

Multiethnic Cohort Study



University of Hawai'i
Cancer Research Center of Hawai'i

Health Research Survey



University of Southern California
Keck School of Medicine

This survey is to be filled out **ONLY** by the person named on the address label.

Is the address label correct? _____

If not, please **PRINT** the correct spelling of your name, correct address and phone number.

NAME _____

STREET _____

CITY _____ STATE _____ ZIP _____

**PLEASE WRITE IN YOUR PHONE
NUMBER AND FILL IN THE CIRCLES**

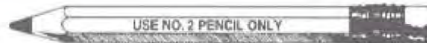
Area Code			Number						
0	0	0	0	0	0	0	0	0	0
1	1	1	1	1	1	1	1	1	1
2	2	2	2	2	2	2	2	2	2
3	3	3	3	3	3	3	3	3	3
4	4	4	4	4	4	4	4	4	4
5	5	5	5	5	5	5	5	5	5
6	6	6	6	6	6	6	6	6	6
7	7	7	7	7	7	7	7	7	7
8	8	8	8	8	8	8	8	8	8
9	9	9	9	9	9	9	9	9	9

(We may need to get in touch with you to clarify certain answers on your survey.)

If you have questions, please call
(808) 586-2996 in Honolulu or
1-800-786-3538 in Los Angeles.

MARKING INSTRUCTIONS

- Use Pencil ONLY.



- Do NOT use ink or ballpoint pens.
- FILL in the circle completely, staying within the circle line.
- Erase cleanly any answer you wish to change.
- Do NOT make any stray marks in this booklet.

CORRECT MARK



INCORRECT MARKS



• MARKING EXAMPLES:

1. If you are a female, you would fill in the circle like this:

SEX	
☐	Male
☒	Female

2. Sometimes questions are designed to help you line up numbers in certain columns. For questions like this, FIRST WRITE THE NUMBERS IN THE BOXES, then fill in the correct circle in each column.

If your birthdate is June 2, 1935, you would write the day and the year in the boxes, and then fill in the circle for June, the circles 0 and 2 for the day, and the circles 3 and 5 for the year.

BIRTHDATE

BIRTH MONTH		BIRTH DAY		BIRTH YEAR			
☐ JAN	☐ FEB	0	2	1	9	3	5
☐ MAR	☐ APR	☒	☐			☐	☐
☐ MAY	☐ JUN	☐	☐			☐	☐
☐ JUL	☐ AUG	☐	☐			☐	☐
☐ SEP	☐ OCT	☐	☐			☐	☐
☐ NOV	☐ DEC	☐	☐			☐	☐

PLEASE BEGIN ON PAGE 1 OF THE SURVEY.

BACKGROUND INFORMATION

1. WHAT IS YOUR SEX?

- ☐ Male
☐ Female

2. WRITE IN YOUR BIRTHDATE AND FILL IN THE CIRCLES. (See example in marking instructions)

BIRTH MONTH	BIRTH DAY		BIRTH YEAR	
☐ JAN			1	9
☐ FEB	☐ 0	☐ 0		☐ 0
☐ MAR	☐ 1	☐ 1		☐ 1
☐ APR	☐ 2	☐ 2		☐ 2
☐ MAY	☐ 3	☐ 3		☐ 3
☐ JUN		☐ 4		☐ 4
☐ JUL		☐ 5		☐ 5
☐ AUG		☐ 6		☐ 6
☐ SEP		☐ 7		☐ 7
☐ OCT		☐ 8		☐ 8
☐ NOV		☐ 9		☐ 9
☐ DEC				

3. WHAT IS YOUR CURRENT MARITAL STATUS?

- ☐ Married
☐ Separated
☐ Divorced
☐ Widowed
☐ Never Married

4. DO YOU CONSIDER YOURSELF TO BE HISPANIC OR LATINO (a person of Mexican, Puerto Rican, Cuban, South or Central American, or other Spanish culture or origin, regardless of race)?

- ☐ No
☐ Yes
☐ Don't know

5. WHERE WERE YOU BORN (Country)?

(Write in)

6. IF YOU WERE NOT BORN IN THE U.S., IN WHAT YEAR DID YOU FIRST COME TO THE U.S.?

(Write in)

7. HOW MUCH DO YOU CURRENTLY WEIGH?

POUNDS		
☐ 0	☐ 0	☐ 0
☐ 1	☐ 1	☐ 1
☐ 2	☐ 2	☐ 2
☐ 3	☐ 3	☐ 3
☐ 4	☐ 4	☐ 4
☐ 5	☐ 5	☐ 5
☐ 6	☐ 6	☐ 6
☐ 7	☐ 7	☐ 7
☐ 8	☐ 8	☐ 8
☐ 9	☐ 9	☐ 9

8. HAVE YOU EVER SMOKED A TOTAL OF 20 OR MORE PACKS OF CIGARETTES IN YOUR LIFETIME?

- ☐ No (go to question 9)
☐ Yes, and I currently smoke
☐ Yes, but I quit smoking

IF YES, HOW OLD WERE YOU WHEN YOU STARTED SMOKING REGULARLY?

- ☐ 14 years or less
☐ 15 - 16 years old
☐ 17 - 18 years old
☐ 19 - 21 years old
☐ 22 - 25 years old
☐ 26 years or older

WHAT IS THE TOTAL NUMBER OF YEARS THAT YOU SMOKED (do not count any years that you quit smoking)?

- ☐ 10 years or less
☐ 11 - 20 years
☐ 21 - 30 years
☐ 31 - 40 years
☐ 41 - 50 years
☐ 51 years or more

WHAT IS THE AVERAGE NUMBER OF CIGARETTES THAT YOU SMOKED PER DAY?

- ☐ 5 cigarettes or less
☐ 6 - 10 cigarettes
☐ 11 - 20 cigarettes
☐ 21 - 30 cigarettes
☐ 31 - 40 cigarettes
☐ 41 cigarettes or more

IF YOU QUIT SMOKING, HOW LONG AGO DID YOU QUIT?

- ☐ 2 years or less
☐ 3 - 5 years
☐ 6 - 10 years
☐ 11 - 15 years
☐ 16 - 20 years
☐ 21 - 25 years
☐ 26 - 30 years
☐ 31 years or more

9. HAS YOUR DOCTOR EVER TOLD YOU THAT YOU HAD ANY OF THE FOLLOWING CONDITIONS?
(mark all that apply)

LEAVE BLANK FOR NO		IF YES, IN WHAT YEAR WAS IT FIRST DIAGNOSED?												
		Before 1999	1999	2000	2001	2002	2003	2004	2005	2006	2007	2008	2009	2010
High blood pressure	☐ Yes	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
Heart attack	☐ Yes →	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
Angina (chest pain due to exertion)	☐ Yes →	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
Stroke	☐ Yes →	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
Diabetes	☐ Yes →	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
Polyp of intestines	☐ Yes →	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
Gallbladder removal	☐ Yes →	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
Gout	☐ Yes →	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
Rheumatoid arthritis	☐ Yes →	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
Other arthritis	☐ Yes →	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
		Before 1999	1999	2000	2001	2002	2003	2004	2005	2006	2007	2008	2009	2010
Osteoporosis (brittle bones)	☐ Yes →	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
Ulcer (stomach or duodenal)	☐ Yes →	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
Kidney stones	☐ Yes →	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
Asthma	☐ Yes →	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
Glaucoma	☐ Yes →	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
Cataract surgery	☐ Yes →	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
Parkinson's disease	☐ Yes →	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
Skin Cancer (not Melanoma)	☐ Yes →	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
Enlarged prostate (<i>men only</i>)	☐ Yes →	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
None of the above	☐													

10. HAVE YOU HAD ANY OF THE FOLLOWING TESTS? (mark all that apply)

LEAVE BLANK FOR NO		IF YES, MARK EVERY YEAR YOU HAD THE TEST.												
		Before 1999	1999	2000	2001	2002	2003	2004	2005	2006	2007	2008	2009	2010
Gastroscopy of the stomach	☐ Yes	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
Colonoscopy or sigmoidoscopy of the colon	☐ Yes →	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
PSA blood test for prostate (<i>men only</i>)	☐ Yes →	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
Mammogram (<i>women only</i>)	☐ Yes →	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
Pap smear (<i>women only</i>)	☐ Yes →	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐

EATING HABITS

11. The next questions are about your **USUAL** eating habits **DURING THE LAST YEAR**.

For each item:

- Fill in the circle that best describes **HOW OFTEN** you ate the item.
- Fill in the circle next to your **USUAL SERVING SIZE**.
- If you do not eat an item, or if you eat it less than once a month, mark "Never or hardly ever" and do not select a serving size.

DO NOT LEAVE ANY ITEMS BLANK.

Example: This person ate a small bowl of cream of mushroom soup 2 to 3 times a month, and never ate dried bean or pea soup.

	AVERAGE USE DURING LAST YEAR (CHOOSE ONE)								YOUR USUAL SERVING SIZE
	Never or hardly ever	Once a month	2 to 3 times a month	Once a week	2 to 3 times a week	4 to 6 times a week	Once a day	2 or more times a day	
Soups made with Cream or Milk (such as chowder, cream of mushroom, cream of tomato)	☐	☐	☒	☐	☐	☐	☐	☐	CHOOSE ONE ☐ 1/2 cup or less OR ☒ Small bowl (1 cup) OR ☐ Large bowl (2 cups or more)
Dried Bean or Pea Soup (such as Portuguese bean, split pea, black bean)	☒	☐	☐	☐	☐	☐	☐	☐	CHOOSE ONE ☐ 1/2 cup or less OR ☐ Small bowl (1 cup) OR ☐ Large bowl (2 cups or more)

As you complete the next questions, please:

- include **FRESH, FROZEN, CANNED, FAST-FOOD, and PACKAGED** food items,
- complete every line,
- make use of the pictures at the top of the page to help you estimate your **USUAL SERVING SIZE**,
- keep in mind that "1 cup" refers to an 8-ounce (240 ml) measuring cup.

	AVERAGE USE DURING LAST YEAR (CHOOSE ONE)								YOUR USUAL SERVING SIZE
	Never or hardly ever	Once a month	2 to 3 times a month	Once a week	2 to 3 times a week	4 to 6 times a week	Once a day	2 or more times a day	
Soups made with Cream or Milk (such as chowder, cream of mushroom, cream of tomato)	☐	☐	☐	☐	☐	☐	☐	☐	CHOOSE ONE ☐ 1/2 cup or less OR ☐ Small bowl (1 cup) OR ☐ Large bowl (2 cups or more)
Dried Bean or Pea Soup (such as Portuguese bean, split pea, black bean)	☐	☐	☐	☐	☐	☐	☐	☐	CHOOSE ONE ☐ 1/2 cup or less OR ☐ Small bowl (1 cup) OR ☐ Large bowl (2 cups or more)
Miso Soup	☐	☐	☐	☐	☐	☐	☐	☐	CHOOSE ONE ☐ 1/2 cup or less OR ☐ Small bowl (1 cup) OR ☐ Large bowl (2 cups or more)
Ramen or Saimin (Oriental noodles with broth)	☐	☐	☐	☐	☐	☐	☐	☐	CHOOSE ONE ☐ 1/2 cup or less OR ☐ Small bowl (1 cup) OR ☐ Large bowl (2 cups or more)

Fill in the circle ☐ that best describes HOW OFTEN you ate the item.
Fill in the circle ☐ next to your USUAL SERVING SIZE.



A



B



C

	AVERAGE USE DURING LAST YEAR (CHOOSE ONE)								YOUR USUAL SERVING SIZE
	Never or hardly ever	Once a month	2 to 3 times a month	Once a week	2 to 3 times a week	4 to 6 times a week	Once a day	2 or more times a day	
Broth with Noodles or Rice (such as chicken noodle, chicken rice, won tun mein, beef noodle, tortilla soup)	☐	☐	☐	☐	☐	☐	☐	☐	CHOOSE ONE ☐ 1/2 cup or less OR ☐ Small bowl (1 cup) OR ☐ Large bowl (2 cups or more)
Mexican Meat Soup or Stew (such as menudo, albondigas soup, cocido, pozole, birria)	☐	☐	☐	☐	☐	☐	☐	☐	CHOOSE ONE ☐ 1/2 cup or less OR ☐ Small bowl (1 cup) OR ☐ Large bowl (2 cups or more)
Other Soups with Vegetables (such as chicken/beef vegetable, minestrone, oxtail)	☐	☐	☐	☐	☐	☐	☐	☐	CHOOSE ONE ☐ 1/2 cup or less OR ☐ Small bowl (1 cup) OR ☐ Large bowl (2 cups or more)
Fried Noodle Dishes (such as chow mein, chow fun, yakisoba)	☐	☐	☐	☐	☐	☐	☐	☐	CHOOSE ONE ☐ Photo A (1/2 cup or less) OR ☐ Photo B (1 cup) OR ☐ Photo C (2 cups or more)
Pasta with Tomato Sauce (such as spaghetti, lasagna, ravioli)	☐	☐	☐	☐	☐	☐	☐	☐	CHOOSE ONE ☐ Photo A (1/2 cup or less) OR ☐ Photo B (1 cup) OR ☐ Photo C (2 cups or more)
Pasta with Cheese or Cream Sauce (such as macaroni and cheese, stroganoff, pasta with clam sauce)	☐	☐	☐	☐	☐	☐	☐	☐	CHOOSE ONE ☐ Photo A (1/2 cup or less) OR ☐ Photo B (1 cup) OR ☐ Photo C (2 cups or more)
Noodle Casseroles (with tuna, chicken or turkey)	☐	☐	☐	☐	☐	☐	☐	☐	CHOOSE ONE ☐ Photo A (1/2 cup or less) OR ☐ Photo B (1 cup) OR ☐ Photo C (2 cups or more)
Potato or Macaroni Salad (with mayonnaise)	☐	☐	☐	☐	☐	☐	☐	☐	CHOOSE ONE ☐ Photo A (1/2 cup or less) OR ☐ Photo B (1 cup) OR ☐ Photo C (2 cups or more)
Pasta or Somen Salad	☐	☐	☐	☐	☐	☐	☐	☐	CHOOSE ONE ☐ Photo A (1/2 cup or less) OR ☐ Photo B (1 cup) OR ☐ Photo C (2 cups or more)

Fill in the circle ☐ that best describes HOW OFTEN you ate the item.
Fill in the circle ☐ next to your USUAL SERVING SIZE.



A



B



C

 	AVERAGE USE DURING LAST YEAR (CHOOSE ONE)								YOUR USUAL SERVING SIZE
	Never or hardly ever	Once a month	2 to 3 times a month	Once a week	2 to 3 times a week	4 to 6 times a week	Once a day	2 or more times a day	
Arroz Con Pollo (rice with chicken)	☐	☐	☐	☐	☐	☐	☐	☐	CHOOSE ONE ☐ Photo A (1/2 cup or less) OR ☐ Photo B (1 cup) OR ☐ Photo C (2 cups or more)
Stew or Curry (with meat or poultry)	☐	☐	☐	☐	☐	☐	☐	☐	CHOOSE ONE ☐ Photo A (1/2 cup or less) OR ☐ Photo B (1 cup) OR ☐ Photo C (2 cups or more)
Pot Pie, Empanada or Turnover (with meat or poultry)	☐	☐	☐	☐	☐	☐	☐	☐	CHOOSE ONE ☐ Photo A (1/2 cup or 1 Empanada) OR ☐ Photo B (1 cup or 1 pie) OR ☐ Photo C (2 cups or more)
Beef or Pork mixed with Vegetables (such as stir-fry, beef broccoli, pork and cabbage, fajitas, chile verde, pork with cactus, picadillo)	☐	☐	☐	☐	☐	☐	☐	☐	CHOOSE ONE ☐ Photo A (1/2 cup or less) OR ☐ Photo B (1 cup) OR ☐ Photo C (2 cups or more)
Chicken mixed with Vegetables (such as stir-fry, chicken long rice, nishime, chop suey, fajitas)	☐	☐	☐	☐	☐	☐	☐	☐	CHOOSE ONE ☐ Photo A (1/2 cup or less) OR ☐ Photo B (1 cup) OR ☐ Photo C (2 cups or more)
Shrimp or Fish mixed with Vegetables (such as stir-fry, squid luau, fajitas, Veracruz style fish)	☐	☐	☐	☐	☐	☐	☐	☐	CHOOSE ONE ☐ Photo A (1/2 cup or less) OR ☐ Photo B (1 cup) OR ☐ Photo C (2 cups or more)
Mixed Vegetable Dishes without Meat (such as stir-fry, nishime, verduras fritas)	☐	☐	☐	☐	☐	☐	☐	☐	CHOOSE ONE ☐ Photo A (1/2 cup or less) OR ☐ Photo B (1 cup) OR ☐ Photo C (2 cups or more)
Pork and Greens or Lau Lau (includes pork with verdolagas)	☐	☐	☐	☐	☐	☐	☐	☐	CHOOSE ONE ☐ Photo A (1/2 cup or less) OR ☐ Photo B (1 cup or 1 laulau) OR ☐ Photo C (2 cups or 2 laulus or more)
Chili	☐	☐	☐	☐	☐	☐	☐	☐	CHOOSE ONE ☐ 1/2 cup or less OR ☐ Small bowl (1 cup) OR ☐ Large bowl (2 cups or more)
Hamburgers or Cheeseburgers (on a bun, includes fast-food burgers)	☐	☐	☐	☐	☐	☐	☐	☐	CHOOSE ONE ☐ 1 regular size burger OR ☐ 1 quarter-pound burger OR ☐ 1 double burger or more

Fill in the circle ☐ that best describes HOW OFTEN you ate the item.
Fill in the circle ☐ next to your USUAL SERVING SIZE.



A



B



C

	AVERAGE USE DURING LAST YEAR (CHOOSE ONE)								YOUR USUAL SERVING SIZE
	Never or hardly ever	Once a month	2 to 3 times a month	Once a week	2 to 3 times a week	4 to 6 times a week	Once a day	2 or more times a day	
Meat Loaf, Meatballs or Patties (not in a bun)	☐	☐	☐	☐	☐	☐	☐	☐	CHOOSE ONE ☐ 1 to 2 meatballs OR ☐ 1 patty or slice or 3 meatballs OR ☐ 1 large patty or 5 meatballs
Vegetarian Meat Loaf, Meatballs or Patties (such as Gardenburger)	☐	☐	☐	☐	☐	☐	☐	☐	CHOOSE ONE ☐ 1 to 2 meatballs OR ☐ 1 patty or slice or 3 meatballs OR ☐ 1 large patty or 5 meatballs
Pizza	☐	☐	☐	☐	☐	☐	☐	☐	CHOOSE ONE ☐ 1 piece or slice or less OR ☐ 2 to 3 slices OR ☐ 4 slices or more
Beef, Lamb or Veal (such as steak, roast, teriyaki beef, carne asada, machaca)	☐	☐	☐	☐	☐	☐	☐	☐	CHOOSE ONE ☐ Photo A (1 ounce or less) OR ☐ Photo B (3 ounces or 1 chop) OR ☐ Photo C (5 ounces or more)
Spareribs or Shortribs	☐	☐	☐	☐	☐	☐	☐	☐	CHOOSE ONE ☐ 3 small or 1 long rib or less OR ☐ 2 to 3 long ribs (5 to 7 inches) OR ☐ 4 long ribs or more
Corned Beef (such as fresh, canned, corned beef and cabbage, hash)	☐	☐	☐	☐	☐	☐	☐	☐	CHOOSE ONE ☐ Photo A (1 oz. or 1/2 cup or less) OR ☐ Photo B (1/4 of 12-oz. tin or 1 cup) OR ☐ Photo C (1/2 of 12-oz. tin or 2 cups or more)
Pork (such as chops, roasts, char siu, kalua pig, cutlet, belly, carnitas)	☐	☐	☐	☐	☐	☐	☐	☐	CHOOSE ONE ☐ Photo A (1 ounce or less) OR ☐ Photo B (3 ounces) OR ☐ Photo C (5 ounces or more)
Ham (such as baked, fried, deli-style, in sandwiches)	☐	☐	☐	☐	☐	☐	☐	☐	CHOOSE ONE ☐ Photo A (1 ounce or less) OR ☐ Photo B (3 ounces) OR ☐ Photo C (5 ounces or more)
Ham Hocks or Pig's Feet	☐	☐	☐	☐	☐	☐	☐	☐	CHOOSE ONE ☐ Photo A (1 ounce or less) OR ☐ Photo B (3 ounces) OR ☐ Photo C (5 ounces or more)
Liver	☐	☐	☐	☐	☐	☐	☐	☐	CHOOSE ONE ☐ Photo A (1 ounce or less) OR ☐ Photo B (3 chicken livers) OR ☐ Photo C (5 ounces or more)

Fill in the circle ☐ that best describes HOW OFTEN you ate the item.
Fill in the circle ☐ next to your USUAL SERVING SIZE.



A



B



C

	AVERAGE USE DURING LAST YEAR (CHOOSE ONE)								YOUR USUAL SERVING SIZE
	Never or hardly ever	Once a month	2 to 3 times a month	Once a week	2 to 3 times a week	4 to 6 times a week	Once a day	2 or more times a day	
Fried Chicken (such as wings, patties, chicken katsu, nuggets)	☐	☐	☐	☐	☐	☐	☐	☐	CHOOSE ONE ☐ Photo A (1 drumstick) OR ☐ Photo B (1 breast, 2 thighs, 3 wings, or 1 patty) OR ☐ Photo C (2 breasts or 4 thighs)
Roasted, Baked, Grilled or Stewed Chicken (such as ground, in sandwiches, teriyaki, cornish hen)	☐	☐	☐	☐	☐	☐	☐	☐	CHOOSE ONE ☐ Photo A (1 drumstick) OR ☐ Photo B (1 breast, 2 thighs, 3 wings, or 1 sandwich) OR ☐ Photo C (2 breasts or 4 thighs)
Turkey (such as roast, ground, deli-style, in sandwiches)	☐	☐	☐	☐	☐	☐	☐	☐	CHOOSE ONE ☐ Photo A (1 ounce or less) OR ☐ Photo B (3 ounces) OR ☐ Photo C (5 ounces or more)
Fried Battered Shrimp or Other Shellfish (such as tempura, calamari, squid)	☐	☐	☐	☐	☐	☐	☐	☐	CHOOSE ONE ☐ 1 to 3 items OR ☐ 4 to 5 items or 1/2 cup OR ☐ 6 items or more
Cooked, Canned, Raw or Imitation Shellfish (such as shrimp, crab, octopus, squid, oysters)	☐	☐	☐	☐	☐	☐	☐	☐	CHOOSE ONE ☐ 5-6 shrimp or 1/4 cup or less OR ☐ 1 crab or 1/2 cup OR ☐ 1 lobster tail or 1 cup or more
Fried Fish (such as pan-fried, fish cake, fish sticks, in sandwiches or tacos)	☐	☐	☐	☐	☐	☐	☐	☐	CHOOSE ONE ☐ Photo A (1 ounce or less) OR ☐ Photo B (3 oz. or 1 sandwich) OR ☐ Photo C (5 ounces or more)
White Fish, Baked, Broiled, Boiled or Raw (such as mahimahi, kamaboko, snapper, cod, sea bass)	☐	☐	☐	☐	☐	☐	☐	☐	CHOOSE ONE ☐ Photo A (1 ounce or less) OR ☐ Photo B (3 ounces) OR ☐ Photo C (5 ounces or more)
Dark Fish, Baked, Broiled, Boiled or Raw (such as tuna, ahi, aku, salmon, mackerel)	☐	☐	☐	☐	☐	☐	☐	☐	CHOOSE ONE ☐ Photo A (1 ounce or less) OR ☐ Photo B (3 ounces) OR ☐ Photo C (5 ounces or more)
Canned Tunafish (plain, salad, in sandwiches)	☐	☐	☐	☐	☐	☐	☐	☐	CHOOSE ONE ☐ 1/4 cup or 1/2 sandwich OR ☐ 1/2 cup or 1 sandwich OR ☐ 1 cup or 1 can (6 oz.) or more
Other Canned Fish (such as salmon, mackerel, sardines)	☐	☐	☐	☐	☐	☐	☐	☐	CHOOSE ONE ☐ 3 small sardines or 1/4 cup OR ☐ 1/2 cup OR ☐ 1 cup or more
Salted and Dried Fish or Shellfish (such as shrimp, cuttlefish, iriko, taegu, bacalao)	☐	☐	☐	☐	☐	☐	☐	☐	CHOOSE ONE ☐ 1 slice or strip or piece OR ☐ 2 slices OR ☐ 4 slices or more

Fill in the circle ☐ that best describes HOW OFTEN you ate the item.
Fill in the circle ☐ next to your USUAL SERVING SIZE.

 	AVERAGE USE DURING LAST YEAR (CHOOSE ONE)								YOUR USUAL SERVING SIZE
	Never or hardly ever	Once a month	2 to 3 times a month	Once a week	2 to 3 times a week	4 to 6 times a week	Once a day	2 or more times a day	
Bacon (includes turkey bacon, Canadian bacon)	☐	☐	☐	☐	☐	☐	☐	☐	CHOOSE ONE ☐ 1 slice or strip or piece OR ☐ 2 slices OR ☐ 3 slices or more
Regular Hot Dogs (beef or pork)	☐	☐	☐	☐	☐	☐	☐	☐	CHOOSE ONE ☐ 1/2 hot dog OR ☐ 1 hot dog OR ☐ 2 hot dogs or more
Hot Dogs or Luncheon Meats made with Chicken or Turkey	☐	☐	☐	☐	☐	☐	☐	☐	CHOOSE ONE ☐ 1/2 hot dog or 1 slice OR ☐ 1 hot dog or 2 slices OR ☐ 2 hot dogs or 4 slices or more
Spam, Bologna, Salami, Pastrami or Other Luncheon Meats	☐	☐	☐	☐	☐	☐	☐	☐	CHOOSE ONE ☐ 1 slice (1 ounce or less) OR ☐ 2 slices OR ☐ 3 slices or more
Sausage (such as pork, beef, Portuguese, Vienna, Polish, hot links, chorizo)	☐	☐	☐	☐	☐	☐	☐	☐	CHOOSE ONE ☐ 1 piece or link OR ☐ 2-3 pieces or links or 1 patty OR ☐ 4 pieces or links or more
Tacos, Tostadas, Sopes or Taco Salad (with beef, chicken, pork)	☐	☐	☐	☐	☐	☐	☐	☐	CHOOSE ONE ☐ 1 item or 1 cup salad or less OR ☐ 2 items or 2 cups salad OR ☐ 3 items or 3 cups salad or more
Burritos made with Beef, Pork or Chicken (such as beef and bean and other combinations)	☐	☐	☐	☐	☐	☐	☐	☐	CHOOSE ONE ☐ 1 fast-food burrito OR ☐ 1 medium burrito OR ☐ 1 large or 2 fast-food burritos or more
Vegetable or Bean Burritos, Tacos or Tostadas (no meat)	☐	☐	☐	☐	☐	☐	☐	☐	CHOOSE ONE ☐ 1 item or less OR ☐ 2 items OR ☐ 3 items or more
Enchiladas or Chilaquiles with Beef or Chicken	☐	☐	☐	☐	☐	☐	☐	☐	CHOOSE ONE ☐ 1 enchilada or less OR ☐ 2 enchiladas OR ☐ 3 enchiladas or more
Enchiladas or Chilaquiles with Cheese, Quesadillas or Nachos with Cheese	☐	☐	☐	☐	☐	☐	☐	☐	CHOOSE ONE ☐ 1 enchilada or small quesadilla OR ☐ 2 enchiladas or 1 cup nachos OR ☐ 3 enchiladas or more
Tamales	☐	☐	☐	☐	☐	☐	☐	☐	CHOOSE ONE ☐ 1/2 tamale or less OR ☐ 1 tamale OR ☐ 2 tamales or more
Chile Rellenos	☐	☐	☐	☐	☐	☐	☐	☐	CHOOSE ONE ☐ 1/2 chile relleno or less OR ☐ 1 chile relleno OR ☐ 2 chile rellenos or more

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	AVERAGE USE DURING LAST YEAR (CHOOSE ONE)								YOUR USUAL SERVING SIZE
	Never or hardly ever	Once a month	2 to 3 times a month	Once a week	2 to 3 times a week	4 to 6 times a week	Once a day	2 or more times a day	
White Rice (such as musubi, rice pilaf, jook, rice gruel)	☐	☐	☐	☐	☐	☐	☐	☐	CHOOSE ONE ☐ 1/2 cup or 1 scoop or less OR ☐ 1 rice bowl (1 cup) or 1 musubi OR ☐ 2 rice bowls (2 cups) or 2 musubi or more
Sushi or Barazushi	☐	☐	☐	☐	☐	☐	☐	☐	CHOOSE ONE ☐ 1 to 2 pieces or 1 small cone OR ☐ 3 to 4 pieces or 1 large cone or 1/2 cup OR ☐ 5 pieces or 1 cup or more
Brown or Wild Rice	☐	☐	☐	☐	☐	☐	☐	☐	CHOOSE ONE ☐ 1/2 cup or 1 scoop or less OR ☐ 1 cup or 2 scoops OR ☐ 2 cups or more
Spanish or Mexican Rice	☐	☐	☐	☐	☐	☐	☐	☐	CHOOSE ONE ☐ 1/2 cup or less OR ☐ 1 cup OR ☐ 2 cups or more
Fried Rice with Meat and/or Vegetables	☐	☐	☐	☐	☐	☐	☐	☐	CHOOSE ONE ☐ 1/2 cup or less OR ☐ 1 cup OR ☐ 2 cups or more
French-Fried, Hash-Browned or Other Fried Potatoes	☐	☐	☐	☐	☐	☐	☐	☐	CHOOSE ONE ☐ 1 small order or 1 patty or 1 cup OR ☐ 1 medium order or 2 patties OR ☐ 1 large order or 3 patties or more
Mashed or Scalloped Potatoes (includes potatoes with cheese sauce)	☐	☐	☐	☐	☐	☐	☐	☐	CHOOSE ONE ☐ 1/2 cup or 1 scoop or less OR ☐ 1 cup or 2 scoops OR ☐ 2 cups or more
Baked or Boiled White Potatoes	☐	☐	☐	☐	☐	☐	☐	☐	CHOOSE ONE ☐ 1 small or 1/2 medium or less OR ☐ 1 medium (5 inches) OR ☐ 1 large or more
Yellow-Orange Sweet Potatoes or Yams (includes camote)	☐	☐	☐	☐	☐	☐	☐	☐	CHOOSE ONE ☐ 1 small or 1/2 medium or less OR ☐ 1 medium (5 inches) OR ☐ 1 large or more
Purple or White Sweet Potatoes	☐	☐	☐	☐	☐	☐	☐	☐	CHOOSE ONE ☐ 1 small or 1/2 medium or less OR ☐ 1 medium (5 inches) OR ☐ 1 large or more
Taro	☐	☐	☐	☐	☐	☐	☐	☐	CHOOSE ONE ☐ 1/4 taro or less OR ☐ 1/2 taro OR ☐ 1 whole taro or more
Poi	☐	☐	☐	☐	☐	☐	☐	☐	CHOOSE ONE ☐ 1/4 cup or less OR ☐ 1/2 cup OR ☐ 1 cup or more

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	AVERAGE USE DURING LAST YEAR (CHOOSE ONE)								YOUR USUAL SERVING SIZE
	Never or hardly ever	Once a month	2 to 3 times a month	Once a week	2 to 3 times a week	4 to 6 times a week	Once a day	2 or more times a day	
Lettuce or Tossed Salad (all varieties)	☐	☐	☐	☐	☐	☐	☐	☐	CHOOSE ONE ☐ 1/2 cup or less OR ☐ 1 cup OR ☐ 1-1/2 cups or more
Tomatoes (fresh or canned)	☐	☐	☐	☐	☐	☐	☐	☐	CHOOSE ONE ☐ 2 slices or wedges or 2 cherry tomatoes or less OR ☐ 4 slices or 1/2 medium tomato OR ☐ 1 medium tomato or more
Coleslaw	☐	☐	☐	☐	☐	☐	☐	☐	CHOOSE ONE ☐ 1/4 cup or less OR ☐ 1/2 cup OR ☐ 1 cup or more
Regular Salad Dressings or Mayonnaise Added to Salads	☐	☐	☐	☐	☐	☐	☐	☐	CHOOSE ONE ☐ 2 teaspoons or less OR ☐ 1 Tablespoon OR ☐ 2 Tablespoons or more
Low-Calorie or Lite Salad Dressings or Mayonnaise Added to Salads	☐	☐	☐	☐	☐	☐	☐	☐	CHOOSE ONE ☐ 2 teaspoons or less OR ☐ 1 Tablespoon OR ☐ 2 Tablespoons or more
Eggs, Cooked or Raw (any style)	☐	☐	☐	☐	☐	☐	☐	☐	CHOOSE ONE ☐ 1/2 egg OR ☐ 1 egg or 1 sandwich OR ☐ 2 eggs or more
Egg Substitute (such as Egg Beaters)	☐	☐	☐	☐	☐	☐	☐	☐	CHOOSE ONE ☐ 2 Tablespoons OR ☐ 1/4 cup (= 1 egg) OR ☐ 1/2 cup (= 2 eggs) or more
Tofu (includes soybean curd, tofu in mixed dishes)	☐	☐	☐	☐	☐	☐	☐	☐	CHOOSE ONE ☐ 2 cubes or 1/4 cup OR ☐ 1/4 block or 1/2 cup OR ☐ 1/2 block or more
Soybeans (boiled, roasted, edamame)	☐	☐	☐	☐	☐	☐	☐	☐	CHOOSE ONE ☐ 1/4 cup without shells OR ☐ 1/2 cup without shells OR ☐ 1 cup without shells or more





A



B



C

BEANS (NOT IN SOUPS OR MIXED DISHES)	AVERAGE USE DURING LAST YEAR (CHOOSE ONE)								YOUR USUAL SERVING SIZE
	Never or hardly ever	Once a month	2 to 3 times a month	Once a week	2 to 3 times a week	4 to 6 times a week	Once a day	2 or more times a day	
Refried Beans (as side dish, not in burritos or tostadas)	☐	☐	☐	☐	☐	☐	☐	☐	CHOOSE ONE ☐ Photo A (1/4 cup or less) OR ☐ Photo B (1/2 cup) OR ☐ Photo C (1 cup or more)
Baked Beans or Pork and Beans (includes frijoles rancheros)	☐	☐	☐	☐	☐	☐	☐	☐	CHOOSE ONE ☐ Photo A (1/4 cup or less) OR ☐ Photo B (1/2 cup) OR ☐ Photo C (1 cup or more)
Boiled Beans or Peas (such as pinto, frijoles de la olla, black beans, lima, black-eyed peas, kidney)	☐	☐	☐	☐	☐	☐	☐	☐	CHOOSE ONE ☐ Photo A (1/4 cup or less) OR ☐ Photo B (1/2 cup) OR ☐ Photo C (1 cup or more)

VEGETABLES (NOT IN SOUPS OR MIXED DISHES)	AVERAGE USE DURING LAST YEAR (CHOOSE ONE)								YOUR USUAL SERVING SIZE
	Never or hardly ever	Once a month	2 to 3 times a month	Once a week	2 to 3 times a week	4 to 6 times a week	Once a day	2 or more times a day	
Broccoli (raw or cooked)	☐	☐	☐	☐	☐	☐	☐	☐	CHOOSE ONE ☐ Photo A (1/4 cup or less) OR ☐ Photo B (1/2 cup) OR ☐ Photo C (1 cup or more)
Cabbage (such as head, Chinese or Napa cabbage, Brussels sprouts)	☐	☐	☐	☐	☐	☐	☐	☐	CHOOSE ONE ☐ Photo A (1/4 cup or less) OR ☐ Photo B (1/2 cup) OR ☐ Photo C (1 cup or more)
Dark Leafy Greens (such as spinach, collard greens, watercress, mustard cabbage, choy sum, chard)	☐	☐	☐	☐	☐	☐	☐	☐	CHOOSE ONE ☐ Photo A (1/4 cup or less) OR ☐ Photo B (1/2 cup) OR ☐ Photo C (1 cup or more)
Green Beans or Peas	☐	☐	☐	☐	☐	☐	☐	☐	CHOOSE ONE ☐ Photo A (1/4 cup or less) OR ☐ Photo B (1/2 cup) OR ☐ Photo C (1 cup or more)
Other Green Vegetables (such as celery, zucchini, green peppers, asparagus)	☐	☐	☐	☐	☐	☐	☐	☐	CHOOSE ONE ☐ Photo A (1/4 cup or less) OR ☐ Photo B (1/2 cup) OR ☐ Photo C (1 cup or more)
Cauliflower or Broccoli (raw or cooked)	☐	☐	☐	☐	☐	☐	☐	☐	CHOOSE ONE ☐ Photo A (1/4 cup or less) OR ☐ Photo B (1/2 cup) OR ☐ Photo C (1 cup or more)
Carrots (raw or cooked)	☐	☐	☐	☐	☐	☐	☐	☐	CHOOSE ONE ☐ Photo A (4 to 5 sticks or less) OR ☐ Photo B (1/2 cup or 1 medium) OR ☐ Photo C (1 cup or more)



A



B



C

VEGETABLES (NOT IN SOUPS OR MIXED DISHES)	AVERAGE USE DURING LAST YEAR (CHOOSE ONE)								YOUR USUAL SERVING SIZE
	Never or hardly ever	Once a month	2 to 3 times a month	Once a week	2 to 3 times a week	4 to 6 times a week	Once a day	2 or more times a day	
Onions (yellow, white, or red, raw or cooked) (such as in sandwiches, as garnish, in salads, fried onion rings)	☐	☐	☐	☐	☐	☐	☐	☐	CHOOSE ONE ☐ 1 Tablespoon chopped or 1 slice OR ☐ 1/4 cup OR ☐ 1/2 cup or 1 medium or more
Corn (fresh, frozen or canned)	☐	☐	☐	☐	☐	☐	☐	☐	CHOOSE ONE ☐ Photo A (1/4 cup or less) OR ☐ Photo B (1/2 cup or 1 cob) OR ☐ Photo C (1 cup or more)
Pumpkin or Yellow-Orange Winter Squash	☐	☐	☐	☐	☐	☐	☐	☐	CHOOSE ONE ☐ Photo A (1/4 cup or less) OR ☐ Photo B (1/2 cup) OR ☐ Photo C (1 cup or more)
Other Vegetables (such as cucumber, mixed vegetables, mushrooms, sprouts, eggplant)	☐	☐	☐	☐	☐	☐	☐	☐	CHOOSE ONE ☐ Photo A (1/4 cup or less) OR ☐ Photo B (1/2 cup) OR ☐ Photo C (1 cup or more)

	AVERAGE USE DURING LAST YEAR (CHOOSE ONE)								YOUR USUAL SERVING SIZE
	Never or hardly ever	Once a month	2 to 3 times a month	Once a week	2 to 3 times a week	4 to 6 times a week	Once a day	2 or more times a day	
Oranges (excludes juices) (includes tangerines, mandarin oranges)	☐	☐	☐	☐	☐	☐	☐	☐	CHOOSE ONE ☐ 1/2 orange or 1 tangerine or 1/2 cup or less OR ☐ 1 orange or 2 tangerines or 1 cup OR ☐ 2 oranges or 3 tangerines or more
Grapefruit or Pomelo (excludes juices)	☐	☐	☐	☐	☐	☐	☐	☐	CHOOSE ONE ☐ 1/4 cup or less OR ☐ 1/2 grapefruit or 1/2 cup OR ☐ 1 cup or more
Papaya	☐	☐	☐	☐	☐	☐	☐	☐	CHOOSE ONE ☐ 1/2 cup or 1/4 small papaya or less OR ☐ 1 cup or 1/2 small papaya OR ☐ 2 cups or 1 small papaya or more
Pineapple (fresh or canned, excludes juice)	☐	☐	☐	☐	☐	☐	☐	☐	CHOOSE ONE ☐ 1 slice or wedge or less OR ☐ 1/2 cup or 2 slices or wedges OR ☐ 1 cup or more
Peaches (fresh, canned or dried)	☐	☐	☐	☐	☐	☐	☐	☐	CHOOSE ONE ☐ 1/2 peach or less OR ☐ 1 peach or 2 halves or 1/2 cup OR ☐ 2 peaches or 1 cup or more

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	AVERAGE USE DURING LAST YEAR (CHOOSE ONE)								YOUR USUAL SERVING SIZE
	Never or hardly ever	Once a month	2 to 3 times a month	Once a week	2 to 3 times a week	4 to 6 times a week	Once a day	2 or more times a day	
Apricots (fresh, canned or dried)	☐	☐	☐	☐	☐	☐	☐	☐	CHOOSE ONE ☐ 1 apricot or less OR ☐ 2 apricots or 1/2 cup OR ☐ 3 apricots or more
Pears (fresh, canned or dried)	☐	☐	☐	☐	☐	☐	☐	☐	CHOOSE ONE ☐ 1/2 pear or 1/2 cup or less OR ☐ 1 pear or 1 cup OR ☐ 2 pears or more
Apples (fresh or dried) and Applesauce	☐	☐	☐	☐	☐	☐	☐	☐	CHOOSE ONE ☐ 1/2 apple or 1/2 cup or less OR ☐ 1 apple or 1 cup OR ☐ 2 apples or more
Bananas	☐	☐	☐	☐	☐	☐	☐	☐	CHOOSE ONE ☐ 1/2 banana or less OR ☐ 1 banana (8 inch) OR ☐ 2 bananas or more
Cantaloupe (when in season)	☐	☐	☐	☐	☐	☐	☐	☐	CHOOSE ONE ☐ 1/4 cantaloupe or less OR ☐ 1/2 cantaloupe OR ☐ 1 cantaloupe or more
Watermelon (when in season)	☐	☐	☐	☐	☐	☐	☐	☐	CHOOSE ONE ☐ 1 quarter slice or 1/2 cup OR ☐ 1 half slice or 1 cup OR ☐ 1 whole slice or more
Mangoes (when in season)	☐	☐	☐	☐	☐	☐	☐	☐	CHOOSE ONE ☐ 1/2 cup slices or less OR ☐ 1 medium or Pirie or 1 cup OR ☐ 1 large or Hayden or more
Avocados and Guacamole	☐	☐	☐	☐	☐	☐	☐	☐	CHOOSE ONE ☐ 2 slices or 2 Tablespoons OR ☐ 1/4 avocado or 1/4 cup OR ☐ 1/2 avocado or 1/2 cup or more
Other Fruits (fresh, canned or dried) (such as grapes, raisins, berries, nectarines, honeydew melon)	☐	☐	☐	☐	☐	☐	☐	☐	CHOOSE ONE ☐ 1/2 cup or less OR ☐ 1 cup OR ☐ 2 cups or more
Orange or Grapefruit Juice (excludes orange drink, orange soda)	☐	☐	☐	☐	☐	☐	☐	☐	CHOOSE ONE ☐ Small juice glass (1/2 cup) OR ☐ Large glass (8 ounces) OR ☐ 12-ounce can or more
Tomato or Vegetable Juice (includes V-8)	☐	☐	☐	☐	☐	☐	☐	☐	CHOOSE ONE ☐ Small juice glass (1/2 cup) OR ☐ Large glass (8 ounces) OR ☐ 12-ounce can or more
Blended Fruit Drinks (with or without milk, ice cream or yogurt, including licuados, smoothies)	☐	☐	☐	☐	☐	☐	☐	☐	CHOOSE ONE ☐ Small juice glass (1/2 cup) OR ☐ Large glass (8 ounces) OR ☐ 12-ounce can or more
Other Fruit Juices or Fruit Drinks (such as cranberry juice cocktail, apple juice, passion-orange drink)	☐	☐	☐	☐	☐	☐	☐	☐	CHOOSE ONE ☐ Small juice glass (1/2 cup) OR ☐ Large glass (8 ounces) OR ☐ 12-ounce can or more

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	AVERAGE USE DURING LAST YEAR (CHOOSE ONE)								YOUR USUAL SERVING SIZE
	Never or hardly ever	Once a month	2 to 3 times a month	Once a week	2 to 3 times a week	4 to 6 times a week	Once a day	2 or more times a day	
White Bread (such as French, Portuguese sweet bread, pita, in sandwiches)	☐	☐	☐	☐	☐	☐	☐	☐	CHOOSE ONE ☐ 1 slice or less OR ☐ 2 slices OR ☐ 3 slices or more
Whole Wheat or Rye Bread (such as pumpernickel, whole wheat pita, in sandwiches)	☐	☐	☐	☐	☐	☐	☐	☐	CHOOSE ONE ☐ 1 slice or less OR ☐ 2 slices OR ☐ 3 slices or more
Other Bread (such as mixed grain, raisin, oat bran, in sandwiches)	☐	☐	☐	☐	☐	☐	☐	☐	CHOOSE ONE ☐ 1 slice or less OR ☐ 2 slices OR ☐ 3 slices or more
Buns and Rolls (includes bagels, English muffins)	☐	☐	☐	☐	☐	☐	☐	☐	CHOOSE ONE ☐ 1/2 of a 3 inch item OR ☐ 1 item (3 inch) OR ☐ 1 large bagel or 2 items (3 inch) or more
Flour Tortillas	☐	☐	☐	☐	☐	☐	☐	☐	CHOOSE ONE ☐ 1 tortilla OR ☐ 2 tortillas OR ☐ 3 tortillas or more
Corn Tortillas	☐	☐	☐	☐	☐	☐	☐	☐	CHOOSE ONE ☐ 1 tortilla OR ☐ 2 tortillas OR ☐ 3 tortillas or more
Corn Muffins or Cornbread (includes cornbread stuffing)	☐	☐	☐	☐	☐	☐	☐	☐	CHOOSE ONE ☐ 1 muffin or 1 piece or less OR ☐ 2 muffins or 1/2 cup stuffing OR ☐ 3 muffins or more
Muffins or Fruit Breads (such as blueberry, bran, banana, mango)	☐	☐	☐	☐	☐	☐	☐	☐	CHOOSE ONE ☐ 1 regular muffin or 1 slice OR ☐ 1 large muffin or 2 slices OR ☐ 3 muffins or 3 slices or more
Doughnuts, Biscuits, Pan Dulce, Sweet Rolls, Danish Pastries, Croissants, Scones or Coffee Cake	☐	☐	☐	☐	☐	☐	☐	☐	CHOOSE ONE ☐ 1 item or less OR ☐ 2 items OR ☐ 3 items or more
Pancakes, Waffles or French Toast	☐	☐	☐	☐	☐	☐	☐	☐	CHOOSE ONE ☐ 1 item or less OR ☐ 2 items OR ☐ 3 items or more
Margarine Added to Bread Items	☐	☐	☐	☐	☐	☐	☐	☐	CHOOSE ONE ☐ spread thin OR ☐ spread thick
Butter Added to Bread Items	☐	☐	☐	☐	☐	☐	☐	☐	CHOOSE ONE ☐ spread thin OR ☐ spread thick
Peanut Butter Added to Bread Items	☐	☐	☐	☐	☐	☐	☐	☐	CHOOSE ONE ☐ spread thin OR ☐ spread thick
Jam or Jelly Added to Bread Items	☐	☐	☐	☐	☐	☐	☐	☐	CHOOSE ONE ☐ spread thin OR ☐ spread thick
Mayonnaise in Sandwiches	☐	☐	☐	☐	☐	☐	☐	☐	CHOOSE ONE ☐ spread thin OR ☐ spread thick

	AVERAGE USE DURING LAST YEAR (CHOOSE ONE)								YOUR USUAL SERVING SIZE
	Never or hardly ever	Once a month	2 to 3 times a month	Once a week	2 to 3 times a week	4 to 6 times a week	Once a day	2 or more times a day	
Total, Product 19, Just Right or Right Start Cereal	☐	☐	☐	☐	☐	☐	☐	☐	CHOOSE ONE ☐ 1/2 cup or less OR ☐ 1 cup or individual box OR ☐ 1-1/2 cups or more
Bran or High Fiber Cereals (such as raisin bran, bran flakes)	☐	☐	☐	☐	☐	☐	☐	☐	CHOOSE ONE ☐ 1/2 cup or less OR ☐ 1 cup or individual box OR ☐ 1-1/2 cups or more
Other Cold Cereals (such as corn flakes, Cheerios, granola)	☐	☐	☐	☐	☐	☐	☐	☐	CHOOSE ONE ☐ 1/2 cup or less OR ☐ 1 cup or individual box OR ☐ 1-1/2 cups or more
Cooked Cereals (such as oatmeal, corn grits, cream of wheat)	☐	☐	☐	☐	☐	☐	☐	☐	CHOOSE ONE ☐ 1/2 cup or less OR ☐ 1 cup or individual packet OR ☐ 1-1/2 cups or more
Cereal Bars (with fruit, granola, Quaker/Nature Valley)	☐	☐	☐	☐	☐	☐	☐	☐	CHOOSE ONE ☐ 1/2 bar OR ☐ 1 bar OR ☐ 2 bars or more
Fortified Beverages or Bars (such as Ensure, Slimfast, Boost, Glucerna, Power Bar)	☐	☐	☐	☐	☐	☐	☐	☐	CHOOSE ONE ☐ 1/2 can or bar OR ☐ 1 can or bar OR ☐ 2 cans or bars or more
Whole Milk (as beverage or added to cereal)	☐	☐	☐	☐	☐	☐	☐	☐	CHOOSE ONE ☐ 1/2 cup or less OR ☐ 1 cup or half-pint carton OR ☐ 2 cups or more
Lowfat Milk (2% or 1%) or Buttermilk (as beverage or added to cereal, includes lactose reduced, acidophilus)	☐	☐	☐	☐	☐	☐	☐	☐	CHOOSE ONE ☐ 1/2 cup or less OR ☐ 1 cup or half-pint carton OR ☐ 2 cups or more
Nonfat or Skim Milk (as beverage or added to cereal, includes lactose reduced, acidophilus)	☐	☐	☐	☐	☐	☐	☐	☐	CHOOSE ONE ☐ 1/2 cup or less OR ☐ 1 cup or half-pint carton OR ☐ 2 cups or more
Soy Milk (plain or flavored, as beverage or added to cereal)	☐	☐	☐	☐	☐	☐	☐	☐	CHOOSE ONE ☐ 1/2 cup or less OR ☐ 1 cup or half-pint carton OR ☐ 2 cups or more
Yogurt (includes lowfat, nonfat, fruit-flavored)	☐	☐	☐	☐	☐	☐	☐	☐	CHOOSE ONE ☐ 1/2 cup or 4 to 6 oz. carton OR ☐ 1 cup or 8 oz. carton OR ☐ 2 cups or more
Cocoa, Chocolate Milk or Ovaltine (includes atole)	☐	☐	☐	☐	☐	☐	☐	☐	CHOOSE ONE ☐ 1/2 cup or less OR ☐ 1 cup OR ☐ 2 cups or more
Milkshakes or Malts	☐	☐	☐	☐	☐	☐	☐	☐	CHOOSE ONE ☐ 1/2 milkshake or malt OR ☐ 1 milkshake or malt (12 oz.) OR ☐ 2 milkshakes or malts
Cottage Cheese (such as farmer's, ricotta, Mexican fresh cheese)	☐	☐	☐	☐	☐	☐	☐	☐	CHOOSE ONE ☐ 1/4 cup or less OR ☐ 1/2 cup or 1 scoop OR ☐ 1 cup or more

	AVERAGE USE DURING LAST YEAR (CHOOSE ONE)								YOUR USUAL SERVING SIZE
	Never or hardly ever	Once a month	2 to 3 times a month	Once a week	2 to 3 times a week	4 to 6 times a week	Once a day	2 or more times a day	
Lowfat or Fat-Free Cheese (such as mozzarella, lowfat cheddar, lowfat American, lowfat Swiss)	☐	☐	☐	☐	☐	☐	☐	☐	CHOOSE ONE ☐ 1/2 slice OR ☐ 1 slice (1 ounce) OR ☐ 2 slices (2 ounces) or more
Regular Cheese (such as American, cheddar, Monterey, Queso Chihuahua)	☐	☐	☐	☐	☐	☐	☐	☐	CHOOSE ONE ☐ 1/2 slice or 1 Tablespoon OR ☐ 1 slice (1 ounce) OR ☐ 2 slices (2 ounces) or more
Other Cheese (such as cream cheese, cheese spreads)	☐	☐	☐	☐	☐	☐	☐	☐	CHOOSE ONE ☐ 1 Tablespoon OR ☐ 2 Tablespoons OR ☐ 3 Tablespoons or more
Ice Cream	☐	☐	☐	☐	☐	☐	☐	☐	CHOOSE ONE ☐ 1 scoop or 1/2 cup or less OR ☐ 2 scoops or 1 cup or 1 bar OR ☐ 3 to 4 scoops or 1 pint or more
Ice Milk, Frozen Yogurt, Sherbet or Sorbet	☐	☐	☐	☐	☐	☐	☐	☐	CHOOSE ONE ☐ 1 scoop or 1/2 cup or less OR ☐ 2 scoops or 1 cup or 1 bar OR ☐ 3 to 4 scoops or 1 pint or more
Cookies or Brownies (includes fruit cookies, wafers, biscotti)	☐	☐	☐	☐	☐	☐	☐	☐	CHOOSE ONE ☐ 1 to 2 average size cookies OR ☐ 3 to 4 average or 1 large cookie or 1 brownie OR ☐ 2 large cookies or brownies or more
Cake	☐	☐	☐	☐	☐	☐	☐	☐	CHOOSE ONE ☐ 1 small piece or cupcake OR ☐ 1 average piece (1/12 of cake) OR ☐ 2 pieces or more
Fruit Pies, Tarts, Cobblers or Turnovers (such as apple, peach, cherry)	☐	☐	☐	☐	☐	☐	☐	☐	CHOOSE ONE ☐ 1 small piece OR ☐ 1 piece (1/8 of pie) or 1 item OR ☐ 1/6 pie or more
Pumpkin, Sweet Potato or Carrot Pies	☐	☐	☐	☐	☐	☐	☐	☐	CHOOSE ONE ☐ 1 small piece OR ☐ 1 average piece (1/8 of pie) OR ☐ 1/6 pie or more
Cream or Custard Pies, Cream Puffs or Eclairs	☐	☐	☐	☐	☐	☐	☐	☐	CHOOSE ONE ☐ 1 small piece OR ☐ 1 average piece or 1 item OR ☐ 1/6 pie or more
Puddings, Custards or Flan (such as bread pudding, haupia)	☐	☐	☐	☐	☐	☐	☐	☐	CHOOSE ONE ☐ 1 snack-size or 1/2 cup OR ☐ 2 snack-size or 1 cup OR ☐ 3 snack-size or 1-1/2 cups or more
Chocolate Candy or Bars	☐	☐	☐	☐	☐	☐	☐	☐	CHOOSE ONE ☐ 1 to 3 pieces or 1/2 bar OR ☐ 1 regular-size bar OR ☐ 1 giant-size bar or more
Steamed Dim Sum (such as manapua or bao, half moon, steamed won tun or pot stickers)	☐	☐	☐	☐	☐	☐	☐	☐	CHOOSE ONE ☐ 1/2 bao or 3 pieces or less OR ☐ 1 bao or 6 pieces OR ☐ 2 bao or 12 pieces or more
Fried Dim Sum (such as eggroll, won tun, crispy gau gee, pot stickers)	☐	☐	☐	☐	☐	☐	☐	☐	CHOOSE ONE ☐ 1 to 2 pieces OR ☐ 3 to 4 pieces OR ☐ 5 pieces or more

Fill in the circle ☐ that best describes HOW OFTEN you ate the item.
Fill in the circle ☐ next to your USUAL SERVING SIZE.

	AVERAGE USE DURING LAST YEAR (CHOOSE ONE)								YOUR USUAL SERVING SIZE
	Never or hardly ever	Once a month	2 to 3 times a month	Once a week	2 to 3 times a week	4 to 6 times a week	Once a day	2 or more times a day	
Crackers and Pretzels (such as soda, graham, Wheat Thins, Japanese rice crackers)	☐	☐	☐	☐	☐	☐	☐	☐	CHOOSE ONE ☐ 4 to 5 snack or 1 large cracker OR ☐ 6 to 10 snack or 2 large crackers OR ☐ 3 large crackers or more
Peanuts or Other Nuts (includes trail mix)	☐	☐	☐	☐	☐	☐	☐	☐	CHOOSE ONE ☐ 12 nuts or less OR ☐ 1/4 cup OR ☐ 1/2 cup or more
Chips (such as potato, tortilla, corn, chicharrones, pork rinds)	☐	☐	☐	☐	☐	☐	☐	☐	CHOOSE ONE ☐ 1/2 cup OR ☐ 1 snack bag or 1 cup OR ☐ 2 cups or more
Popcorn	☐	☐	☐	☐	☐	☐	☐	☐	CHOOSE ONE ☐ 1 to 3 cups or less OR ☐ 1 microwave bag OR ☐ 1 medium theater tub or more

	AVERAGE USE DURING LAST YEAR (CHOOSE ONE)								HOW MUCH EACH TIME?
	Never or hardly ever	Once a month	2 to 3 times a month	Once a week	2 to 3 times a week	4 to 6 times a week	Once a day	2 or more times a day	
Regular or Draft Beer	☐	☐	☐	☐	☐	☐	☐	☐	CHOOSE ONE ☐ 1 can or bottle or less OR ☐ 2 cans or bottles OR ☐ 3 to 4 cans or bottles OR ☐ 5 cans or bottles or more
Light Beer	☐	☐	☐	☐	☐	☐	☐	☐	CHOOSE ONE ☐ 1 can or bottle or less OR ☐ 2 cans or bottles OR ☐ 3 to 4 cans or bottles OR ☐ 5 cans or bottles or more
White or Pink Wine (includes champagne and sake)	☐	☐	☐	☐	☐	☐	☐	☐	CHOOSE ONE ☐ 1 glass or less OR ☐ 2 glasses OR ☐ 3 to 4 glasses OR ☐ 5 glasses or more
Red Wine	☐	☐	☐	☐	☐	☐	☐	☐	CHOOSE ONE ☐ 1 glass or less OR ☐ 2 glasses OR ☐ 3 to 4 glasses OR ☐ 5 glasses or more
Hard Liquor (such as gin, rum, vodka, bourbon, scotch, tequila, liqueurs, cocktails)	☐	☐	☐	☐	☐	☐	☐	☐	CHOOSE ONE ☐ 1 drink or less OR ☐ 2 drinks OR ☐ 3 to 4 drinks OR ☐ 5 drinks or more
Regular Sodas	☐	☐	☐	☐	☐	☐	☐	☐	CHOOSE ONE ☐ 1/2 can or small glass OR ☐ 1 can or large glass OR ☐ 2 to 3 cans or glasses OR ☐ 4 cans or glasses or more
Diet Sodas	☐	☐	☐	☐	☐	☐	☐	☐	CHOOSE ONE ☐ 1/2 can or small glass OR ☐ 1 can or large glass OR ☐ 2 to 3 cans or glasses OR ☐ 4 cans or glasses or more

	AVERAGE USE DURING LAST YEAR (CHOOSE ONE)									WHAT DID YOU USUALLY ADD?
	Never or hardly ever	Once a month	2 to 3 times a month	Once a week	2 to 3 times a week	4 to 6 times a week	Once a day	2 to 3 times a day	4 or more times a day	
Cappuccino or Café Con Leche - 1 cup or mug (includes café au lait, café latte)	☐	☐	☐	☐	☐	☐	☐	☐	☐	MARK ALL THAT APPLY ☐ Sugar or honey ☐ Sugar substitute
Regular Coffee - 1 cup or mug (brewed or instant)	☐	☐	☐	☐	☐	☐	☐	☐	☐	MARK ALL THAT APPLY ☐ Cream or half & half ☐ Milk ☐ Non-dairy creamer ☐ Sugar or honey ☐ Sugar substitute
Decaffeinated ("Decaf") Coffee - 1 cup or mug (brewed or instant)	☐	☐	☐	☐	☐	☐	☐	☐	☐	MARK ALL THAT APPLY ☐ Cream or half & half ☐ Milk ☐ Non-dairy creamer ☐ Sugar or honey ☐ Sugar substitute
Black Tea - 1 cup or glass (such as Lipton's, oolong, iced tea)	☐	☐	☐	☐	☐	☐	☐	☐	☐	MARK ALL THAT APPLY ☐ Cream or half & half ☐ Milk ☐ Non-dairy creamer ☐ Sugar or honey ☐ Sugar substitute
Green Tea - 1 cup	☐	☐	☐	☐	☐	☐	☐	☐	☐	MARK ALL THAT APPLY ☐ Sugar or honey ☐ Sugar substitute
Herbal Tea or Other Tea - 1 cup	☐	☐	☐	☐	☐	☐	☐	☐	☐	MARK ALL THAT APPLY ☐ Sugar or honey ☐ Sugar substitute
How many glasses of plain water (tap or bottled) did you usually drink in a day? ☐ none ☐ 1 - 2 ☐ 3 - 4 ☐ 5 - 6 ☐ 7 - 9 ☐ 10 or more										

HOW OFTEN did you eat the following foods?	AVERAGE USE DURING LAST YEAR (CHOOSE ONE)							
	Never or hardly ever	Once a month	2 to 3 times a month	Once a week	2 to 3 times a week	4 to 6 times a week	Once a day	2 or more times a day
Western Pickles or Relish (such as dill or sweet pickles)	☐	☐	☐	☐	☐	☐	☐	☐
Olives	☐	☐	☐	☐	☐	☐	☐	☐
Salsa, Jalapeños or Hot Chili Peppers (red or green)	☐	☐	☐	☐	☐	☐	☐	☐
Garlic	☐	☐	☐	☐	☐	☐	☐	☐
Pickled Vegetables (such as salted cabbage, kim chee, cauliflower, carrots, namasu, takuwan)	☐	☐	☐	☐	☐	☐	☐	☐
Seaweed (fresh or dried) (such as wakame, nori, furikake, ogo, limu)	☐	☐	☐	☐	☐	☐	☐	☐
Gravy on meat, potatoes or rice	☐	☐	☐	☐	☐	☐	☐	☐

HOW OFTEN did you add the following items to your foods at the table...	AVERAGE USE DURING LAST YEAR (CHOOSE ONE)							
	Never or hardly ever	Once a month	2 to 3 times a month	Once a week	2 to 3 times a week	4 to 6 times a week	Once a day	2 or more times a day
Salt	☐	☐	☐	☐	☐	☐	☐	☐
Shoyu (Soy Sauce) or Teriyaki Sauce	☐	☐	☐	☐	☐	☐	☐	☐
Catsup or Ketchup	☐	☐	☐	☐	☐	☐	☐	☐
Sour Cream	☐	☐	☐	☐	☐	☐	☐	☐

HOW OFTEN did you eat your meat, poultry or fish...	AVERAGE USE DURING LAST YEAR (CHOOSE ONE)							
	Never or hardly ever	Once a month	2 to 3 times a month	Once a week	2 to 3 times a week	4 to 6 times a week	Once a day	2 or more times a day
Grilled or barbecued after being marinated (soaked in sauce)	☐	☐	☐	☐	☐	☐	☐	☐
Grilled or barbecued without being marinated	☐	☐	☐	☐	☐	☐	☐	☐
Pan-fried (not stir-fried) after being marinated (soaked in sauce)	☐	☐	☐	☐	☐	☐	☐	☐
Pan-fried (not stir-fried) without being marinated	☐	☐	☐	☐	☐	☐	☐	☐

HOW OFTEN did you eat meat, poultry or fish cooked with...	AVERAGE USE DURING LAST YEAR (CHOOSE ONE)							
	Never or hardly ever	Once a month	2 to 3 times a month	Once a week	2 to 3 times a week	4 to 6 times a week	Once a day	2 or more times a day
Vegetable Oil	☐	☐	☐	☐	☐	☐	☐	☐
Salt Pork, Lard or Bacon Fat	☐	☐	☐	☐	☐	☐	☐	☐
Vegetable Shortening (such as Crisco)	☐	☐	☐	☐	☐	☐	☐	☐
Margarine	☐	☐	☐	☐	☐	☐	☐	☐
Butter	☐	☐	☐	☐	☐	☐	☐	☐
Vegetable Spray, Water or Non-Stick Pan	☐	☐	☐	☐	☐	☐	☐	☐



ANSWER THE FOLLOWING FOR THE LAST YEAR:

When you ate meat, how was it usually prepared? (mark only one)

- ☐ Rare **OR**
☐ Medium **OR**
☐ Well-done **OR**
☐ Do not eat meat

When you ate meat, did you eat the fat? (mark only one)

- ☐ Most of the time **OR**
☐ Some of the time **OR**
☐ Never or hardly ever **OR**
☐ Do not eat meat

When you ate chicken, did you eat the skin? (mark only one)

- ☐ Most of the time **OR**
☐ Some of the time **OR**
☐ Never or hardly ever **OR**
☐ Do not eat chicken

What kind of margarine did you usually use? (mark only one)

- ☐ Regular Stick **OR**
☐ Regular Tub **OR**
☐ Diet or Spread **OR**
☐ Do not use margarine **OR**
☐ Don't know

What kind of butter did you usually use? (mark only one)

- ☐ Regular **OR**
☐ Whipped **OR**
☐ Reduced-fat butter **OR**
☐ Do not use butter **OR**
☐ Don't know

What kind of vegetable oil did you usually use? (mark only one)

- ☐ Soybean oil **OR**
☐ Olive oil **OR**
☐ Canola oil **OR**
☐ Any other oil **OR**
☐ Do not use oil **OR**
☐ Don't know

	AVERAGE USE DURING LAST YEAR (CHOOSE ONE)							
	Never or hardly ever	Once a month	2 to 3 times a month	Once a week	2 to 3 times a week	4 to 6 times a week	Once a day	2 or more times a day
HOW OFTEN did you eat out at restaurants (include fast food restaurants and cafeterias)?	☐	☐	☐	☐	☐	☐	☐	☐
HOW OFTEN did you eat take-out foods from restaurants or prepared dishes from grocery stores?	☐	☐	☐	☐	☐	☐	☐	☐

Are there any other foods that you ate **AT LEAST ONCE A WEEK** that were **NOT INCLUDED** in the previous sections?

- ☐ No (go to question 12)
☐ Yes

IF YES, COMPLETE THE FOLLOWING SECTION (do not include dry spices).

OTHER FOODS YOU ATE AT LEAST ONCE A WEEK	AVERAGE USE DURING LAST YEAR (CHOOSE ONE)					YOUR USUAL SERVING SIZE
	Once a week	2 to 3 times a week	4 to 6 times a week	Once a day	2 or more times a day	
1.	☐	☐	☐	☐	☐	
2.	☐	☐	☐	☐	☐	
3.	☐	☐	☐	☐	☐	
4.	☐	☐	☐	☐	☐	

12. DID YOU TAKE ANY VITAMINS OR MINERALS DURING THE PAST YEAR, AT LEAST ONCE A WEEK?

☐ YES  If yes, did you take any of the following?

☐ NO (Go to page 22)

VITAMIN TYPE	HOW OFTEN?			FOR HOW MANY YEARS?			
	1 to 3 times a week	4 to 6 times a week	Once a day	1 year or less	2 to 4 years	5 to 9 years	10 years or more
MULTIPLE VITAMINS							
Regular One-a-Day, Centrum or Thera-type	☐	☐	☐	☐	☐	☐	☐
B-complex or Stress-tab type	☐	☐	☐	☐	☐	☐	☐
Antioxidant combination type	☐	☐	☐	☐	☐	☐	☐
SINGLE VITAMINS							
Vitamin A	☐	☐	☐	☐	☐	☐	☐
Beta-carotene	☐	☐	☐	☐	☐	☐	☐
Vitamin C	☐	☐	☐	☐	☐	☐	☐
Vitamin E	☐	☐	☐	☐	☐	☐	☐
Folic acid, folate	☐	☐	☐	☐	☐	☐	☐
Vitamin B-12	☐	☐	☐	☐	☐	☐	☐
Vitamin D, alone or combined with something else	☐	☐	☐	☐	☐	☐	☐
Calcium, alone or combined with something else	☐	☐	☐	☐	☐	☐	☐
Selenium	☐	☐	☐	☐	☐	☐	☐
Iron	☐	☐	☐	☐	☐	☐	☐
Zinc	☐	☐	☐	☐	☐	☐	☐
Fish oil or omega-3 fatty acids	☐	☐	☐	☐	☐	☐	☐
Garlic supplement	☐	☐	☐	☐	☐	☐	☐

If you took a One-a-Day, Centrum, or Thera-type multivitamin, did you usually take types that

☐ Contain minerals (zinc, copper, iron, etc.)

☐ Do not contain minerals

IF YOU TOOK VITAMIN C OR VITAMIN E:

When you took VITAMIN C, how much did you usually take?

- ☐ 250 mg or less
- ☐ 300 to 500 mg
- ☐ 600 to 1000 mg
- ☐ 1000 mg or more

When you took VITAMIN E, how much did you usually take?

- ☐ 200 IU or less
- ☐ 250 to 400 IU
- ☐ 450 to 1000 IU
- ☐ 1000 IU or more

MEDICATION HISTORY

13. HAVE YOU EVER TAKEN ANY OF THE FOLLOWING MEDICATIONS AT LEAST TWO TIMES PER WEEK (for one month or longer)?

IF YES, HOW MANY YEARS HAVE YOU EVER TAKEN THEM?

Aspirin (Anacin, Bufferin, Bayer, Excedrin, Ecotrin or other)	☐ No ☐ Yes, but not at this time ☐ Yes, currently	☐ 1 year or less ☐ 2 to 3 years ☐ 4 to 5 years	☐ 6 to 10 years ☐ 11 to 15 years ☐ 16 years or more
Acetaminophen (Tylenol, Aspirin-Free Anacin or other)	☐ No ☐ Yes, but not at this time ☐ Yes, currently	☐ 1 year or less ☐ 2 to 3 years ☐ 4 to 5 years	☐ 6 to 10 years ☐ 11 to 15 years ☐ 16 years or more
Celebrex (Celecoxib), Vioxx (Rofecoxib), Bextra (Valdecoxib)	☐ No ☐ Yes, but not at this time ☐ Yes, currently	☐ 1 year or less ☐ 2 to 3 years ☐ 4 to 5 years	☐ 6 to 10 years ☐ 11 to 15 years ☐ 16 years or more
Other Pain Relief Medication (Motrin, Ibuprofen, Advil, Aleve, Naprosyn, Indocin or other)	☐ No ☐ Yes, but not at this time ☐ Yes, currently	☐ 1 year or less ☐ 2 to 3 years ☐ 4 to 5 years	☐ 6 to 10 years ☐ 11 to 15 years ☐ 16 years or more
Water Pills for High Blood Pressure or Other Reasons (Hydrochlorothiazide, Maxzide, Furosemide, Lasix or other)	☐ No ☐ Yes, but not at this time ☐ Yes, currently	☐ 1 year or less ☐ 2 to 3 years ☐ 4 to 5 years	☐ 6 to 10 years ☐ 11 to 15 years ☐ 16 years or more
High Blood Pressure Medication (Verapamil, Norvasc, Prinivil, Cozaar, Procardia, Atenolol, Metoprolol, Lotensin, Vasotec or other)	☐ No ☐ Yes, but not at this time ☐ Yes, currently	☐ 1 year or less ☐ 2 to 3 years ☐ 4 to 5 years	☐ 6 to 10 years ☐ 11 to 15 years ☐ 16 years or more
High Cholesterol Medication (Lipitor, Mevacor, Zocor, Pravachol, Lipid or other)	☐ No ☐ Yes, but not at this time ☐ Yes, currently	☐ 1 year or less ☐ 2 to 3 years ☐ 4 to 5 years	☐ 6 to 10 years ☐ 11 to 15 years ☐ 16 years or more
Peptic Ulcer Medication (Tagamet, Zantac, Pepcid, Prevacid, Prilosec or other)	☐ No ☐ Yes, but not at this time ☐ Yes, currently	☐ 1 year or less ☐ 2 to 3 years ☐ 4 to 5 years	☐ 6 to 10 years ☐ 11 to 15 years ☐ 16 years or more
Pill for Diabetes (Glucophage, Glyburide, Glucotrol, Avandia, Actos or other)	☐ No ☐ Yes, but not at this time ☐ Yes, currently	☐ 1 year or less ☐ 2 to 3 years ☐ 4 to 5 years	☐ 6 to 10 years ☐ 11 to 15 years ☐ 16 years or more
Insulin Shots for Diabetes	☐ No ☐ Yes, but not at this time ☐ Yes, currently	☐ 1 year or less ☐ 2 to 3 years ☐ 4 to 5 years	☐ 6 to 10 years ☐ 11 to 15 years ☐ 16 years or more
Allergy Pills or Shots (Antihistamines such as Claritin, Allegra, Zyrtec, Benedryl or other)	☐ No ☐ Yes, but not at this time ☐ Yes, currently	☐ 1 year or less ☐ 2 to 3 years ☐ 4 to 5 years	☐ 6 to 10 years ☐ 11 to 15 years ☐ 16 years or more
Asthma Medication Pills or Inhalers (Albuterol, Azmacort, Proventil, Theophylline or other)	☐ No ☐ Yes, but not at this time ☐ Yes, currently	☐ 1 year or less ☐ 2 to 3 years ☐ 4 to 5 years	☐ 6 to 10 years ☐ 11 to 15 years ☐ 16 years or more
Evista (Raloxifene)	☐ No ☐ Yes, but not at this time ☐ Yes, currently	☐ 1 year or less ☐ 2 to 3 years ☐ 4 to 5 years	☐ 6 to 10 years ☐ 11 to 15 years ☐ 16 years or more
Actonel (Risedronate), Fosamax (Alendronate) for brittle bones	☐ No ☐ Yes, but not at this time ☐ Yes, currently	☐ 1 year or less ☐ 2 to 3 years ☐ 4 to 5 years	☐ 6 to 10 years ☐ 11 to 15 years ☐ 16 years or more

PHYSICAL ACTIVITY

14. ON THE AVERAGE, DURING THE LAST YEAR, HOW MANY HOURS IN A DAY DID YOU SLEEP (include naps)?
(mark only one)

☐ 5 hours or less
☐ 6 hours

☐ 7 hours
☐ 8 hours

☐ 9 hours
☐ 10 hours or more

15. ON THE AVERAGE, DURING THE LAST YEAR, HOW MANY HOURS IN A DAY DID YOU SPEND IN THE FOLLOWING SITTING ACTIVITIES?

	MARK ONLY ONE						
	NEVER	Less than 1 hr.	1 to 2 hrs.	3 to 4 hrs.	5 to 6 hrs.	7 to 10 hrs.	11 hrs. or more
Sitting in car, bus, truck or train	☐	☐	☐	☐	☐	☐	☐
Sitting at work	☐	☐	☐	☐	☐	☐	☐
Watching TV	☐	☐	☐	☐	☐	☐	☐
Sitting at meals	☐	☐	☐	☐	☐	☐	☐
Other sitting activities (such as reading, playing cards, sewing, using a home computer)	☐	☐	☐	☐	☐	☐	☐

16. ON THE AVERAGE, DURING THE LAST YEAR, HOW MANY HOURS IN A WEEK DID YOU SPEND IN THE FOLLOWING ACTIVITIES?

	MARK ONLY ONE							
	NEVER	1/2 to 1 hr.	2 to 3 hrs.	4 to 6 hrs.	7 to 10 hrs.	11 to 20 hrs.	21 to 30 hrs.	31 hrs. or more
Strenuous Recreational Activities (such as running, jogging, bicycling on hills, soccer, tennis, swimming laps, aerobics, weightlifting)	☐	☐	☐	☐	☐	☐	☐	☐
Strenuous Work (such as moving heavy furniture, loading or unloading trucks, construction work, shoveling or equivalent labor)	☐	☐	☐	☐	☐	☐	☐	☐
Moderate Recreational Activities (such as brisk walking, golfing, bicycling on level ground, gardening, dancing, softball)	☐	☐	☐	☐	☐	☐	☐	☐
Moderate Work (such as housework, yard work, restaurant work, sales work or equivalent moderate physical activity)	☐	☐	☐	☐	☐	☐	☐	☐

17. ON THE AVERAGE, DURING THE LAST YEAR, HOW MANY TIMES A WEEK DID YOU TAKE PART IN VIGOROUS PHYSICAL ACTIVITY (STRENUOUS SPORTS OR WORK) LONG ENOUGH TO WORK UP A SWEAT?

☐ NEVER
☐ 1 time

☐ 2 times
☐ 3 times

☐ 4 times
☐ 5 times

☐ 6 times
☐ 7 times or more

MEN, PLEASE GO TO PAGE 25

WOMEN, PLEASE GO TO NEXT PAGE

WOMEN ONLY (MEN, PLEASE GO TO PAGE 25)

18. HOW OLD WERE YOU WHEN YOU HAD YOUR FIRST MENSTRUAL PERIOD?

- ☐ Less than 11 years
- ☐ 11 - 12 years
- ☐ 13 - 14 years
- ☐ 15 - 16 years
- ☐ 17 years or older

19. HOW MANY CHILDREN DID YOU BREASTFEED FOR AT LEAST A MONTH?

- ☐ None (go to question 22)
- ☐ 1
- ☐ 2
- ☐ 3
- ☐ 4
- ☐ 5 - 7
- ☐ 8 - 10
- ☐ 11 or more

20. HOW MANY MONTHS ON AVERAGE DID YOU BREASTFEED EACH CHILD?

- ☐ 1 - 2 months
- ☐ 3 - 4 months
- ☐ 5 - 6 months
- ☐ 7 - 8 months
- ☐ 9 - 11 months
- ☐ 12 or more months

21. DID YOU BREASTFEED YOUR FIRST CHILD?

- ☐ No
- ☐ Yes

22. DID YOU EVER TAKE BIRTH CONTROL PILLS?

- ☐ No (go to question 23)
- ☐ Yes

IF YES, HOW OLD WERE YOU WHEN YOU STOPPED TAKING THEM?

- ☐ Less than 40 years
- ☐ 40 - 44 years
- ☐ 45 - 49 years
- ☐ 50 - 54 years
- ☐ 55 years or older

23. HAS YOUR MENSTRUAL PERIOD STOPPED PERMANENTLY?

- ☐ No (go to question 25)
- ☐ Yes

IF YES, HOW OLD WERE YOU WHEN THIS HAPPENED?

- ☐ Less than 40 years
- ☐ 40 - 44 years
- ☐ 45 - 49 years
- ☐ 50 - 54 years
- ☐ 55 years or older

IF YES, FOR WHAT REASON?

- ☐ Natural menopause (go to question 25)
- ☐ Radiation (go to question 25)
- ☐ Medication (go to question 25)
- ☐ Surgery

24. IF MENOPAUSE WAS DUE TO SURGERY, MARK WHAT WAS DONE.

- ☐ Womb removed
- ☐ One ovary removed
- ☐ Both ovaries removed
- ☐ Don't know how many ovaries removed
- ☐ Don't know what was done

25. DID YOU EVER TAKE ESTROGEN (FEMALE HORMONES) BY PILL, INJECTION, OR PATCH FOR MENOPAUSE OR OTHER REASONS?

- ☐ No (go to question 27)
- ☐ Yes, and I am currently taking it
- ☐ Yes, but I no longer take it

IF YES, HOW OLD WERE YOU WHEN YOU STARTED TAKING ESTROGEN?

- ☐ Less than 40 years
- ☐ 40 - 44 years
- ☐ 45 - 49 years
- ☐ 50 - 54 years
- ☐ 55 - 59 years
- ☐ 60 years or older

IF YES, HOW MANY YEARS DID YOU TAKE ESTROGEN?

- ☐ Less than one year
- ☐ 1 - 2 years
- ☐ 3 - 5 years
- ☐ 6 - 9 years
- ☐ 10 - 14 years
- ☐ 15 - 19 years
- ☐ 20 years or more

26. DID YOU EVER TAKE PROGESTERONE (SUCH AS PROVERA) ALONG WITH ESTROGEN FOR MENOPAUSE?

- ☐ No (go to question 27)
- ☐ Yes, and I am currently taking it
- ☐ Yes, but I no longer take it

IF YES, HOW OLD WERE YOU WHEN YOU STARTED TAKING PROGESTERONE?

- ☐ Less than 40 years
- ☐ 40 - 44 years
- ☐ 45 - 49 years
- ☐ 50 - 54 years
- ☐ 55 - 59 years
- ☐ 60 years or older

IF YES, HOW MANY YEARS DID YOU TAKE PROGESTERONE?

- ☐ Less than one year
- ☐ 1 - 2 years
- ☐ 3 - 5 years
- ☐ 6 - 9 years
- ☐ 10 - 14 years
- ☐ 15 - 19 years
- ☐ 20 years or more

PLEASE GO TO NEXT PAGE →

27. HAVE ANY OF THE FOLLOWING CONDITIONS EVER BEEN DIAGNOSED IN YOUR FAMILY? PLEASE FILL IN THE CIRCLES ONLY FOR YOUR NATURAL FATHER AND MOTHER, FULL BROTHERS AND SISTERS, AND NATURAL CHILDREN (include any who may have died).

MARK ALL THAT APPLY →									IF YES, DID ANY OCCUR BEFORE AGE 50?
	FATHER	MOTHER	BROTHERS		SISTERS		CHILDREN		
			One	2 or more	One	2 or more	One	2 or more	
COLON OR RECTAL CANCER	☐	☐	☐	☐	☐	☐	☐	☐	☐ No ☐ Yes ☐ Don't know
LUNG CANCER	☐	☐	☐	☐	☐	☐	☐	☐	☐ No ☐ Yes ☐ Don't know
STOMACH CANCER	☐	☐	☐	☐	☐	☐	☐	☐	☐ No ☐ Yes ☐ Don't know
MELANOMA	☐	☐	☐	☐	☐	☐	☐	☐	☐ No ☐ Yes ☐ Don't know
BREAST CANCER	☐	☐	☐	☐	☐	☐	☐	☐	☐ No ☐ Yes ☐ Don't know
PROSTATE CANCER	☐		☐	☐			☐	☐	☐ No ☐ Yes ☐ Don't know
OVARIAN CANCER		☐			☐	☐	☐	☐	☐ No ☐ Yes ☐ Don't know
CERVICAL CANCER		☐			☐	☐	☐	☐	☐ No ☐ Yes ☐ Don't know
OTHER UTERINE CANCER		☐			☐	☐	☐	☐	☐ No ☐ Yes ☐ Don't know
PANCREAS CANCER	☐	☐	☐	☐	☐	☐	☐	☐	☐ No ☐ Yes ☐ Don't know
BLADDER CANCER	☐	☐	☐	☐	☐	☐	☐	☐	☐ No ☐ Yes ☐ Don't know
KIDNEY CANCER	☐	☐	☐	☐	☐	☐	☐	☐	☐ No ☐ Yes ☐ Don't know
ALZHEIMER'S DISEASE	☐	☐	☐	☐	☐	☐	☐	☐	☐ No ☐ Yes ☐ Don't know
DIABETES	☐	☐	☐	☐	☐	☐	☐	☐	☐ No ☐ Yes ☐ Don't know
STROKE	☐	☐	☐	☐	☐	☐	☐	☐	☐ No ☐ Yes ☐ Don't know
HEART ATTACK	☐	☐	☐	☐	☐	☐	☐	☐	☐ No ☐ Yes ☐ Don't know
HIGH BLOOD PRESSURE	☐	☐	☐	☐	☐	☐	☐	☐	☐ No ☐ Yes ☐ Don't know
PARKINSON'S DISEASE	☐	☐	☐	☐	☐	☐	☐	☐	☐ No ☐ Yes ☐ Don't know

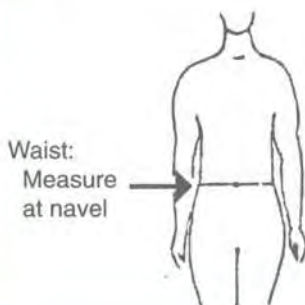
28. PLEASE USE THE TAPE MEASURE PROVIDED TO MAKE THE FOLLOWING MEASUREMENTS OF YOUR WAIST AND HIPS.

THE INFORMATION WILL BE MORE ACCURATE IF YOU FOLLOW THESE SUGGESTIONS:

- ▶ Make measurements while standing
- ▶ Avoid measuring over bulky clothing
- ▶ Record answers to the nearest inch

START AT THIS END → 

WAIST SIZE: MEASURED AT NAVEL, IN INCHES



Inches	
	0
1	1
2	2
3	3
4	4
5	5
6	6
7	7
8	8
9	9

HIP SIZE: MEASURED AT THE WIDEST AREA BETWEEN YOUR WAIST AND THIGHS (INCLUDING BUTTOCKS), IN INCHES

Hip: Measure the widest area between your waist and thighs (including buttocks)



Inches	
	0
1	1
2	2
3	3
4	4
5	5
6	6
7	7
8	8
9	9

IN CASE WE NEED TO CONTACT YOU IN THE FUTURE AND YOU HAVE MOVED, PLEASE GIVE THE NAMES OF TWO PEOPLE AT DIFFERENT ADDRESSES WHO WE MIGHT CONTACT FOR YOUR NEW LOCATION.

Name of relative or friend (please print) Relationship

Address

City State Zip Code

()

Area Code Phone number

Name of relative or friend (please print) Relationship

Address

City State Zip Code

()

Area Code Phone number

If you would like to receive the MEC newsletter and other information about the study by e-mail, please provide your e-mail address here:

E-mail address

DO YOU HAVE A SECOND PHONE NUMBER WHERE YOU CAN BE REACHED? ()

Area Code Phone number

PLEASE CHECK TO SEE THAT ALL PAGES ARE COMPLETED. PLACE THE QUESTIONNAIRE IN THE POSTAGE PAID ENVELOPE PROVIDED AND MAIL IT TO US.

THANK YOU AGAIN FOR YOUR TIME AND COOPERATION!