O.M.B. 0925-0281 A-184 exp. 7-31-89



ID NUMBER: CONTACT YEAR:	0 1 FORM CODE: DTI VERSION: A 11/1/86						
LAST NAME:	INITIALS:						
ID Number and Name must be entered above. the number so that the last digit appears necessary to fill all boxes. If a number entry with an "X". Code the correct entr choice" and "yes/no" type questions, circ	interview portion of the participant's visit.  Whenever numerical responses are required, enter in the rightmost box. Enter leading zeroes where is entered incorrectly, mark through the incorrect y clearly above the incorrect entry. For "multiple le or write in the letter corresponding to the most cled incorrectly, mark through it with an "X" and						
DIETARY INTAKE FO	RM (screen 1 of 18)						
"In this part of the clinic visit we want to obtain information on your usual eating habits. We will go over specific foods by groups. I'll name a food and a portion size and you tell me how often, on average, you ate that during the past year.  If your portion was <u>much</u> different from the amount I say, please tell me if it was at least twice as much, or half as much. We have a few sizes of cups and glasses here for reference. Here are the choices for "how often" (show RC 1). The choices are number of times a day or week or month. Please respond with the appropriate letter. For example, "once a day" would be "D". If you ate or drank something less than twelve times a year, that would be the same as "less than once a month," which is "I".  It is important that your reply be brief in order to save time, but we want you to be as accurate as possible. If we miss food items that you usually eat often, we will list those at the end. Feel free to ask questions or have me repeat instructions if I am not being clear."							
DIETARY INTAKE FO	RM (screen 2 of 18)						
	per day (D) 1 per week (G) per week (E) 1-3 per month (H) per week (F) Almost Never (I)						
A. [RC 1] DAIRY FOODS							
"In the past year, how often on average did you consume"	5. Cottage cheese or ricotta cheese; 1/2 c						
1. Skim or low fat milk; 8 oz. glass	6. Other cheeses, plain or as part of a dish; 1 slice or serving						
2. Whole milk; 8 oz. glass	7. Margarine or a margarine/butter blend; pats added to food or bread						
3. Yogurt; 1 c	8. Butter; pats added to food or bread						
4. Ice cream; 1/2 c							

## DIETARY INTAKE FORM (screen 3 of 18)

Categories: 4-6 per day (B) 5-6	per day (D) 1 per week (G) per week (E) 1-3 per month (H) per week (F) Almost Never (I)
B. [RC 1] FRUITS	13. Bananas; 1
"In the past year, how often on average did you consume"	
9. Fresh apples or pears; 1	14. Other fruits; 1 fresh or 1/2 c. canned, including fruit cocktail
10. Oranges; 1	C. [RC 1] VEGETABLES Portion is 1/2 c.
11. Orange or grapefruit juice; small glass	"In the past year, how often on average did you consume"
12. Peaches, apricots or plums; 1 fresh or 1/2 c. canned or dried	15. String beans or green beans; 1/2 c
	16. Broccoli; 1/2 c
DIETARY INTAKE FO	RM (screen 4 of 18)
Categories: 4-6 per day (B) 5-6	per day (D) 1 per week (G) per week (E) 1-3 per month (H) per week (F) Almost Never (I)
17. Cabbage, cauliflower, brussels sprouts; 1/2 c.	22. Dark yellow, winter, squash such as acorn, butternut; 1/2 c
18. Carrots; 1 whole or 1/2 c. cooked	23. Sweet potatoes; 1/2 c
19. Corn; 1 ear or 1/2 c	24. Beans or lentils, dried cooked, or canned, such as pinto, blackeye, baked beans; 1/2 c
20. Spinach, collards or other greens, but do not include lettuce; 1/2 c	25. Tomatoes; 1, or tomato juice; 4 oz
21. Peas or lima beans; 1/2 c. fresh, frozen or canned	

#### DIETARY INTAKE FORM (screen 5 of 18)

Response Categories:	4-6 per day (B) 5	per day (D) 1 per week (G) -6 per week (E) 1-3 per month (H) -4 per week (F) Almost Never (I)
D. [RC 1] MEATS		30. Processed meats: sausage, salami, bologna, etc.; piece or slice
"In the past year, how ofte on average did you consum	en De"	
26. Chicken or turkey, withou	t skin	31. Bacon; 2 slices
27. Chicken or turkey, with s	kin	32. Beef, pork or lamb as a sandwich or mixed dish, stew, casserole, lasagne, or in spaghetti sauce, etc
28. Hamburgers; 1		33. Beef, pork or lamb as a main dish, steak, roast, ham, etc
29. Hot dogs; 1		34. Canned tuna fish; 3-4 oz
	DIETARY INTAKE	FORM (screen 6 of 18)
Response Categories:	>6 per day (A) 1 4-6 per day (B) 5-	
Categories:	>6 per day (A) 1 4-6 per day (B) 5- 2-3 per day (C) 2-	FORM (screen 6 of 18)  per day (D) 1 per week (G) 6 per week (E) 1-3 per month (H)
Categories:  35. Dark meat fish, such as s	>6 per day (A) 1 4-6 per day (B) 5- 2-3 per day (C) 2- salmon, mackerel, sefish; 3-5 oz	FORM (screen 6 of 18)  per day (D) 1 per week (G) 6 per week (E) 1-3 per month (H) 4 per week (F) Almost Never (I)  E. [RC 1] SWEETS, BAKED GOODS, CEREALS "In the past year, how often
Categories:  35. Dark meat fish, such as s swordfish, sardines, blu  36. Other fish, such as cod,	>6 per day (A) 1 4-6 per day (B) 5- 2-3 per day (C) 2- salmon, mackerel, sefish; 3-5 oz	FORM (screen 6 of 18)  per day (D) 1 per week (G) 6 per week (E) 1-3 per month (H) 4 per week (F) Almost Never (I)  E. [RC 1] SWEETS, BAKED GOODS, CEREALS  "In the past year, how often on average did you consume"  39. Chocolate bars or pieces, such as Hershey's,

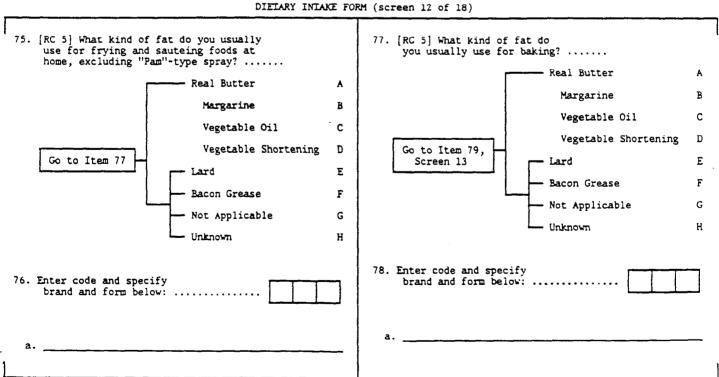
#### DIETARY INTAKE FORM (screen 7 of 18)

Categories: 4-6 per day (B) 5-6	per day (D) 1 per week (G) per week (E) 1-3 per month (H) per week (F) Almost Never (I)
42. Pie, ready-made or from a mix; 1 slice	49. Cooked cereals such as oatmeal, grits, cream of wheat; 1/2 c
43. Donut; 1	50. White bread; 1 slice
44. Biscuits or cornbread; 1	51. Dark or whole grain bread; 1 slice
45. Danish pastry, sweet roll, coffee cake, croissant; 1	F. [RC 1] MISCELLANEOUS  "In the past year, how often on average did you consume"
46. Cake or brownie; 1 piece	52. Peanut butter; 1 tbsp
47. Cookies; 1	
48. Cold breakfast cereal; 1/2 c	
DIETARY INTAKE PO	DRM (screen 8 of 18)
Categories: 4-6 per day (B) 5-6	per day (D) 1 per week (G) per week (E) 1-3 per month (H) per week (F) Almost Never (I)
53. Potato chips or corn chips; small bag or 1 oz.	58. Spaghetti, noodles or other pasta; 1/2 c
54. French fried potatoes; 1 serving, 4 oz	59. Home-fried food, such as any meats, poultry, fish, shrimp,
55. Nuts; 1 oz.	eggs, vegetables, etc.; l serving
56. Potatoes, mashed; 1 c. or baked; 1	60. Food fried away from home, such as any fish, chicken, chicken nuggets, etc
57. Rice; 1/2 c	

## DIETARY INTAKE FORM (screen 9 of 18)

Categories: 4-	per day (A) 6 per day (B) 3 per day (C)	5-6	per day per week per week	(E)	1 per week 1-3 per month Almost Never	(H)		,
G. [RC 1] BEVERAGES					oft drinks, suc			7
"In the past year, how often on average did you consume"	_			/-∪p, g1	nger ale; l gla	ss		
61. Coffee, <u>not</u> decaffeinated; 1 c.			1	everage	vored punch or s, such as lemo Punch; not die	nade, Kool-Aid		
62. Tea, iced or hot, not including herbal tea; 1 cup								
63. Low calorie soft drinks, such a Coke, diet Papsi, diet 7-Up; 1								
								- 1
	DIETARY INTA	KE FO	RM (scre	en 10 of	18)			
H. OTHER DIETARY ITEMS					aten at least t nter code and s		<del></del>	
66. [RC 2] How often do you eat liver; 3-4 oz. serving?	1/week	A			ual portion siz			
	2-3/month	В						
	1/month or less	С	а.		· · · · · · · · · · · · · · · · · · ·			
	Never	D						
			69. [	RC 3] Fr	equency for foo	d #1:	> 6/day	A
67. Are there any other foods that							4-6/day	В
usually eat at least twice per week such as tortillas, prunes							2-3/day	c'
or avocado? Do not include dry spices nor something that							1/day	D
has been listed previously		Y						E
Go to Item 74,	No	N					5-6/wk	

	M (screen 11 of 18)
70. Food #2 eaten at least twice per week (enter code and specify food and usual portion size below):  a.  71. [RC 3] Frequency for food #2: > 6/day A  4-6/day B  2-3/day C  1/day D  5-6/wk E  2-4/wk F  72. Food #3 eaten at least twice per week (enter code and specify food and usual portion size below):	73. [RC 3] Frequency for food #3:
DIETARY INTAKE FOR	M (screen 12 of 18)
75. [RC 5] What kind of fat do you usually use for frying and sauteing foods at home, excluding "Pam"-type spray?  Real Butter A  Margarine B	77. [RC 5] What kind of fat do you usually use for baking?  Real Butter  A  Margarine  B



## DIETARY INTAKE FORM (screen 13 of 18)

79. [RC 6] What brand and form of margarine do you usually use at the table?  a. Form:	81. Are you currently on a special diet? Yes Y  Go to Item 84, Screen 14  82. For how many years have you been on it?  Weight Loss A Low Salt B Low Cholesterol C Weight Gain D Diabetic E
do you most often use? (Enter code and specify brand name below):  a. Brand:	Other F
	RM (screen 14 of 18)
84. How many teaspoons of sugar do you add to your food daily? Include sugar added to coffee, tea, cereal, etc	86. [RC 8] How often is salt or salt-containing seasoning such as garlic salt, onion salt, soy sauce, or Accent added to your food in cooking?
85. [RC 8] In cooking vegetables, how often do you add fat such as salt pork, butter, or margarine?	2-3 times per day A  1 time per day B
2-3 times per day A	5-6 times per week C  2-4 times per week D
1 time per day B	1 time per week E
5-6 times per week C	1-3 times per month F
2-4 times per week D	Never G
1 time per week E	Unknown H
1-3 times per month F	
Never G Unknown H	87. How many shakes of salt do you add to your food at the table every day?

## DIETARY INTAKE FORM (screen 15 of 18)

88. (R	C 8] How often do you add catsup, of sauce, soy or steak sauces to your food  2-3 times per day  1 time per day  5-6 times per wee  2-4 times per wee  1 time per wee  1-3 times per mon	y A B ek C ek D k E	89. [RC 8] How often do you eat special low salt foods such as low salt chips, nuts, cheese, or salad dressing?  - 2-3 times per day  1 time per day  5-6 times per week  2-4 times per week  1 time per week  1-3 times per month  Never  Unknown	A B C D E F G
L				

## DIETARY INTAKE FORM (screen 16 of 18)

I. ALCOHOL "I am going to ask you about wine, beer, and drinks made with hard liquor because these are	93. For how many years did you drink alcoholic beverages?
90. Do you presently drink alcoholic beverages?	94. In the past, which types of alcoholic beverages did you ordinarily drink? {Circle Y or N for each type below} Yes No
Go to Item 96, Screen 17	a. Wine Y N
91. Have you ever consumed alcoholic beverages?	b. Beer Y N
Go to Item 101, Screen 18	c. Drinks made with hard liquor Y N
92. Approximately how many years	d. Other Y N
ago did you stop drinking?	e. Specify:

## DIETARY INTAKE FORM (screen 17 of 18)

95. What was the usual number of drinks you had per week before you stopped drinking alcoholic beverages?	98. How many drinks of hard liquor do you usually have per week? {1 1/2 oz. shots; round down}  99. During the past 24 hours, how many drinks have you had?  If "O", go to item 101
96. How many glasses of wine do you usually have per week?	100. Were these: {Circle Y or N for each}  Yes No  a. Wine?
97. How many bottles or cans of beer do you usually have per week?	b. Beer? Y N
1	c. Liquor? Y N
DIETARY INTAKE	FORM (screen 18 of 18)
J. WEIGHT AT AGE 25  101. What was your weight at age 25? (pounds)	103. Date of data collection: Month Day Year
K. ADMINISTRATIVE INFORMATION	104. Method of data collection: Computer C
R. ADMINISTRATIVE INFORMATION  102. Interviewer's opinion of information:	104. Method of data collection: Computer C Paper Form P
	Paper Form P
102. Interviewer's opinion of information:	Paper Form P
102. Interviewer's opinion of information:  Reliable A	Paper Form P
102. Interviewer's opinion of information:  Reliable A  Questionable B	Paper Form P  105. Code number of person completing this form:

#### DIETARY INTAKE FORM INSTRUCTIONS

#### I. GENERAL INSTRUCTIONS

The Dietary Intake Form should be completed during the interview portion of the participant's clinic visit. The interviewer must be certified and should be familiar with and understand the document titled "General Instructions For Completing Paper Forms" prior to completing this form. ID Number, Contact Year, and Name should be completed as described in that document.

The physical setting should be quiet and private to put the participant at ease. The standard food unit models, help screens, instructions, and participant response cards are readily accessible. The participant's form is checked for completeness of I.D.

Note: The clinic staff receptionist should alert the interviewer in advance if participant is illiterate or has any problem in reading. In those instances, response cards must be read by the interviewer.

Greet the participant cordially. Explain that the purpose of the interview is to obtain information about usual dietary intake, that there will be questions on specific foods and portion sizes, and that you need to find out how often, on average, the specified amount was consumed during the past year. Explain that any difference from the stated portion size must be reported only if it is at least twice as much or half as much. Frequency of consumption will be based on number of times either per day, week or month. State that any foods not mentioned which he/she eats frequently may be added at the end. Assure the participant that he/she should feel free to have instructions repeated or to ask questions.

The interviewer must show an interest in the interview, using a pleasant non-judgmental tone and posture. In introducing the questionnaire the interviewer may use his/her own words but must cover the relevant points. The suggested statement follows:

"Hello (participant's name). My name is \_\_\_\_\_. In this part of the clinic visit we want to obtain information on your usual eating habits. We will go over specific foods by groups. I'll name a food

and a portion size and you tell me how often, on average, you ate that during the past year.

If your portion was <u>much</u> different from the amount I say, please tell me if it was at least twice as

much, or half as much. We have a few sizes of cups and glasses here for reference.

Here are the choices for "how often" (show RC 1). The choices are number of times a day or week or month. Please respond with the appropriate letter. For example, "once a day" would be "D". If you are or drank something less than twelve times a year, that would be the same as "less than once a month," which is

It is important that your reply be brief in order to save time, but we want you to be as accurate as possible. If we miss food items that you usually eat often, we will list those at the end. Feel free to ask questions or have me repeat instructions if I am not being clear.

First, the dairy group: In the past year, how often on average did you consume...?"

Make sure that the appropriate response card, as indicated on the form, is given to the participant. Remove response cards for questions that do not call for them.

All interviewers must be consistent in reading the Food and Amounts list to the participant. Read the questions clearly, using the exact wording on the form. It is imperative that there be no exclusions or inclusions in reading the food list. Do not add any interpretations.

For Sections A through G, these instructions list items that may be included for each category. Refer to them only if the participant asks if he/she should include certain food items. For example, the participant may ask if skim or low fat milk includes cocoa mix. By referring to these instructions, the interviewer can see that it does.

Periodically the interviewer may have to reiterate the comment "on average, the number of times in the past year", or may remind the participant of the stated portion size.

Problem items should be recorded in the note log. Resolution of these items will be handled by a mutritionist.

Enter frequency of intake in the appropriate column utilizing the help screen for portion/frequency conversions (this table appears at the end of these instructions). For example, the portion size for ice cream is 1/2 cup. If the participant reports a portion of 1 cup, 2-4 times per week, the interviewer calls up the portion/frequency help screen and finds the 2X Row in the Multiple of the Amount column. The interviewer reads across to the 2-4 Week column to obtain the adjusted frequency. The adjusted frequency is entered as 5-6 per week, or "E". If the amount is 3X or more, calculate the adjusted frequency or record the information in a note log and calculate later.

If the participant reports a seasonal intake of a food item which would total to more than 12 times per year, the average frequency must be calculated for the year (or the help screen for seasonal intake can be used). For example, if peaches are eaten only in season, but two peaches are eaten every week for three months, the frequency would be calculated as follows: 2 peaches x 4 weeks x 3 months = 24 divided by 12 (months in year) = 2 per month. The seasonal intake help screen is reprinted at the end of these instructions.

## II. DETAILED INSTRUCTIONS FOR VARIOUS QUESTIONS

	Response Categories:	>6 per day (A) 4-6 per day (B) 2-3 per day (C)	5-6	per	day (D) week (E) week (F)	1-3 per m	onth (H)	
A. [RC 1] DAIRY	FOODS				Item in	ncludes:	,	
1. Skim or low	fat milk; 8 oz. g	glass			milk; c	1%, 2%, milk; record from mix of unknown; low	r vending; but	termilk
2. Whole milk;	8 oz. glass					"homogenized"; whole buttermil		
3. Yogurt; 1 c.						milk yogurts, re purts, regular o		en, 2% or low
4. Ice cream; 1	1/2 c	• • • • • • • • • • • • • • • • • • • •			all bra than 2/	unds, not ice mi /week)	lk (list at er	nd if more
5. Cottage chee	ese or ricotta che	eese; 1/2 c	. 🔲			ttage or ricotta s; farmer's chee		ling any in
	es, plain or as pa l slice or servin		· 🗀		process	sed, cheddar and	all hard matu	ral cheeses
	a margarine/but to food or bread	ter blend;			at tab	le		
8. Butter; pats	added to food or	r bread			at tab	le		

	Response Categories:	>6 per day (A) 4-6 per day (B) 2-3 per day (C)	5-6		y (D) eek (E) eek (F)	1 per week 1-3 per month Almost Never	(H)	•
B. [RC 1] FRUITS				1	tem Includ	<u>les</u> :		
9. Fresh apples	or pears; 1		· 🔲					
10. Oranges; 1	• • • • • • • • • • • • • • • • • • • •	• • • • • • • • • • • • • • • • • • • •						
11. Orange or gra	spefruit juice;	small glass		4	to 6 ound	ce glass		
12. Peaches, april 1 fresh or 1	icots or plums; 1/2 c. canned or	dried		,	nectarines			
13. Bananas; 1	••••••							
14. Other fruits; canned, incl		c. ktail	. 🔲				rawberries; papaya; es; pineapple; kiwi	

Response >6 per day (A Categories: 4-6 per day (B 2-3 per day (C	s) 5-6 pe	er day (D) 1 per week (G) er week (E) 1-3 per month (H) er week (F) Almost Never (I)
C. [RC 1] VEGETABLES Portion is 1/2 c.		(do not include small amounts in mixed dishes)  Item Includes:
15. String beans or green beans; 1/2 c		frozen or fresh; wax beans; fava beans
/ 16. Broccoli; 1/2 c		raw or cooked
17. Cabbage, cauliflower, brussels aprouts; 1/2	c. 🔲	raw or cooked; coleslaw; sauerkraut
18. Carrots; 1 whole or 1/2 c. cooked		raw or cooked
19. Corn; 1 ear or 1/2 c		fresh, frozen or canned; niblets, cream style, cob
20. Spinach, collards or other greens, but do not include lettuce; 1/2 c		raw or cooked; beet greens, chard, kale, mustard greens, turnip greens; romaine
21. Peas or lima beans; 1/2 c. fresh, frozen or canned		mixed vegetables (peas, carrots, corn and limas), frozen or canned butter beans; not dried limas
22. Dark yellow, winter, squash such as acorn, butternut; 1/2 c		hubbard, danish, buttercup, delicious, crookneck
23. Sweet potatoes; 1/2 c		pumpkin, yams, fresh or canned
24. Beans or lentils, dried cooked, or canned, such as pinto, blackeye, baked beans; 1/2 c.		<pre>red; brown; navy; northern; kidney; blackeye; garbanzo; split peas; refried beans; dried limas</pre>
25. Tomatoes; 1, or tomato juice; 4 oz	🗆	fresh or canned tomatoes; V-8 juice

		Response Categories:	>6 per da 4-6 per da 2-3 per da	y (B)	5-6 p	er day er week er week	(E)	l per v 1-3 per a Almost No	<b>b</b> onth	(H)	
D.	[RC 1] MEAIS					Ite	m Include	<u>s</u> :			
26.	Chicken or t	urkey, without sk	in	····· [	] │	cor	mish hen;	pheasant	t		
27.	Chicken or to	urkey, with skin	• • • • • • • • • • • • • • • • • • • •	[		COI	mish hen;	turkey :	roll;	pheasant	
28.	Hamburgers;	1	• • • • • • • • • •	[		ຂກງ	ground b	eef in p	atty f	orm	
29.	Hot dogs; 1	•••••	•••••	····· [		not	chicken-	tуре			
30.		ats: sausage, sale c.; piece or slice		[			ld cuts; 1 ngue; (liv				d or canned; ver)
31.	Bacon; 2 sli	ces	• • • • • • • • • • • • • • • • • • • •	····· [			: Canadian ct categor		Canadi	an bacon	is coded in
32.	mixed dish,	r lamb as a sandw: stew, casserole, i sauce, etc	lasagne, o			bar		itterlin			af; meatball; acon; souse
33.		r lamb as a main o		[		cho	ops, corne	d beef			
34.	Canned tuna :	fish; 3-4 oz	• • • • • • • • • • • • • • • • • • • •	····· [	ן כ	<b>a</b> 11	l kinds, a	bout 1/2-	-2/3 c	an	
<b>3</b> 5.		sh, such as salmon sardines, bluefish				tur	a; capeli	n; dogfis	ib; 🗪	l; haĺib	erring; fresh ut; sablefish; ke whitefish
36.	Other fish, perch, catf:	such as cod, ish, etc.; 3-5 oz.	• ••••••	[	]		inge rough iting; unk		er; wa	lleye; c	rappie;
37.	Shrimp, lobs:	ter, scallops as a	a <b>mai</b> n dish	· [		cla	ums; oyste	rs; crab			
38.	Eggs; l		••••••	<u>[</u>	]	egg					omelettes; utes such as

		Response Categories:	4-6 j	per da	ay (A) ay (B) ay (C)	5-6	per	day week week	(E)	1 per 1-3 per Almost 1	<b>m</b> onth	(H)		
E.	[RC 1] SWEETS,	BAKED GOODS, CE	REALS					<u>Ite</u>	m Includ	es:				
39.		s or pieces, suc s, Snickers, Ree						cho		udge; cho				n = 1/2 oz. M&M's go
40.	Candy without	chocolate; 1 oz	£	••••	• • • • • •					: l oz., l : savers;				os;
41.	Pie, homemade	from scratch; ]	slice	e	• • • • • •			any	kind or	tarts, (	erust f	TOD SCI	ratch	
42.	Pie, ready-ma	de or from a mix	(; 1 s	lice	• • • • • •				restaura	tarts, lunt; chees				
43.	Donut; 1		• • • • •	••••	• • • • • •			all	kinds					
44.	Biscuits or c	ormbread; 1	•••••	• • • • •	• • • • • •									
45.		, sweet roll, co												
46.	Cake or brown	ie; l piece	• • • • • •	••••	•••••			cup	cake; al	l cakes a	and bar	'S	•	
47.	Cookies; 1		• • • • •	••••	•••••									
48.	Cold breakfas	t cereal; 1/2 c.	• • • • •	• • • • •	• • • • • •			all	. <b>rea</b> dy-t	o-eat; w	heat ge	TD)		
49.		s such as oatmea at; 1/2 c						all	cooked	cereals				
50.	White bread;	l slice	• • • • • •	••••	•••••			Eng fra	lish <b>m</b> uf	lian; ra: fin; ave: roll; l: 6"	rage di	nner r	011; 1/2	
51.	Dark or whole	grain bread; 1	slice		• • • • • •			gra		; mixed   ker squar				

					_	
		tegories: 4-	per day (A) 6 per day (B) 3 per day (C)	5-6	per ve	ay (D) 1 per week (G) eek (E) 1-3 per month (H) eek (F) Almost Never (I)
F.	[RC 1] MISCELLANE	ous				Item Includes:
52.	Peanut butter; 1	tbsp	• • • • • • • • • • • • • • • • • • • •	· 🔲		any kind
53.	Potato chips or	corn chips; smal	l bag or 1 oz			nachos; 1 oz = about 1 c
54.	French fried pot	atoes; 1 serving	g, 4 oz			4 oz * about 1 c
55.	Nuts; 1 oz		• • • • • • • • • • • • • • • • • • • •			all nuts, peanuts; mixed; M&M peanut; 1 oz. = about 3 tbsp
56.	Potatoes, mashed	; 1 c. or baked;	; 1			boiled
57.	Rice; 1/2 c	••••••				white rice; brown rice; wild rice; Rice-a-Roni
58.	Spaghetti, moodl	es or other past	za; 1/2 c			macaroni; fettucini; noodles in lasagne
59.	Home-fried food, meats, poultry, eggs, vegetable		ing	. 🔲		any food fried at home except french fries; include sauteed foods
<b>6</b> 0.	Food fried away chicken, chicken	from home, such n nuggets, etc.		🔲		any deep fried foods; fish sticks; fish patties; McNuggets; do not include french fries
					1	

	Response Categories:	>6 I 4-6 I 2-3 I	er (	day	(B)	5-6	per	day week week	(E)	) 1-3 per month (H)	
G. [RC	1] BEVERAGES				_			Ite	m In	Includes:	
61. Cof	fee, <u>not</u> decaffeinated; 1	c	•••	• • •	• • • •			bre	ewed (	d or instant	
	, iced or hot, not including the tea; 1 cup				••••						
	calorie soft drinks, such ke, diet Pepsi, diet 7-Up;				• • • • •				l low soda:	ow calorie or diet carbonated beverages das	
	ular soft drinks, such as Up, ginger ale; 1 glass			si,				al	l non	on-diet carbonated beverages or sodas	
be	it-flavored punch or non-overages, such as lemonade, waiian Punch; not diet; l	, Kool	·Aid	or	••••			Ta	ng, H	Hi-C	

н.	OTHER DIETARY ITEMS		
66.	[RC 2] How often do you eat liver; 3-4 oz. serving?	: 1/week	A
		2-3/month	В
		1/month or less	С
		Never	D
67.	Are there any other foods that usually eat at least twice per week such as tortillas, prunes or avocado? Do not include	•	
	dry spices nor something that has been listed previously	Yes	Y
	C 7/	No	N
	Go to Item 74, Screen 11	<del></del>	
	<del></del>		
68.	Food #1 eaten at least twice	£	
	per week (enter code and speci food and usual portion size be	low):	]
a	·		_
69.	[RC 3] Frequency for food #1: .	> 6/day	A
		4-6/day	B
		2-3/day	С
		1/day	D
		5-6/wk	E
		2-4/wk	F
70.	Food #2 eaten at least twice	<b>-</b>	
	per week (enter code and speci- food and usual portion size be		7
		<del></del>	
2	•		_
	(ma n) m		
/1.	[RC 3] Frequency for food #2: .	-	A
		4-6/day	B
		2-3/day	С
		1/day	D
		5-6/wk	E
		2-4/wk	F

- H. Other Dietary Items
- 66. Remove Response Card 1; show participant RC 2. After this item, remove RC 2.

- 68. Look up food in "FOODS" list. Record 3-digit code number, if given. If it is not given, draw two horizontal lines through the boxes.
- a. Enter food name. If the food does not appear in the "FOODS" list, also record usual portion size.
- 69. For the above food, enter frequency using Response Card 3. If the food appears in the list, base frequency on the portion size given in parentheses in that list. If the food does not appear in the "FOODS" list, base frequency on the portion size entered in (a).

70-71. Repeat above procedure for food \$2. If none, skip to item 74. (Use "Next Field" key on computer.)

72.	Food #3 eaten at least twice per week (enter code and specify food and usual portion size below):		72-73. Repeat above procedure for food #3. If none, skip to item 74. (Use "Next Field" key on computer.)
73.	[RC 3] Frequency for food #3: > 6/day 4-6/day 2-3/day 1/day 5-6/wk 2-4/wk	A B C D E	
74.	<pre>{RC 4} What do you do with the visible fat on your meat?  Eat most of the fat  Eat some of the fat  Eat as little as possible Don't eat meat</pre>	A B C D	74. The question refers to visible fat on steaks, roasts, etc. Use Response Card 4, and remove it after this question.
75.	RC 5] What kind of fat do you usually use for frying and sauteing foods at home, excluding "Pam"-type spray?  Real Butter  Margarine  Vegetable Oil  Vegetable Shortening  Bacon Grease  Not Applicable  Unknown	A B C D E F G	75. Ask for the <u>most often</u> used, showing Response Card 5. If A,E,F,G, or H, skip to item 77.
76. a	Enter code and specify brand and form below:	<u> </u>	76. If "Margarine" was answered above, record the 3-digit code found in the "MARGARINE" listing. If "Vegetable Oil" or "Vegetable Shortening", record the code found in the "COOKING OILS" listing. If no code is given, draw two horizontal lines through the boxes.  a. Record the brand name of the oil, shortening, or margarine. If margarine, also record the form (tub, stick, diet, squeeze, etc.).

77. [RC 5] What kind of fa you usually use for h	at do baking?	
<del></del>	Real Butter	A
	Margarine	В
•	Vegetable Oil	С
	Vegetable Shortening	D
Go to Item 79, Screen 13	- Lard	E
	- Bacon Grease	F
<u> </u>	- Not Applicable	G
	Unknown	н
78. Enter code and specify brand and form below:	y	
a		_
79. [RC 6] What brand and do you usually use at	form of margarine t the table?	
a. Form:	None	A
Go to Item 80	Stick	B
00 10 1122 00	Tub	С
	Diet (low calorie)	D
	Other	E
b. Code number:		
c. Brand:		_
80. What kind of cold bres do you most often use and specify brand name	e? (Enter code	
a. Brand:		_

77-78. Complete as in items 75 and 76 above.

79. Note that the question refers to margarine used at the table. Obtain <u>both brand name and form</u>. Use Response Card 6, removing it after this item.

- b. Record 3-digit code number found in "MARGARINE" list. If none given, draw two horizontal lines through the boxes.
- c. Record the brand name of the margarine.
- 80. Look up the brand name in the "CEREALS" list, and enter the 3-digit code found there. If none is given, draw two horizontal lines through the boxes.
- a. Record the brand name of the cereal.

S1. Are you currently on a s Go to Item 84, Screen 14	pecial diet? Yes : No	Y	
82. For how many years have	you been on it?		82. The question refers to the current diet only.
83. [RC 7] What type of diet	is it?		83. Use Response Card 7, removing it after this item
	Weight Loss	٨	
	Low Salt	В	
	Low Cholesterol	С	,
	Weight Gain	D	
	Diabetic	Ε	
	Other	F	
84. How many teaspoons of su to your food daily? In added to coffee, tea, c	clude sugar		84. Note 1 tablespoon = 3 teaspoons.
85. [RC 8] In cooking wegeta often do you add fat su salt pork, butter, or m	ch as		85. Show the participant Response Card 8 for items 85, 86, 88, and 89.
	2-3 times per day	A	
	l time per day	В	
	5-6 times per week	С	
•	2-4 times per week	D	
	1 time per week	E	
	1-3 times per month	F	
	Never ·	G	
•	Unknown	н	
		ļ	

<b>\$</b> 6	[RC 8] How often is salt or salt-containing seasoning a garlic salt, onion salt, so or accent added to your foo	y sa	uce,	
		2-3	times per day	A
		1	time per day	В
		5-6	times per week	c
		2-4	times per week	Д
		1	time per week	E
		1-3	times per month	F
		Neve	er	G
		Unkı	nown	н
87.	How many shakes of salt do to your food at the table	sveri	add day?	]
86.	[RC 6] How often do you add hot sauce, soy or steak sa	cati	to your food?	
		2-3	times per day	A
		1	time per day	В
		5-6	times per week	C
		2-4	times per week	D
		1	time per week	E
		1-3	times per month	F
		Nev	er	G
		Unk	nown	H
89.	[RC 8] How often do you eat low salt foods such as low nuts, cheese, or salad dre	sal ssin	t chips,	A
		1	time per day	В
		5-6	times per week	c
		2-4	times per week	D
		1	time per week	E
		1-3	times per month	F
		Nev	er	G
		Unk	nown	н
				- 1

86. Include hot sauces.

88. At table.

ī.	ALCOHOL		
"I d t	am going to ask you about wine, beer, and drinks made with hard liquor because these as the three major types of alcoholic beverages.	re "	
<b>9</b> 0.	Do you presently drink alcoholic beverages?	Yes	}
	Go to Item 96, Screen 17	Na	N
<del>9</del> 1.	Have you ever consumed alcoholic beverages?	Yes	,
	Go to Item 101, Screen 18	No	N
92.	Approximately how many years ago did you stop drinking?		]
93.	For how many years did you drink alcoholic beverages?		]

#### I. Alcohol

Frequency of alcohol consumption is determined as usual weekly intake. The serving sizes are different for beer, wine, and hard liquor. The definition of serving size, while consistent for measuring both present and past intake, is made more precise for present intake. This is done because recent intake is recalled better than past intake, and is probably more important for the ARIC study questions. For past intake serving sizes are defined as "one beer", "one glass of wine", and "one shot of liquor or one mixed drink". For present intake serving sizes are "12 oz. bottles or cans of beer", "4 oz. glasses of wine", and "1 and 1/2 oz. shots of hard liquor". For the final questions, which relate to the most recent 24 hours, the more precise definition of serving size is used.

- 90. If the participant asks, or if the answer is not explicit, "presently" is defined as within the last 6 months.
- 91. If the response is "No", skip to item 101. If the response is "Yes", continue with Question 92 to determine past alcohol consumption.
- 92. Record the response in years, rounding 1/2 down. For example, "1-1/2 years" would be recorded as 1 year. "About a half a year ago would be recorded as "0". If the participant stopped more than once, record the years since the most recent stopping. For example, if the participant says: "The last time I quit was two years ago. The first time I quit was twenty years ago," the response would be recorded as "2".

  If not known, draw 2 horizontal lines through the boxes.
- 93. For those who have quit more than one time, record the total number of drinking years combined. Include in the total years that were "light" drinking years. If not known, draw 2 horizontal lines through the boxes.

94. In the past, which types of alcoholic beverages did you ordinarily drink? (Circle Y or N for each type below) Yes No	94. The interviewer reads each type (wine, beer and drinks made with hard liquor) and allows the respondent to answer with "Yes" or "No" to each. The respondent can answer "Yes" to more than one. "Wine" includes wine coolers, cordials, and "sweet
a. Wine	wines". "Liquor" includes liqueurs.
b. Beer Y N	
c. Drinks made with hard liquor Y N	
d. Other Y N	
e. Specify:	
95. What was the usual number of drinks you had per week before you stopped drinking alcoholic beverages?	95. The definition of "drinks" in terms of serving size should be clear to the participant. Indicate that "per week" should include weekends. If the respondent used to drink more than one type of beverage, record the appropriate total (e.g., record "5" if the participant drank three beers and two glasses of wine per week). If not known, draw 2 horizontal lines through the boxes.
After completing item 95, go to item 101	
96. How many glasses of wine do you usually have per week? {4 oz. glasses; round down}	96-98. These questions are asked only if the participant answered "Yes" to Question 90. The serving sizes of wine, beer and hard liquor must be clear to the participant. For example, after asking: "How many glasses of wine do you usually have per week?", indicate that you are referring to 4 oz. glasses, and that "per week" includes the weekends. If the participant answers in terms of drinks per month, divide by four to derive the weekly intake. If the number of drinks is "half a drink" or less, record "O". If the number of drinks is more than 99 record as "99". "Wine" includes wine coolers,
do you usually have per week?	cordials, and "sweet wines". "Liquor" includes liqueurs. If not known, draw 2 horizontal lines through the boxes.
98. How many drinks of hard liquor do you usually have per week?	
99. During the past 24 hours, how many drinks have you had?	99. The definition of "drinks" should be clear to the participant. If the participant asks, or the interviewer thinks that the serving sizes are no longer clear to him/her, read the serving size definitions given in items 96-98. If not known, draw
If "O", go to item 101	2 horizontal lines through the boxes.

100. Were these: {Circle Y or N for each}	100. Ask the participant slowly and in sequence : he/she had wine, beer or liquor, and allow the participant to answer "Yes" or "No" for each type			
a. Wine? Y N	"Wine" includes wine coolers, cordials, and "sweet wines". "Liquor" includes liqueurs.			
b. Beer? Y N	•			
c. Liquor? Y N				
J. WEIGHT AT AGE 25	J. Weight At Age 25			
101. What was your weight at age 25? (pounds)	101. Help the participant estimate his/her weight a 25 by recalling associated life events. If not known, draw 2 horizontal lines through the boxes.			
K. ADMINISTRATIVE INFORMATION	K. Administrative Information			
102. Interviewer's opinion of information:	102. Evaluate the quality of the interview, amphasizing the dietary portion.			
Reliable A				
Questionable B	•			
Participant uncooperative C				
Participant unable to estimate frequencies D	<i>,</i>			
103. Date of data collection: Month Day Year	103. Record the date on which the interview took place.			
104. Method of data collection: Computer C Paper Form P	104. Record "C" if the form was completed on the computerized data entry system, or "P" if the paper form was used.			
105. Code number of person completing this form:	105. The person at the clinic who has performed the interview and completed the form must enter his/her code number in the boxes provided.			

# CONVERSION OF NONSTANDARD PORTION SIZES TO FREQUENCIES

## FREQUENCY

MULTIPLE OF AMOUNT	A > 6 per day	B 4-6 per day	C 2-3 per day	D 1 per day	per	2-4	G 1 per wk	H 1-3 per mo	I Almost never
2X	A	Α	В	С	D	E	F	Н	I
0.5X	В	С	D	F	F	G	Н	I	I

## FREQUENCY CONVERSION FOR SEASONAL INTAKE

# FREQUENCY

SEASON LENGTH	1 time /week	2 times /week	3 times /week	4-5 times /week	1 time /day
2 mo.	I	Н	Н	н	G
3 mo.	H	H	Н	G	G
4 mo.	Н	н	G	G	F