

Section I: The Foods You Eat

The following questions are about the foods you usually eat. Please answer each question as best you can, and estimate if you are not sure.

Think about your eating habits over the past year or so. Remember breakfast, lunch, dinner, snacks and eating out. There are two kinds of questions for each food. "How Many Days Per Week" on average do you usually eat the food, and "How Much" do you usually eat of the food. Please mark a circle for the number of days a week you usually eat each food, and then how much of it you eat on those days. If you don't eat a certain food or beverage, please leave the "How Much" section on the right blank.

For SAS variables on the left column for question 1-40, the format is FAT_DAYS_PER_WEEK

	How Many Days Per Week?					How Much On Those Days? <i>If None, Leave Blank</i>
	None or less than 1	1 Day	2 Days	3-4 Days	5-6 Days	
1. Glasses of milk (any kind) <i>QI-FOOD-1-1A</i>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/> 1 eight ounce glass <i>QI-FOOD-1-1B</i> <input type="radio"/> 2 eight ounce glasses <i>FMT-QI-1B</i>
2. Real 100% fruit juice, like orange juice, apple juice, or fruit smoothies. Don't count fruit flavored soft drinks or drinks like Sunny Delight. <i>QI-FOOD-1-2A</i>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/> Small 6 ounce glass <i>QI-FOOD-1-2B</i> <input type="radio"/> 1 cup <i>FMT-QI-2B</i>
3. Vegetable juice, like tomato juice, V8, or carrot juice. <i>QI-FOOD-1-3A</i>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/> Small 6 ounce glass <i>QI-FOOD-1-3B</i> <input type="radio"/> 1 cup <i>FMT-QI-2B</i>
4. Snapple, Kool-Aid, instant lemonade, instant iced tea, cordial - regular or sugar free <i>QI-FOOD-1-4A</i>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/> 1 glass <i>QI-FOOD-1-4B</i> <input type="radio"/> 2 glasses <i>FMT-QI-4B</i> <input type="radio"/> 3+ glasses

SHOW

		How Many Days Per Week?						How Much On Those Days? <i>If None, Leave Blank</i>		
	None or less than 1	1 Day	2 Days	3-4 Days	5-6 Days	Every Day				
5.	Drink with some juice, like Hawaiian Punch, Sunny Delight, Knudsen, Hi-C, or cranberry juice QI-FOOD-5-5A	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	1 glass QI-FOOD-5-5B	2 glasses FMT-QI-4B	3+ glasses <input type="radio"/>
6.	Any kind of soft drink, soda or pop, Like Coke, cola, Gingerale, Crush, Fanta, - regular or sugar free QI-FOOD-5-6A	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	1 glass/can QI-FOOD-5-6B	2 glasses/cans FMT-QI-6B	3+ glasses/cans <input type="radio"/>
7.	Beer QI-FOOD-5-7A	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	1 glass/can QI-FOOD-5-7B	2 glasses/cans FMT-QI-6B	3+ glasses/cans <input type="radio"/>
8.	Eggs, or breakfast sandwiches with Eggs, like Egg McMuffins (McDonalds) QI-FOOD-5-8A	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	1 egg QI-FOOD-5-8B	2 eggs FMT-QI-8B	3+ eggs <input type="radio"/>
9.	Cold cereal, any kind QI-FOOD-5-9A	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	1 small bowl QI-FOOD-5-9B	1 medium bowl FMT-QI-9B	1 large bowl <input type="radio"/>
10.	Hot cereal, cooked cereal like oatmeal or porridge, grits, or cream of wheat QI-FOOD-5-10A	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	1 small bowl QI-FOOD-5-10B	1 medium bowl FMT-QI-9B	1 large bowl <input type="radio"/>

		How Many Days Per Week?					How Much On Those Days? <i>If None, Leave Blank</i>	
	None or less than 1	1 Day	2 Days	3-4 Days	5-6 Days	Every Day	▼	▼
11. Real sugar or honey in coffee or tea or on cereal QI_FOOD_11-11A	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	teaspoon	teaspoons
							QI_FOOD_11-11B	FMT_QI_11B
12. Cheese, sliced cheese or cheese spread, including on sandwiches QI_FOOD_11-12A	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	1 slice	2 slices
							QI_FOOD_11-12B	FMT_QI_12B
13. Lunch meats like bologna, salami, sliced ham, turkey lunch meat, or any other cold meat cuts QI_FOOD_11-13A	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	1 slice	2 slices
							QI_FOOD_11-13B	FMT_QI_13B
14. Hamburgers, cheeseburgers, meat balls or meat loaf QI_FOOD_11-14A	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	1 small/3 ounce	1 large 2 large
							QI_FOOD_11-14B	FMT_QI_14B
15. Hot dogs, or sausage like Polish, Italian or chorizo QI_FOOD_11-15A	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	1 hotdog	2 hotdogs
							QI_FOOD_11-15B	FMT_QI_15B
16. Other beef or pork, such as steak, roast beef, ribs, or in sandwiches, tacos, burritos QI_FOOD_11-16A	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	3 ounce small	4 to 6 ounce medium
							QI_FOOD_11-16B	FMT_QI_16B

SHOW

		How Many Days Per Week?					How Much On Those Days? <i>If None, Leave Blank</i>		
	None or less than 1	1 Day	2 Days	3-4 Days	5-6 Days	Every Day	▼	▼	
17.	Fried chicken, including chicken nuggets, wings, chicken patty	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	1 medium piece	2 medium pieces or 6 nuggets	3 medium pieces
	QI_FOOD_17_17A						QI_FOOD_17_17B	FMT_QI_17B	FMT_QI_17B
18.	Fish, any kind	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	2 ounces	4 ounces	6 ounces
	QI_FOOD_17_18A						QI_FOOD_17_18B	FMT_QI_18B	FMT_QI_18B
19.	Pizza	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	1 slice	2 slices	3+ slices
	QI_FOOD_17_19A						QI_FOOD_17_19B	FMT_QI_19B	FMT_QI_19B
20.	Spaghetti, lasagna, other pasta, or noodles	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	1 cup	2 cups	3+ cups
	QI_FOOD_17_20A						QI_FOOD_17_20B	FMT_CUPS	FMT_CUPS
21.	Rice, or dishes made with rice	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	1 cup rice	2 cups rice	3+ cups rice
	QI_FOOD_17_21A						QI_FOOD_17_21B	FMT_QI_21B	FMT_QI_21B
22.	Green salad and vegetables you put in green salad	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	1 cup	2 cups	3+ cups
	QI_FOOD_17_22A						QI_FOOD_17_22B	FMT_CUPS	FMT_CUPS

		How Many Days Per Week?					How Much On Those Days? <i>If None, Leave Blank</i>					
		None or less than 1	1 Day	2 Days	3-4 Days	5-6 Days	Every Day					
23.	Any kind of fruit, fresh or canned (not counting juice) QI_FOOD_23_23A	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	1 fruit or 1/2 cup	2 fruits or 1 cup	3 fruits or 2 cups	QI_FOOD_23_23B	FMT_QI_23B
24.	French fries, home fries, hash browns QI_FOOD_23_24A	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	small (McDonalds)	medium	large	QI_FOOD_23_24B	FMT_QI_24B
25.	Potatoes not fried, like baked, mashed QI_FOOD_23_25A	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	1/2 cup or 1/2 potato	1 cup or 1 potato	2+ cups or 2+ potatoes	QI_FOOD_23_25B	FMT_QI_25B
26.	Vegetable soup, or stew with vegetables QI_FOOD_23_26A	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	1 cup	1 1/2 cups	2+ cups	QI_FOOD_23_26B	FMT_QI_26B
27.	ALL other vegetables you eat, as a side dish or in any kind of dish, not counting salad or potatoes QI_FOOD_23_27A	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	1/2 cup altogether	1 cup	2+ cups	QI_FOOD_23_27B	FMT_QI_27B
28.	Bread, rolls, bagels QI_FOOD_23_28A	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	1 slice	2 slices	3+ slices	QI_FOOD_23_28B	FMT_QI_28B