? If whole wheat -- Was that 100% whole wheat? (CHECK LABEL) Was it presliced?</p> <p>SOURCE: Was it commercial, from a bakery, or made from a home recipe? If commercial -- Was it regular, reduced calorie, high fiber...? If not regular -- What was the brand name?</p> <p>TOASTED: Was it toasted?</p> <p>ADDITIONS: Did you add anything to the bread? RECORD EACH ADDITION ON A SEPARATE LINE IN THE FOOD/DRINK COLUMN, COMPLETE Q5 FOR THE ORIGINAL FOOD, AND THEN ASK Q4 AND Q5 FOR EACH ADDITION. Examples: <i>Butter, margarine, page 77</i> <i>Jam, jelly, page 77</i></p>	<p>IF PRESLICED: How many slices and what was the size of each slice? (thick, regular, thin, very thin)</p> <p>IF NOT PRESLICED:</p> <ol style="list-style-type: none"> 1. How many slices/pieces? 2. What was the shape? (rec, sq, wedge) and 3. What were the dimensions? (length, width, height) <p>(Example: 1 sq pc 3" L x 3" W x 1" H)</p> <p>IF PITA BREAD: How many and what was the size of each? (small, medium, large)</p>
<p>Rolls, Buns, Bagels, English Muffins</p> <p style="text-align: center;">+</p>	<p>IF ROLL OR BUN: Kind: What kind was it? (Was it a hot dog, hamburger, kaiser, dinner, hard, hoagie...?)</p> <p>IF BAGEL OR ENGLISH MUFFIN: Did it have fruit in it? If yes -- What kind of fruit?</p> <p>TYPE: Was it white, rye, whole wheat, pumpernickel, multigrain...? If whole wheat -- Was that 100% whole wheat? (CHECK LABEL)</p> <p>TOASTED: Was it toasted?</p> <p>ADDITIONS: Did you add anything to the (FOOD)? RECORD EACH ADDITION ON A SEPARATE LINE IN THE FOOD/DRINK COLUMN, COMPLETE Q5 FOR THE ORIGINAL FOOD, AND THEN ASK Q4 AND Q5 FOR EACH ADDITION. Examples: <i>Butter, margarine, page 77</i> <i>Cream cheese, page 23</i> <i>Jam, jelly, page 77</i></p>	<p>IF ROLLS, BUNS, AND BAGELS: How many and what was the size of each? (miniature, small, medium, large)</p> <p>IF ENGLISH MUFFINS: How many? (Examples: One whole muffin; 3 halves)</p>

BREADS, SWEET BREADS

<p>Food/Drink Category</p> <p>Biscuits</p> <p style="text-align: center;">+</p>	<p style="text-align: center;">Q4.</p> <p style="text-align: center;">Description of Food/Drink</p> <p>KIND: What kind of biscuit was it? (Was it regular or buttermilk, whole wheat, raisin...?)</p> <p>TYPE: Was it from a mix, refrigerated dough, home recipe, ready-to-eat...?</p> <p>ADDITIONS: Did you add anything to the biscuit? RECORD EACH ADDITION ON A SEPARATE LINE IN THE FOOD/DRINK COLUMN, COMPLETE Q5 FOR THE ORIGINAL FOOD, AND THEN ASK Q4 AND Q5 FOR EACH ADDITION. Examples: <i>Butter, margarine, page 77</i> <i>Jam, jelly, page 77</i> <i>Gravy, page 73</i></p>	<p style="text-align: center;">Q5.</p> <p>How much of this (FOOD) did you actually (eat/drink)?</p> <p>IF NUMBER: How many and what size? (small, medium, large)</p> <p style="text-align: center;"><u>OR</u></p> <p>How many and what was the diameter? (Example: 1 - 2" dia biscuit)</p>
<p>Tortillas</p> <p style="text-align: center;">+</p>	<p>TYPE: Was it made of corn meal, white flour, whole wheat...?</p> <p>PREPARATION: How was it prepared? Was it fried, plain...?</p> <p>ADDITIONS: Did you add anything to the tortilla? RECORD EACH ADDITION ON A SEPARATE LINE IN THE FOOD/DRINK COLUMN, COMPLETE Q5 FOR THE ORIGINAL FOOD, AND THEN ASK Q4 AND Q5 FOR EACH ADDITION. Examples: <i>Cheese, page 23</i> <i>Salsa, page 73</i></p>	<p>IF NUMBER: How many and what size? (small, medium, large)</p> <p style="text-align: center;"><u>OR</u></p> <p>How many and what was the diameter? (Example: 2 - 7" dia tortilla)</p>
<p>Bread or Rice Stuffing, Dressing</p> <p style="text-align: center;">+</p>	<p>KIND: What kind was it? (Was it cornbread dressing, bread stuffing, rice dressing...?)</p> <p>TYPE: Was it made with meat, oysters, vegetables, egg...? If meat -- What kind?</p> <p>ADDITIONS: Did you add anything to the (FOOD)? RECORD EACH ADDITION ON A SEPARATE LINE IN THE FOOD/DRINK COLUMN, COMPLETE Q5 FOR THE ORIGINAL FOOD, AND THEN ASK Q4 AND Q5 FOR EACH ADDITION. Examples: <i>Gravy, page 73</i></p>	<p>IF VOLUME: How much? (Tsp, Tbsp, Cup)</p>
<p>Dumpling(s)</p>	<p>TYPE: Did it have a filling? If yes -- What kind? (Was it fruit, meat, cheese, potato...?) If fruit, meat, cheese -- What kind? (Was it apple, cherry, pork, beef...?)</p> <p>PREPARATION: How was it prepared? (Was it steamed, fried, cooked in liquid...?)</p>	<p>IF NUMBER: How many and what size? (small, medium, large)</p> <p>IF VOLUME: How much? (Cup)</p>

<p>Food/Drink Category</p> <p>Cornbread, Corn Muffins, Corn Pone</p> <p style="text-align: center;">+</p>	<p style="text-align: center;">Q4.</p> <p style="text-align: center;">Description of Food/Drink</p> <p>SOURCE: Was it made from a home recipe?</p> <p>TOASTED: Was it toasted?</p> <p>ADDITIONS: Did you add anything to the (FOOD)? RECORD EACH ADDITION ON A SEPARATE LINE IN THE FOOD/DRINK COLUMN, COMPLETE Q5 FOR THE ORIGINAL FOOD, AND THEN ASK Q4 AND Q5 FOR EACH ADDITION. Examples: <i>Butter, margarine, page 77</i> <i>Jam, jelly, page 77</i></p>	<p style="text-align: center;">Q5.</p> <p>How much of this (FOOD) did you actually (eat/drink)?</p> <p>IF CORNBREAD, PONE:</p> <ol style="list-style-type: none"> How many pieces? What was the shape? (rec, sq, wedge) and What were the dimensions of each piece? (length, width, height) <p>(Example: 1 rec 3" L x 2" W x 1½" H)</p> <p style="text-align: center;"><u>OR</u></p> <p>What portion and what was the diameter? (Example: 1/8 of 9" dia cornbread)</p> <p>IF MUFFINS: How many and what size? (small, medium, large)</p>
<p>Sweet Breads, Coffee Cakes, Sweet Rolls, Pastries, Muffins (not corn), Croissants, Toaster Strudel, Pop Tarts, Toaster Pastries</p> <p style="text-align: center;">+</p>	<p>KIND: What kind was it? (Was it coffee cake, sweet roll or bun, danish pastry, muffin, croissant...?)</p> <p style="text-align: center;">(IF BISCUIT, SEE PAGE 16. IF ENGLISH MUFFIN, SEE PAGE 15)</p> <p>TYPE: Was it regular, reduced calorie...? Did it have frosting, fruit, nuts, or a filling? If filling -- What kind of filling was it?</p> <p>BRAND: What was the brand name?</p> <p>ADDITIONS: Did you add anything to the (FOOD)? RECORD EACH ADDITION ON A SEPARATE LINE IN THE FOOD/DRINK COLUMN, COMPLETE Q5 FOR THE ORIGINAL FOOD, AND THEN ASK Q4 AND Q5 FOR EACH ADDITION. Examples: <i>Butter, margarine, page 77</i> <i>Jam, jelly, page 77</i></p>	<p>IF SWEET ROLLS, PASTRIES, MUFFINS, CROISSANTS: How many and what size? (miniature, small, medium, large)</p> <p>IF COFFEE CAKE, SWEETBREAD:</p> <ol style="list-style-type: none"> How many pieces? What was the shape? (rec, sq, wedge) and What were the dimensions of each piece? (length, width, height) <p>(Example: 1 rec 3" L x 2" W x 1½" H)</p> <p style="text-align: center;"><u>OR</u></p> <p>What portion and what was the diameter? (Example: 1/8 of 9" dia coffee cake)</p> <p>IF TOASTER STRUDEL, POP TARTS, TOASTER PASTRIES: How many? (Example: 2 Pop Tarts)</p>

BREADS, SWEET BREADS

<p>Food/Drink Category</p> <p>Pancakes/ Flapjacks, Waffles</p> <p style="text-align: center;">+</p>	<p style="text-align: center;">Q4.</p> <p style="text-align: center;">Description of Food/Drink</p> <p>KIND: What kind were they? (Were they buttermilk, buckwheat, whole wheat...?)</p> <p>TYPE: Were they regular, reduced calorie, high fiber...? Was fruit in them? If yes -- What kind of fruit? Were they frozen? If yes -- What was the brand?</p> <p>ADDITIONS: Did you add anything to the (FOOD)? RECORD EACH ADDITION ON A SEPARATE LINE IN THE FOOD/DRINK COLUMN, COMPLETE Q5 FOR THE ORIGINAL FOOD, AND THEN ASK Q4 AND Q5 FOR EACH ADDITION. Examples: <i>Butter, margarine, page 77</i> <i>Syrup, page 19</i> <i>Whipped cream, page 8</i> <i>Fruit, page 31</i></p>	<p style="text-align: center;">Q5.</p> <p>How much of this (FOOD) did you actually (eat/drink)?</p> <p>IF PANCAKE OR ROUND WAFFLE: How many and what was the diameter? (Example: 3 - 4" dia pancakes) No dimension of thickness required</p> <p>IF SQUARE OR RECTANGULAR WAFFLE: How many and what were the dimensions? (length, width) (Example: 2 - 5" L x 3" W) No dimension of thickness required</p>
<p>French Toast</p> <p style="text-align: center;">+</p>	<p>TYPE: Was the french toast regular, reduced calorie, high fiber...? Was it frozen? If yes -- What was the brand?</p> <p>FORM: Was it a slice or stick?</p> <p>ADDITIONS: Did you add anything to the (FOOD)? RECORD EACH ADDITION ON A SEPARATE LINE IN THE FOOD/DRINK COLUMN, COMPLETE Q5 FOR THE ORIGINAL FOOD, AND THEN ASK Q4 AND Q5 FOR EACH ADDITION. Examples: <i>Butter, margarine, page 77</i> <i>Syrup, page 19</i></p>	<p>IF FRENCH TOAST SLICES: How many and what was the size of each slice? (thick, regular, thin, very thin) (Example: 1/2 thick slice) No dimension of thickness required</p> <p>IF FRENCH TOAST STICKS: Number (Example: 4 sticks)</p>
<p>Doughnuts</p>	<p>TOPPING: Did it have an icing, glaze, or coating? If yes -- What kind?</p> <p>KIND: Was the doughnut completely chocolate or not?</p> <p>FILLING: Did it have a filling? (Was it filled with jelly, creme...?) If yes -- What kind? If no -- Was the doughnut cake-like, yeast, or some other kind?</p>	<p>IF NUMBER: How many and what size? (miniature, small, medium, large; doughnut hole or stick)</p> <p>IF WEIGHT: What was the package weight and portion eaten? (Example: 1/2 - 6 WO box)</p>
<p>Breakfast Bars, Granola Bars, Meal Replacement Bars</p>	<p>BRAND: What was the brand name? (Was it Nature Valley Granola Bar, Figurines, Carnation Breakfast Bar, Slender Bar, Slim Fast Bar, Power Bar...?)</p> <p>TYPE: Did it have a coating? If yes -- What kind? Did it have chocolate chips, peanut butter, raisins, nuts, coconut, and/or rice cereal?</p>	<p>IF NUMBER: How many?</p> <p>IF WEIGHT: What was the package weight and portion eaten? (Example: 1 - 1 WO bar)</p>





CANDY, SYRUPS, SWEETENERS

Food/Drink Category	Q4. Description of Food/Drink	Q5. How much of this (FOOD) did you actually (eat/drink)?
Candy	<p>BRAND: Do you know the brand name?</p> <p style="text-align: center;">(IF HOLIDAY CANDY, GO TO "IF NO")</p> <p>If yes -- What was it? (Was it Milky Way, Fruit Roll-Ups, Jordan Almonds, Gummy Bears, Lifesavers...?)</p> <p>If no -- How would you describe the candy? Would you describe the candy as: hard, fruit leather, fruit snacks, caramel, chocolate or chocolate covered, fudge, taffy, toffee, marshmallow, chewing gum...?</p> <p style="padding-left: 40px;">If chocolate holiday candy -- Was it hollow or solid?</p> <p>TYPE: Did it have any of the following: nuts, raisins, coating, filling...? Was it regular, reduced fat, low calorie...?</p>	<p>IF WEIGHT: What was the package weight and portion eaten? (Example: 1/2 of 1.4 WO bar)</p> <p>IF NUMBER: How many and what size? (regular size, king size, fun size, bite size...?) (IF DK SIZE, ASK FOR PRICE)</p> <p>IF POUCHES: How many? (Example: 1/2 pouch of fruit snacks)</p> <p>IF PIECES: How many? (Examples: 2 lifesavers, 5 gumdrops, 10 jelly beans, 1 fruit rollup, 1 Whitman's caramel)</p> <p>IF CHOCOLATE HOLIDAY CANDY, FUDGE: What was the shape? (rec, sq, wedge) What were the dimensions? (length, width, height) (Example: 2 recs - 3" L x 2" W x 1/2" H)</p> <p>VOLUME: How much? (Tbsp, Cup) (Examples: 1/2 C M&M's; 1/4 C candy corn)</p>
Syrups, Pancake Syrup	<p>KIND: What kind of syrup was it? (Was it corn, cane, maple, fruit, chocolate...?) If maple -- Was it 100% pure maple?</p> <p>BRAND: What was the brand name?</p> <p>TYPE: Was it regular, reduced calorie, lite...?</p>	<p>IF VOLUME: How much? (Tsp, Tbsp, Cup)</p> <p>IF CONTAINERS: How many? <u>or</u> What portion?</p>







CANDY, SYRUPS, SWEETENERS

Food/Drink Category	Q4. Description of Food/Drink	Q5. How much of this (FOOD) did you actually (eat/drink)?
Sugars	KIND: What kind of sugar was it? (Was it granulated white sugar, brown sugar, powdered sugar...?)	IF VOLUME: How much? (Tsp, Tbsp, Cup) IF INDIVIDUAL PACKETS OR CUBES: How many?
Low Calorie Sweeteners, Sugar Substitutes	BRAND: What was the brand name? (Was it Sweet N' Low, Equal, Nutrasweet, Sugar Twin, Saccharin...?) FORM: Was it powdered, liquid, or tablet?	IF INDIVIDUAL PACKETS OR TABLETS: How many? IF VOLUME: How much? (Tsp, Tbsp)

CEREALS, PASTA, RICE

Food/Drink Category	Q4. Description of Food/Drink	Q5. How much of this (FOOD) did you actually (eat/drink)?
<p>Ready-to-Eat Cereals</p> <p style="text-align: center;"></p>	<p>BRAND: What was the brand name? (Was it Kellogg's Corn Flakes, Honey Nut Cheerios, Special K, Rice Krispies...?)</p> <p>ADDITIONS: Did you add anything to the cereal? RECORD EACH ADDITION ON A SEPARATE LINE IN THE FOOD/DRINK COLUMN, COMPLETE Q5 FOR THE ORIGINAL FOOD, AND THEN ASK Q4 AND Q5 FOR EACH ADDITION. Examples: <i>Milk, page 6</i> <i>Sugar or sugar substitute, page 20</i> <i>Fruit, page 31</i></p>	<p>IF VOLUME: How much? (Tsp, Tbsp, Cup)</p> <p>IF WEIGHT: What was the weight of individual box and portion eaten? (Example: 1/2 of 1 WO box)</p> <p>IF BISCUITS: How many? What shape were the biscuits? (Example: 10 spoon size; 2 rec biscuits)</p>
<p>Cooked Cereals</p> <p style="text-align: center;">  </p>	<p>KIND: What kind was it? (Was it oatmeal, cream of wheat, cornmeal mush, grits, kasha, whole wheat...?)</p> <p>BRAND: What was the brand name?</p> <p>TYPE: Was it regular-cooking, instant, or quick? If instant -- Was it plain or flavored?</p> <p>PREPARATION: How was it prepared? Liquid: Was it made with milk, water...? If prepared with milk -- Was the milk whole, 1%, 2%, skim...?</p> <p>Salt: Was salt used in cooking or preparing the (FOOD)? (DK SALT, NO SALT, SALT USED)</p> <p>Fat: Was any kind of fat or oil used in cooking or preparing the (FOOD)? (DK FAT, NO FAT, FAT USED) If fat used -- What kind?</p> <p>Other ingredients: Was anything else added in cooking? If yes -- What was it?</p> <p>ADDITIONS: Did you add anything to the cereal? RECORD EACH ADDITION ON A SEPARATE LINE IN THE FOOD/DRINK COLUMN, COMPLETE Q5 FOR THE ORIGINAL FOOD, AND THEN ASK Q4 AND Q5 FOR EACH ADDITION. Examples: <i>Milk or cream, pages 6, 8</i> <i>Sugar or sugar substitute, page 20</i> <i>Fruit, page 31</i> <i>Butter, margarine, page 77</i></p>	<p>IF VOLUME: How much? (Tsp, Tbsp, Cup) (SPECIFY DRY OR COOKED)</p> <p>IF WEIGHT: What was the package weight and portion eaten? (DRY ONLY) (Example: 1/2 of 3/4 WO package)</p>





CEREALS, PASTA, RICE

Food/Drink Category	Q4. Description of Food/Drink	Q5. How much of this (FOOD) did you actually (eat/drink)?
<p>Pasta: Noodles, Macaroni</p>	<p>KIND: What kind was it? (Was it noodles, macaroni, couscous...?)</p> <p>(IF MACARONI AND CHEESE, SEE PAGE 52. IF SPAGHETTI WITH SAUCE, SEE PAGE 54)</p> <p>TYPE: Was it regular, egg, spinach, rice, transparent, whole wheat...?</p> <p> SALT: Was salt used in cooking or preparing the (FOOD)? (DK SALT, NO SALT, SALT USED)</p> <p> FAT: Was any kind of fat or oil used in cooking or preparing the (FOOD)? (DK FAT, NO FAT, FAT USED) If fat used -- What kind?</p> <p> ADDITIONS: Did you add anything to the (FOOD)? RECORD EACH ADDITION ON A SEPARATE LINE IN THE FOOD/DRINK COLUMN, COMPLETE Q5 FOR THE ORIGINAL FOOD, AND THEN ASK Q4 AND Q5 FOR EACH ADDITION. Examples: <i>Butter, margarine, page 77</i> <i>Sauce, gravy, page 73</i></p>	<p>IF VOLUME: How much? (Cup) (SPECIFY COOKED OR UNCOOKED)</p> <p>IF WEIGHT: What was the package weight and portion eaten? (SPECIFY COOKED OR UNCOOKED) (Example: 1/4 of 8 WO box of uncooked spaghetti)</p>
<p>Rice</p>	<p>KIND: What kind of rice was it? (Was it white, brown, wild...?)</p> <p>(IF FRIED RICE, SEE PAGE 49)</p> <p>TYPE: Was it regular long cooking, instant, converted...? Was it plain or a mixture? If mixture: What were the ingredients? Examples: <i>Brown and wild rice with mushrooms</i></p> <p>BRAND: What was the brand name?</p> <p> SALT: Was salt used in cooking or preparing the (FOOD)? (DK SALT, NO SALT, SALT USED)</p> <p> FAT: Was any kind of fat or oil used in cooking or preparing the (FOOD)? (DK FAT, NO FAT, FAT USED) If fat used -- What kind?</p> <p> ADDITIONS: Did you add anything to the rice? RECORD EACH ADDITION ON A SEPARATE LINE IN THE FOOD/DRINK COLUMN, COMPLETE Q5 FOR THE ORIGINAL FOOD, AND THEN ASK Q4 AND Q5 FOR EACH ADDITION. Examples: <i>Butter, margarine, page 77</i> <i>Sauce, gravy, page 73</i></p>	<p>IF VOLUME: How much? (Cup) (SPECIFY COOKED OR UNCOOKED)</p> <p>IF WEIGHT: What was the package weight and portion eaten? (SPECIFY COOKED OR UNCOOKED)</p>

CHEESE, EGGS, YOGURT


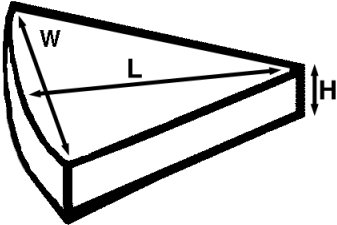
Food/Drink Category	Q4. Description of Food/Drink	Q5. How much of this (FOOD) did you actually (eat/drink)?
Cheese	<p>KIND: What kind of cheese was it? (Was it Swiss, Cheddar, American, Mozzarella, Feta, Parmesan, Velveeta, Cheez Whiz...?)</p> <p>TYPE: (CHECK PACKAGE LABEL) Was it processed, natural, imitation...? Was it a spread? Was it regular, low sodium, lowfat, nonfat...?</p> <p>FORM: Was it sliced, shredded, grated, cubed, pressurized can, a stick...? If sliced -- Was it presliced?</p> <p>BRAND: What was the brand name?</p>	<p>IF VOLUME: How much? (Tsp, Tbsp, Cup)</p> <p>IF PRESLICED: How many slices?</p> <p>IF NOT PRESLICED OR IF CHEESE STICK:</p> <ol style="list-style-type: none"> How many pieces? What was the shape? (rec, sq, wedge, stick) and What were the dimensions of the piece? (length, width, and thickness, or length and diameter) USE THICKNESS STICKS AND RULER (Example: 1 sq piece 2" L x 2" W x 2 St; 1 cheese stick 2" L x 1/2" dia) <p>IF WEIGHT: What was the package weight and portion eaten?</p>
<p>Cottage Cheese</p> <p style="text-align: center;">+</p>	<p>TYPE: Was it regular, low sodium, lowfat, nonfat...? Did it have fruit or vegetables in it when bought?</p> <p>ADDITIONS: Did you add anything to the cottage cheese? RECORD EACH ADDITION ON A SEPARATE LINE IN THE FOOD/DRINK COLUMN, COMPLETE Q5 FOR THE ORIGINAL FOOD, AND THEN ASK Q4 AND Q5 FOR EACH ADDITION. Examples: <i>Fruit, page 31</i> <i>Vegetable, page 35</i></p>	<p>IF VOLUME: How much? (Tsp, Tbsp, Cup)</p> <p>IF WEIGHT: What was the container weight and portion eaten? (Example: 1/4 of 8 WO carton)</p>
Cream Cheese	<p>TYPE: Was it regular, lowfat, nonfat...? Did it have fruit or vegetables in it when bought?</p> <p>BRAND: What was the brand name?</p>	<p>IF VOLUME: How much? (Tsp, Tbsp, Cup) (SPECIFY IF WHIPPED)</p> <p>IF WEIGHT: What was the package weight and portion eaten?</p>

CHEESE, EGGS, YOGURT

Food/Drink Category	Q4. Description of Food/Drink	Q5. How much of this (FOOD) did you actually (eat/drink)?
<p>Eggs, Egg Substitutes</p>   	<p>FORM: Was it whole, yolk only, white only, egg substitute? If egg substitute -- Was it from powdered, liquid, frozen? What was the brand name?</p> <p>PREPARATION: How were the eggs prepared? (Were they fried, scrambled, omelet, poached, boiled, baked, deviled...?)</p> <p>SALT: Was salt used in cooking or preparing the (FOOD)? (DK SALT, NO SALT, SALT USED)</p> <p>FAT: Was any kind of fat or oil used in cooking or preparing the (FOOD)? (DK FAT, NO FAT, FAT USED) If fat used -- What kind?</p> <p>IF SCRAMBLED OR OMELET: Were the eggs prepared with milk? Were the eggs prepared with cheese, vegetables, meat...? If yes -- What were the ingredients? (AMOUNTS NOT NEEDED)</p> <p>ADDITIONS: Did you add anything to the (FOOD)? RECORD EACH ADDITION ON A SEPARATE LINE IN THE FOOD/DRINK COLUMN, COMPLETE Q5 FOR THE ORIGINAL FOOD, AND THEN ASK Q4 AND Q5 FOR EACH ADDITION. Example: <i>Salsa, page 73, Catsup, page 78</i></p>	<p>IF NUMBER: How many and what size? (small, medium, large, extra large, jumbo)</p> <p>IF VOLUME: How much? (Cup)</p> <p>IF EGG SUBSTITUTE: What was the package weight and portion eaten?</p>
<p>Sour Cream</p>	<p>KIND: What kind of sour cream was it? (Was it real, imitation, light, nonfat...?)</p> <p>BRAND: What was the brand name?</p>	<p>IF VOLUME: How much? (Tsp, Tbsp, Cup)</p>
<p>Yogurt</p> 	<p>FORM: Was it frozen? If yes -- SEE PAGE 28.</p> <p>BRAND: What was the brand name?</p> <p>TYPE: Was it made from whole, lowfat, nonfat milk...? Was it made with low calorie sweetener?</p> <p>FLAVOR: What flavor was it? (Was it plain, vanilla, fruit...?)</p> <p>ADDITIONS? Did you add anything to the yogurt? RECORD EACH ADDITION ON A SEPARATE LINE IN THE FOOD/DRINK COLUMN, COMPLETE Q5 FOR THE ORIGINAL FOOD, AND THEN ASK Q4 AND Q5 FOR EACH ADDITION. Examples: <i>Fruit, page 31, Nuts, page 76</i></p>	<p>IF VOLUME: How much? (Tsp, Tbsp, Cup)</p> <p>IF WEIGHT: What was the container weight and portion eaten?</p>

DESSERTS, ICE CREAM, FROZEN YOGURT

Food/Drink Category	Q4. Description of Food/Drink	Q5. How much of this (FOOD) did you actually (eat/drink)?
<p>Cookies, Brownies</p> <p style="text-align: center; font-size: 2em;">+</p>	<p>KIND: What kind was it? (Was it a chocolate chip cookie, oatmeal cookie, coconut cookie, marshmallow cookie, sugar cookie, butterscotch brownie, chocolate brownie, vanilla wafer, s'mores...?)</p> <p>TYPE: Was it regular, lowfat, nonfat...? Did it have a filling, icing, nuts, raisins...? If filling -- What kind was it?</p> <p>BRAND: What was the brand name?</p> <p>ADDITIONS: Did you add anything to the (FOOD)? RECORD EACH ADDITION ON A SEPARATE LINE IN THE FOOD/DRINK COLUMN, COMPLETE Q5 FOR THE ORIGINAL FOOD, AND THEN ASK Q4 AND Q5 FOR EACH ADDITION. Examples: <i>Ice cream, page 28</i></p>	<p>IF STANDARD COMMERCIAL COOKIES: How many and what size? (bite size or regular) (Examples: 3 bite size, 4 regular)</p> <p style="text-align: center;"><u>OR</u></p> <p>What was the package weight and portion eaten?</p> <p>IF BROWNIES, BAR COOKIES:</p> <ol style="list-style-type: none"> 1. How many? 2. What was the shape? (rec, sq, wedge) and 3. What were the dimensions? (length, width, height) <p>(Example: 1 - 2" L x 2" W x 1/2" H)</p> <p>IF OTHER COOKIES: How many and what size? (bite size, small, medium, large)</p>

Food/Drink Category	Q4. Description of Food/Drink	Q5. How much of this (FOOD) did you actually (eat/drink)?
<p>Pies, Tarts, Strudels, Turnovers</p> <p style="text-align: center;">+</p>	<p>KIND: What kind was it? (Was it apple pie, custard pie, mince pie, peach tart, fried apple pie, lemon meringue pie, cherry strudel...?)</p> <p>If pie -- Did it have one or two crusts?</p> <p>ADDITIONS: Did you add anything to the (FOOD)? RECORD EACH ADDITION ON A SEPARATE LINE IN THE FOOD/DRINK COLUMN, COMPLETE Q5 FOR THE ORIGINAL FOOD, AND THEN ASK Q4 AND Q5 FOR EACH ADDITION.</p> <p>Examples: <i>Ice cream, page 28</i> <i>Whipped cream, page 8</i> <i>Cheese, page 23</i></p>	<p>IF WHOLE PIE IS ROUND:</p> <ol style="list-style-type: none"> 1. What portion eaten? <u>and</u> 2. What was the diameter of the whole pie? <p>(Example: 1/8 of 9" dia pie)</p> <div style="text-align: center;">  <p>1/8 of 9" pie</p> </div> <p>IF PIECE OF PIE OR STRUDEL:</p> <ol style="list-style-type: none"> 1. How many? 2. What was the shape of the piece? (rec, sq, wedge) <u>and</u> 3. What were the dimensions? (length, width, height) <p>(Examples: 1 wedge, 4" L x 3" W x 1-1/4" H; 2 sq pcs of strudel, each 2-1/2" L x 2-1/2" W x 1-1/4" H)</p> <div style="text-align: center;">  <p>wedge, 4½ L x 3" W x 1-1/4" H</p> </div> <p>IF INDIVIDUAL TART OR TURNOVER: How many?</p> <p>IF WEIGHT: What was the package weight and portion eaten?</p>

DESSERTS, ICE CREAM, FROZEN YOGURT

Food/Drink Category	Q4. Description of Food/Drink	Q5. How much of this (FOOD) did you actually (eat/drink)?
<p>Cobblers, Crisps</p> <p style="text-align: center;">+</p>	<p>KIND: What kind was it? (Was it cherry cobbler, apple crisp...?)</p> <p>ADDITIONS: Did you add anything to the (FOOD)? RECORD EACH ADDITION ON A SEPARATE LINE IN THE FOOD/DRINK COLUMN, COMPLETE Q5 FOR THE ORIGINAL FOOD, AND THEN ASK Q4 AND Q5 FOR EACH ADDITION. Examples: <i>Ice cream, see below</i> <i>Whipped cream, page 8</i> <i>Cheese, page 23</i></p>	<p>IF VOLUME: How much? (Cup)</p> <p>IF PIECE:</p> <ol style="list-style-type: none"> 1. How many? 2. What was the shape? (rec, sq, wedge) <u>and</u> 3. What were the dimensions? (length, width, height) <p>IF WEIGHT: What was the package weight and portion eaten?</p>
<p>Ice Cream, Ice Milk, Sherbet, Tofu Desserts, Frozen Dairy Desserts, Frozen Yogurt, Sundaes</p> <p style="text-align: center;">+</p>	<p>KIND: What kind was it? (Was it ice cream, ice milk, sherbet, frozen yogurt, soft serve cone, ice cream sandwich, ice cream cake...?)</p> <p>If ice cream -- Was it regular, lowfat, fat free...? Was it made with low calorie sweetener?</p> <p>If frozen yogurt -- Was it from whole, lowfat, nonfat milk...? Was it made with low calorie sweetener?</p> <p>If already prepared sundae -- What were the ingredients and amounts in the sundae? Was the ice cream completely chocolate or another flavor? (GO TO ADDITIONS)</p> <p>BRAND: What was the brand name?</p> <p>TYPE: Was it completely chocolate or another flavor?</p> <p>FORM: Was it a scoop, bar, stick, cone, sandwich, cake...? If bar, stick, cone -- Did it have a coating? If yes -- What flavor was the coating?</p> <p>If cone -- Did you eat the cone? If cake -- Was it all ice cream, part cake...?</p> <p>ADDITIONS: Did you add anything to the (FOOD)? RECORD EACH ADDITION ON A SEPARATE LINE IN THE FOOD/DRINK COLUMN, COMPLETE Q5 FOR THE ORIGINAL FOOD, AND THEN ASK Q4 AND Q5 FOR EACH ADDITION. Examples: <i>Chocolate syrup, page 19</i> <i>Fruit syrup, page 19</i> <i>Fruit, page 31</i> <i>Nuts, page 76</i></p>	<p>IF VOLUME: How much? (Tsp, Tbsp, Cup)</p> <p>IF SCOOP: How many scoops and what size? (small, medium, large)</p> <p>IF CONE: How many scoops?</p> <p>IF PREPACKAGED (BAR, STICK, SANDWICH, DIXIE CUP): How many and what was the weight of each item?</p> <p>IF ICE CREAM CAKE: If piece:</p> <ol style="list-style-type: none"> 1. How many? 2. What was the shape? (rec, sq, wedge) <u>and</u> 3. What were the dimensions? (length, width, height) <p>If volume: How much? (Tsp, Tbsp, Cup)</p> <p>IF ALREADY PREPARED SUNDAE: What portion?</p>

DESSERTS, ICE CREAM, FROZEN YOGURT





Food/Drink Category	Q4. Description of Food/Drink	Q5. How much of this (FOOD) did you actually (eat/drink)?
<p>Popsicles, Ices, Frozen Fruit Bars, Sorbets, Slurpees, Smoothies</p>	<p>KIND: What kind was it? (Was it a popsicle, snow cone, frozen fruit bar, slurpee, smoothie...?) If smoothie -- What flavor was it?</p> <p>TYPE: Was it regular, low calorie...?</p> <p>BRAND: What was the brand name?</p>	<p>IF NUMBER: How many and what size? (small, medium, large) (Examples: 1 double stick popsicle; 1/2 med slurpee)</p> <p>IF VOLUME: How much? (Cup, FO)</p>
<p>Jello, Gelatin</p> <p align="center">+</p>	<p>TYPE: Was the gelatin regular or diet? Was it made with fruit, vegetables, nuts...? If yes -- What kind?</p> <p>ADDITIONS: Did you add anything to the (FOOD)? RECORD EACH ADDITION ON A SEPARATE LINE IN THE FOOD/DRINK COLUMN, COMPLETE Q5 FOR THE ORIGINAL FOOD, AND THEN ASK Q4 AND Q5 FOR EACH ADDITION. Example: <i>Whipped cream, page 8</i></p>	<p>IF VOLUME: How much? (Cup)</p> <p>IF OTHER: What was the shape? (rec, sq, wedge) What were the dimensions? (length, width, height) (Example: rec 3" L x 2" W x 1-1/2" H)</p>
<p>Pudding</p> <p align="center">+</p>	<p>KIND: What kind was it? (Was it rice, chocolate, custard, tapioca, bread...?)</p> <p>TYPE: Was it regular, low calorie...? Was it made from a dry mix, a home recipe, or ready-to-eat...? If dry mix or home recipe -- Was it prepared with milk or water? If milk -- Was it prepared with whole, 1%, 2%, skim milk...?</p> <p>If not home recipe -- What was the brand name?</p> <p>ADDITIONS: Did you add anything to the (FOOD)? RECORD EACH ADDITION ON A SEPARATE LINE IN THE FOOD/DRINK COLUMN, COMPLETE Q5 FOR THE ORIGINAL FOOD, AND THEN ASK Q4 AND Q5 FOR EACH ADDITION. Examples: <i>Whipped cream, page 8</i></p>	<p>IF VOLUME: How much? (Tsp, Tbsp, Cup)</p> <p>IF WEIGHT: What was the container weight and portion eaten? (Example: 5 WO can, ate all)</p>
<p>Pudding Pops</p>	<p>BRAND: What was the brand name?</p> <p>TYPE: Was it all chocolate or not all chocolate?</p>	<p>IF NUMBER: How many?</p>

THIS PAGE INTENTIONALLY BLANK

FRUITS, VEGETABLES








Food/Drink Category	Q4. Description of Food/Drink	Q5. How much of this (FOOD) did you actually (eat/drink)?
Fruits, Berries	<p>KIND: What kind was it? (Was it an apple, applesauce, orange, banana, strawberries, grapes, raisins...?)</p> <p>IF APPLESAUCE: Was it sweetened? If yes -- Was it sweetened with sugar, low calorie sweetener...? (GO TO ADDITIONS) If no -- (GO TO ADDITIONS)</p> <p style="text-align: center;">(IF FRUIT SALAD, SEE PAGE 71)</p> <p>TYPE: Was it canned, frozen, dried, cooked, fresh? If canned -- Was it in light syrup, heavy syrup, juice, water? Was it drained?</p> <p>If frozen -- Was it sweetened with sugar or low calorie sweetener, or was it unsweetened?</p> <p>If dried -- Was it cooked or not cooked?</p> <p>If cooked -- Was sugar or low calorie sweetener or no sweetener added during cooking?</p> <p style="text-align: center;">Was anything else added during cooking? If yes -- What was added?</p> <p>+ ADDITIONS: Did you add anything to the (FOOD)? RECORD EACH ADDITION ON A SEPARATE LINE IN THE FOOD/DRINK COLUMN, COMPLETE Q5 FOR THE ORIGINAL FOOD, AND THEN ASK Q4 AND Q5 FOR EACH ADDITION. Examples: <i>Sugar or sugar substitute, page 20</i> <i>Whipped topping, page 8</i></p>	<p>IF PIECE: How many and what size? (Examples: 1 med banana; 1/2 lrg grapefruit)</p> <p>IF VOLUME: How much? (Cup) Specify: Was it fresh or cooked? Was it whole, sliced or sections? If whole prunes -- were they with or without pits? (Example: 1/2 C sliced fresh strawberries)</p> <p>IF PREPACKAGED: What was the weight of whole package or can and portion eaten? Specify: Was it raw, canned, or cooked? Was it with or without peel/rind? Was it with or without seeds/pits?</p> <p>IF WATERMELON: How much <u>and</u> what was the shape? Wedge (sm, med, lrg) Round slice Cube Ball (Example: 1c cubed, 1 lrg wedge)</p>




FRUITS, VEGETABLES

Food/Drink Category	Q4. Description of Food/Drink	Q5. How much of this (FOOD) did you actually (eat/drink)?
<p>White Potatoes</p>	<p>KIND: What kind were they? (Were they baked, roasted, boiled, home fries, mashed, potato skins, scalloped...?)</p> <p>(IF FRENCH FRIES OR TATER TOTS, SEE PAGE 34) (IF POTATO CHIPS OR POTATO STICKS, SEE PAGE 75)</p> <p>If baked --  Fat: Was any kind of fat or oil used in cooking or preparing the potatoes? (DK FAT, NO FAT, FAT USED) If fat used -- What kind? Peel: Was the peel/skin eaten? Stuffed: Was it stuffed with something? If yes -- What was it stuffed with? (Was it cheese, sour cream, chili...?)</p> <p>If roasted --  Fat: Was any kind of fat or oil used in cooking or preparing the potatoes? (DK FAT, NO FAT, FAT USED) If fat used -- What kind? Peel: Was the peel/skin eaten?</p> <p>If boiled --  Fat: Was any kind of fat or oil used in cooking or preparing the potatoes? (DK FAT, NO FAT, FAT USED) If fat used -- What kind? Peel: Was the peel/skin eaten?</p> <p>If hash browns -- Type: Were they from fresh potatoes, from frozen, from a dry mix, or restaurant...?</p> <p>If home fries --  Fat: Was any kind of fat or oil used in cooking or preparing the potatoes? (DK FAT, NO FAT, FAT USED) If fat used -- What kind? Other ingredients -- Were other ingredients used in preparation? If yes -- What were they?</p>	<p>IF NUMBER: How many and what size? (small, med, lrg) If baby red potato or a new potato: How many? (Examples: 3 baby red potatoes; 1 lrg potato; 2 wedges)</p> <p>IF VOLUME: How much? (Tsp, Tbsp, Cup)</p> <p>IF WEIGHT: What was the weight of the package or can and portion eaten? (SPECIFY DRY, FROZEN, CANNED, OR COOKED) (Example: 1/3 of 9 WO package frz hash browns)</p>

(White Potatoes continued on next page)

FRUITS, VEGETABLES



Food/Drink Category	Q4. Description of Food/Drink	Q5. How much of this (FOOD) did you actually (eat/drink)?
<p>French Fries, Tater Tots</p>    	<p>SOURCE: Were these (FOOD) from a restaurant, school, fast food place, or some other place?</p> <p>IF FRENCH FRIES: From restaurant, school, or fast food: What was the shape: straight, curly, crinkle cut...? If not school: What was the name of the restaurant?</p> <p>From other place, type: Were they from fresh potatoes or from frozen?</p> <p>What was the shape: straight, curly, crinkle cut...?</p> <p>Were they baked or fried?</p> <p>Was salt used in cooking or preparing the french fries? (DK SALT, NO SALT, SALT USED)</p> <p>Was any kind of fat or oil used in cooking or preparing the french fries? (DK FAT, NO FAT, FAT USED) If fat used -- What kind?</p> <p>IF TATER TOTS: From restaurant, school, or fast food: GO TO ADDITIONS. From other place: Was salt used in cooking or preparing the tater tots? (DK SALT, NO SALT, SALT USED)</p> <p>ADDITIONS: Did you add anything to the (FOOD)? RECORD EACH ADDITION ON A SEPARATE LINE IN THE FOOD/DRINK COLUMN, COMPLETE Q5 FOR THE ORIGINAL FOOD, AND THEN ASK Q4 AND Q5 FOR EACH ADDITION. Example: <i>Catsup, page 78</i></p>	<p>IF FAST FOOD ORDER ONLY: What size? (Example: Large order)</p> <p>IF VOLUME: How much? (Cup)</p> <p>IF INDIVIDUAL PIECES: How many? (Examples: 5 fries; 7 tater tots)</p> <p>IF WEIGHT: What was the package weight and portion eaten? (SPECIFY RAW OR COOKED)</p>
<p>Sweet Potatoes</p>   	<p>TYPE: Were they fresh, canned...? If canned: Were they with syrup or without syrup?</p> <p>PREPARATION: How were they prepared? (Were they baked, boiled, candied, fried...?)</p> <p>SALT: Was salt used in cooking or preparing the (FOOD)? (DK SALT, NO SALT, SALT USED)</p> <p>FAT: Was any kind of fat or oil used in cooking or preparing the sweet potatoes? (DK FAT, NO FAT, FAT USED) If fat used -- What kind?</p> <p>PEEL: Was the peel/skin eaten?</p> <p>ADDITIONS: Did you add anything to the sweet potatoes? RECORD EACH ADDITION ON A SEPARATE LINE IN THE FOOD/DRINK COLUMN, COMPLETE Q5 FOR THE ORIGINAL FOOD, AND THEN ASK Q4 AND Q5 FOR EACH ADDITION.</p>	<p>IF NUMBER: How many and what size? (sm, med, lrg) (Example: 2 sm potatoes)</p> <p>IF VOLUME: How much? (Tsp, Tbsp, Cup)</p> <p>IF WEIGHT: What was the weight of can and portion eaten? (Example: 2/3 of a 15 WO can)</p>

Food/Drink Category	Q4. Description of Food/Drink	Q5. How much of this (FOOD) did you actually (eat/drink)?
<p>Vegetables, Dry Beans</p>	<p>KIND: What kind was it? (Was it broccoli, carrots, tomatoes, corn, iceberg lettuce, celery, vegetable combinations, pinto beans, tofu...?)</p> <p>VARIETY/COLOR:</p> <p>Beans: Wax (yellow), string, green, lima, kidney...?</p> <p>Cabbage: Red, green...?</p> <p>Corn: Yellow, white...?</p> <p>Greens: Spinach, mustard, kale...?</p> <p>Lettuce: Iceberg, romaine, escarole, Boston...?</p> <p>Onions: White mature, green spring, red, pearl...?</p> <p>Peas: Green, snow, crowder, blackeyed...?</p> <p>Peppers: Red or green sweet peppers; chili peppers...?</p> <p>Squash: Hubbard, acorn, summer, winter, zucchini...?</p> <p>Mixed Vegetables: What kind of vegetables? What was the brand name?</p> <p>TYPE: Was it raw, pickled, cooked...?</p> <p>If cooked -- Was it from fresh, frozen, dry, canned? Was it cooked with sauce or meat, or was it batter-fried?</p> <p>If cooked with meat -- Was the meat eaten? If meat eaten -- What kind of meat? How much was eaten?</p> <p>If canned -- Was it regular or low sodium?</p> <p> SALT: Was salt used in cooking or preparing the (FOOD)? (DK SALT, NO SALT, SALT USED)</p> <p> FAT: Was any kind of fat or oil used in cooking or preparing the (FOOD)? (DK FAT, NO FAT, FAT USED) If fat used -- What kind?</p> <p> ADDITIONS: Did you add anything to the (FOOD)? RECORD EACH ADDITION ON A SEPARATE LINE IN THE FOOD/DRINK COLUMN, COMPLETE Q5 FOR THE ORIGINAL FOOD, AND THEN ASK Q4 AND Q5 FOR EACH ADDITION. Example: <i>Butter, margarine, page 77</i></p>	<p>IF NUMBER: How many and what size? (Examples: 1 thick sl of tomato; 1 med tomato; 5 baby carrots; 1 lrg lettuce leaf)</p> <p>IF VOLUME:</p> <ol style="list-style-type: none"> How much? (Cup) Was it raw or cooked? and What was the form? (sliced, chopped, grated, mixed) <p>(Example: 1/2 C sl raw carrots)</p> <p>For dry beans: SPECIFY COOKED OR UNCOOKED</p> <p>IF WEIGHT: What was the weight of the package or can and portion eaten? (SPECIFY RAW, FROZEN, COOKED) (Example: 1/2 of 9 WO package frz broccoli)</p> <p>For dry beans: SPECIFY COOKED OR UNCOOKED</p>



FRUITS, VEGETABLES

Food/Drink Category	Q4. Description of Food/Drink	Q5. How much of this (FOOD) did you actually (eat/drink)?
Pickles	<p>KIND: What kind were they? (Were they bread and butter, dill, sour, sweet, mixed...?)</p> <p>TYPE: Were they regular or reduced salt?</p>	<p>IF WHOLE OR PIECES:</p> <ol style="list-style-type: none"> 1. How many? 2. What was the shape? (whole, half, spear) and 3. What was the size? (small, medium, large) <p>(Examples: 5 sm whole gherkins; 2 med dill spears)</p> <p>IF VOLUME: How much and what form? (sliced, chopped) (Example: 1/2 C sl)</p>
Olives	<p>KIND: What kind were they? (Were they black, green, stuffed...?)</p>	<p>IF NUMBER: How many and what size? (small, medium, large) (Example: 5 lrg)</p> <p>IF VOLUME: Tsp, Tbsp, Cup</p>



MEAT, POULTRY, FISH, SHELLFISH

Food/Drink Category	Q4. Description of Food/Drink	Q5. How much of this (FOOD) did you actually (eat/drink)?
<p>Beef, Lamb, Veal, Game Meats</p> <div style="display: flex; align-items: center; margin-top: 20px;">   </div>	<p>KIND: What kind was it? (Was it beef, lamb, veal, venison...?)</p> <p style="text-align: center;">(IF HAMBURGER ON BUN, SEE PAGE 66) (IF HOT DOGS, SEE PAGE 68) (IF DELI OR PACKAGED LUNCH MEATS, SEE PAGE 39)</p> <p>FORM: Was it a steak, chop, roast, rib, ground...? If steak, chop, rib, or roast -- Was the piece you ate with or without bone? Did you eat the fat?</p> <p>If ground beef -- Was it regular, lean, extra lean...?</p> <p>PREPARATION: How was it prepared? (Was it baked, braised, broiled, fried, pickled, roasted, stewed...?) If baked or fried -- Was it floured, breaded, battered, or was it without coating?</p> <p>If grilled or barbecued -- Did it have a sauce or marinade? If yes -- What kind?</p> <p>SALT: Was salt used in cooking or preparing the (FOOD)? (DK SALT, NO SALT, SALT USED)</p> <p>ADDITIONS: Did you add anything to the (FOOD)? RECORD EACH ADDITION ON A SEPARATE LINE IN THE FOOD/DRINK COLUMN, COMPLETE Q5 FOR THE ORIGINAL FOOD, AND THEN ASK Q4 AND Q5 FOR EACH ADDITION. Examples: <i>Sauce, page 73</i> <i>Gravy, page 73</i></p>	<p>IF PIECE WITH BONE: How many and what size? (small, medium, large) (Examples: 2 lrg ribs; 1 med steak)</p> <p>IF BONELESS PIECE: (COOKED) 1. How many? 2. What was the shape? (rec, sq, wedge, round) <u>and</u> 3. What were the dimensions? (length, width, thickness) USE THICKNESS STICKS AND RULER (Example: 2 boneless rec pcs, ea 1" W x 2" L x 2 St)</p> <p>IF WEIGHT: What was the weight and portion eaten? (Pound, WO) Use weight <u>only</u> from: 1. Package 2. Restaurant menu 3. Food weighing scale Specify weight as: Was it raw or cooked? Was it with or without bone? Was it with or without fat? (Example: 1/2 of .75 lb raw steak, with bone, with fat)</p> <p>IF VOLUME: How much? (Cup) (IF GROUND OR CHOPPED ONLY)</p>

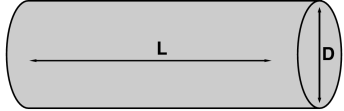
MEAT, POULTRY, FISH, SHELLFISH

Food/Drink Category	Q4. Description of Food/Drink	Q5. How much of this (FOOD) did you actually (eat/drink)?
<p>Ham or Pork</p>	<p>(IF HOT DOGS, SEE PAGE 68) (IF DELI OR PACKAGED LUNCH MEATS, SEE PAGE 39)</p> <p>FORM: Was it a steak, chop, roast, rib, ground...? If steak, chop, rib, or roast -- Was the piece you ate with or without bone? Did you eat the fat?</p> <p>TYPE: Was it smoked or cured, or fresh? (COOKED, CURED HAM/PORK IS PINKISH. COOKED, FRESH HAM/PORK IS TAN OR BEIGE.)</p> <p>PREPARATION: How was it prepared? (Was it baked, braised, broiled, fried, pickled, roasted, stewed...?) If baked or fried -- Was it floured, breaded, battered, or was it without coating?</p> <p> SALT: Was salt used in cooking or preparing the (FOOD)? (DK SALT, NO SALT, SALT USED)</p> <p> ADDITIONS: Did you add anything to the (FOOD)? RECORD EACH ADDITION ON A SEPARATE LINE IN THE FOOD/DRINK COLUMN, COMPLETE Q5 FOR THE ORIGINAL FOOD, AND THEN ASK Q4 AND Q5 FOR EACH ADDITION. Examples: <i>Sauce, page 73</i> <i>Gravy, page 73</i></p>	<p>IF PIECE WITH BONE: How many and what size? (small, medium, large) (Examples: 2 medium pork chops; 1 lrg rib)</p> <p>IF BONELESS PIECE: (COOKED) 1. How many? 2. What was the shape? (rec, sq, wedge, round) <u>and</u> 3. What were the dimensions? (length, width, thickness) USE THICKNESS STICKS AND RULER (Example: 1 boneless rec pc, 1" W x 3" L x 3 St)</p> <p>IF WEIGHT: What was the weight and portion eaten? (Pound, WO) Use weight <u>only</u> from: 1. Package 2. Restaurant menu 3. Food weighing scale Specify weight as: Was it raw or cooked? Was it with or without bone? Was it with or without fat? (Example: All of .42 lb raw pork roast, without bone, with fat)</p> <p>IF VOLUME: How much? (Cup) (COOKED AND GROUND OR CHOPPED ONLY)</p>

MEAT, POULTRY, FISH, SHELLFISH

Food/Drink Category	Q4. Description of Food/Drink	Q5. How much of this (FOOD) did you actually (eat/drink)?
<p>Deli Meats, Packaged Lunch Meats, Meat Spreads, Potted Meat</p>	<p>KIND: What kind was it? (Was it turkey roll, ham, beef bologna, salami, pimento loaf, chicken spread...?)</p> <p>TYPE: Was it deli-type, prepackaged, canned...? Was it regular, low sodium, lowfat...?</p> <p>BRAND: What was the brand name?</p>	<p>IF SLICES: How many and what size? (thin, regular, thick, shaved)</p> <p>If shaved: What was the weight of the package and portion eaten?</p> <p>OR</p> <p>What portion of cup?</p> <p>OR</p> <p>How many slices?</p> <p>IF WEIGHT: What was the package weight and portion eaten? (Pound, WO)</p> <p>(Example: ate 1/2 of 3 WO pkg)</p>
<p>Liver, Organ Meats</p> <div style="text-align: center;">   </div>	<p>KIND: What kind was it? (Was it liver, heart, kidney, tongue, tripe, gizzard, chitterlings...?)</p> <p>TYPE: Was it beef, pork, chicken, turkey, lamb...?</p> <p>PREPARATION: How was it prepared? (Was it braised, broiled, boiled, fried, sauteed...?)</p> <p>If fried -- Was it battered, breaded, floured, or was it without coating?</p> <p>SALT: Was salt used in cooking or preparing the (FOOD)? (DK SALT, NO SALT, SALT USED)</p> <p>ADDITIONS: Did you add anything to the (FOOD)? RECORD EACH ADDITION ON A SEPARATE LINE IN THE FOOD/DRINK COLUMN, COMPLETE Q5 FOR THE ORIGINAL FOOD, AND THEN ASK Q4 AND Q5 FOR EACH ADDITION.</p> <p>Examples: <i>Sauce, page 73</i> <i>Gravy, page 73</i> <i>Onions, page 35</i> <i>Peppers, page 35</i></p>	<p>IF BEEF LIVER, CALVES LIVER OR TONGUE: (COOKED) How many and what were the dimensions? (length, width, thickness) USE THICKNESS STICKS AND RULER</p> <p>(Example: 1 pc, 4" L x 2" W x 2 St)</p> <p>IF CHICKEN LIVER OR GIZZARD: How many? (Examples: 3 chicken livers, 1 gizzard)</p> <p>IF WEIGHT: What was the weight and portion eaten? (Pound, WO)</p> <p>Use weight <u>only</u> from:</p> <ol style="list-style-type: none"> 1. Package 2. Food weighing scale <p>Specify weight as: Was it raw or cooked? (Example: 1/2 of .47 lb, raw)</p> <p>IF VOLUME: How much? (COOKED ONLY) (Cup)</p>

MEAT, POULTRY, FISH, SHELLFISH

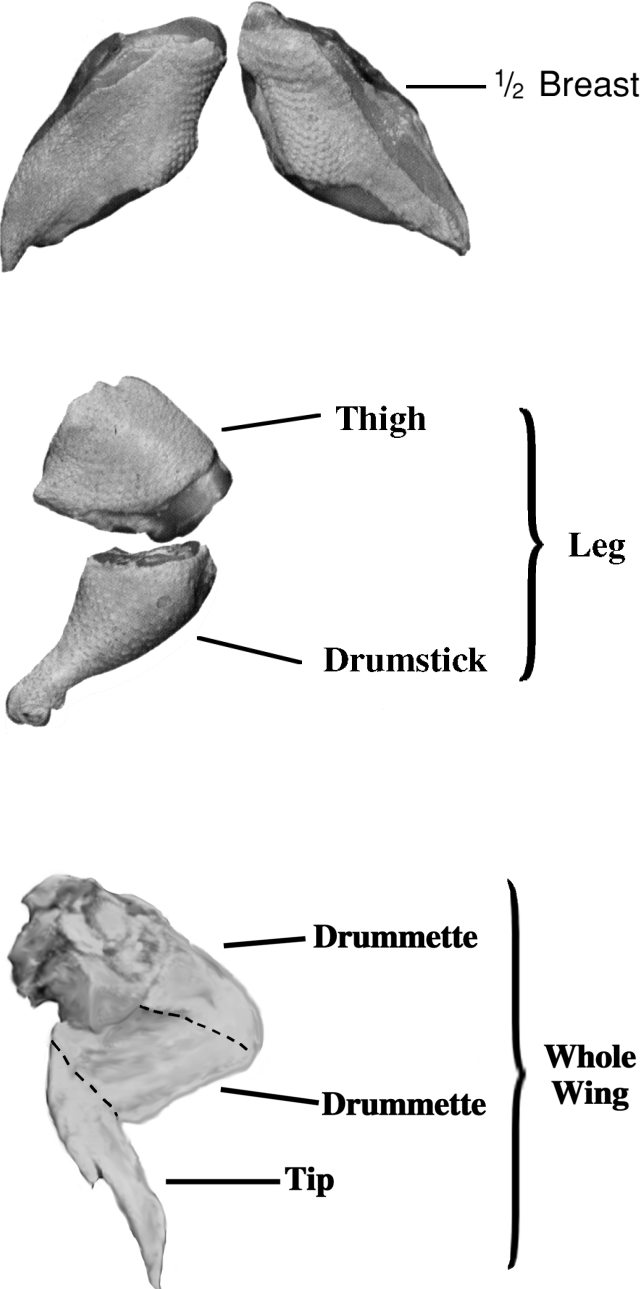
Food/Drink Category	Q4. Description of Food/Drink	Q5. How much of this (FOOD) did you actually (eat/drink)?
Bacon	<p>KIND: What kind was it? (Was it beef, pork, turkey, beef and pork, Canadian bacon, Sizzlean, meat substitute...?)</p> <p>TYPE: Was it smoked, cured...?</p> <p>BRAND: What was the brand name?</p>	<p>IF SLICES: How many and what size? (thin, medium, thick slice)</p> <p>IF VOLUME: How much? (Tsp, Tbsp, Cup)</p>
Sausage	<p>KIND: What kind was it? (Was it pork, beef, pork and beef, chicken...?)</p> <p>TYPE: Was it smoked, fresh, brown and serve...? Was it a link or patty...? Was it regular, reduced fat...?</p> <p>BRAND: What was the brand name?</p>	<p>IF PATTY: How many and what size? (small, medium, large)</p> <p>IF LINK: How many and what were the dimensions? (length, diameter) (Example: 2 links - 4" L x 1" dia)</p>  <p>IF VOLUME: How much? (Tsp, Tbsp, Cup)</p>
Jerky, Dried Meats	<p>NAME: Was it beef, venison, sausage-type...?</p> <p>BRAND: What was the brand name?</p>	<p>IF LINK: How many and what were the dimensions? (length, diameter) (Example: 1 link - 3" L x 1" dia)</p> <p>IF PIECE: How many? What shape? What were the dimensions? (length, width, thickness)</p> <p>USE THICKNESS STICKS AND RULER</p>

THIS PAGE INTENTIONALLY BLANK

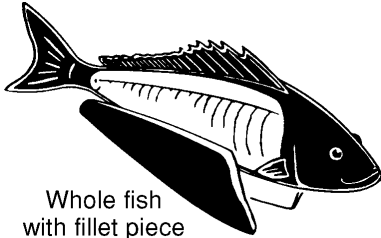




MEAT, POULTRY, FISH, SHELLFISH

Food/Drink Category	Q4. Description of Food/Drink	Q5. How much of this (FOOD) did you actually (eat/drink)?
<p>Poultry</p>	<p>NAME: Was it chicken, turkey, duck, goose, cornish hen...? (IF DELI MEAT, SEE PAGE 39)</p> <p>FORM: Was it a part such as breast, drumstick, thigh, leg, wing, neck, back...? Or was it canned, ground, nuggets, tenders, or patties?</p> <p>IF NUGGETS, TENDERS, PATTIES, CUTLETS, SLICES, OR GROUND: BRAND: Was it from a fast food restaurant or was it a commercially frozen product? If yes -- What was the name? (GO TO SALT)</p> <p>IF CANNED: Was it light or dark meat? (GO TO SALT)</p> <p>IF PART (HAND RESPONDENT CARD): If breast -- Was it a whole breast or half of a breast? If leg -- Was it both drumstick and thigh together? or Just drumstick? or Just thigh? If wing -- Was it a whole wing or drummette? If part is unknown -- Was it light or dark meat?</p> <p>PREPARATION: How was it prepared? (Was it baked, broiled, fried, smoked, roasted, stewed...?) If grilled or barbecued -- Did it have a sauce or marinade? If yes -- What kind?</p> <p>SKIN: Was it cooked with or without skin? If cooked with skin -- Did you eat the skin?</p> <p>COATING: Was it floured, breaded, or battered, or was it without coating? If coated -- Did you eat the coating?</p> <p>SALT: Was salt used in cooking or preparing the (FOOD)? (DK SALT, NO SALT, SALT USED)</p> <p>+ ADDITIONS: Did you add anything to the (FOOD)? RECORD EACH ADDITION ON A SEPARATE LINE IN THE FOOD/DRINK COLUMN, COMPLETE Q5 FOR THE ORIGINAL FOOD, AND THEN ASK Q4 AND Q5 FOR EACH ADDITION. Example: <i>Sauce, gravy, page 73</i></p>	<p>IF PARTS: How many and what size? (small, medium, large) (Examples: Sm half breast; 1/2 med thigh)</p> <p>IF NUGGETS OR TENDERS: How many? (Example: 7 chicken nuggets)</p> <p>IF PATTIES, CUTLETS, SLICES, OR CHUNKS: (COOKED) 1. How many? 2. What was the shape? (rec, sq, wedge) and 3. What were the dimensions? (length, width, thickness) USE THICKNESS STICKS AND RULER (Example: 3 strips, 3½" L x 1" W x 4 St)</p> <p>IF WEIGHT: What was the weight and portion eaten? (Pound, WO) Use weight <u>only</u> from: 1. Package 2. Restaurant menu 3. Food weighing scale Specify weight as: Was it raw or cooked? Was it with or without bone? Was it with or without skin? (Example: All of .54 lb raw chicken breast, with bone, w/o skin)</p> <p>IF VOLUME: How much? (Cup) (COOKED AND GROUND OR CHOPPED ONLY)</p>

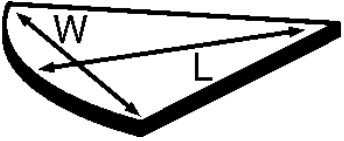
(Poultry continued on next page)

Food/Drink Category	Q4. Description of Food/Drink
Poultry (continued)	<p style="text-align: center;">1 Whole Breast</p>  <p>The diagram illustrates various poultry parts. At the top, two halves of a whole breast are shown, with a bracket above them labeled "1 Whole Breast" and a line pointing to one half labeled "1/2 Breast". Below this, a thigh and a drumstick are shown, with a bracket to their right labeled "Leg". At the bottom, a whole wing is shown, with a bracket to its right labeled "Whole Wing". The wing is divided into three sections: the top section is labeled "Drumette", the middle section is labeled "Drumette", and the bottom section is labeled "Tip".</p>


MEAT, POULTRY, FISH, SHELLFISH

Food/Drink Category	Q4. Description of Food/Drink	Q5. How much of this (FOOD) did you actually (eat/drink)?
<p>Fish, Shellfish</p>	<p>KIND: What kind was it? (Was it perch, cod, tuna, salmon, herring, sea bass, crab, shrimp, clams, imitation seafood...?) If crab -- What kind was it? (Was it blue crab, king crab, snow crab...?)</p> <p>TYPE: Was it from frozen, canned, fresh, smoked, dried, pickled...?</p> <p>FOR FISH, FORM: Was it a fillet, whole, flaked, fishstick, cake or patty...? (IF FILLET OR WHOLE, HAND RESPONDENT CARD)</p> <div style="text-align: center;">  <p>Whole fish with fillet piece</p>  <p>Fillet</p> </div> <p>PREPARATION: How was it prepared? (Was it fried, baked, broiled, sauteed, steamed, raw...?)</p> <p>COATING: Was it battered, breaded, floured, or was it without coating? If coating -- Did you eat the coating?</p> <p> SALT: Was salt used in cooking or preparing the (FOOD)? (DK SALT, NO SALT, SALT USED)</p> <p> FAT: Was any kind of fat or oil used in cooking or preparing the (FOOD)? (DK FAT, NO FAT, FAT USED) If fat used -- What kind?</p> <p>BRAND, IF NOT TUNA: Did it have a brand name or was it from a restaurant? If yes -- What was it?</p> <p> ADDITIONS: Did you add anything to the (FOOD)? RECORD EACH ADDITION ON A SEPARATE LINE IN THE FOOD/DRINK COLUMN, COMPLETE Q5 FOR THE ORIGINAL FOOD, AND THEN ASK Q4 AND Q5 FOR EACH ADDITION. Examples: <i>Tartar sauce, page 73</i> <i>Butter or margarine, page 77</i></p>	<p>IF WHOLE FISH OR FILLET: What portion and what size? (small, medium, large) (Example: Ate 1/3 of whole med trout)</p> <p>IF STICKS OR CAKES: Items such as fishsticks or crab cakes: How many? (Examples: One fishcake; 3 fishsticks)</p> <p>IF SHELLFISH: Items such as shrimp, crab, lobster, oysters, mussels, or clams: How many and what size? (Example: 3 jumbo shrimp; 5 oysters)</p> <p>IF VOLUME: How much? (Cup) (COOKED ONLY)</p> <p>IF WEIGHT: What was the weight and portion eaten? (Pound, WO) Use weight <u>only</u> from: 1. Package 2. Restaurant menu 3. Food weighing scale Specify weight as: Was it raw or cooked? Was it with or without bone/shell? (Example: 3/4 of 1.25 lb raw perch with bone)</p>

PIZZA, TACOS, FROZEN MEALS

Food/Drink Category	Q4. Description of Food/Drink	Q5. How much of this (FOOD) did you actually (eat/drink)?
Pizza	<p>KIND: What kind was it? (Was it plain cheese, extra cheese, with vegetables, meat, white pizza...?) If vegetables or meat -- What kind?</p> <p>CRUST: Was the crust thick or thin?</p> <p>BRAND: Was it from a restaurant, a fast food place, a school cafeteria, or was it a commercially frozen product? If not school cafeteria -- What was the name or brand name?</p>	<p>IF PIECE:</p> <ol style="list-style-type: none"> 1. What was the shape of the piece? (rec, sq, wedge) 2. What were the dimensions? (length and width only, not thickness) and 3. How many pieces eaten? (Example: 5 wedges, 4" L x 2" W) <div style="text-align: center;">  </div> <p>No dimension of thickness required</p> <p>IF ROUND PIZZA:</p> <ol style="list-style-type: none"> 1. What was the diameter? 2. How many slices were in the pizza? <u>and</u> 3. How many slices were eaten? (Example: 8" dia pizza cut into 4 pcs, ate two) <p style="text-align: center;">or</p> <ol style="list-style-type: none"> 1. What was the diameter of the pizza? <u>and</u> 2. What portion was eaten? (Example: 1/4 of a 12" dia pizza) <p>IF RECTANGULAR OR SQUARE PIZZA:</p> <ol style="list-style-type: none"> 1. What were the dimensions? (length and width) 2. How many slices were in the pizza? <u>and</u> 3. How many slices were eaten? (Example: 12" L x 12" W, 16 pcs, ate 5 pcs) <p>IF SCHOOL CAFETERIA: How many slices?</p>

PIZZA, TACOS, FROZEN MEALS

Food/Drink Category	Q4. Description of Food/Drink	Q5. How much of this (FOOD) did you actually (eat/drink)?
<p>Tacos, Burritos, Enchiladas, Fajitas, Quesadillas, Nachos</p> 	<p>KIND: What kind was it? (Was it a taco, fajita...?) If taco -- Was it a hard or soft taco?</p> <p>SOURCE: Was it commercially made, did someone else put it together, or did you put it together yourself? If commercially made or put together by someone else -- Brand: Was there a brand name or name of the restaurant or fast food place? If yes -- What was it? Was any food removed from the standard item?</p> <p>Filling: What kind of filling did it have? Was it beef, chicken, pork, cheese, bean...? (GO TO ADDITIONS)</p> <p>If put together by yourself -- Tortilla/taco shell/chips: What kind of tortilla, taco shell, or chip was it? (Was it corn, flour...?) Tortilla/taco shell amount: What was the size or diameter per item? Chip amount: How many per item?</p> <p>Meat/fish: Did it have any meat, poultry, or seafood? If yes -- Kind: What kind was it? Was it ground beef, chicken, pork, fish...? If ground beef -- Was it regular, lean, extra lean...? Meat/fish amount: How much per item? (TBSP, CUP, WO RAW OR COOKED)</p> <p>Beans: Did it have beans? If yes -- How much per item? (TBSP, CUP)</p> <p>Vegetables: Did it have any vegetables? If yes -- What kinds? (Was it lettuce, onions, green peppers, tomatoes, jalepeno...?) Vegetable amount: How much per item? (TSP, TBSP, CUP, NUMBER AND SIZE)</p> <p>Cheese: Did it have any cheese? If yes -- What kind was it? (Was it Cheddar, Mozzarella, Velveeta...?) Type: Was it processed, natural, imitation..? Was it regular, low sodium, lowfat, nonfat...? Cheese amount: How much per item? (TSP, TBSP, CUP, SLICE, WO)</p>	<p>IF NUMBER: How many? <u>or</u> What portion? (Example: 3 enchiladas; 15 nachos; ate all)</p>

(Tacos, Burritos, Enchiladas, Fajitas, Quesadillas, Nachos continued on next page)


Food/Drink Category	Q4. Description of Food/Drink	Q5. How much of this (FOOD) did you actually (eat/drink)?
<p>Tacos, Burritos, Enchiladas, Fajitas, Quesadillas, Nachos (continued)</p> <p style="text-align: center;">+</p>	<p>Sauce: Did it have a sauce, gravy, or salsa? If taco or enchilada sauce or salsa -- Color: Was it red or green? Kind: Was it commercial or homemade? If homemade -- Was it raw or cooked?</p> <p>(GO TO SAUCE AMOUNT BELOW)</p> <p>If gravy or other sauce -- Kind: What kind was it? (Was it beef gravy, tomato sauce, barbecue sauce...?)</p> <p>Sauce amount: How much per item? (TSP, TBSP, CUP)</p> <p>Other ingredients: Did it have any other ingredients? If yes -- What were they? (RECORD AMOUNTS OF EACH)</p> <p>ADDITIONS: Did you add anything to the (FOOD)? RECORD EACH ADDITION ON A SEPARATE LINE IN THE FOOD/DRINK COLUMN, COMPLETE Q5 FOR THE ORIGINAL FOOD, AND THEN ASK Q4 AND Q5 FOR EACH ADDITION. Examples: <i>Guacamole, page 75</i> <i>Salsa, page 73</i></p>	<p>(See Q5 on page 46)</p>
<p>Frozen Meals, Frozen Main Dishes</p> <p style="text-align: center;">+</p>	<p>KIND: What kind of meal or dish was it? (Was it a salisbury steak dinner, fried chicken, turkey and gravy...?)</p> <p>BRAND: What was the brand name?</p> <p>INGREDIENTS: What foods were in the meal or dish? SPECIFY MAIN DISH, VEGETABLES, RICE, DESSERT, OTHER FOODS. Examples: <i>Salisbury steak with gravy, scalloped potatoes, green beans, apple cobbler</i></p> <p>TYPE: Was it regular, diet, reduced fat, reduced sodium...?</p> <p>ADDITIONS: Did you add anything to the (FOOD)? RECORD EACH ADDITION ON A SEPARATE LINE IN THE FOOD/DRINK COLUMN, COMPLETE Q5 FOR THE ORIGINAL FOOD, AND THEN ASK Q4 AND Q5 FOR EACH ADDITION.</p>	<p>IF WEIGHT: What was the package weight and portion eaten?</p> <p>IF VOLUME: How much and what portion of each item? (Cup)</p>

THIS PAGE INTENTIONALLY BLANK

MIXED DISHES, MACARONI AND CHEESE, SPAGHETTI WITH SAUCE






(MIXED DISHES START ON NEXT PAGE)

MIXED DISHES, MACARONI AND CHEESE, SPAGHETTI WITH SAUCE





Food/Drink Category	Q4. Description of Food/Drink	Q5. How much of this (FOOD) did you actually (eat/drink)?
<p>Mixed Dishes, Casseroles, Stews</p> <p>HOME RECIPE (RECIPE KNOWN)</p> <div style="text-align: center;">  </div>	<p>KIND: What kind was it? (Was it beef stew, meatloaf, lasagna, chicken casserole, egg roll, Kung Pao chicken, quiche, tuna noodle casserole...?)</p> <p>SOURCE: Was that made from a home recipe?</p> <p style="text-align: center;">(IF NOT A HOME RECIPE , GO TO PAGE 51. IF HOME RECIPE, CONTINUE.)</p> <p>HOME RECIPE INGREDIENTS -- What were the ingredients and amounts in the recipe? (RECORD INGREDIENTS FIRST)</p> <p style="text-align: center;">(IF RECIPE UNKNOWN, GO TO PAGE 51)</p> <p>If meat, poultry or fish -- What kind? (chicken breast, lean ground beef, pork loin, canned tuna...?)</p> <p style="padding-left: 20px;">Meat, poultry, fish amount: How much? (SIZE OF PIECE [SMALL, MEDIUM, LARGE], CUP, WO, DIMENSIONS OF BONELESS PIECE -- AMOUNT COOKED OR RAW)</p> <p>If grain -- What kind? (white rice, egg noodles, flour tortilla, white bread, pie crust...?)</p> <p style="padding-left: 20px;">Grain amount: How much? (SIZE OF SLICE [REGULAR, THIN, THICK], CUP, NUMBER -- AMOUNT COOKED OR NOT COOKED, DIAMETER OF CRUST)</p> <p>If vegetables -- What kind? (corn, broccoli, green pepper, tomato...?)</p> <p style="padding-left: 20px;">Vegetable amount: How much? (NUMBER <u>AND</u> SIZE [SMALL, MEDIUM, LARGE], <u>OR</u> CUP [RAW OR COOKED], <u>OR</u> WO [RAW OR COOKED])</p> <p>If other ingredients -- What kind? (cheddar cheese, eggs, tofu, tomato sauce, cream of mushroom soup...?)</p> <p style="padding-left: 20px;">Other ingredients amount: How much? (RECORD AMOUNT OF EACH)</p> <p>LIQUID: Did it have any liquids such as water or milk?</p> <p style="padding-left: 20px;">If milk -- What kind? (whole, 1%, 2%, skim...?)</p> <p style="padding-left: 20px;">Liquid amount: How much? (CUP, FO)</p>	<p>(See Q5 on page 51)</p>

(Mixed Dishes, Casseroles, Stews continued on next page)

MIXED DISHES, MACARONI AND CHEESE, SPAGHETTI WITH SAUCE



Food/Drink Category	Q4. Description of Food/Drink	Q5. How much of this (FOOD) did you actually (eat/drink)?
<p>Mixed Dishes, Casseroles, Stews (continued)</p>    <p>HOME RECIPE (RECIPE KNOWN)</p> 	<p>SALT: Was salt used in cooking or preparing the (FOOD)? (DK SALT, NO SALT, SALT USED)</p> <p>FAT: Was any kind of fat or oil used in cooking or preparing the (FOOD)? (DK FAT, NO FAT, FAT USED) If fat used -- What kind? Fat amount -- How much? (TSP, TBSPO, CUP, STICK)</p> <p>RECIPE AMOUNT: How much (or how many cups) did the recipe make?</p> <p>ADDITIONS: Did you add anything to the (FOOD)? RECORD EACH ADDITION ON A SEPARATE LINE IN THE FOOD/DRINK COLUMN, COMPLETE Q5 FOR THE ORIGINAL FOOD, AND THEN ASK Q4 AND Q5 FOR EACH ADDITION.</p>	<p>IF RECIPE AMOUNT MADE REPORTED IN CUPS: How much? (Tsp, Tbsp, Cup)</p> <p>IF RECIPE AMOUNT MADE REPORTED IN OTHER MEASUREMENTS: What portion of the (FOOD) did you eat? (Example: 1/6 of total)</p> <p align="center">or</p> <p>What were the dimensions? (Example: 3" L x 2" W x 1 1/2" H lasagna)</p>
<p>Mixed Dishes, Casseroles, Stews</p> <p>COMMERCIAL, RESTAURANT, OR RECIPE UNKNOWN</p> 	<p>INGREDIENTS: What were the ingredients?</p> <p>If meat: What kind?</p> <p>If grain: What kind?</p> <p>If vegetables: What kind?</p> <p>If other ingredients: What kind?</p> <p>SAUCE: Did it have a sauce or gravy? If yes -- What kind?</p> <p>BRAND: Did it have a brand name? If yes -- What was it?</p> <p>ADDITIONS: Did you add anything to the (FOOD)? RECORD EACH ADDITION ON A SEPARATE LINE IN THE FOOD/DRINK COLUMN, COMPLETE Q5 FOR THE ORIGINAL FOOD, AND THEN ASK Q4 AND Q5 FOR EACH ADDITION.</p>	<p>IF VOLUME: How much? (Tsp, Tbsp, Cup)</p> <p>IF NUMBER OF ITEMS: How many? (Examples: 4 miniature egg rolls; 1 small stuffed pepper)</p> <p>(IF SAUCE AND MEAT CAN BE EASILY QUANTIFIED, GIVE AMOUNTS OF EACH.)</p> <p>IF DIMENSIONS: What were the dimensions? (length, width, height) (Example: 3" L x 2" W x 1/2" H lasagna)</p>

MIXED DISHES, MACARONI AND CHEESE, SPAGHETTI WITH SAUCE





Food/Drink Category	Q4. Description of Food/Drink	Q5. How much of this (FOOD) did you actually (eat/drink)?
<p>Macaroni and Cheese</p>	<p>TYPE: Was it frozen, made from a dry mix, a home recipe, or was it ready-to-eat...?</p> <p>IF FROZEN -- SEE FROZEN MEALS PAGE 47.</p> <p>IF READY-TO-EAT -- GO TO ADDITIONS.</p> <p>IF DRY MIX --</p> <p>Cheese: Was the cheese dry or was it a prepared sauce? If sauce -- GO TO SALT.</p> <p>Milk/Water: Was it made with milk or water? If milk -- Whole, 1%, 2%, skim...?</p> <p> Salt: Was salt used in cooking or preparing the macaroni and cheese? (DK SALT, NO SALT, SALT USED)</p> <p> Fat: Was any kind of fat or oil used in cooking or preparing the macaroni and cheese? (DK FAT, NO FAT, FAT USED) If fat used -- What kind?</p> <p>Other Ingredients: Were there any other ingredients? If yes -- What were they?</p> <p> IF HOME RECIPE --</p> <p>Pasta: Was it made with regular macaroni, egg noodles...?</p> <p>Cheese, type: Was it made with Cheddar, American, Velveeta...? Was it processed, natural, imitation...? Was it regular, low sodium, lowfat...?</p> <p>Milk: Was it made with milk? If yes: Was it whole, lowfat (1%, 2%), skim...?</p> <p>Egg: Was it made with egg? If yes: Was it whole, yolk only, white only, egg substitute?</p> <p> Salt: Was salt used in cooking or preparing the macaroni and cheese? (DK SALT, NO SALT, SALT USED)</p>	<p>(See Q5 on page 53)</p>

(Macaroni and Cheese continued on next page)


MIXED DISHES, MACARONI AND CHEESE, SPAGHETTI WITH SAUCE

Food/Drink Category	Q4. Description of Food/Drink	Q5. How much of this (FOOD) did you actually (eat/drink)?
<p>Macaroni and Cheese (continued)</p>  	<p>Fat: Was any kind of fat or oil used in cooking or preparing the macaroni and cheese? (DK FAT, NO FAT, FAT USED) If fat used -- What kind?</p> <p>Other Ingredients: Were there any other ingredients? If yes -- What were they?</p> <p>ADDITIONS: Did you add anything to the macaroni and cheese? RECORD EACH ADDITION ON A SEPARATE LINE IN THE FOOD/DRINK COLUMN, COMPLETE Q5 FOR THE ORIGINAL FOOD, AND THEN ASK Q4 AND Q5 FOR EACH ADDITION.</p>	<p>IF VOLUME: How much? (Tsp, Tbsp, Cup)</p>

MIXED DISHES, MACARONI AND CHEESE, SPAGHETTI WITH SAUCE


Food/Drink Category	Q4. Description of Food/Drink	Q5. How much of this (FOOD) did you actually (eat/drink)?
<p>Spaghetti, Spaghetti and Sauce, Spaghetti with Meatballs/Meat Sauce</p>    	<p>TYPE: Was it a commercially canned product, frozen, made from a home recipe, ready-to-eat...?</p> <p>IF FROZEN -- SEE PAGE 47.</p> <p>IF READY-TO-EAT -- Did it have sauce? IF NOT, GO TO PASTA ON PAGE 22. If yes -- Was it made with meat, poultry, fish? If yes -- What kind?</p> <p>IF COMMERCIALY CANNED -- Brand: What was the brand name? Meat: Did it come with meat?</p> <p>IF HOME RECIPE -- Pasta: What kind of pasta or noodles was it? (Was it made with spaghetti noodles, macaroni, spinach noodles, egg noodles...?) Fat: Was any kind of fat or oil used in cooking or preparing the pasta? (DK FAT, NO FAT, FAT USED) If fat used -- What kind? Sauce: What kind of sauce was it? Was it commercial or homemade? If commercial -- Was it regular, low sodium...? Meat -- Did the sauce come with meat? Brand -- What was the brand name? Meat: Was meat, poultry, or fish added in preparing the dish? If yes -- What kind was it? (Was it ground beef, ground turkey, sausage, clams...?) If ground beef -- Was it regular, lean, extra lean...? Salt: Was salt used in cooking or preparing the (FOOD)? (DK SALT, NO SALT, SALT USED) Other Ingredients: Were there any other ingredients? If yes -- What were they?</p> <p>ADDITIONS: Did you add anything to the (FOOD)? RECORD EACH ADDITION ON A SEPARATE LINE IN THE FOOD/DRINK COLUMN, COMPLETE Q5 FOR THE ORIGINAL FOOD, AND THEN ASK Q4 AND Q5 FOR EACH ADDITION. Example: <i>Cheese, page 23</i></p>	<p>IF VOLUME: How much pasta? How much sauce? (Tsp, Tbsp, Cup)</p> <p style="text-align: center;"><u>or</u></p> <p>How much pasta and sauce mixed together? (Tsp, Tbsp, Cup)</p> <p>(Example: 3/4 C Spaghetti-O's)</p>

SANDWICHES

Food/Drink Category	Q4. Description of Food/Drink	Q5. How much of this (FOOD) did you actually (eat/drink)?
<p>Bacon, Sausage, BLT Sandwiches</p> 	<p>KIND: What kind of sandwich was it? (Bacon, BLT, Italian sausage sub...?)</p> <p>BREAD: Was it on bread, bun...?</p> <p>Grain: Was it white, whole wheat, sour dough, multigrain...? If whole wheat -- Was that 100% whole wheat (CHECK LABEL)</p> <p>Type: Was it commercial, from a bakery or made from a home recipe? Was it regular, reduced calorie, high fiber...?</p> <p>Bread amount: How many buns or slices of bread per sandwich, and what size? (IF BREAD [THIN, REGULAR, THICK]) (IF BUN [SMALL, MEDIUM, LARGE])</p> <p>SPREAD: Was anything spread on the bread/bun? If yes -- What was it? (Was it margarine, butter, mayonnaise, mustard, catsup...?) If margarine or butter -- Type: Was it regular or diet? Was it salted or unsalted? Was it stick, tub, whipped, liquid...? What was the brand name?</p> <p>If mayonnaise -- Type: Was it real, Miracle Whip-type...? Was it regular, low calorie, no cholesterol...? What was the brand name?</p> <p>Spread amount: How much per sandwich? (TSP, TBSP, CUP)</p> <p>MEAT: What kind of (BACON/SAUSAGE) was it? (Was it beef, pork, beef and pork, turkey, Canadian bacon, Sizzlean, meat substitute...?)</p> <p>Type: Was it smoked/cured, fresh, brown and serve...?</p> <p>If sausage: Was it a link or patty...? Was it regular, reduced fat...?</p> <p>Brand: What was the brand name?</p> <p>Meat amount: How much per sandwich? If bacon: NUMBER AND SIZE OF SLICE [THIN, MEDIUM, THICK] If sausage patty: NUMBER AND SIZE [SMALL, MEDIUM, LARGE] If sausage link: NUMBER AND DIMENSIONS [LENGTH, DIAMETER]</p>	<p>IF NUMBER: How many? <u>or</u> What portion?</p>




(Bacon, Sausage, BLT Sandwiches continued on next page)

SANDWICHES


Food/Drink Category	Q4. Description of Food/Drink
<p>Beef, Ham, Pork, Chicken, Turkey, Vegetarian, Other Sandwiches</p> 	<p>KIND: What kind of sandwich was it? (Was it a beef, sub, ham, club, chicken, soyburger...?)</p> <p>BREAD: Was it on bread, bun...? Grain: Was it white, whole wheat, sour dough, multigrain...? If whole wheat -- Was that 100% whole wheat (CHECK LABEL)</p> <p>Type: Was it commercial, from a bakery or made from a home recipe? Was it regular, reduced calorie, high fiber...?</p> <p>Bread amount: How many buns or slices of bread per sandwich, and what size? (IF BREAD [THIN, REGULAR, THICK]) (IF BUN [SMALL, MEDIUM, LARGE])</p> <p>SPREAD: Was anything spread on the bread/bun? If yes -- What was it? (Was it margarine, butter, mayonnaise, mustard, catsup...?) If margarine or butter -- Type: Was it regular or diet? Was it salted or unsalted? Was it stick, tub, whipped, liquid...? What was the brand name? If mayonnaise -- Type: Was it real, Miracle Whip-type...? Was it regular, low calorie, no cholesterol...? What was the brand name?</p> <p>Spread amount: How much per sandwich? (TSP, TBSP, CUP)</p> <p>MEAT: Was there meat or meat substitute in the sandwich? If yes -- Was it beef, ham, pork, chicken, turkey, vegetable burger...? If no -- GO TO OTHER INGREDIENTS PAGE 59</p> <p>Form: Was it luncheon or deli meat, a meat salad mixture, or other form? If luncheon or deli meat: Type: Was it deli-type, prepackaged, canned...? Was it regular, low sodium, lowfat...?</p> <p>Brand: Was there a brand name?</p> <p>Luncheon or deli meat amount: How much per sandwich? (SIZE OF SLICES [THIN, REGULAR, THICK, SHAVED] <u>OR</u> PORTION OF WO PACKAGE <u>OR</u> CUP)</p> <p>If meat salad mixture: Salad dressing: Was salad dressing or mayonnaise used in the mixture? If yes -- What kind? If salad dressing -- What was the name? (Was it French, Italian...?) Was it regular, reduced calorie, reduced fat...? If mayonnaise -- Was it real, Miracle Whip-like type...? Was it regular, low calorie, no cholesterol...? What was the brand name?</p> <p>Ingredients: What were the other ingredients in the meat salad mixture? (DETAILED DESCRIPTIONS AND AMOUNTS NOT NEEDED)</p> <p>Salad mixture amount: How much per sandwich? (TSP, TBSP, CUP)</p>

<p style="text-align: center;">Q4.</p> <p style="text-align: center;">Description of Food/Drink</p>	<p style="text-align: center;">Q5.</p> <p style="text-align: center;">How much of this (FOOD) did you actually (eat/drink)?</p>
<p>If other form: If chicken/turkey: Was it a tender, patty, breast, thigh, ground...? Brand: Was it from a restaurant or did it have a brand name? If yes -- What was it? (GO TO PREPARATION BELOW) If beef/ham/pork: Was it a steak, sliced roast, meatball, chopped barbecue, rib...? Did you eat the fat? If soy products/meat substitute/vegetable burger: Did it have a brand name? If yes -- What was it? Preparation: How was it prepared? (Was it baked, broiled, fried, smoked, roasted...?) Coating: Was it floured, breaded, or battered, or was it without coating? If coated -- Did you eat the coating? Other form amount: How much per sandwich? If slice/piece: SHAPE AND DIMENSIONS <u>OR</u> WO [SPECIFY RAW OR COOKED] If chicken part: SIZE [SMALL, MEDIUM, LARGE] If patties: SHAPE AND DIMENSIONS <u>OR</u> WO [SPECIFY RAW OR COOKED] If tenders: NUMBER <u>OR</u> WO [SPECIFY RAW OR COOKED] If ground or chopped: VOLUME [TSP, TBSP, CUP] If meatballs: SIZE [COCKTAIL, SMALL, MEDIUM, LARGE] OTHER INGREDIENTS: Was anything else on the sandwich? Anything else? If vegetable: What kind? (Was it lettuce, tomato, onion...?) Vegetable amount: How much per sandwich? (NUMBER <u>AND</u> SIZE [SMALL, MEDIUM, LARGE] OF SLICE/ITEM <u>OR</u> VOLUME) If cheese: What kind? (Was it American, Velveeta, Swiss...?) Type: Was it processed, natural, imitation..? Was it regular, low sodium, lowfat, nonfat...? Cheese amount: Was it presliced? If presliced: How many slices per sandwich? If not presliced: What was the number of slices, shape, and dimensions per sandwich? [LENGTH, WIDTH, ST] If something else: How much per sandwich? (RECORD AMOUNTS OF EACH) ADDITIONS: Did you add anything to the sandwich? RECORD EACH ADDITION ON A SEPARATE LINE IN THE FOOD/DRINK COLUMN, COMPLETE Q5 FOR THE ORIGINAL FOOD, AND THEN ASK Q4 AND Q5 FOR EACH ADDITION.</p>	<p>IF NUMBER: How many? <u>or</u> What portion?</p>






Q4. Description of Food/Drink	Q5. How much of this (FOOD) did you actually (eat/drink)?
<div style="display: flex; flex-direction: column; align-items: flex-start;"> <div style="margin-bottom: 10px;">  <p>IF FRIED: Salt: Was salt used in cooking or preparing the eggs? (DK SALT, NO SALT, SALT USED)</p> </div> <div style="margin-bottom: 10px;">  <p>Fat: Was any kind of fat or oil used in cooking or preparing the eggs? (DK FAT, NO FAT, FAT USED) If fat used -- What kind?</p> <p>Fried egg amount: How much? (NUMBER AND SIZE)</p> </div> <div style="margin-bottom: 10px;"> <p>IF HARDBOILED: Hardboiled egg amount: How much? (NUMBER AND SIZE)</p> </div> <div style="margin-bottom: 10px;"> <p>IF EGG SALAD: Salad dressing: Was salad dressing or mayonnaise used in the mixture? If yes -- What kind? If salad dressing -- What was the name? (Was it French, Italian, Ranch...?) Was it regular, reduced calorie, reduced fat...? If mayonnaise -- Was it real, Miracle Whip-like type...? Was it regular, low calorie, no cholesterol...? What was the brand name?</p> </div> <div style="margin-bottom: 10px;"> <p>Ingredients: What were the other ingredients in the mixture? (DETAILED DESCRIPTIONS AND AMOUNTS NOT NEEDED)</p> </div> <div style="margin-bottom: 10px;"> <p>Salad mixture amount: How much per sandwich? (VOLUME, [TSP, TBSP, CUP] <u>OR</u> NUMBER AND SIZE OF EGGS)</p> </div> <div style="margin-bottom: 10px;"> <p>OTHER INGREDIENTS: Was anything else on the sandwich? Anything else? If vegetable: What kind? (Was it lettuce, tomato, onion...?)</p> <p>Vegetable amount: How much per sandwich? (NUMBER <u>AND</u> SIZE [SMALL, MEDIUM, LARGE] OF SLICE/ITEM <u>OR</u> VOLUME)</p> </div> <div style="margin-bottom: 10px;"> <p>If cheese: What kind? (Was it American, Velveeta, Swiss...?) Type: Was it processed, natural, imitation...? Was it regular, low sodium, lowfat, nonfat...?</p> <p>Cheese amount: Was it presliced? If presliced: How many slices per sandwich? If not presliced: What was the number of slices, shape, and dimensions per sandwich? [LENGTH, WIDTH, ST]</p> </div> <div style="margin-bottom: 10px;"> <p>If something else: How much per sandwich? (RECORD AMOUNTS OF EACH)</p> </div> <div style="margin-bottom: 10px;">  <p>ADDITIONS: Did you add anything to the sandwich? RECORD EACH ADDITION ON A SEPARATE LINE IN THE FOOD/DRINK COLUMN, COMPLETE Q5 FOR THE ORIGINAL FOOD, AND THEN ASK Q4 AND Q5 FOR EACH ADDITION.</p> </div> </div>	<p>IF NUMBER: How many? <u>or</u> What portion?</p>

SANDWICHES


Food/Drink Category	Q4. Description of Food/Drink	Q5. How much of this (FOOD) did you actually (eat/drink)?
<p>Fish, Shellfish Sandwiches</p> 	<p>KIND: What kind of sandwich was it? (Was it a crabcake, tuna salad, fried oyster sandwich...?) (IF FAST FOOD FISH SANDWICH, SEE PAGE 55)</p> <p>BREAD: Was it on bread, bun...? Grain: Was it white, whole wheat, sour dough, multigrain...? If whole wheat -- Was that 100% whole wheat (CHECK LABEL)</p> <p>Type: Was it commercial, from a bakery or made from a home recipe? Was it regular, reduced calorie, high fiber...?</p> <p>Bread amount: How many buns or slices of bread per sandwich, and what size? (IF BREAD [THIN, REGULAR, THICK]) (IF BUN [SMALL, MEDIUM, LARGE])</p> <p>SPREAD: Was anything spread on the bread/bun? If yes -- What was it? (Was it margarine, butter, mayonnaise, mustard, catsup...?) If margarine or butter -- Type: Was it regular or diet? Was it salted or unsalted? Was it stick, tub, whipped, liquid...? What was the brand name? If mayonnaise -- Type: Was it real, Miracle Whip-type...? Was it regular, low calorie, no cholesterol...? What was the brand name?</p> <p>Spread amount: How much per sandwich? (TSP, TBSP, CUP)</p> <p>FORM: Was it a salad mixture or something else? If salad mixture: Salad dressing: Was salad dressing or mayonnaise used? If yes -- What kind? If salad dressing -- What was the name? (Was it French, Italian, Ranch...?) Was it regular, reduced calorie, reduced fat...? If mayonnaise -- Was it real, Miracle Whip-like type...? Was it regular, low calorie, no cholesterol...? What was the brand name?</p> <p>Ingredients: What were the other ingredients? (DETAILED DESCRIPTIONS AND AMOUNTS NOT NEEDED)</p> <p>Salad mixture amount: How much per sandwich? (TSP, TBSP, CUP)</p>	<p>IF NUMBER: How many? <u>or</u> What portion?</p>

(Fish, Shellfish Sandwiches continued on next page)

Food/Drink Category	Q4. Description of Food/Drink	Q5. How much of this (FOOD) did you actually (eat/drink)?
<p>Fish, Shellfish Sandwiches (continued)</p>   	<p>If something else: Type: Was it from frozen, canned, fresh, smoked...? Preparation: How was it prepared? (Was it fried, baked, broiled, sauteed, steamed...?) Coating: Was it battered, breaded, floured, or was it without coating? Salt: Was salt used in cooking or preparing the (FOOD)? (DK SALT, NO SALT, SALT USED) Fat: Was any kind of fat or oil used in cooking or preparing the (FOOD)? (DK FAT, NO FAT, FAT USED) If fat used -- What kind? Brand, if not tuna: Did it have a brand name or was it from a restaurant? If yes -- What was it? Other amount: How much per sandwich? (SIZE <u>OR</u> CUP <u>OR</u> WO [SPECIFY RAW OR COOKED])</p> <p>OTHER INGREDIENTS: Was anything else on the sandwich? Anything else? If vegetable: What kind? (Was it lettuce, tomato, onion...?)</p> <p>Vegetable amount: How much per sandwich? (NUMBER <u>AND</u> SIZE [SMALL, MEDIUM, LARGE] OF SLICE/ITEM <u>OR</u> VOLUME)</p> <p>If cheese: What kind? (Was it American, Velveeta, Swiss...?) Type: Was it processed, natural, imitation..? Was it regular, low sodium, lowfat, nonfat...?</p> <p>Cheese amount: Was it presliced? If presliced: How many slices per sandwich? If not presliced: What was the number of slices, shape, and dimensions per sandwich? [LENGTH, WIDTH, ST]</p> <p>If something else: How much per sandwich? (RECORD AMOUNTS OF EACH)</p> <p>ADDITIONS: Did you add anything to the sandwich? RECORD EACH ADDITION ON A SEPARATE LINE IN THE FOOD/DRINK COLUMN, COMPLETE Q5 FOR THE ORIGINAL FOOD, AND THEN ASK Q4 AND Q5 FOR EACH ADDITION. Example: <i>Tartar sauce, page 73</i></p>	<p>IF NUMBER: How many? <u>or</u> What portion?</p>

THIS PAGE INTENTIONALLY BLANK

SANDWICHES

Food/Drink Category	Q4. Description of Food/Drink	Q5. How much of this (FOOD) did you actually (eat/drink)?
<p>Hamburger on Bun</p> 	<p style="text-align: center;">(IF FAST FOOD HAMBURGER, SEE PAGE 55)</p> <p>BREAD: Was it on bread, bun...?</p> <p>Grain: Was it white, whole wheat, sour dough, multigrain...? If whole wheat -- Was that 100% whole wheat (CHECK LABEL)</p> <p>Type: Was it commercial, from a bakery or made from a home recipe? Was it regular, reduced calorie, high fiber...?</p> <p>Bread amount: How many buns or slices of bread per hamburger, and what size? (IF BREAD [THIN, REGULAR, THICK]) (IF BUN [SMALL, MEDIUM, LARGE])</p> <p>SPREAD: Was anything spread on the bread/bun? If yes -- What was it? (Was it margarine, butter, mayonnaise, mustard, catsup...?) If margarine or butter -- Type: Was it regular or diet? Was it salted or unsalted? Was it stick, tub, whipped, liquid...? What was the brand name?</p> <p>If mayonnaise -- Type: Was it real, Miracle Whip-type...? Was it regular, low calorie, no cholesterol...? What was the brand name?</p> <p>Spread amount: How much per hamburger? (TSP, TBSP, CUP)</p> <p>MEAT: What kind was it? (Was the meat ground beef, pork, turkey...?) If ground beef: Was it regular, lean, extra lean? Meat amount: How much per hamburger? SIZE [SMALL, MEDIUM, LARGE]; <u>OR</u> DIAMETER AND THICKNESS; <u>OR</u> WO [SPECIFY COOKED OR RAW]</p>	<p>IF NUMBER: How many? <u>or</u> What portion? (Example: Ate all)</p>



(Hamburger on Bun continued on next page)

THIS PAGE INTENTIONALLY BLANK

SALADS, SOUPS

Food/Drink Category	Q4. Description of Food/Drink	Q5. How much of this (FOOD) did you actually (eat/drink)?
Green Salads	<p>KIND: What kind was it? (Was it tossed salad, lettuce, spinach, caesar salad...?)</p> <p>INGREDIENTS: What were the ingredients and amounts? (Was there lettuce, tomato, carrots, avocado, cottage cheese, egg, turkey...?) DETAILED DESCRIPTIONS NOT NEEDED. Examples: <i>Lettuce, 1/2 C</i> <i>Carrots, 1/4 C</i> <i>Croutons, 1 T</i></p> <p>SALAD DRESSING: Was salad dressing or mayonnaise used in preparing the salad? If yes -- What kind? If salad dressing -- What was the name? (Was it French, Italian, Ranch...?) Was it regular, reduced calorie, reduced fat...?</p> <p>If mayonnaise -- Was it real, Miracle Whip-like type...? Was it regular, low calorie, no cholesterol...? What was the brand name?</p> <p>+ ADDITIONS: Did you add anything to the salad? RECORD AS SEPARATE LINE ITEM WITH DETAILED DESCRIPTION. REFER TO FOOD CATEGORY. Example: <i>Salad dressing, page 77</i> <i>Seeds, page 76</i></p>	<p>IF INGREDIENT AMOUNTS GIVEN IN Q4: What portion? (Examples: Ate all; ate 1/2 of salad)</p> <p>IF INGREDIENT AMOUNTS NOT GIVEN IN Q4: How much? (Cup) (Example: 1½ C)</p>
Other Salads	<p>KIND: What kind was it? (Was it fruit salad, potato salad, coleslaw, egg salad, tuna salad, macaroni salad...?)</p> <p>INGREDIENTS: What were the ingredients? (Was there cabbage, carrots, grapes, celery, olives...?) DETAILED DESCRIPTIONS AND AMOUNTS NOT NEEDED.</p> <p>SALAD DRESSING: Was salad dressing or mayonnaise used in preparing the salad? If yes -- What kind? If salad dressing -- What was the name? (Was it French, Italian, Ranch...?) Was it regular, reduced calorie, reduced fat...?</p> <p>If mayonnaise -- Was it real, Miracle Whip-like type...? Was it regular, low calorie, no cholesterol...? What was the brand name?</p>	<p>IF VOLUME: How much? (Cup) (Example: 1½ C)</p>

SALADS, SOUPS

Food/Drink Category	Q4. Description of Food/Drink	Q5. How much of this (FOOD) did you actually (eat/drink)?
<p>Soups</p>	<p>KIND: What kind was it? (Was it onion, minestrone, pea, chicken noodle, tomato, bouillon...?)</p> <p>FORM: Was it made from canned, dry mix, instant, home recipe...?</p> <p>IF CANNED, TYPE: Was it ready to serve or made from condensed? Was liquid added? If yes: Was it whole milk, 1%, 2%, skim milk, water, or other liquid...? Was it made according to the directions on the soup label? If not: How many canfuls of liquid were added? Was the soup regular, low sodium...? What was the brand name?</p> <p>IF DRY MIX OR INSTANT, TYPE: Was it made with water, whole milk, 1%, 2%, skim milk, or other liquid? Was it made according to the directions on the soup label? If not: How much dry soup and liquid were used? Was the soup regular, low sodium...? What was the brand name?</p> <p>IF HOME RECIPE -- What were the main ingredients? DETAILED DESCRIPTION AND AMOUNTS NOT NEEDED. Examples: <i>Chicken thighs, carrots, egg noodles, green beans, tomatoes, water</i></p> <p>IF FROM RESTAURANT, SCHOOL, OTHER -- GO TO ADDITIONS.</p> <p> SALT: Was salt used in cooking or preparing the soup? (DK SALT, NO SALT, SALT USED)</p> <p> ADDITIONS: Did you add anything to the soup? RECORD EACH ADDITION ON A SEPARATE LINE IN THE FOOD/DRINK COLUMN, COMPLETE Q5 FOR THE ORIGINAL FOOD, AND THEN ASK Q4 AND Q5 FOR EACH ADDITION. Example: <i>Crackers, page 75</i></p>	<p>IF VOLUME: How much? (Tsp, Tbsp, Cup)</p> <p>IF WEIGHT: How much and portion eaten? (Example: 1/2 of 10-3/4 WO can)</p>

SAUCES, GRAVIES

Food/Drink Category	Q4. Description of Food/Drink	Q5. How much of this (FOOD) did you actually (eat/drink)?
Gravy	<p>KIND: What kind of gravy was it? (Was it chicken, beef, mushroom, brown, sausage, gible...?)</p> <p>TYPE: Was it commercially canned, home made...?</p> <p>IF CANNED: Was it regular, lowfat...?</p> <p>IF HOME MADE: What were the main ingredients? (DETAILED DESCRIPTION AND AMOUNTS NOT NEEDED) If milk -- Was it whole milk, 1%, 2%, skim milk...?</p>	IF VOLUME: How much? (Tsp, Tbsp, Cup)
Spaghetti Sauce	<p>KIND: Was it commercial or homemade? If commercial -- What was the brand name? Was it regular, low sodium...? Did it come with meat?</p> <p>MEAT: Was meat, poultry, or fish added in preparing the sauce? If yes -- What kind was it? (Was it ground beef, ground turkey, sausage, clams...?) If ground beef -- Was it regular, lean, extra lean...?</p>	IF VOLUME: How much? (Tsp, Tbsp, Cup)
Sauces (other than spaghetti sauce)	<p>KIND: What kind of sauce was it? (Was it white, cheese, soy, teriyaki, barbecue, tartar, tomato, mustard sauce...?)</p> <p style="text-align: center;">(IF SPAGHETTI SAUCE, SEE ABOVE)</p> <p>TYPE: Was it regular, low sodium...?</p>	IF VOLUME: How much? (Tsp, Tbsp, Cup) IF INDIVIDUAL PACKETS: How many?
Salsa, Taco Sauce	<p>COLOR: Was it red or green?</p> <p>KIND: Was it commercial or homemade? If homemade -- Was it raw or cooked?</p>	IF VOLUME: How much? (Tsp, Tbsp, Cup) IF INDIVIDUAL PACKETS: How many?

THIS PAGE INTENTIONALLY BLANK

SNACKS

Food/Drink Category	Q4. Description of Food/Drink	Q5. How much of this (FOOD) did you actually (eat/drink)?
<p>Chips, Puffs, Twists, Potato sticks</p> <p style="text-align: center; font-size: 2em;">+</p>	<p>KIND: What kind were they? (Were they potato chips, corn chips, corn puffs, tortilla chips, Funyuns...?)</p> <p>IF POTATO CHIPS: Were they regular or ruffled? Were they thick cut?</p> <p>TYPE: Were they regular, lowfat, fat free, unsalted...? If fat free, lowfat, or reduced fat -- Did they contain Olestra or Olean...?</p> <p>BRAND: What was the brand name?</p> <p>ADDITIONS: Did you add anything to the (FOOD)? RECORD EACH ADDITION ON A SEPARATE LINE IN THE FOOD/DRINK COLUMN, COMPLETE Q5 FOR THE ORIGINAL FOOD, AND THEN ASK Q4 AND Q5 FOR EACH ADDITION. Examples: <i>Dip, see below</i> <i>Salsa, page 73</i></p>	<p>IF NUMBER: How many?</p> <p>IF VOLUME: How much? (Cup)</p> <p>IF PACKAGE WEIGHT: What was the package weight and portion eaten? (Example: 1/2 of 7 WO package)</p>
<p>Crackers</p> <p style="text-align: center; font-size: 2em;">+</p>	<p>KIND: What kind were they? (Were they saltines, graham crackers, animal crackers, peanut butter sandwich crackers, rice cakes, melba toast...?)</p> <p>TYPE: Were they regular, lowfat, fat free, low sodium...? If fat free, lowfat, or reduced fat -- Did they contain Olestra or Olean...?</p> <p>BRAND: What was the brand name?</p> <p>ADDITIONS: Did you add anything to the crackers? RECORD EACH ADDITION ON A SEPARATE LINE IN THE FOOD/DRINK COLUMN, COMPLETE Q5 FOR THE ORIGINAL FOOD, AND THEN ASK Q4 AND Q5 FOR EACH ADDITION. Examples: <i>Dip, see below</i> <i>Cheese, page 23</i> <i>Peanut butter, page 77</i></p>	<p>IF NUMBER: How many and what was the shape? (rec, sq, wedge)</p> <p>IF WEIGHT: What was the package weight and portion eaten? (Example: 1/4 of 12 WO box)</p> <p>IF VOLUME: How much? (Cup)</p> <p>IF GRAHAM CRACKERS: How many and what was the shape? (small rec, lrg rec, sq)</p>
<p>Dip</p>	<p>KIND: What kind of dip was it? (Was it onion, bean, guacamole...?)</p> <p style="text-align: center;">(IF SALSA, SEE PAGE 73)</p> <p>TYPE: What were the main ingredients? (Was there lowfat sour cream, sour cream, lowfat cream cheese, cream cheese, cheese, yogurt, beans, avocado...?)</p> <p>BRAND: What was the brand name?</p>	<p>IF VOLUME: How much? (Tsp, Tbsp, Cup)</p> <p>IF WEIGHT: What was the container weight and portion eaten? (Example: 1/3 of 5.5 WO container)</p>

SNACKS

Food/Drink Category	Q4. Description of Food/Drink	Q5. How much of this (FOOD) did you actually (eat/drink)?
<p>Popcorn</p> <p style="text-align: center;">+</p>	<p>KIND: What kind of popcorn was it? (Was it plain, with butter, cheese, sugar, caramel coated...?)</p> <p>BRAND: What was the brand name?</p> <p>PREPARATION: How was it prepared? (Was it microwaved, air-popped, popped in oil, commercially popped...?)</p> <p style="padding-left: 20px;">If microwaved -- Was it regular, lowfat, low sodium...?</p> <p style="padding-left: 20px;">If air-popped -- Was salt added? Was butter or margarine added? If yes -- Which one?</p> <p>ADDITIONS: Did you add anything to the popcorn? RECORD EACH ADDITION ON A SEPARATE LINE IN THE FOOD/DRINK COLUMN, COMPLETE Q5 FOR THE ORIGINAL FOOD, AND THEN ASK Q4 AND Q5 FOR EACH ADDITION.</p>	<p>IF VOLUME: How much? (Cup) SPECIFY POPPED OR UNPOPPED</p> <p>IF WEIGHT: What was the package weight and portion eaten? SPECIFY POPPED OR UNPOPPED (Example: 3.5 WO package, unpopped, ate all)</p>
<p>Pretzels, Breadsticks</p> <p style="text-align: center;">+</p>	<p>TYPE: Were they hard or soft? Were they regular, unsalted...? Were they coated or filled? If yes -- What was the coating or filling?</p> <p>If breadsticks -- What was the brand name?</p> <p>ADDITIONS: Did you add anything to the pretzels? RECORD EACH ADDITION ON A SEPARATE LINE IN THE FOOD/DRINK COLUMN, COMPLETE Q5 FOR THE ORIGINAL FOOD, AND THEN ASK Q4 AND Q5 FOR EACH ADDITION. Examples: <i>Mustard, page 78</i> <i>Dip, page 75</i></p>	<p>IF VOLUME: How much? (C)</p> <p>IF NUMBER: How many and what was the shape? (Examples: 3-ring, 10 thin sticks, dutch, rod, log, pretzel chip, bite size)</p> <p>IF WEIGHT: What was the pkg weight & portion eaten?</p> <p>IF BREADSTICK OR SOFT PRETZEL: Number and size (sml, med, lrg) <u>or</u> shape and dimension (L x W) (Ex: 2 recs; 5" L x 1" W)</p>
<p>Nuts, Seeds</p>	<p>KIND: What kind were they? (Were they almonds, cashews, mixed nuts, sunflower seeds, mixed seeds...?)</p> <p>TYPE: Were they unroasted, roasted, dry roasted, honey roasted...?</p> <p>SALT: Were they salted?</p> <p>IF NUTS (NOT MIXED): Were they coated with chocolate, carob...?</p> <p>IF MIXED NUTS: Did it have peanuts?</p>	<p>IF VOLUME: How much? (SPECIFY IN SHELL OR SHELL REMOVED; SPECIFY IF WHOLE OR CHOPPED)</p> <p>IF WEIGHT: What was the weight of whole package and portion eaten? SPECIFY IF IN SHELL OR SHELL REMOVED (Example: 1/3 of 8 WO pkg peanuts, w/ shell)</p> <p>IF NUMBER: How many?</p>

SPREADS, SALAD DRESSINGS, OIL

Food/Drink Category	Q4. Description of Food/Drink	Q5. How much of this (FOOD) did you actually (eat/drink)?
Butter, Margarine, Spreads, Butter Replacements	<p>BRAND: What was the brand name? (Was it Land O'Lakes butter, Diet Parkay margarine, Shedd's Spread, Butter Buds...?) (CHECK LABEL)</p> <p>TYPE: Was it regular, diet, blend, nonfat...? Was it salted or unsalted?</p> <p>FORM: Was it stick, tub, whipped, liquid, powder, spray...?</p>	<p>IF VOLUME: How much? (Tsp, Tbsp, Cup)</p> <p>IF STICK: What portion?</p> <p>IF AT RESTAURANT: How many pats or individual containers <u>or</u> what volume? (Tsp, Tbsp)</p> <p>IF SPRAY: How many sprays?</p>
Oil	<p>KIND: What kind was it? (Was it corn, soybean, canola, vegetable...?)</p> <p>BRAND: What was the brand name?</p>	<p>IF VOLUME: How much? (Tsp, Tbsp, Cup)</p>
Salad Dressings, Mayonnaise	<p>KIND: What kind was it? (Was it French, Italian, Ranch, Green Goddess, Blue Cheese, Mayonnaise...?)</p> <p>BRAND: What was the brand name?</p> <p>TYPE: (CHECK LABEL) If salad dressing -- Was it regular, reduced calorie, reduced fat...? If mayonnaise -- Was it real, Miracle Whip-like type...? Was it regular, reduced fat, no cholesterol...?</p>	<p>IF VOLUME: How much? (Tsp, Tbsp, Cup)</p> <p>IF INDIVIDUAL PACKETS: How many?</p>
Peanut Butter	<p>TYPE: Was it regular, reduced fat, reduced sodium, unsalted...?</p>	<p>IF VOLUME: How much? (Tsp, Tbsp, Cup)</p>
Jam, Jelly, Fruit Spreads	<p>KIND: What kind was it? (Was it jelly, marmalade, preserves...?)</p> <p>TYPE: Was it regular, reduced sugar, dietetic...?</p>	<p>IF VOLUME: How much? (Tsp, Tbsp, Cup)</p> <p>IF INDIVIDUAL PACKETS: How many?</p>

SPREADS, SALAD DRESSINGS, OIL

Food/Drink Category	Q4. Description of Food/Drink	Q5. How much of this (FOOD) did you actually (eat/drink)?
Condiments	<p>(IF SOY SAUCE, TERIYAKI SAUCE, ETC., SEE PAGE 73)</p> <p>KIND: What kind was it? (Was it mustard, catsup, hotdog relish, corn relish, horseradish...?)</p>	<p>IF VOLUME: How much? (Tsp, Tbsp, Cup)</p> <p>IF INDIVIDUAL PACKETS: How many?</p>

LIST OF ACCEPTABLE ABBREVIATIONS

Measuring Abbreviations

Cup	C	Package	Pkg
Diameter	Dia	Pint	Pt
Extra Large	X Lrg	Pound	Lb
Fluid Ounce	FO	Quart	Qt
Gallon	Gal	Regular	Reg
Height	H	Small	Sm
Inches	"	Tablespoon.....	Tbsp
Large.....	Lrg	Teaspoon	tsp
Length	L	Thickness sticks	St
Medium	Med	Weight	Wt
Miniature	Mini	Weight ounce	WO
		Width	W

Food Item Abbreviations

Beverage	bev	Margarine	marg
Casserole.....	cass	Mayonnaise	mayo
Cereal	cer	Mozzarella	mozz
Chicken	chix	Orange juice	oj
Chocolate	choc	Peanut butter	pb
Coffee	coff	Potato	pot
Cottage cheese	cot cheese	Sandwich	sand
Crackers	crax	Spaghetti	spag
Decaffeinated	decaf	Vitamin	vit
French fries	FFries	Vegetables	veg
Grapefruit	grpfrt	Water.....	H ₂ O
Macaroni	mac	Whole wheat	ww

Descriptive Abbreviations

Additions	adds	Ingredients	ingred
Amount	amt	Low calorie	lo cal
Baked	bkd	McDonalds	McD
Breakfast	bkfst	Piece(s)	pc(s)
Calorie	cal	Powdered	pwd
Canned	can	Preparation	prep
Carbonated	carb	Presliced	presl
Cholesterol	chol	Presweetened	preswt
Chopped	chpd	Reduced	red
Commercial	comml	Regular	reg
Concentrate	conc	Rectangular	rec
Cooked	ckd	Served	svd
Directions	dir	Slice(s)	sl(s)
Don't know	dk	Square	sq
Frozen	frz	Sweetened	swt
Granulated	gran	With	w/
Ground	grd	Without	w/o

INDEX

A B C D E F G H I J K L M N O P Q R S T U V W X Y Z

NAME	PAGE NO.	CATEGORY
Alcoholic Beverage	12	Beverages, Milk, Cream
Ale	12	Beverages, Milk, Cream
Applesauce.....	31	Fruits, Vegetables
Artificial Sweeteners	20	Candy, Syrups, Sweeteners
Baby Cereal.....	2	Baby Foods, Formulas, Juices
Baby Food.....	3	Baby Foods, Formulas, Juices
Baby Formula.....	1	Baby Foods, Formulas, Juices
Baby Juice.....	3	Baby Foods, Formulas, Juices
Bacon.....	40	Meat, Poultry, Fish, Shellfish
Bacon Sandwich	56	Sandwiches
Baked Beans	35	Fruits, Vegetables
Beans.....	35	Fruits, Vegetables
Beef Sandwich.....	58	Sandwiches
Beef Stew.....	50	Mixed Dishes, Macaroni and Cheese, Spaghetti
Beer	12	Beverages, Milk, Cream
Berries	31	Fruits, Vegetables
Biscuits	16	Breads, Sweet Breads
BLT	56	Sandwiches
Bologna.....	39	Meat, Poultry, Fish, Shellfish
Bread	15	Breads, Sweet Breads
Breadsticks.....	76	Snacks
Breakfast Bars.....	18	Breads, Sweet Breads
Breakfast Links.....	40	Meat, Poultry, Fish, Shellfish
Breast Milk	2	Baby Foods, Formulas, Juices
Brownies	25	Desserts, Ice Cream, Frozen Yogurt
Burritos	46	Pizza, Tacos, Frozen Meals
Butter	77	Spreads, Salad Dressings, Oil
Cakes.....	26	Desserts, Ice Cream, Frozen Yogurt
Candy	19	Candy, Syrups, Sweeteners
Caramel Candy.....	19	Candy, Syrups, Sweeteners

INDEX (continued)

A B C D E F G H I J K L M N O P Q R S T U V W X Y Z

NAME	PAGE NO.	CATEGORY
Carnation Instant Breakfast....	13	Beverages, Milk, Cream
Casseroles	50	Mixed Dishes, Macaroni and Cheese, Spaghetti
Catsup	78	Spreads, Salad Dressings, Oil
Cereal	21	Cereals, Pasta, Rice
Cheese.....	23	Cheese, Eggs, Yogurt
Cheeseburgers	55	Sandwiches
Cheese Spread.....	23	Cheese, Eggs, Yogurt
Chicken	42	Meat, Poultry, Fish, Shellfish
Chicken Cacciatore.....	50	Mixed Dishes, Macaroni and Cheese, Spaghetti
Chicken Noodle Soup.....	72	Salads, Soups
Chicken Nuggets	42	Meat, Poultry, Fish, Shellfish
Chicken Sandwich	58	Sandwiches
Chili.....	50	Mixed Dishes, Macaroni and Cheese, Spaghetti
Chips.....	75	Snacks
Chitterlings	39	Meat, Poultry, Fish, Shellfish
Chocolate Milk	6	Beverages, Milk, Cream
Chow Mein Noodles		Quantity Only
Cobbler	28	Desserts, Ice Cream, Frozen Yogurt
Cocktail	12	Beverages, Milk, Cream
Cocoa	6	Beverages, Milk, Cream
Coffee	5	Beverages, Milk, Cream
Cold Cuts	39	Meat, Poultry, Fish, Shellfish
Coleslaw.....	71	Salads, Soups
Corndogs.....	68	Sandwiches
Compote, fruit.....	31	Fruits, Vegetables
Condiments	78	Spreads, Salad Dressings, Oil
Cookies	25	Desserts, Ice Cream, Frozen Yogurt
Cornbread	17	Breads, Sweet Breads
Cottage Cheese.....	23	Cheese, Eggs, Yogurt
Crackers.....	75	Snacks
Cranberry Sauce.....		Quantity Only
Cream.....	8	Beverages, Milk, Cream

INDEX (continued)

A B C D E F G H I J K L M N O P Q R S T U V W X Y Z

NAME	PAGE NO.	CATEGORY
Cream Cheese	23	Cheese, Eggs, Yogurt
Crisp	28	Desserts, Ice Cream, Frozen Yogurt
Croissants	17	Breads, Sweet Breads
Croutons	Quantity Only
Cupcakes	26	Desserts, Ice Cream, Frozen Yogurt
Custard	29	Desserts, Ice Cream, Frozen Yogurt
Danish Pastry	17	Breads, Sweet Breads
Diet Supplement	13	Beverages, Milk, Cream
Dip	75	Snacks
Doughnuts	18	Breads, Sweet Breads
Dried Beans	35	Fruits, Vegetables
Dried Fruit	31	Fruits, Vegetables
Egg Sandwich	60	Sandwiches
Egg Salad Sandwich	60	Sandwiches
Eggs	24	Cheese, Eggs, Yogurt
Egg Rolls	50	Mixed Dishes, Macaroni and Cheese, Spaghetti
Egg Salad	71	Salads, Soups
Egg Substitute	24	Cheese, Eggs, Yogurt
Enchiladas	46	Pizza, Tacos, Frozen Meals
English Muffins	15	Breads, Sweet Breads
Fajitas	46	Pizza, Tacos, Frozen Meals
Fast Food Sandwiches	55	Sandwiches
Fettucine	50	Mixed Dishes, Macaroni and Cheese, Spaghetti
Fish	44	Meat, Poultry, Fish, Shellfish
Fish Sandwich	62	Sandwiches
Fish Sticks	44	Meat, Poultry, Fish, Shellfish
Flapjacks	18	Breads, Sweet Breads
French Fries	34	Fruits, Vegetables
French Toast	18	Breads, Sweet Breads

INDEX (continued)

A B C D E F G H I J K L M N O P Q R S T U V W X Y Z

NAME	PAGE NO.	CATEGORY
Fried Rice.....	50	Mixed Dishes, Macaroni and Cheese, Spaghetti
Fritters	50	Mixed Dishes, Macaroni and Cheese, Spaghetti
Frozen Meals.....	47	Pizza, Tacos, Frozen Meals
Frozen Yogurt.....	28	Desserts, Ice Cream, Frozen Yogurt
Fruit	31	Fruits, Vegetables
Fruit Bar	29	Desserts, Ice Cream, Frozen Yogurt
Fruit Leather.....	19	Candy, Syrups, Sweeteners
Fruit Salad.....	71	Salads, Soups
Fruit Snacks Candy	19	Candy, Syrups, Sweeteners
Fruit Spreads.....	77	Spreads, Salad Dressings, Oil
Granola Bars	18	Breads, Sweet Breads
Gravy	73	Sauces, Gravies
Greens	35	Fruits, Vegetables
Grilled Cheese Sandwich	65	Sandwiches
Grits.....	21	Cereal, Pasta, Rice
Gum.....	19	Candy, Syrups, Sweeteners
Ham, boiled, pressed	38	Meat, Poultry, Fish, Shellfish
Ham Sandwich	58	Sandwiches
Hamburger Helper mixture	50	Mixed Dishes, Macaroni and Cheese, Spaghetti
Hamburger, ground beef	37	Meat, Poultry, Fish, Shellfish
Hamburger on Bun.....	66	Sandwiches
Honey		Quantity Only
Hot Chocolate.....	6	Beverages, Milk, Cream
Hot Dogs.....	68	Sandwiches
Humus		Quantity Only
Hush Puppies	17	Breads, Sweet Breads
Ices, Fruit Bars	29	Desserts, Ice Cream, Frozen Yogurt
Ice Cream	28	Desserts, Ice Cream, Frozen Yogurt
Ice Milk.....	28	Desserts, Ice Cream, Frozen Yogurt

INDEX (continued)

A B C D E F G H I J K L M N O P Q R S T U V W X Y Z

NAME	PAGE NO.	CATEGORY
Jello	29	Desserts, Ice Cream, Frozen Yogurt
Jelly Beans.....	19	Candy, Syrups, Sweeteners
Juices.....	9	Beverages, Milk, Cream
Juice Drink	10	Beverages, Milk, Cream
Kimchi	35	Fruits, Vegetables
Knockwurst.....	40	Meat, Poultry, Fish, Shellfish
Lasagna	50	Mixed Dishes, Macaroni and Cheese, Spaghetti
Liver.....	39	Meat, Poultry, Fish, Shellfish
Lunch Meats.....	39	Meat, Poultry, Fish, Shellfish
Macaroni	22	Cereal, Pasta, Rice
Macaroni and Cheese	52	Mixed Dishes, Macaroni and Cheese, Spaghetti
Margarine	77	Spreads, Salad Dressings, Oil
Marshmallow	19	Candy, Syrups, Sweeteners
Mayonnaise	77	Spreads, Salad Dressings, Oil
Meal Replacement.....	13	Beverages, Milk, Cream
Meat.....	37	Meat, Poultry, Fish, Shellfish
Meat Loaf	50	Mixed Dishes, Macaroni and Cheese, Spaghetti
Melba Toast	75	Snacks
Milk	6	Beverages, Milk, Cream
Milk Shakes.....	7	Beverages, Milk, Cream
Minestrone Soup.....	72	Salads, Soups
Mixed Vegetables	35	Fruits, Vegetables
Molasses.....	19	Candy, Syrups, Sweeteners
Muffins	17	Breads, Sweet Breads
Mussels.....	44	Meat, Poultry, Fish, Shellfish
Mustard.....	78	Spreads, Salad Dressings, Oil
Mustard Sauce		Quantity Only

INDEX (continued)

A B C D E F G H I J K L M N O P Q R S T U V W X Y Z

NAME	PAGE NO.	CATEGORY
Nacho chips.....	75	Snacks
Nachos.....	46	Pizza, Tacos, Frozen Meals
Nectars	9	Beverages, Milk, Cream
Noodles.....	22	Cereal, Pasta, Rice
Nuts	76	Snacks
Oil	77	Spreads, Salad Dressings, Oil
Olives.....	36	Fruits, Vegetables
Other Sandwiches	58	Sandwiches
Pancakes	18	Breads, Sweet Breads
Pasta	22	Cereals, Pasta, Rice
Pastries.....	17	Breads, Sweet Breads
Pea Soup	72	Salads, Soups
Peanuts.....	76	Snacks
Peanut Butter	77	Spreads, Salad Dressings, Oil
Peanut Butter Sandwich.....	69	Sandwiches
Pickles	36	Fruits, Vegetables
Pies.....	27	Desserts, Ice Cream, Frozen Yogurt
Pizza.....	45	Pizza, Tacos, Frozen Meals
Popcorn.....	76	Snacks
Popsicles.....	29	Desserts, Ice Cream, Frozen Yogurt
Pop Tarts	17	Breads, Sweet Breads
Pork and Beans.....		Quantity Only
Pork Sandwich.....	58	Sandwiches
Potatoes.....	32	Fruits, Vegetables
Potato Chips.....	75	Snacks
Potato Salad.....	71	Salads, Soups
Pretzels.....	76	Snacks
Protein Supplement	13	Beverages, Milk, Cream
Pudding.....	29	Desserts, Ice Cream, Frozen Yogurt
Pudding Pops	29	Desserts, Ice Cream, Frozen Yogurt

INDEX (continued)

A B C D E F G H I J K L M N O P Q R S T U V W X Y Z

NAME	PAGE NO.	CATEGORY
Punch.....	10	Beverages, Milk, Cream
Quesadilla	46	Pizza, Tacos, Frozen Meals
Quick Breads.....	17	Breads, Sweet Breads
Raisins	31	Fruits, Vegetables
Ravioli	50	Mixed Dishes, Macaroni and Cheese, Spaghetti
Red Potatoes.....	32	Fruits, Vegetables
Refried Beans.....	35	Fruits, Vegetables
Relish	78	Spreads, Salad Dressings, Oil
Rice	22	Cereals, Pasta, Rice
Rice Cakes.....	75	Snacks
Rolls.....	15	Breads, Sweet Breads
Salad Dressing	77	Spreads, Salad Dressings, Oil
Salami.....	39	Meat, Poultry, Fish, Shellfish
Salsa.....	73	Sauces, Gravies
Sandwich.....	55	Sandwiches
Sauce.....	73	Sauces, Gravies
Sausage.....	40	Meat, Poultry, Fish, Shellfish
Sausage Sandwich	56	Sandwiches
Seeds.....	76	Snacks
Shellfish	44	Meat, Poultry, Fish, Shellfish
Shellfish Sandwich.....	62	Sandwiches
Sherbet	28	Desserts, Ice Cream, Frozen Yogurt
Slush.....	29	Desserts, Ice Cream, Frozen Yogurt
Smoothie.....	29	Desserts, Ice Cream, Frozen Yogurt
Snack Cakes	26	Desserts, Ice Cream, Frozen Yogurt
Soda/Soft Drinks.....	10	Beverages, Milk, Cream
Sorbet	28	Desserts, Ice Cream, Frozen Yogurt
Souffles.....	50	Mixed Dishes, Macaroni and Cheese, Spaghetti
Soup	72	Salads, Soups

INDEX (continued)

A B C D E F G H I J K L M N O P Q R S T U V W X Y Z

NAME	PAGE NO.	CATEGORY
Sour Cream.....	24	Cheese, Eggs, Yogurt
Soy Sauce.....	73	Sauces, Gravies
Spaghetti (Pasta Only).....	22	Cereals, Pasta, Rice
Spaghetti With Sauce	54	Mixed Dishes, Macaroni and Cheese, Spaghetti
Spaghetti & Meatballs	54	Mixed Dishes, Macaroni and Cheese, Spaghetti
Spaghetti O's.....	54	Mixed Dishes, Macaroni and Cheese, Spaghetti
Spanish Rice	22	Cereals, Pasta, Rice
Spritzer	12	Beverages, Milk, Cream
Strudel	17	Breads, Sweet Breads
Stuffing.....	16	Breads, Sweet Breads
Submarine Sandwich	58	Sandwiches
Sugar	20	Candy, Syrups, Sweeteners
Sugar Substitute	20	Candy, Syrups, Sweeteners
Sundae.....	28	Desserts, Ice Cream, Frozen Yogurt
Sushi.....	44	Meat, Poultry, Fish, Shellfish
Sweet and Sour Sauce		Quantity Only
Sweet Breads	17	Breads, Sweet Breads
Sweet Roll	17	Breads, Sweet Breads
Syrup	19	Candy, Syrups, Sweeteners
Tabasco Sauce.....		Quantity Only
Tacos.....	46	Pizza, Tacos, Frozen Meals
Taco Sauce	73	Sauces, Gravies
Tahini		Quantity Only
Tart	27	Desserts, Ice Cream, Frozen Yogurt
Tater Tots	34	Fruits, Vegetables
Tea	5	Beverages, Milk, Cream
Teething Biscuits	25	Desserts, Ice Cream, Frozen Yogurt
Teriyaki Sauce.....	73	Sauces, Gravies
Tofu	35	Fruits, Vegetables
Tofu Dessert.....	28	Desserts, Ice Cream, Frozen Yogurt
Tomato Soup.....	72	Salads, Soups

INDEX (continued)

A B C D E F G H I J K L M N O P Q R S T U V W X Y Z

NAME	PAGE NO.	CATEGORY
Tortilla	16	Breads, Sweet Breads
Transparent Noodle	22	Cereal, Rice, Pasta
Tuna Noodle Casserole.....	50	Mixed Dishes, Macaroni and Cheese, Spaghetti
Tuna Salad.....	71	Salads, Soups
Turkey Roll	39	Meat, Poultry, Fish, Shellfish
Turkey Sandwich	58	Sandwiches
Turnover.....	27	Desserts, Ice Cream, Frozen Yogurt
TV Dinners	47	Pizza, Tacos, Frozen Meals
Vegetables	35	Fruits, Vegetables
Vegetarian Sandwich	58	Sandwiches
Waffles.....	18	Breads, Sweet Breads
Water	11	Beverages, Milk, Cream
Wheat Germ.....	Quantity Only
Whipped Cream.....	8	Beverages, Milk, Cream
Whipped Topping.....	8	Beverages, Milk, Cream
Wine	12	Beverages, Milk, Cream
Yams	34	Fruits, Vegetables
Yogurt.....	24	Cheese, Eggs, Yogurt
