



Study ID: \_\_\_\_ - \_\_\_\_ - \_\_\_\_  
Date: \_\_\_\_ / \_\_\_\_ / \_\_\_\_

Date of birth: \_\_\_\_ / \_\_\_\_ / \_\_\_\_

Interviewer Name: \_\_\_\_\_

(Interviewer Code: \_\_\_\_ - \_\_\_\_)

## FOOD QUESTIONNAIRE

**Questionnaire refers to what you ate over the last seven days**

This Food Questionnaire asks you about the type and frequency (how often) your child ate the foods listed below **during the last 7 days**. Since we recognize it may be hard to remember every detail of your child's diet, please do the best you can. We truly appreciate your effort. This information will be helpful in understanding the role of diet in your child's health.

This Food Questionnaire takes about 15 minutes.

Please follow the instructions:

- For each food item, mark **ONLY ONE** response.
- Serving sizes: **M** (medium) = 1 portion size  
**S** (small) = ½ medium portion size  
**L** (large) = 1 ½ medium portion size
- Mark your response as accurate as you can.
- Estimate if you are not sure.
- Use a **NO. 2 PENCIL** only.
- Do not use ink or ballpoint pen.
- Darken in circle completely:

⇒ CORRECT MARK ●

⇒ INCORRECT MARK   

- Erase cleanly any marks you wish to change.
- Do not make any stray marks on this form.

**THANK YOU FOR COMPLETING THIS FOOD QUESTIONNAIRE!**

Thinking about **the last 7 days**, how often did your child eat the foods listed below?

No.	Type of Food	Never in the last week	1-2 per week	3-4 per week	5-6 per week	1-2 per day	3+ per day	Medium Portion Size (M)	S	M	L
<b>Fruits and Fruit Juices</b>											
1	Apple: raw, applesauce, juice, dried	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	1 cup of fruit, applesauce or juice ½ cup dried	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
2	Apricot / Nectar: raw, canned, juice, dried	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	1 cup of fruit or juice ½ cup dried	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
3	Avocado / Guacamole	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	1 cup	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
4	Banana: raw, cooked, dehydrated slices	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	1 cup of fruit ½ cup dehydrated	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
5	Blackberries: raw, frozen, canned, cooked, frozen	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	1 cup	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
6	Blueberries: raw, frozen, canned, cooked, frozen	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	1 cup	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
7	Grapefruit: raw, canned, juice	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	1 cup of fruit or juice	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
8	Grapes: raw, juice, raisins	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	1 cup of fruit or juice ½ cup raisins	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
9	Melon (all varieties)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	1 cup	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
10	Olives	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	1 cup	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
11	Orange / Tangerine: raw, canned, juice	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	1 cup of fruit or juice	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
12	Peach / Nectarine: raw, canned, juice, dried	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	1 cup of fruit or juice ½ cup dried	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
13	Pear: raw, canned, juice, dried	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	1 cup of fruit or juice ½ cup dried	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
14	Pineapple: raw, canned, juice, dried	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	1 cup of fruit or juice ½ cup dried	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
15	Plum / Prune: raw, canned, juice	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	1 cup of fruit or juice ½ cup prunes	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
16	Raspberries: raw, frozen, canned	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	1 cup	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
17	Strawberries: raw, frozen, canned	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	1 cup	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
18	Watermelon	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	1 cup	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
19	Other: .....	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>		<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

No.	Type of Food	Never in the last week	1-2 per week	3-4 per week	5-6 per week	1-2 per day	3+ per day	Medium Portion Size (M)	S	M	L
<b>Vegetables</b>											
20	Asparagus: raw, cooked, canned	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	1 cup	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
21	Broccoli: raw, cooked	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	1 cup raw ½ cup cooked	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
22	Brussels Sprouts	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	1 cup	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
23	Butternut Squash	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	1 cup	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
24	Cabbage (all varieties): raw, cooked	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	1 cup	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
25	Carrots: raw, cooked	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	1 cup raw ¾ cup cooked	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
26	Cauliflower: raw, cooked	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	1 cup raw ½ cup cooked	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
27	Celery	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	1 cup	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
28	Collards: raw, cooked	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	1 cup raw ½ cup cooked	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
29	Corn: cream style, cooked, canned, on cob	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	1 cup 1 medium corn on cob	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
30	Cucumber: raw, pickled	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	1 cup	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
31	Dandelion Greens: raw, cooked	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	1 cup raw ½ cup cooked	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
32	Eggplant	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	1 cup	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
33	Green, String, Snap, Wax Beans or Snow Peas	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	1 cup	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
34	Green Zucchini	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	½ cup	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
35	Lettuce (all varieties)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	1 cup	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
36	Mustard / Turnip Greens: raw, cooked	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	1 cup raw ½ cup cooked	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
37	Mushroom (all varieties): raw, cooked, canned, pickled	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	1 cup raw ½ cup cooked or dehydrated	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
38	Okra: raw, cooked	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	1 cup	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
39	Onion / Green Onions: raw, cooked, dehydrates	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	1 cup raw ½ cup cooked or dehydrated	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
40	Peas: raw, cooked, canned	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	1 cup	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
41	Pepper (all varieties except red / orange / yellow bell pepper): raw, cooked, pickled	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	1 cup raw ½ cup cooked	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
42	Potato (all varieties): cooked, mashed, French fries	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	1 medium 1 cup	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
43	Red / Orange / Yellow Bell Pepper: raw, cooked, pickled	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	1 cup raw ½ cup cooked	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

No.	Type of Food	Never in the last week	1-2 per week	3-4 per week	5-6 per week	1-2 per day	3+ per day	Medium Portion Size (M)	S	M	L
<b>Vegetables</b>											
44	Radish	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	1 cup	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
45	Spinach: raw, cooked, canned	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	1 cup raw ½ cup cooked	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
46	Sweet Potato/Yam	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	1 large ¾ cup	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
47	Tomato (all varieties): raw, canned, cooked, salsa, sauce, soup, juice	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	1 cup	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
48	Turnip greens	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	1 cup	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
49	Winter Squash / Pumpkin (all varieties except butternut squash): cooked, canned	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	1 cup	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
50	Yellow Zucchini: raw, cooked	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	1 cup	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
51	Other: .....	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>		<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
<b>Bread, Cereal, Rice, and Pasta</b>											
52	Bread	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	1 slice	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
53	Bagel, Pita Bread, English Muffin, Hotdog or Hamburger Bun	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	½ medium piece (1 ounce)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
54	Bulgur	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	½ cup	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
55	Barley, dry	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	½ cup	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
56	Cake / Cookies / Cupcake	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	½ cup	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
57	Cereal or Granola Bar	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	1 bar	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
58	Cooked cereal: brand name ..... .....	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	½ cup	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
59	Ready-to-eat cereal: brand name ..... .....	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	1 cup	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
60	Pretzel / Chex Mix / Corn or Bagel Chips	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	1 cup	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
61	Crackers	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	6 crackers	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
62	Doughnut / Danish/Pastry / Pop tart	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	½ medium piece	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
63	Muffin / Biscuit	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	1 small	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
64	Pancake / Waffles / French Toast	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	1 medium 1 slice	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
65	Pasta: noodles, spaghetti, macaroni	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	½ cup	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

No.	Type of Food	Never in the last week	1-2 per week	3-4 per week	5-6 per week	1-2 per day	3+ per day	Medium Portion Size (M)	S	M	L
<b>Bread, Cereal, Rice, and Pasta</b>											
66	Oat bran, raw	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	½ cup	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
67	Pie crust	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	1/8 slice of a 8-inch pie	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
68	Pizza crust	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	1 slice of a 12" pizza	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
69	Rice, white or brown	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	½ cup	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
70	Tortilla / Taco shell	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	1 small	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
71	Other: .....	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>		<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
<b>Meat, Poultry, Fish, Dry Beans, Eggs, and Nuts</b>											
72	Bacon regular	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	3 slice	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
73	Beans / Lentil / Chickpeas (all variety): cooked, canned	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	¼ cup	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
74	Beef including ground	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	1 ounce ¼ cup	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
75	Chicken including ground	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	1 ounce ¼ cup	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
76	Deer including ground	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	1 ounce ¼ cup	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
77	Duck / Goose	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	1 ounce ¼ cup	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
78	Egg	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	1 egg 2 egg white	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
79	Fish / Tuna fish: all varieties, fresh, frozen or canned	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	1 ounce ¼ cup	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
80	Hot dog / Sausage	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	1 medium 1 ounce ¼ cup	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
81	Lamb including ground	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	1 ounce ¼ cup	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
82	Liver, heart, kidney, tongue, brain	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	1 ounce ¼ cup	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
83	Lunch meats such as salami, bologna, chicken, turkey or ham	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	1 ounce ¼ cup 1slice	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
84	Nuts / Seeds / Peanuts (in tablespoons, Tbls)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	2 Tbls (½ ounce)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
85	Peanut Butter	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	1 tablespoon	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
86	Pork / Ham including ground	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	1 ounce ¼ cup	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
87	Rabbit / Hare / Squirrels	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	1 ounce ¼ cup	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

No.	Type of Food	Never in the last week	1-2 per week	3-4 per week	5-6 per week	1-2 per day	3+ per day	Medium Portion Size (M)	S	M	L
<b>Meat, Poultry, Fish, Dry Beans, Eggs, and Nuts</b>											
88	Shellfish / Clam / Shrimp	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	1 ounce ¼ cup	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
89	Soybean Products / Meatless Foods: tofu, chili, hamburger, nuggets, meatballs, sausages	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	1 ounce ¼ cup	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
90	Turkey including ground or turkey bacon	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	1 ounce ¼ cup	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
91	Veal including ground	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	1 ounce ¼ cup	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
92	Other: .....	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>		<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
<b>Milk, Yogurt, and Cheese</b>											
93	Buttermilk	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	1 cup	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
94	Cheese: American, Cheddar or other firm cheese	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	2 slices 1.5 ounces	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
95	Cottage cheese	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	1 cup	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
96	Cream Cheese	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	1 cup	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
97	Custard / Pudding	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	1 cup	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
98	Evaporated or Condensed Milk	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	1 cup	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
99	Flavored Milk: chocolate, vanilla, strawberry or other flavor	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	1 cup	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
100	Frozen Yogurt / Sherbet / Iced Milk	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	1 cup 2 scoop	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
101	Goat Milk or Cheese	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	1 cup	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
102	Ice Cream	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	1 cup 2 scoop	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
103	Milk	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	1 cup	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
104	Milk Shake	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	1 cup	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
105	Sour Cream	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	1 cup	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
106	Soy Milk / Veggie Slices	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	1 cup 2 slices	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
107	Whipping / Whipped Cream	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	1 cup	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
108	Yogurt	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	1 cup	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

No.	Type of Food	Never in the last week	1-2 per week	3-4 per week	5-6 per week	1-2 per day	3+ per day	Medium Portion Size (M)	S	M	L
<b>Miscellaneous Foods</b>											
109	Butter, Margarine, Oil	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	2 pats 2 teaspoons	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
110	Mayonnaise / Salad Dressing	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	1 tablespoon	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
111	Potato Chips / Cheese Puffs	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	1 cup	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
112	Gravy, Sauces (all varieties except tomato sauce)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	¼ cup	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
113	Milk Chocolate, Candy Bar	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	3 small pieces 1 small bar	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
114	Sugar, Jam, Jelly, Honey, Syrup	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	2 teaspoons	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
115	Sport, Fruit Flavored, or Soft Drink	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	1 cup	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
116	Semisweet / dark chocolate	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	3 small pieces	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
117	Tea, instant sweetened with sugar	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	1 cup	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
118	Popcorn	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	3 cups	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
119	Trail Mix	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	½ cup	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
120	Other: .....	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>		<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

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Medium Portion Sizes (M) based on definition from U.S. Department of Agriculture, Center for Nutrition Policy and Promotion: MyPyramid.gov (USDA, 2005).

## Overall Diet Questionnaire

1. During the last 7 days, how many times did your child eat foods that contain whole-grains?

0 – 1 time       2 – 3 times       4 – 5 times       6 – 7 times

2. During the last 7 days, how many times did your child eat fried foods?

0 – 1 time       2 – 3 times       4 – 5 times       6 – 7 times

3. During the last 7 days, how many times did your child eat in a fast food restaurant?

0 – 1 time       2 – 3 times       4 – 5 times       6 – 7 times

4. During the last 7 days, how many times did your child eat lean cuts of meat?

0 – 1 time       2 – 3 times       4 – 5 times       6 – 7 times

5. During the last 7 days, how many times did your child eat or drink low-fat dairy products?

0 – 1 time       2 – 3 times       4 – 5 times       6 – 7 times

6. During the last 7 days, how many cups of fruit juices did your child drink a day?

0 – 1 cup       2 – 3 cups       4 or more cups

7. During the last 7 days, how many fruits did your child eat?

0 – 1 cup       2 – 3 cups       4 or more cups

8. During the last 7 days, how many cups of vegetables did your child eat per day?

0 – 1 cup       2 – 3 cups       4 or more cups

9. During the last 7 days, were the fruits and vegetables your child ate grown locally?

• Fruits       Yes       No       Don't know

• Vegetables       Yes       No       Don't know



**Overall Diet Questionnaire (continue)**

10. During the last 7 days, did your child take any multivitamins/vitamins/minerals /supplements?

- No       Yes

If yes, complete table. Provide product name and how many tablets/capsules/chewable (see example above).

**How much was given to your child each day?** (Specify # of tables, gummies, or amount of liquid).

Product Name (Please Specify)	How much was given to your child each day? (specify # of tablets, gummies, or mL of liquid)				
	Tablets	Gummies	Jellies	Liquid	Other
<b><u>Multivitamins (e.g.):</u></b> <b><u>Flintstones Complete with Omega-3</u></b>		<b>2</b>			
Multivitamins: .....					
Vitamins: .....					
Minerals: .....					
Supplements: .....					

During the last 7 days, how many times did your child take the multivitamins/vitamins/minerals /supplements?

- Multivitamins     0 – 1 time     2 – 3 times     4 – 5 times     6 – 7 times
- Vitamins         0 – 1 time     2 – 3 times     4 – 5 times     6 – 7 times
- Minerals         0 – 1 time     2 – 3 times     4 – 5 times     6 – 7 times
- Supplements     0 – 1 time     2 – 3 times     4 – 5 times     6 – 7 times

11. During the last 7 days, how often did your child engage in physical activity?

- Less than 30 minutes a day     30 to 60 minutes a day     More than 60 minutes a day