THE STRONG HEART STUDY

Cardiovascular Disease in American Indians
(Phase IV)

Operations Manual

Volume Nine

BLOCK FOOD FREQUENCY QUESTIONNAIRE

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For copies, please contact

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# BLOCK FOOD FREQUENCY QUESTIONNAIRE

## Table of Contents

- Block 98 FFQ Instructions Cover Page and Contact Information ......................................................... 1
- General Instructions .............................................................................................................................. 2
- Instructions About the FREQUENCY Part of the Food Questions ....................................................... 4
- Instructions About the PORTION SIZE Part of the Food Questions .................................................. 7
- Question by Question Instructions – Page 1 ....................................................................................... 9
- Q by Q Instructions – Summary Questions ..................................................................................... 10
- Q by Q Instructions – Page 2 .............................................................................................................. 11
- Q by Q Instructions – Beverages ........................................................................................................ 14
- Q by Q Instructions – Fruits ................................................................................................................ 16
- Q by Q Instructions – Breakfast Items ............................................................................................... 17
- Q by Q Instructions – Vegetables ........................................................................................................ 19
- Q by Q Instructions – Meat and Main Dishes ...................................................................................... 22
- Q by Q Instructions – Snacks .............................................................................................................. 24
- Q by Q Instructions – Breads Etc ....................................................................................................... 25
- Concluding Questions .......................................................................................................................... 26
- Additional Foods (Last Page of Questionnaire) .................................................................................. 28
Food Frequency Questionnaire

INTERVIEWER INSTRUCTIONS FOR THE BLOCK 98 QUESTIONNAIRE©

Copyright: Block Dietary Data Systems
2634 LeConte Ave
Berkeley, CA 94709
Phone or fax: 510-704-8514
Food Frequency Questionnaire

Mechanics

Use # 2 pencil  To ensure that the scanner reads correctly, the questionnaire must be completed using a #2 pencil. A hard pencil may produce too light a mark, and may be scanned as missing.

No other marks on the questionnaire  Comments or notes should not be written on the questionnaire, as they may confuse the scanner. Comments must be on a separate page.

Bubble completely  Fill in the answer bubbles completely. Do not simply make a checkmark or an 'X' over the bubble.

One bubble per answer  Never mark two bubbles for the same answer -- both will be lost as an error.

No staples  Staples would have to be removed, and if inadvertently not removed would damage the scanner. Marks left by staples can interfere with the scanner reading of tracking marks, booklet number marks or page number marks, and necessitate someone copying over the entire questionnaire.

No extra pages  Do not insert any extra pages or papers with notes on them into the booklet, or attach yellow stickies. If not noticed prior to scanning, they might interfere with the scanning.

No folds  Do not fold the questionnaire.

No 3-hole punch  Holes might interfere with the scanning process.

General Instructions

Introducing the Food Questionnaire  Provide a transition from the other parts of the questionnaire to the Food Questionnaire section, with a phrase such as the following: "Now I'd like to ask you some questions about the foods you usually eat." Do not use phrases that include the word "diet", as some respondents may think we mean "dieting", rather than simply their usual food habits. Do not spend too much time at this initial introduction.
The words are not optional. Do not paraphrase. Do not omit any words. For example, "in season" is an essential part of the prompt for the foods in which it is used. Some foods that may be unfamiliar to you are being marketed nationally; do not omit them. If the respondent interrupts you with an answer before you have finished the entire question, continue on reading the question; there may be foods at the end of the list that the respondent didn't realize were to be included.

If respondent asks a question for clarification, and you know the answer because it is in this manual, you may give her the answer; it is not necessary to reread the entire question. For example, in the general question "How often do you use fat or oil, to fry, stir fry,...?" If respondent asks, "Does that include butter I put on bread?" you may answer "No, just fat you may use to, stir-fry...", without rereading the whole question.

Read the introduction to the food list, on page 2. "The next section is about your usual eating habits in the past year or so. This includes all meals or snacks, at home or in a restaurant or carry-out. There are two kinds of questions to answer for each food. 1. HOW OFTEN, on average, did you eat the food during the past year?" After the last sentence you should point to the questionnaire, and prompt, "is it ‘Never’, ‘A few times per year’, ‘Once per month’, ‘2-3 times per month’, ‘Once per week’, ‘2 times per week’, ‘3-4 times per week’, ‘5-6 times per week’, or Every day.’"

Continuing with the introduction, read the next section: "How much did you usually eat of the food?

* Sometimes we ask how many you eat, such as 1 egg, 2 eggs, etc., ON THE DAYS YOU EAT IT.
* Sometimes we ask "how much" as A, B, C, or D. LOOK AT THE ENCLOSED PICTURES." At this point, you should hand them the page of portion size pictures, and continue with the introduction: "For each food, pick the picture (bowls or plates) that looks the most like the serving size you usually eat."

The respondent can use either the plates or the bowls to choose her serving size, but generally, she should refer to the bowl pictures for foods that are usually eaten in bowls (breakfast cereal, soups...), and the plate pictures for foods that are usually eaten on plates. Note that there is no ‘A’ bowl. Finally, if you refer to the portions as A, B, C, or D, it will encourage the respondent to refer to them that way, thus speeding up the process.

The food list represents the most important nutrient sources in most people's diets. It does not and is not intended to include all possible foods that people ever eat. Thus, it is likely that some foods that a person eats will not be on the list. Do not attempt to force unmentioned foods into categories by guessing at their similarity.
Instructions About the **Frequency** Part of the Food Questions

**Importance of frequency**
Although portion size improves the accuracy of the nutrient estimates, the interviewer should be aware that *frequency* of consumption is much more important than exact portion size in determining long-term usual intake.

**Frequency categories**
Note the frequency categories at the top of the columns. On most pages these are also repeated at the bottom of the columns, to help guide the eye. Be careful to mark the right column, since being off by a column can make a big difference in the nutrient estimate.

Although you will ask the question in an open-ended way ("How often do you eat..."), encourage the respondent to give her answers in terms of one of the predefined categories. Respondents easily get the idea, and will quickly learn to give answers in the categories shown.

The categories are not the same all the way through the questionnaire -- the categories on the final page of the questionnaire go up to "2+ times per day". When you get to this section, make the respondent aware of this change. You might say something like *"for the foods on the final page of the questionnaire you can answer as much as "2 or more times per day"."

**Should I read all the response categories?**
In this Food Questionnaire, the answers are all in categories, such as "Less than once per week", "1-2 per week", ... "4+ per day". In most cases it is not necessary to read the response categories every time, although you may do so if the respondent is hesitating or unclear. Instead, you will first show the respondent an example of the type of categories you will be using to record her answers. Then, you will simply ask the question in an open-ended way, wait for a response (such as "5 times a week"), and record it in the appropriate category.

**Wording of the frequency questions**
It is not necessary to say "How often do you eat ..." for every food. You can repeat the introductory phrase from time to time, but most often you should just read the next food, without the "How often..." This will make the interview go a little faster, be less boring, and perhaps encourage the respondent to pick up the pace. Similarly, avoid repetitively saying "(name of food). How often do you eat that?" It is okay to say that occasionally to vary the wording and pace, but not for every food. Do not, however, just say "Do you eat ..."; this unnecessarily lengthens the interview, because then if the respondent says 'yes' you still have to ask the "How often" question.
2+ per day categories

Remember to remind the respondent of the different categories when you come to "Biscuits/muffins" on the last page. For those frequency pages in which 2+/day and higher are possible answers: If the respondent says "Every day", at least the first time he/she does that you should probe, "Would that be once a day or 2+ times a day?" You don't need to do that probe every time, if it appears that the respondent understands that "2+ times a day" is one of the possibilities.

How often vs. How many

There is a potential confusion between how often and how many, particularly for the fruits. Make sure to keep them separate for the respondent. For example, when you ask 'bananas', some respondents may say "I eat two a week"; this could lead to double-counting if you marked '2/wk', then asked 'how many' and she said '2'. So if respondent is answering fruits as "I eat two a week", explain that you will ask "How many each time" in a subsequent question; right now, you want her to tell you 'how often' per week, meaning "how many days", not how many bananas per week.

Always get the frequency ("How often") before asking about portion size ("How much" or "How many"). While the respondent is thinking about her answer to "How often", do not interrupt with any mention of portion size. Do not point to the portion size pictures until after you know her answer to "How often".

Seasonality

A few foods say specifically “in season”. The respondent should give the frequency with which that food is consumed, just in the few-month period when it is in season. All other foods require an estimate of average year-round frequency of consumption. If the respondent eats some of these “year-round” items more in one season than another, the reported frequency should still be a rough average over the whole year. For example, if respondent says "I eat apples 3-4 times a week now that they're in season", you should say something like, "Please try to estimate how often that would average out to over the whole year."

If the respondent mentions seasonality for items that do not already say "in season", ask her to average her intake over the whole year. For example, if she says "I eat apples 3-4 times a week now that they're in season", you should say something like, "Please try to estimate how often that would average out to over the whole year."

If the respondent is unable to do the conversion herself, then the interviewer may use the following chart to estimate for her.

<table>
<thead>
<tr>
<th>Average use in season</th>
<th>Conversion</th>
<th>Average year round use</th>
</tr>
</thead>
<tbody>
<tr>
<td>Every day</td>
<td>Shift 3 columns to the left</td>
<td>Twice per week</td>
</tr>
<tr>
<td>5-6 times per week</td>
<td>Shift 3 columns to the left</td>
<td>Once per week</td>
</tr>
</tbody>
</table>

5
<table>
<thead>
<tr>
<th>Frequency</th>
<th>Shift</th>
<th>Answer</th>
</tr>
</thead>
<tbody>
<tr>
<td>3-4 time per week</td>
<td>3 columns to the left</td>
<td>2-3 times per month</td>
</tr>
<tr>
<td>2 times per week</td>
<td>2 columns to the left</td>
<td>2-3 times per month</td>
</tr>
<tr>
<td>Once per week</td>
<td>2 columns to the left</td>
<td>Once per month</td>
</tr>
<tr>
<td>2-3 times per month</td>
<td>2 columns to the left</td>
<td>A few times per year</td>
</tr>
<tr>
<td>Once per month</td>
<td>1 column to the left</td>
<td>A few times per year</td>
</tr>
<tr>
<td>A few times per year</td>
<td>1 column to the left</td>
<td>Never</td>
</tr>
<tr>
<td>Never</td>
<td>No change</td>
<td>Never</td>
</tr>
</tbody>
</table>

**Buying in bulk**

Some respondents will say something like "I buy a gallon and then drink it until I'm done with it", and then doesn't drink it so frequently for the subsequent time period. Again, you should ask her to try to average her intake over the whole year. Something like, "Please estimate how many glasses per day or per week you think you drink, on average over the whole year."

**Items with more than one food**

For example, "Fresh apples or pears". Do not try to get separate estimates of either frequency or portion size for the two foods. Just ask the respondent to answer their frequency for that group of foods. And don't worry about the two foods having different sizes; just ask the respondent to pick the woodblock model that best approximates how much he/she usually eats of that group of foods.

**Frequency answers that overlap the response categories**

If the respondent answers with a range that does not fit exactly into one of the available categories, ask the respondent to choose which of the available categories is closer to how often she uses that item. For example, look at the "general questions" on page 1 of the Questionnaire. Suppose you ask the respondent, "How often do you use fat or oil to fry or stir-fry?", and she answers "four or five times a week." You would then say, "Would it be closer to "3-4 times per week" or "5-6 times per week"?"

**"Never" frequency**

Use the "Never" column for any foods either literally never eaten, or eaten by the respondent less than once per year. They will be counted as zero.

**Frequency answers with different wording**

Apply common sense. "Less than once a year" or "3-4 times in my life": code it as "Never" without further probing. "A couple of times a month": code as "2-3 per month" without further probing. If respondent answers "Rarely" or "Hardly ever", ask "Would that be less than once per year?"; if respondent indicates 'yes', code as "Never".

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*Strong Heart Study IV  06/01/2001  IX-6  Block Food Frequency Questionnaire*
Instructions about the Portion Size Part of the Food Questions

Portion size is EASY in this interview

You only ask portion size if respondent eats the food once per week or more often.
Ask the portion size before moving on to frequency of the next food.

You don't worry about converting to half cups, ounces, etc. You just mark the bubble corresponding the respondent's portion size choice:

"A" = 1st bubble
"B" = 2nd bubble
"C" = 3rd bubble
"D" = 4th bubble

Wording of the portion size questions

It is not necessary to make a full sentence out of the portion size section each time.
I.e., do not say, for every food, "When you have ..., about how much/many do you have each time?" For the "how many's", just say "How many teaspoons", etc. For the "How much"s, you can say "How much each time?" and point to the pictures; or, after a while, just say "A, B, C or D?"; or you can say "Which bowl?"

"XXL"

If the respondent says that his/her usual portion is larger than the largest model (which corresponds to the fourth bubble), record the answer as the fourth bubble.

How important is portion size?

Although portion size will definitely improve the accuracy of the answers, you should not permit the respondent to spend undue time on the portion size answers. This section should move along quite quickly, with a breezy "How many" or "A, B, C or D?"

Note on Beverage "portion sizes"

The portion size part of the beverages section is designed to capture the number of glasses, bottles, cans, etc. that the respondent usually drinks, on the days she drinks the beverage. Rather than asking an additional question about the size of the beverage that the respondent drinks, to simplify administration of the questionnaire the nutrient analysis of the beverage section assumes standard sizes for glass, bottles, cans, etc. An 8 oz. portion size is assumed for the following beverages: tomato/V8 juice, 100% juices, all other fruit juices, Hi-C, breakfast shakes, milk, water. A 12 oz. portion size is assumed for the following beverages: soft drinks, beer. A 6 oz. portion size is assumed for wine. A 9 oz. portion size is assumed for coffee and tea.

These portion sizes are provided as clarification for you, the interviewer, so that you will be able to answer questions if the respondent asks. The interviewer does not need to offer the respondent this information, but if she asks, you may respond to questions, using the information provided here.
Correct wording for asking the portion size questions

Each food has a correct wording for asking the portion size question ("how many", "how much" etc), and a recommended portion size model to use. The correct wording is given in the column just preceding the portion size bubbles. The cue about the correct wording is in the words underneath the portion size bubbles.

SUMMARY OF HOW TO ASK PORTION SIZE

What is under the portion size bubbles:  How to ask the question:

A number  Ask "HOW MANY?" and get an answer in number of items.

A-B-C-D  Ask "HOW MUCH?" and get an answer as A-B-C-D referring to the pictures.

"How many" questions  Ask "How many each time" or sometimes just "How many". Use the unit that is the name of the food (e.g., 'bananas') or that is shown in the "Portion Size" column (e.g., 'slices', 'teaspoons', 'bowls'). Code response according to respondent’s answer ("1", "2", "3", etc). For example, examine "Bananas": ask portion size in an open-ended way, as "How many, each time?" You then record the answer in the appropriate bubble, "1/2", "1", "2". If the number reported is larger than shown for any of the bubbles, use the fourth bubble. Occasionally, "How many" is awkward; so for "Cantaloupe", it would be "Do you eat 1/8, 1/4 or 1/2 a cantaloupe each time?"

Acceptable phraseology:
"How many bananas, each time?"
"How many, each time?"
"How many, on the days you eat them?"

"How much" questions  Ask "How much each time, A, B, C or D?", or just "A, B, C or D?", or "Which picture, A, B, C or D?" Code A-B-C-D as 1st bubble, 2nd bubble, 3rd bubble, 4th bubble, without any kind of conversion, calculation or interpretation.

For example, examine "Canned fruit like applesauce, fruit cocktail, or dried fruit like raisins": In the "How Much" section, you see "A,B,C,D". For these foods, indicate the portion size pictures and ask the respondent to choose the picture closest to her usual portion. Again, the respondent may use either the plates or the bowls to give his/her answer.
Acceptable phraseology:

"How much each time? A, B, C or D?"
"Which of these pictures is closest to your usual portion?"
"Which picture is closest to the amount you usually eat"
Eventually, you could say simply "A, B, C or D?"

Q by Q (question by question) -- Introduction

Page 1

Respondent ID Number
The ID number must always be filled in. This is the only way it will be possible to connect the nutrient estimates with the right individual.

Today’s date
The date the questionnaire is completed

Sex
Sex should not be omitted. The analysis program will use it to evaluate reasonableness of nutrient estimates.

Breast feeding
This is not used by the nutrient analysis program, but may be useful as a categorical variable.

Age
Age must always be filled in, and bubbled in. The analysis program uses it to evaluate reasonableness of nutrient estimates.

Weight
This is not used in the nutrient analysis calculations. However, if printed output is requested, it is reported in the printed output, and advice on desirable weight may be generated. The bubbles should be filled in, not just written in at the top.

Height
This is not used in the nutrient analysis calculations. However, if printed output is requested, it is reported in the printed output, and advice on desirable weight may be generated. The bubbles should be filled in, not just written in at the top. Note that the first bubble is for height in feet, and the second bubble is for inches. In case of “1/2 inch”, round down.

Name
This item will not be entered into the database. They are not scanned by the scanner.
These questions are used by the program to compare and if necessary adjust some of the food list responses.

**Servings of vegetables, fruit:** This doesn't mean 'how many different kinds'. It doesn't refer to 'seconds': for that, they would mark a ‘D’ in the main food list. Here, we mean how many times it shows up on your plate during the day. So green beans with lunch and squash with dinner would be 2/day; green beans with lunch and green beans with dinner would be 2/day; nothing with lunch and both squash and green beans with dinner would be 2/day.

Salad and potatoes are excluded from these questions simply to clarify which foods we are asking about.

Acceptable answers to respondent questions:

Q: "Do you mean different kinds of vegetables (fruits, cereals)?"  
A: "No, just how often you eat vegetables of any kind."

Q: "Should I count second helpings as two servings?"  
A: "No, this is just how often you eat vegetables of any kind."

Q: "Give me an example of how to count them up."  
A: "If you usually have some fruit with breakfast and some fruit for a snack, that would be twice a day."

Q: "What if I have a big salad with lots of stuff in it?"  
A: The key is whether it would be enough of any one vegetable that they would include it in their main food list answer. For example, suppose their salad sometimes includes as much as 1/2 cup of broccoli; in the main food list, they would/should think of all times they have broccoli, including the quite substantial portion they have in big salads, and include that in their "Broccoli" answer. Therefore, if their salad contains a large enough amount of a vegetable to have been counted as a serving on the main food list, it should be so counted here.

**Cold cereal**  
Frequency with which respondent eats any cold cereal. This question will be used to adjust the frequencies of the specific cereal questions on page 4 of the questionnaire.

**Fat or oil in cooking**  
Frequency of fat or oil in cooking: Note that fat or oil use is in fry, stirfry or simmer; does not include fat used in baking. Also does not include oil used on salad, and does not include butter/margarine used on bread.
"What kinds of fat...."

Ask this question only if respondent's answer to the previous question on fat or oil was "once per week" or more often. Put some emphasis on "kinds" of fat, so the respondent understand that you are asking a different question. Do not read "Mark only one or two." Do not read the response categories. Leave it open-ended, and then fill in the appropriate box to fit the subject's answer. If respondent names only one, mark only one without further probing. If she names two, mark two. If she names more than two kinds of fats/oils, ask her which two she uses most often.

If she states, in answer to this question, "I do not use it", go back and clarify her answer to the previous question, which was "How often do you use fat or oil to fry...?"

Safflower oil or peanut oil can be marked under "Corn oil, vegetable oil". "Crisco" refers to Crisco shortening. If subject specifies Crisco oil, mark it under "vegetable oil".

Sesame oil: If respondent reports "sesame oil", ask if she uses it in large quantities such as 1-2 tablespoons; if so, code as vegetable oil. If she only uses a few drops for flavoring, do not code as oil at all.

Page 2

During past year, ... vitamins?

If "No, not regularly" (at least once a week), they may skip to the diet instructions in the middle of the page.
There are three different multiple vitamin types. "Regular once-a-day, Centrum or Thera" is one type, "Stress Tabs or B-Complex" is a second type, and "Antioxidant combination type" is a third type. They should not two or more types unless they in fact do take two or more different types of multiple vitamins.

What is a "Regular once-a-day..."? Multiple vitamins typically contain all of the vitamins (A, B1, B2, C, D, E and others) and often contain minerals (iron, zinc, calcium and others). One-a-Day, Theragran, Centrum, Centrum Silver, and any local brand (e.g., Safeway Multivits) counts here. The key characteristic is that it contains many different vitamins; it is thought to be a sort of all-round supplement, covering all the bases at least at a basic level. The fact that it does contain A, C and E does not make it an "Antioxidant combination", if it contains other things besides those vitamins.

What is a "Stress tab or B-Complex type"? These will have "stress", or "B-Complex", or "High-B" in the name. They all have B vitamins at levels substantially higher than the RDA.

What is an "Antioxidant combination"? The most common antioxidant vitamins are A, C, E and beta-carotene. If a pill contains two or more of these and not other vitamins like B vitamins, iron, etc., count it as an antioxidant combination. The respondent should not double-count the vitamins taken, however. If respondent takes a multiple vitamin but is not sure what it is, only that it has several things in it, then it should be counted as a "Regular Once-a-Day", and nothing should be marked in the "Antioxidant combination" line. Both of these multiple vitamin types should be marked only if respondent in fact takes two different types of multiple vitamins, one that is a One-a-day type and one that is an Antioxidant Combination type.

In general, these are supplements where each pill contains only the one vitamin or mineral. Thus, it is important to note that we are asking here about single supplements, that are not part of multiple vitamins.

An exception: Occasionally a pill may contain just two minerals, such as calcium & zinc. Since we don't have a place for "multiple minerals", it is okay for respondent to record the frequency of consumption under both "calcium" and "zinc" separately.

For Vitamin A, it is important to note that this is "not beta-carotene". Many respondents have learned that vitamin A and beta-carotene are in some way related. However, the "Vitamin A" line is asking specifically about preformed vitamin A, also known as retinol. If they take vitamin A as beta-carotene, they should mark their frequency only under the beta-carotene line.
**Contain minerals?**

This need only be filled in if respondent takes multiple vitamins. (If respondent doesn’t know, the program will assume “with minerals”, since that is 80% of the market.)

**Vitamin C or E, What milligrams?**

This need only be filled in if respondent takes vitamin C or E as single supplements (not part of multiple vitamins). These are the commonly available pill sizes. Note that this refers to the total milligrams in the day, on the days respondent takes it. It is not milligrams in a pill, or milligrams in each dose.

**Botanical supplements**

These are not included in the nutrient analysis. However, the results returned to the researcher do indicate whether the supplement was reported as having been taken at least once a month.

**Introducing the Main Food List**

Read the introduction to the food list, on page 2. "The next section is about your usual eating habits in the past year or so. This includes all meals or snacks, at home or in a restaurant or carry-out. There are two kinds of questions to answer for each food. 1. **HOW OFTEN**, on average, did you eat the food during the past year?" After the last sentence you should point to the questionnaire, and prompt, "is it ‘Never’, ‘A few times per year’, ‘Once per month’, ‘2-3 times per month’, ‘Once per week’, ‘2 times per week’, ‘3-4 times per week’, ‘5-6 times per week’, or Every day’." Continuing with the introduction, read the next section: "How much did you usually eat of the food?"

* Sometimes we ask **how many** you eat, such as 1 egg, 2 eggs, etc., **ON THE DAYS YOU EAT IT.**

* Sometimes we ask "**how much**" as A, B, C, or D. **LOOK AT THE ENCLOSED PICTURES.**" At this point, you should hand them the page of portion size pictures, and continue with the introduction: "For each food, pick the picture (bowls or plates) that looks the most like the serving size you usually eat.”

The respondent can use either the plates or the bowls to choose her serving size, but generally, she should refer to the bowl pictures for foods that are usually eaten in bowls (breakfast cereal, soups...), and the plate pictures for foods that are usually eaten on plates. Note that there is no ‘A’ bowl. Finally, if you refer to the portions as A, B, C, or D, it will encourage the respondent to refer to them that way, thus speeding up the process.
The time frame that it covers is "the past year or so". This is deliberately a little vague, because it is not expected that anyone could remember exactly what they ate during exactly the past year. The idea is just to get a usual pattern -- their current diet at this point in their life. Some people raise the objection, "Oh, I can't even remember what I ate yesterday; how could anyone answer what they ate in the past year?" If respondents have this concern, it's important to make clear to them that the idea is not to remember, but to think about their usual pattern of frequency. For example, they don't have to remember how many times they had eggs in the past year. Instead, what they can tell you with reasonable accuracy is, "Oh, I have eggs about twice a week."

For some items, people may indicate that they have changed their habits in the past year. In that case, ask "Do you expect that this is a lasting change?" If the new habit appears to be lasting and stable, she should report on the new pattern rather than the former pattern.

In all the examples given below for foods, you should not probe for information about any of the clarifications discussed here. These are provided as clarification for you, the interviewer, so that you will be able to answer questions if the respondent asks.

Read the questions exactly as written. Do not re-word, or leave things out. But you may respond to questions, using the information provided here.

Q by Q -- Beverages

<table>
<thead>
<tr>
<th>Drink Type</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>Tomato or V8 juice</td>
<td>Any tomato juice, including Clamato, etc.</td>
</tr>
<tr>
<td>Real 100% Orange juice or grapefruit juice</td>
<td>Canned, bottled, frozen or fresh. Do not include fruit drinks, or any drink that is not 100% orange or grapefruit juice. (Sunny Delight is not 100% juice.)</td>
</tr>
<tr>
<td>When you drink orange juice...</td>
<td>The program will use the answer to this question to choose the type of orange juice to use for the frequency of orange juice reported above.</td>
</tr>
<tr>
<td>Other real fruit juices, ...</td>
<td>Canned, bottled, frozen or fresh. Other 100% real fruit juices (not 'drinks') could be included here, such as lemonade.</td>
</tr>
<tr>
<td>Kool-Aid, Hi-C or other drinks with added vitamin C</td>
<td>Include any drinks, whether real fruit juice or not, if they contain added vitamin C. Most forms of Kool-Aid do now contain added vitamin C. Include Sunny Delight here.</td>
</tr>
</tbody>
</table>
Drinks with some juice in them, like Sunny Delight

**Instant breakfast...** Include any meal supplement or replacement, such as Boost or Ensure; any dieting milkshake, such as Sego or Slim-Fast; or Instant Breakfast milkshakes like Carnation.

**Ensure**

**Glasses of milk...** This applies to glasses of milk, not to milk added to coffee or cereal. Be careful that respondents do not double-count the milk they may have added to their Carnation Instant Breakfast.

**When you drink...** The program will use the answer here to choose the kind of milk to apply to the frequency of glasses of milk reported in the previous item. This answer applies to glasses of milk, not to milk added to coffee or cereal. If they drink more than one type of milk, ask them to choose the one they drink most often.

**Regular soft drinks...** Any soft drink that is not artificially sweetened. Includes cola, ginger ale, pepper types, orange or grape soda, etc., or sugar-sweetened bottled water. If the respondent buys large bottles of soft drink (such as the standard 64 oz. bottle) and then drinks it in cups or glasses, then the interviewer may suggest that the respondent choose from the ABCD cup models. The interviewer should code an "A" in the "<1 can/bot", a "B" in the "<1 can/bot", a "C" in the "12 oz can/bot", and a "D" in the "16 oz can/bot".

**Beer** Bottles, glasses, cans, or draft, all varieties. If respondent drinks nonalcoholic beer, do not include it in this response, but include it in the open-ended section at the end of the questionnaire. Portion size asks what size can or bottle they usually drink.

**What kind of beer?** The program will use the answer to this question to choose the type of beer to use for the frequency of beer reported above.

**Wine...** All forms, including champagne, spritzers. If respondent drinks nonalcoholic wine, do not include it in this response, but include it in the open-ended section at the end of the questionnaire.

**Liquor...** Include all forms, including whisky, scotch, gin, etc. Note that "How many glasses or drinks" is reported in the "how often" section. In the portion size section, respondent should report the amount of alcohol (number of shots) used in each glass. Note here that portion size is not asked -- a standard portion size will be assumed.

**Coffee...** Include caffeinated or decaffeinated, brewed or instant.

**Tea...** Any form of regular tea or iced tea. Exclude herbal teas.
What do you usually add to coffee?
Choose the type that is *usually* added to coffee. If the respondent uses more than one type, have her pick the one she uses most often.

What do you usually add to tea?
Choose the type that is *usually* added to tea. If the respondent uses more than one type, have her pick the one she uses most often.

Do you usually add sugar or honey to coffee
Refs to only real sugar or honey, not sugar substitutes. Fill in the Yes/No question. If ‘Yes’, also fill in the number of teaspoons.

Do you usually add sugar or honey to tea
Refs to only real sugar or honey, not sugar substitutes. Fill in the Yes/No question. If ‘Yes’, also fill in the number of teaspoons.

Q by Q -- Fruits
In this section, the number of times per month or week refers to number of days per month or week. For example, the respondent eats bananas on about two days a week. Then, the portion size section provides the location where the respondent can tell you how many pieces of that fruit she eats, on the days she eats them.

Seasonality: Among the fruits, 5 of the items refer to food intake "in season", and the other 5 items refer to intake "year round". If any of these "year-round" foods are eaten more in one season than another, ask respondent for her best estimate of a year-round average. "Raw peaches..." are "in season". It is essential to read the "in season", and respondent should report the frequency with which that fruit is eaten when it is in season (refer to the "seasonality" section above for a detailed discussion). Do not probe for length of season.

Jams and jellies should not be counted as servings of fruit. Fruit in yogurt does not count as servings of fruit.

Raw peaches, apricots, nectarines, in season
Any type. Report frequency only for the few months when they are "in season". The frequency section gets at "how often", not how many peaches per week. Get number of days first; then in portion size get "How many" each time. If she seems to be answering peaches per week, clarify and first get 'how often', then under portion size get 'how many each time'. Be careful, for this item and all other items that come in units, that you do not double-count or triple-count: that is, be careful that she doesn't say "2 a week", (which you would record in the "2/wk" column), and then say '2' for how many each time. That would calculate out as four peaches a week instead of two.
<table>
<thead>
<tr>
<th>Fruit Type</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>Cantaloupe, in season</td>
<td>The focus here is on cantaloupe. Other melons should be counted only if they are deep orange like cantaloupe. Do not include honeydew or other non-orange melons. Report frequency only for the few months when they are “in season”.</td>
</tr>
<tr>
<td>Strawberries, in season</td>
<td>Fresh only. Report frequency only for the few months when they are &quot;in season&quot;.</td>
</tr>
<tr>
<td>Any other fruit in season, like grapes... in season</td>
<td>Any other fresh fruit. Report frequency only for the few months when they are &quot;in season&quot;.</td>
</tr>
<tr>
<td>Bananas</td>
<td>All kinds, all sizes.</td>
</tr>
<tr>
<td>Apples or pears</td>
<td>All kinds, all sizes; includes pears, or Asian pears. Discourage respondents from trying to do math, adding up separately their apples and their pears. An intuitive average is fine.</td>
</tr>
<tr>
<td>Oranges or tangerines</td>
<td>All kinds, all sizes; includes tangerines, tangelos, mandarin oranges. <em>(Orange juice is a later item.)</em> If respondent only uses oranges to make juice, tell her to wait and count that as orange juice. If she sometimes eats them as oranges and sometimes as juice, just get frequency of 'as oranges' in the fruit section, and then later get the 'as juice' in the juice section.</td>
</tr>
<tr>
<td>Grapefruit</td>
<td>All kinds, all sizes.</td>
</tr>
<tr>
<td>Canned fruit like applesauce, fruit cocktail, or dried fruit like raisins</td>
<td>Frequency is average year-round frequency of consumption.</td>
</tr>
</tbody>
</table>

**Q by Q -- Breakfast items, dairy**

<table>
<thead>
<tr>
<th>Item</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>Eggs, including egg biscuits or Egg McMuffins (not egg substitutes)</td>
<td>Include real eggs when eaten as eggs, including scrambled, boiled, fried, or on sandwiches. Also, include deviled, or egg salad or quiche(which is mainly egg). Do not count eggs used in cooking, such as in cakes, custards, etc. Do not count Egg Beaters, egg substitutes, or if only egg whites are eaten. The main point is the cholesterol, so if they scramble, for example, one egg yolk and two egg whites, just count the number of yolks. See caution under &quot;Bananas&quot; above, about care in recording the answers to the &quot;How often&quot; and &quot;How many&quot; questions.</td>
</tr>
<tr>
<td>Bacon</td>
<td>Includes when eaten at any time, including BLT sandwiches, not just with breakfast.</td>
</tr>
</tbody>
</table>
Breakfast sausage, including sausage biscuits

This includes breakfast-type items, but not sandwich-type cold-cuts, not main-meal items like Italian or Polish sausage, and not hot-dog type sausages like German hot dogs. Turkey sausage may be included here.

Pancakes, waffles, French toast, Pop Tarts

With or without butter or syrup. Syrup will be added automatically.

Breakfast bars, granola bars, power bars

These do not have to be eaten for breakfast.

Cooked cereals like oatmeal, cream of wheat or grits

This refers to all cooked cereals, including cream of wheat, cream of rice, and less common types like kasha, as well as those mentioned.

High-fiber cereals like All Bran, Raisin Bran, or Fruit-n-Fiber

This item may include any higher-fiber cereals, including the very-high-fiber cereals like All-Bran and the moderately high-fiber cereals like "Fruit-n-Fiber". Any cereal with the words "bran" or "fiber" in their titles may be included here. Note that the cereals should be counted even if they are eaten as a snack rather than a breakfast cereal, and regardless of whether they are eaten with milk.

Which high-fiber cereal...

The program will use the answer to this question to choose the type of high-fiber cereal to use for the frequency of the cereal reported above.

Product 19, Just Right or Total

This item includes only these three cereals. These cereals contain 100% of the RDA (Recommended Dietary Allowance) for several nutrients.

Any other cold cereal,...

This item refers to all other cold cereals, like corn flakes, rice krispies, Special K, or Frosted Flakes, etc.
**Milk or milk substitutes on cereal**

Ask about milk on cereal only if cereal is eaten. Ask the question just like any other, "how often do you use...", if the respondent eats cereal; do not just assume that the frequency will be the same as the frequency of cereal. (Some people eat cereal plain, as a snack.)

**Frequency:** For most people, this will be the number of days per week or month that they eat any kind of cereal with milk. Some respondents may say "every time". Do not code this as 'every day'. Rather, look back at her cereal frequencies and remind her of how often she said she eats cereal; then ask her, "So, about how often do you use milk on cereal, per week?"

**Yogurt, frozen yogurt**

Include all varieties, with or without fruit, regular or low-fat, sweetened or artificially sweetened. Do not code the fruit in yogurt separately as fruit.

**Cheese, sliced cheese, or cheese spread, including on sandwiches**

Include all types, regular or low-fat, hard cheese or soft cheese, natural or processed, including cream cheese. This refers specifically to cheese eaten as cheese. It should not include cheese eaten in lasagna, pizza, etc. Those foods will come later. For the nutrient calculations, a regular or low-fat item on the database will be selected for the calculations, depending on the respondent’s answer to the following question on use of regular or low-fat items.

**When you eat cheese, ...**

"Cheese" here refers specifically to cheese by itself, not as part of pizza, lasagna, etc. The program will use the answer to this question to choose the fat content of the cheese whose frequency was reported above.

**Q by Q -- Vegetables**

When starting the vegetable page, be sure to read the introductory sentence at the top, so that they know to include frozen, canned, etc. All vegetables consumed, whether fresh, frozen, canned or in stir-fry, should be included here if the amount equals at least the ‘A’ size portion picture. Vegetable soups and vegetable or vegetable-beef stew are separate items, and the vegetables from those items should not be reported separately under the particular vegetable. Small "incidental" amounts that may be included in salads or mixed dishes should not be reported separately under the particular vegetable, unless the amount is equal to at least a half cup. Most of the vegetables must be answered in terms of the portion size pictures; do not let them answer in ounces.

**Broccoli**

Includes cooked or raw. Includes items from salads only if the amount comes to at least the size of a half cup, and then only the frequency that this vegetable itself is actually eaten, not just the frequency that salad may be eaten.
Carrots, or mixed vegetables or stews containing carrots

Includes cooked or raw. Include items from salads only if the amount comes to at least the size of a half cup, and then only the frequency that this vegetable itself is actually eaten, not just the frequency that salad may be eaten. Also includes carrots eaten in mixed dishes such as soup or stew, as those items are captured elsewhere.

Corn

Fresh, frozen or canned. As with year-round fruits, ask the respondent to estimate a year-round average, if eaten more in season. Remember that people may eat corn on the cob when it is in season, but eat canned or frozen corn during the rest of the year. One ear of corn equals approximately a "B" or medium serving.

Green beans

Green beans refers to canned, frozen, fresh, or in salad bars, but not to dried-type peas like black-eye peas, split peas. Green peas (canned, frozen, fresh, or in salad bars) may also be counted in this category.

Spinach

Includes cooked or raw. Spinach salad should be recorded here, not under salad.

Mustard greens, turnip greens, collards

This refers specifically to the dark-green, strong-flavored greens. Beet greens, for example, may be counted here. However, lighter-green leafy vegetables such as celery tops should not be counted here.

French fries, fried potatoes, hash browns

Include home or restaurant fries, and "home fries".

White potatoes not fried...

Include all forms of potatoes except fried. Do not include potatoes eaten in soups or stews, as those are captured elsewhere.

Sweet potatoes, yams

All types. Do not include the sweet potatoes eaten in pies; that question is asked later.

Cole slaw, cabbage

Includes raw or cooked cabbage, including Chinese cabbage, and cole slaw whether homemade or from a restaurant.

Green salad

Includes all kinds of green salad that include some lettuce, whether mostly of iceberg lettuce or of other types of lettuce, and regardless of whether other vegetables are sometimes eaten in it. Spinach salad should be recorded under "spinach", and should not be double-counted here.

Raw tomatoes

Includes tomatoes eaten in alone or in salad. Does not include tomato sauces, which are captured under 'spaghetti', etc. Does not include the tomatoes in tomato or vegetable soups, which are captured under that item. The portion size refers to 1/4, 1/2... of a medium tomato.
Salad dressing  All types, creamy or not, including oil & vinegar. Program will assign a regular or low-fat type depending on respondent's answer to the "How often low-fat" question that follows.

Is your salad dressing...  The program will use the answer to this question to choose the fat content of the salad dressing whose frequency was reported above.

Any other vegetable...  Includes any vegetable not already mentioned.

Refried beans or bean burritos  Burritos which have both meat and beans should be recorded here.

Chili with beans  With or without meat.

Baked beans, black-eyed peas...  This includes all dried-type beans, regardless of whether they're mentioned here or not, such as navy beans, red beans, etc. Do not include pea or bean soups; these are asked later

Vegetable stew  Any type of vegetable stew, canned or home-made.

Vegetable soup...  Any type of vegetable soup that has a lot of carrots, or has a tomato base.

Split pea, bean or lentil soups  Any type of pea, bean or lentil soups may be counted here.

Any other soup...  This is the catch-all for all other forms of soup, whether creamed or not.

Spaghetti... with tomato sauce  This item should include only those pasta dishes that are eaten with tomato sauce. It can include mixed pasta items such as raviolis. The defining characteristic is the tomato sauce. When asking this question, emphasize the words "with tomato sauce".

Cheese dishes without tomato sauce...  This item should not include any pasta dishes that are eaten with tomato sauce. Therefore, you must be careful to correctly say "without tomato sauce", not "with". This includes only dishes that commonly have a fair amount of cheese, such as macaroni and cheese, certain Mexican dishes that have a lot of cheese, Welsh rarebit, etc. Incidental sprinkle cheese often used on spaghetti does not make it count as a cheese dish. Cheese sandwiches should be counted in the earlier 'cheese' item, where number of slices can be indicated.

Pizza...  All forms, all sizes, all toppings.
### Q by Q -- Meats and main dishes

<table>
<thead>
<tr>
<th>Item</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>Hamburger, cheeseburger, meat loaf...</td>
<td>All sizes, at home or in a restaurant. Does not include the ground beef used in spaghetti, lasagna or pizza. Only hamburgers, etc. made with beef are to be included here. Turkey burger should not be coded here, but should be included under &quot;chicken or turkey, roasted or broiled&quot;.</td>
</tr>
<tr>
<td>Tacos, burritos, enchiladas...</td>
<td>Includes beef burritos, tacos, enchiladas, tamales, or other similar dishes, whether with meat or chicken. Bean burritos should be included in the previous section, under &quot;refried beans or bean burritos&quot;.</td>
</tr>
<tr>
<td>Beef steaks, roasts, pot roasts...</td>
<td>Fresh, in frozen dinners, or on sandwiches. Do not include beef eaten as ground beef.</td>
</tr>
<tr>
<td>How do you like your beef cooked</td>
<td>This is not used by the nutrient analysis program, but may be a useful variable.</td>
</tr>
<tr>
<td>Pork...</td>
<td>Do not include pork-based lunch meats.</td>
</tr>
<tr>
<td>When you eat meat...</td>
<td>The program will use the answer to this question to choose the fat content of the meats whose frequency was reported above.</td>
</tr>
<tr>
<td>Veal, lamb, or deer meat</td>
<td>This item includes these three types of meat, or any other ‘game’ meat (not foul).</td>
</tr>
<tr>
<td>Ribs, spareribs</td>
<td>Any type, any size</td>
</tr>
<tr>
<td>Liver...</td>
<td>All forms.</td>
</tr>
<tr>
<td>Gizzard, pork neckbones, chitlins, pigs feet, etc.</td>
<td>This item includes the listed foods as well as any other organ meats.</td>
</tr>
<tr>
<td>Mixed dishes with beef or pork...</td>
<td>Include any mixed dish with beef, pork, veal or lamb. Do not double-count beef stew reported earlier for the vegetable stew item. Mixed dishes with chicken is a later item.</td>
</tr>
<tr>
<td>Mixed dishes with chicken...</td>
<td>Includes any mixed dish with chicken.</td>
</tr>
<tr>
<td>Fried chicken...</td>
<td>All parts of a chicken are included (wings, thighs, breast, etc.) provided they are fried. Include McNuggets, etc.</td>
</tr>
</tbody>
</table>
Chicken or turkey not fried...
Include turkey burgers here, but not chicken/turkey eaten as part of a mixed dish.

When you eat chicken...
The program will use the answer to this question to choose the fat content of the chicken whose frequency was reported above.

Oysters
Any form, plain or in stew or soup.

Other shellfish...
All forms, including clams, mussels, squid, oysters.

Tuna...
All forms of tuna, light meat or dark, in oil or in water, straight or in a casserole. Portion size, however, refers to the amount of tuna, and should not include any noodles, etc., eaten with it.

Fried fish...
Home-fried or restaurant, fast food. All types of fish.

Other fish, not fried
All other fish, after excluding fried, tuna or shellfish.

Hot dogs...
All forms, including chicken/turkey.

Are your hot dogs...
The program will use the answer to this question to choose the fat content of the hot dogs and dinner sausage whose frequency was reported above.

Bologna...
Lunch meats, all types. Ham refers to slices as for sandwiches; ham eaten as a roast or as the entree for a main meal should be reported under "pork". Do not include small amounts eaten on pizza, etc.

Are your lunch meats...
The program will use the answer to this question to choose the fat content of the lunch meats whose frequency was reported above.

Noodles, macaroni, Pasta salad
This item includes all other pasta dishes that do not contain substantial tomato sauce or substantial cheese. This could include, for example, pasta with white clam sauce (not red), or pesto sauce.

Tofu, bean curd
Refers to "fresh" tofu such as is normally served in Chinese restaurants, or bought in the refrigerator section of supermarkets. Includes all consumption, whether at home or in a restaurant. Count "vegetarian hot dogs" under the next item, "meat substitutes made from soy". Includes only regular tofu, not including fermented or dry, spiced, or koritofu.

Meat substitutes, such as...
This includes all dishes made with a soy-based meat substitute, such as veggie-burgers made from soy, or tofu hot dogs. This is not just veggieburgers, but veggieburgers made from soy.
Q by Q --Snacks

Snacks, like potato chips... These should be reported here even if respondent reports eating only low-salt or low-fat varieties. Exclude items here only if respondent eats only air-popped popcorn.

Are these snacks... The program will use the answer to this question to choose the fat content of the snacks whose frequency was reported above. This question should be answered based on the type of salty snack he or she eats most often.

Peanuts, other nuts and seeds Any nuts, including walnuts, etc., or seeds such as sunflower.

Crackers Saltines, or any other crackers

Doughnuts, Danish pastry This is intended to capture full-fat types of doughnuts and pastries. If they eat a low-fat kind of pastry such as Entenmann’s coffee cake, they should report it in the next item.

Cakes, sweet rolls... All kinds of cakes or coffee cakes, home-made or packaged, including snack cakes.

Are they... The program will use the answer to this question to choose the fat content of the cakes/pastries whose frequency was reported above. If respondent usually eats low-fat cakes (such as Entenmann’s) but eats regular-fat varieties of other foods in the item above, this question should be answered based on the food he or she eats most often.

Cookies All kinds, all sizes. Since cookies can vary widely in size, the portion size is best recorded in terms of the wood blocks. They may push them into shapes to help them estimate.

Are your cookies... The program will use the answer to this question to choose the fat content of the cookies whose frequency was reported above.

Ice cream... All forms including ice cream bars, fast-food milkshakes, etc.

Is your ice cream... The program will use the answer to this question to choose the fat content of the ice cream whose frequency was reported above. Again, this question should be answered based on the type of ice cream he or she eats most often.

Pumpkin pie... Include pies or puddings made with pumpkin or sweet potato. However, do not double-count the frequency of sweet potato reported in an earlier item.
Any other pies...
All forms, fruit-filled or not. Include fast-food pies.

Chocolate candy, candy bars
Only chocolate-covered or chocolate-based candy and candy bars should be included here. The point is the chocolate, not just any candy.

Other candy...
Any sugar-based non-chocolate candy.

Q by Q -- Breads, etc

Point out the different frequency categories to the respondent. For foods on this page, a response of "every day" always needs to be probed to determine whether the food is eaten once a day or more often. Then, it is important to phrase the serving size question as "How many each time". For example, if the respondent answers that she eats bread twice a day, the portion size should refer to how many slices she eats on each of those times. Suppose she eats bread "twice a day", and has two slices each time; you would record "2+ per day" as her frequency, and "2" as her portion size. (If she is more comfortable telling you she eats four slices per day, it is okay to record "every day" and then "4". But it is important to be careful that you do not accidentally record "2+ per day" for frequency and "4" for portion, as that would give her eight slices per day rather than four.)

If the respondent eats bread "twice per day", but has a different portion size each time, she may have difficulty coding her consumption correctly. The easiest way to handle may be for you to convert her frequency of consumption to "every day", and then code the portion size as the total number of pieces consumed each day. For example, if the respondent eats two slices of bread for lunch and one slice of bread for dinner, you may code this as "Every day", and "3 slices".

Biscuits or muffins...
Biscuits include homemade or from fast food places such as Kentucky Fried Chicken, McDonalds. Muffins include kinds such as bran muffins, blueberry muffins, etc., but do not include English muffins, which should be included under 'Rolls,...', below.

Rolls, Hamburger buns, English muffins, bagels
All types, all sizes. Note that these items come as two halves. Therefore, if they only eat 1/2 a bagel, etc., the portion size should be marked as "1/2". Only a whole bagel, English muffin, hamburger bun, etc., should be marked as "1".

Dark bread...
Includes whole wheat, rye, pumpernickel, or other dark breads. In reporting portion size, the response is in "slices". Include bread eaten in sandwiches.

White bread...
White, French, Italian, etc., all forms. In reporting portion size, the response is in "slices". Include bread eaten in sandwiches.
**Cornbread...**  Includes cornbread, corn muffins, hush puppies.

**Tortillas**  Includes flour and corn tortillas. Portion size is in number of tortillas **each time**.

**Rice, or dishes...**  This includes not only rice eaten by itself, but also as fried rice, Rice-a-roni, beans-n-rice, rice pudding, etc.

**Margarine on bread or potatoes...**  All forms, on bread or added to vegetables at the table. A "pat" is about one teaspoonful.

**Butter on bread or potatoes...**  All forms, on bread or added to vegetables at the table. A "pat" is about one teaspoonful.

**Gravy**  Include meat gravies or packaged varieties.

**Peanut butter**  Other nut butters may also be included in this item.

**Mayonnaise, sandwich spreads**  All types

**Catsup, salsa...**  All kinds of tomato-based condiments.

**Mustard, soy sauce...**  Any other type of sauce, not already captured above.

**Concluding Questions**

The last eight questions are not used by the nutrient calculations, and thus may be omitted without harm to the nutrient calculations. However, they are important aids in understanding the results, and their presence on the same file will often aid in interpretation.

**Did you use the pictures:** This question may be filled in by the interviewer when the questionnaire is interview-administered.

**Self-assessed health status:** This simple question has been shown in numerous studies to be a powerful predictor of subsequent morbidity and mortality. It appears to be even more powerful a predictor than such objective measures as medical conditions, or physician examination.

**Repeated weight loss:** In addition to being individually implicated in cardiovascular disease, this behavior alters metabolism and thus the relationship between energy intake and resulting body weight.
**Hours watching television or video:** This question may be useful as a stand-in for questions on respondent’s level of physical activity.

**Smoking:** Current smoking is not only a risk factor for most health conditions, but it reduces plasma levels of many nutrients, and alters the relationship between intake and tissue level. Thus, even validation studies are poorly interpretable without this question.

**Language spoken:** This may provide clues to the respondent’s ability to self-administer this or other questionnaires. In addition, if unusual nutrient estimates are observed, this may serve to indicate that the food list on the questionnaire was not quite appropriate for this respondent’s ethnicity.

**Ethnicity:** Similar rationale as for language.
<table>
<thead>
<tr>
<th>Food</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>SPAM</td>
<td>Spam or Spam lite. Any canned luncheon meat.</td>
</tr>
<tr>
<td>MENUDO</td>
<td>Tripe, hominy, tomato, onion, chili powder.</td>
</tr>
<tr>
<td>POZOLE</td>
<td>Wheat kernels, boiled with tepary beans.</td>
</tr>
<tr>
<td>GUYSAVA</td>
<td>Traditional food made from roasted ground corn.</td>
</tr>
<tr>
<td>RED OR GREEN CHILI</td>
<td>Beef chuck or stewing beef cooked with chili or jalapeno.</td>
</tr>
<tr>
<td>INDIAN TACO</td>
<td>Frybread, ground beef, beans, cheese, lettuce, tomato, salsa.</td>
</tr>
<tr>
<td></td>
<td>Any combination of the above foods.</td>
</tr>
<tr>
<td>FRYBREAD</td>
<td>Any frybread, whether baking powder or yeast dough.</td>
</tr>
<tr>
<td>CORN TORTILLA</td>
<td>Tortilla made from corn.</td>
</tr>
<tr>
<td>FLOUR TORTILLA</td>
<td>Tortilla made from flour.</td>
</tr>
</tbody>
</table>