

HEALTH PROFESSIONALS FOLLOW-UP STUDY

Harvard School of Public Health Department of Nutrition 677 Huntington Avenue Boston, Massachusetts 02115 (617) 998–1067 hpfs@hsph.harvard.edu

This is your ID 🗭

Dear Colleague:

As the Health Professionals Follow-Up Study enters its 28th year, the results coming from this study are contributing more than ever to our understanding of the many issues surrounding men's health. As always, these developments are possible only because of your continued dedicated involvement.

The hundreds of research articles that have been published using Health Professionals Follow-Up Study data are a tribute to the great value of your participation. Findings from our work are regularly featured in major scientific journals¹⁻⁴ and the mainstream press. This information helps shape national health guidelines and recommendations. Going forward, we will continue to focus on how to decrease the risk of cancer, heart disease, and other major chronic diseases in men. In addition, we are increasing our efforts to address issues of great importance to older men, such as how to maintain cognitive function and maximize quality of life. As such, your ongoing participation remains critical to help current and future generations of men live healthier lives.

We are again offering you the opportunity to answer our questionnaire either online or by returning the attached survey. We now have more experience with online questionnaires from the 2012 HPFS questionnaire. To update your health status we ask that you complete the attached traditional form OR use your ID number (printed above) to login to our online questionnaire at **www.HPFSTUDY.org**. We hope that giving you options will make your continued involvement in the study more convenient. This questionnaire should take about 30 minutes to complete.

Your prompt reply is helpful and greatly appreciated. As always, your answers will be kept strictly confidential and will be aggregated with other participants' responses for medical statistical purposes. You are an original member of the Health Professionals Follow-Up Study and as such, you are an indispensable colleague in our research. Whether you are retired or still working and whether your health has been excellent or if you have been ill, your response is equally important. In short, **no matter what your circumstances, we want to hear from you!**

It is with our deepest gratitude that we thank you again for the ongoing commitment and care that you have generously provided as we continue to learn about men's health.

Sincerely,

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Walter Willett

Do you have an email address for occasional updates?

Walter C. Willett, M.D. Principal Investigator

Please print neatly and differentiate numbers and letters (e.g., 1 vs I or i, \emptyset vs O, 5 vs S)

¹ N Engl J Med. 2013;369(21):2001-11 (Nut consumption is associated with lower total and cause-specific mortality.)

² Am J Clin Nutr. 2013;98(6):1514-23 (Quantity of fruit and vegetable intake was associated with lower risk of coronary heart disease.)

³ JAMA Intern Med. 2013;173(14):1328-35 (Increasing red meat consumption over time was associated with increased risk of type 2 diabetes.)

⁴ Cancer Epidemiol Biomarkers Prev. 2012;21(3):428-36 (Whole milk, but not other dairy consumption, among men with prostate cancer was associated with risk of prostate cancer progression.)

INSTRUCTIONS:

USE A NO. 2 PENCIL ONLY

INTERNET:

Go to our website at <u>www.HPFSTUDY.org</u> and use your ID number (see front page of this page) and your birth date to log in. Follow the instructions on the screen to complete the survey online.

PAPER FORM:

Please use an ordinary No. 2 pencil to answer all questions. Fill in the appropriate response circles completely. The form is designed to be read by optical-scanning equipment, so it is important that you keep any write-in responses within the spaces provided and erase any incorrect marks completely. If you have comments, please write them on a separate piece of paper.

USE OF BIOLOGICAL SAMPLES

In performing specialized analyses on blood, toenails, tissue or urine samples that have been provided by participants in this study, we often collaborate with laboratories outside our university who are capable of doing these. These samples are always sent without any personal identifier to ensure confidentiality. On the basis of these analyses, it is possible that these tests could be found to have value in clinical practice. To make such a test available to health care providers, it is usually necessary that they be developed as a commercial product. Although we would work to facilitate such applications, under no circumstances would members of our research group personally profit financially from this research. Also, you would not receive any compensation for use of these samples. You may withdraw your sample at any time to the extent the data derived from them have not yet been aggregated. As always, our goal is to ensure that research findings are translated into ways that can most effectively benefit men everywhere.

If you have questions about the analysis of samples or other studies, or if you wish not to have your specimens provided to outside laboratories, please send an email to <u>hpfs@hsph.harvard.edu</u> or write us at HPFS, Walter C. Willett, 677 Huntington Ave., Boston, MA 02115. One of our researchers can answer any questions you may have.

The research team has great respect for your continued study participation, and therefore would like to remind you of several important points, as is standard practice in research. We do so in recognition of the fact that consent is an ongoing process rather than a one-time agreement. Please do not hesitate to contact us if you have any questions regarding this information.

- a. You are participating in a research study that focuses on how to decrease the risk of cancer, heart disease, impaired cognitive function and other major chronic diseases in men. Participation involves the completion of questionnaires.
- b. Your participation is voluntary. Refusal to participate will involve no penalty or loss of benefits to which you are otherwise entitled.
- c. There is a small risk of breach of confidentiality; however we have taken many steps to minimize this risk.
- d. Samples are sometimes shared with entities outside of Harvard as part of research collaborations; in such cases, we use a separate ID number to ensure confidentiality.
- e. You will not receive monetary compensation for participating.
- f. There are no direct benefits to you from study participation.
- g. If you wish to speak with someone not directly involved in this research study about your rights as a research participant, please contact the Harvard School of Public Health's Office of Human Research Administration at <u>617-432-2143</u> (local calls) or <u>866-606-0573</u> (long distance calls) or email at <u>ohra@hsph.harvard.edu</u>.
- h. If you have any questions regarding the study itself, please call the study Project Coordinator, Betsy Frost-Hawes at <u>866-762-6609</u>.

If your name and address as printed on this questionnaire are no longer correct or are incomplete, or if you are providing your email address, please make any necessary changes on the letter and return it to us.

Thank you for completing the 2014 Health Professionals Follow-Up Study questionnaire.

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RVARD SCHOOL OF PUBLIC	-		¢ - 1				
 Since January 1, 2012, hav clinician-diagnosed 	we you had any of these						
conditions?	YEAR OF DIAGNOSIS						
Leave blank for NO, mark here for YES	Befe		2013	2014			
Prostate cancer	Y (\square	\bigcirc			
Cancer of colon or rectum	\bigcirc						
Bladder cancer	\mathbf{Y}						
Solar or actinic keratosis	\bigcirc						
Basal cell skin cancer	\mathbf{Y}						
Squamous cell skin cancer	\bigcirc						
Melanoma	\mathbf{Y}						
Lymphoma or Leukemia	\bigcirc			$\overline{}$			
Other cancer	(\mathbf{Y})						
Please specify site	UTC						
and year:							
High blood pressure	Y + C		\bigcirc				
Diabetes mellitus	(\mathbf{Y})						
Elevated cholesterol	(\mathbf{Y})						
Coronary bypass, angioplasty	T						
or stent			\cap	\bigcirc			
Myocardial infarction (heart attack)			0	ŏ			
Hospitalized for this MI?	-						
Angina pectoris			\bigcirc	\bigcirc			
Confirmed by angiogram?							
			\cap				
Congestive heart failure	(\mathbf{Y})	f	0				
Deep vein thrombosis	(\mathbf{Y})		0				
TIA (Transient Ischemic Attack)	(\mathbf{Y})	f	0				
Stroke (CVA)	\bigcirc		0				
Carotid artery surgery	(\mathbf{Y})	Íð	0	$\overline{0}$			
Intermittent claudication	(\mathbf{Y})		0	$\overline{\mathbf{O}}$			
Surgery or angioplasty for arterial	T						
disease of the leg			\cap	\bigcirc			
Pulmonary embolus	()		0	$\overline{\mathbf{O}}$			
Aortic aneurysm			0				
Prostatic enlargement, treated by							
drugs, surgery or laser							
Diverticulitis or Diverticulosis							
Colon or rectal polyp	\bigcirc			$\overline{\mathbf{i}}$			
Crohn's disease, ulcerative colitis							
· ·			\bigcirc	\bigcirc			
Gastric or duodenal ulcer	(\mathbf{Y})		0	$\overline{\mathbf{O}}$			
Barrett's esophagus	$(\mathbf{Y}) \rightarrow ($	$\hat{\mathbf{D}}$	1 O	$\widetilde{\mathbf{O}}$			
Other arthritis (e.g., osteoarthritis)	\mathbf{Y}		Õ	Ŏ			
Osteoporosis	\mathbf{Y}	$\tilde{\mathbf{D}}$	Ŏ	$\widetilde{\bigcirc}$			
Hip replacement	\bigcirc		1 O	Ŏ			
Hip fracture (proximal femur)	$(\mathbf{Y}) \rightarrow (\mathbf{Y})$	$\tilde{\mathbf{D}}$	Ŏ	$\widetilde{\bigcirc}$			
Due to major trauma (e.g., car ac	\sim 1 \sim	No	ÓY	/es			
Glaucoma				\bigcirc			
Cataract (1st diagnosis)	$(\mathbf{Y}) \rightarrow ($	$\hat{\mathbf{b}}$	O	$\overline{\bigcirc}$			
Cataract extraction	()		0	$\overline{\mathbf{O}}$			
Macular degeneration	\mathbf{Y}	Íð	0				
Other major illness or surgery since	\bigcirc		6	$\overline{\mathbf{O}}$			
January 2012 Please specify:	012	34	5) (6) (7)(8)(9)			
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			ny do you tak			2 or l	-) 6–9	-	0 or mo	_					
◯ No			cific brand () do you u	sually take?		0							
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•			tamin, e.g., O		~	ne-A-Day	· · ·	Othe								
Not countin	a multiv				\sim	, , , , , , , , , , , , , , , , , , ,	g vitamin prep									
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		ě	s, seasonaí oni		<pre>></pre>		10.000 IU	\sim	5,000 ll		22,00		<u> </u>	<i>,</i>		know
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supplem			d Liver Oil	~ ~ ~	Saw Palr		Vitamin Water		3-Comp		() Iron	() Mag	nesium	۱
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a regular	r basis?	Flax	x Seed Oil	<u> </u>	'itamin E	B ₁₂	Niacin	-	ycopen	e (Othe					
								-	<u> </u>) Othe) 5 tsp	м	ore than '	10?		
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3. How main to your b to your b 4. What bracereal do Don't 5. What for None 6. For each you have (h fb of sw 1 2 3 4 1 1 1 1 2 2 2 3 3 3 3 4 4 4 5 5 5 6 6 6 6 7 7 7 8 8 8 9 9 9 9 1 1 1 1 2 2 2 2 4 4 4 4	ny teasp poeverage and and o you us t eat cold m of ma Form? Type? n food lis e used th 0 0 0 1 1 1 2 2 2 8 8 8 9 9 5 1 1 1 1	a A b c c S c	f sugar do y od each da cold break at? e or spread ck Tul g Lig in the circl unt specific filk (8 oz. glas cream, e.g., cc lon-dairy coff rozen yogurt, legular ice creat preads added bod or bread; xclude use in ooking fogurt 1–6 oz.) cream cheese	you add y? fast do you ht e indica ed durin DAIRY ss) offee, son ee white sherbet, am (1 cup to P M (1 cup to P M (1 cup ta chee (1 oz.) e.g., Am	d Zet space usuall Spray Nonfa ating h ng the FOODS Skii 1 of Wh Soy ur (excli ner (excli) ner	ly use (e: y at how ofter past yea s m milk r 2 % milk ude fat fre clude fat	Niacin tsp. 2 tsp. (tsp. 7 tsp. (prand & type Raisin Bran) xclude pure bu Squeeze (liquid n on average If. Never, or le once per e) (1 Tbs) ree) (1 Tbs) t ice cream (1 c) pountry Crock) r"- butter/oil Spread But.) ht peach) , vanilla)	Utter?)	tsp. (tsp. (tsp. (what ((e.g.) (www (5 tsp 10 ts 10 ts at specific , Shedd's	brand & t Country (LAST 5–6 per	rite numb reference in the second se	2 3 4 2 3 4 2 3 4 2 3 4 2 3 4 7garine c calcium a	4 5 (4 5 (and vitami	6 7 (£ 6 7 (£ 6 7 (£ ins)

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3/8" spine perf

26. (continued) For each food listed, fill in the circle indicating how often <u>on average</u> you have used the amount specified <u>during the past year</u>.

4

Please try to average your seasonal use of foods over the entire year. For example, if a food such as cantaloupe is eaten 4 times a week during the approximate 3 months that it is in season, then the average use would be once per week.

FRUITS	Never, or le once per		1–3 per month	1 per week	2–4 per week	5–6 per week	1 per dav	2–3 per day	4–5 per dav	6+ per da
Raisins (1 oz. or small pack) or grapes (1/2 cup	· · ·			(W)			D			
Prunes or dried plums (1/2 cup canned or 1/4	1	Ŏ	$\overline{\bigcirc}$	Ŵ	Ŏ	$\overline{\bigcirc}$	(D)	$\overline{\bigcirc}$	$\overline{\bigcirc}$	Ŏ
Bananas (1)		$\overline{\bigcirc}$	$\overline{\bigcirc}$	Ŵ	$\overline{\bigcirc}$	$\overline{\bigcirc}$	(D)	$\overline{\bigcirc}$		
Cantaloupe (1/4 melon)		ŏ	$\overline{\circ}$	Ŵ	Ŏ	$\overline{\circ}$	(D)	$\overline{\circ}$	$\overline{\bigcirc}$	$\overline{0}$
Avocado (1/2 fruit or 1/2 cup)		$\overline{\bigcirc}$	$\overline{\bigcirc}$	Ŵ	$\overline{\bigcirc}$	$\overline{\bigcirc}$	(D)	$\overline{\bigcirc}$		
Fresh apples or pears (1)		Ŏ	Ŏ	Ŵ	Ŏ	$\overline{\bigcirc}$	(D)	$\overline{\bigcirc}$	$\overline{\bigcirc}$	Ŏ
Apple juice or cider (small glass)		$\overline{\bigcirc}$	$\overline{\bigcirc}$	Ŵ	$\overline{\bigcirc}$	$\overline{\bigcirc}$	(D)	$\overline{\bigcirc}$		$\overline{\bigcirc}$
Tangerines, clementines, mandarin oranges (1)		Ŏ	Ŏ	Ŵ	Ŏ	$\overline{\bigcirc}$	(D)	$\overline{\bigcirc}$	$\overline{\bigcirc}$	ŏ
Oranges (1)		$\overline{\bigcirc}$	$\overline{\bigcirc}$	Ŵ	$\overline{\bigcirc}$	$\overline{\bigcirc}$	(D)	$\overline{\bigcirc}$		
Calcium or Vit. D fo	rtified	Ŏ	Ŏ	Ŵ	Ŏ	$\overline{\bigcirc}$	(D)	$\overline{\bigcirc}$	$\overline{\bigcirc}$	Ŏ
Orange juice (small glass) Regular (not calciur	n fortified)	$\overline{\bigcirc}$	$\overline{\bigcirc}$	(W)	$\overline{\bigcirc}$	$\overline{\bigcirc}$	(D)	$\overline{\bigcirc}$		$\overline{\bigcirc}$
Grapefruit (1/2) or grapefruit juice (small glass)	,	Ŏ	Ŏ	Ŵ	Õ	$\widetilde{\bigcirc}$	(D)	$\widetilde{\bigcirc}$	$\widetilde{\bigcirc}$	Ŏ
Other fruit juices (e.g., cranberry, grape) (small		$\overline{\bigcirc}$	$\overline{\bigcirc}$	(W)	$\overline{\bigcirc}$	$\overline{\bigcirc}$	(D)	$\overline{\bigcirc}$		$\overline{\bigcirc}$
Strawberries, fresh, frozen or canned (1/2 cup)		Ŏ	ŏ	Ŵ	Ŏ	$\overline{\bigcirc}$	(D)	$\overline{\bigcirc}$	$\overline{\bigcirc}$	ŏ
Blueberries, fresh, frozen or canned (1/2 cup)		$\overline{\bigcirc}$	$\overline{\bigcirc}$	Ŵ	$\overline{\bigcirc}$	$\overline{\bigcirc}$	(D)	$\overline{\bigcirc}$		$\overline{\bigcirc}$
Peaches or plums (1 fresh or 1/2 cup canned)		ŏ	$\overline{\circ}$	Ŵ	ŏ	$\overline{\circ}$	(D)	$\overline{\circ}$	$\overline{\bigcirc}$	ŏ
Apricots (1 fresh, 1/2 cup canned or 5 dried)		Ŏ	ŏ	Ŵ	Ŏ		(D)	$\widetilde{\mathbf{O}}$	$\overline{\bigcirc}$	
VEGETABLES	Never, or le once per		1–3 per month	1 per week	2–4 per week	5–6 per week	1 per dav	2–3 per day	4–5 per dav	6+ per da
Tomatoes (2 slices)	1.100 001		\bigcirc	W			D			
Tomato juice or V-8 juice (small glass)		$\overline{0}$	$\overline{\bigcirc}$	Ŵ	0	$\overline{\bigcirc}$	(D)	$\overline{\mathbf{O}}$	$\overline{0}$	0
Tomato sauce (1/2 cup) e.g., spaghetti sauce		0		Ŵ	0	$\overline{0}$	(D)			0
Salsa, picante or taco sauce (1/4 cup)		$\overline{0}$	$\overline{0}$	Ŵ	0	$\overline{0}$	(D)	$\overline{0}$	$\overline{\mathbf{O}}$	
Hummus (1/4 cup)				Ŵ			(D)			
String beans (1/2 cup)		$\overline{}$		Ŵ	$\overline{0}$	$\overline{0}$	(D)	$\overline{0}$		$\overline{}$
Beans or lentils, baked, dried (1/2 cup) or soup	ר ר			Ŵ			(D)			
Tofu, soy burger, soybeans, miso or other soy			$\overline{}$	Ŵ		$\overline{}$	(D)	$\overline{}$		\vdash
Peas or lima beans (1/2 cup fresh, frz., canned	-			Ŵ			(D)			
Broccoli (1/2 cup)) or soup		$\left \begin{array}{c} \\ \\ \\ \end{array} \right $	Ŵ			(D)			\vdash
Cauliflower (1/2 cup)				Ŵ			(D)			
Cabbage or coleslaw (1/2 cup)			$\overline{}$	Ŵ		$\overline{}$	(D)	$\overline{}$		\vdash
Brussels sprouts (1/2 cup)				Ŵ			D			
Carrots, raw (1/2 carrot or 2–4 sticks)			$\left \begin{array}{c} \\ \\ \\ \end{array} \right $	W			D	$\left \begin{array}{c} \\ \\ \\ \end{array} \right $		
Carrots, cooked (1/2 cup) or carrot juice (2–3 o)			W			D			
Corn (1 ear or 1/2 cup frozen or canned)	·Z.)		$\overline{}$	W				$\overline{\bigcirc}$		\vdash
Mixed or stir fry vegetables (1/2 cup) or soup			$\left \begin{array}{c} \\ \\ \end{array} \right $	W						
Yams or sweet potatoes (1/2 cup) or soup				W	0					
Dark orange (winter) squash (1/2 cup)			$\left \begin{array}{c} \\ \\ \end{array} \right $	W						
Eggplant, zucchini or other summer squash (1/	/2 cup)			W	0					
Kale, mustard greens or chard (1/2 cup)	- 59P)		$\left \right\rangle$	W	1 O	ŏ	D	ŏ		
Spinach, cooked (1/2 cup)		6		W	0	$\overline{0}$	D	$\overline{0}$		0
Spinach, raw as in salad (1 cup)			$\left \begin{array}{c} \\ \\ \end{array} \right $	W						
Iceberg or head lettuce (1 serving)				W	0		D			
Romaine or leaf lettuce (1 serving)				Ŵ						
Peppers: green, yellow or red (2 rings or 1/4 sr	nall)			W	0		D			
Onions as a garnish or in salad (1 slice)	nany			W			D			
Onions as a cooked vegetable or rings (1/2 cu	n) or sour		$\left \right\rangle$	W	0		D			
	e, or soup									
ECCC MEAT ETC	Never, or le		1–3 per	1 per		5–6 per	1 per dav	2–3	4–5 per dav	6+
EGGS, MEAT, ETC.	once per	month	month	week	week	week		per day	per day	per da
Eggs (1) Omega-3 fortified including yolk				W			D			
Regular eggs including yolk				W			D			
Beef or pork hot dogs (1)				W			D			
		\square	\cup	W		\bigcirc	D	\bigcirc	\bigcirc	
Chicken or turkey hot dogs or sausage (1)										
Chicken/turkey sandwich or frozen dinner		\bigcirc	\bigcirc	W	\bigcirc	\bigcirc	(D)	\bigcirc	\bigcirc	
	ng ground	0	0	w w w	0		D D D		0	Õ

6. (continued) For each		d, fill in the circle indicati	5 ng how of	ften <u>o</u>	n aver	<u>age</u> y			Profes	sional	s Follo	w-Up S		
used the a	mount sp	ecified <u>dur</u>	ing the past year. MEAT, FISH	Never, or le		1–3 per month	1 per week	2–4 per week	5–6 per week		2–3 4–5 6+ per day per day				
	Sala	mi bologna	or other processed meat sand				Week	Week	Week	D					
			meats, e.g., sausage, kielbas				VV								
	etc.	(2 oz. or 2 s	mall links)		0	0	W	0	0	D	\bigcirc	0	0		
	Han	nburger (1 pa	Lean or extra lean		0	\bigcirc	W	0	0	D	0	0	0		
			Regular		\bigcirc	\bigcirc	W	\bigcirc	\bigcirc	D	\bigcirc	0	0		
			mb as a sandwich or mixed di erole, lasagna, frozen dinners,				Ŵ			(D)					
	Por	k as a main (dish, e.g., ham or chops (4–6 c	oz.)	$\overline{\bigcirc}$	$\overline{\bigcirc}$	Ŵ	$\overline{\bigcirc}$	$\overline{\bigcirc}$	(D)	$\overline{\bigcirc}$	$\overline{\bigcirc}$	$\overline{0}$		
			a main dish, e.g., steak, roast (4		Õ	$\overline{\mathbf{O}}$	W	Õ	Õ	D	Õ	Õ	Õ		
	Can	ned tuna fisl	n (3–4 oz.)		0	\bigcirc	W	\bigcirc	\bigcirc	D	\bigcirc	0	\bigcirc		
		aded fish cal erving, store	kes, pieces, or fish sticks bought)				Ŵ			D	\bigcirc				
	She	llfish e.g., sh	rimp, lobster, scallops, clams a	s main dish	Ŏ	Ŏ	W	Ŏ	Ŏ	D	Ŏ	Ŏ	Ŏ		
			e.g., tuna steak, mackerel, salr h, swordfish (3–5 oz.)	non,			Ŵ		0	(D)	\bigcirc	\bigcirc	\bigcirc		
	Oth	er fish, e.g.,	cod, haddock, halibut (3–5 oz.)	0	0	W	0	0	D	0	0	0		
			S, CEREALS, STARCHES	Never, or le once per		1–3 per month	week	2–4 per week	5–6 per week	per day	2–3 per day	4–5 per day	6+ per day		
			ereal (1 serving)		$\left \begin{array}{c} 0 \\ 0 \end{array} \right $	\bigcirc	W	$\left \begin{array}{c} 0 \\ 0 \end{array} \right $	$\left \right\rangle$	D	\bigcirc	$\left \begin{array}{c} 0 \end{array} \right $	\bigcirc		
			cooked oat bran (including instar	nt) (1 cup)			(W)			D	\square				
	Oth		eakfast cereal (1 cup) e bread, including pita				W			D					
	Brea	ad Bye	Pumpernickel				Ŵ	$\left \begin{array}{c} \\ \\ \end{array} \right $	$\overline{0}$	(D)		$\overline{0}$			
	(1 sl	lice)	le wheat, oatmeal, other whole	grain	Ŏ	Ŏ	Ŵ	Ŏ	Ŏ	D	Ŏ	Ŏ	Ŏ		
	Crae	ckers Who	le grain/whole wheat	-	Õ	Õ	W	Õ	Õ	D	Õ	Õ	Õ		
	(6)	Othe	er crackers		0	\bigcirc	W	\bigcirc	0	D	\bigcirc	0	\bigcirc		
		-	muffins, or rolls (1)		\bigcirc	\bigcirc	W	\bigcirc	\bigcirc	D	\bigcirc	0	0		
		fins or biscui				$\left \begin{array}{c} 0 \\ \end{array} \right $	W	$\left \begin{array}{c} 0 \\ 0 \end{array} \right $	\bigcirc	D	\bigcirc	\bigcirc	\bigcirc		
		сакез or wa wn rice (1 cu	fles (2 small pieces)				W W			D (D)					
		te rice (1 cup	.,				Ŵ			(D)	$\overline{}$				
			hetti, noodles, couscous. etc.	(1 cup)	Ŏ	Ŏ	Ŵ	ŏ	Ŏ	D	Ŏ	Ŏ	ŏ		
	Tort	illas: corn or	flour (2)	,	Õ	Õ	W	Õ	Õ	D	Õ	Õ	Õ		
			z. or 1 serving)		0	0	W	0	0	D	0	0	0		
			, boiled (1) or mashed (1 cup)		\bigcirc	\bigcirc	W	\bigcirc	0	D	\bigcirc	0	\bigcirc		
		•	corn/tortilla chips (small bag or	1 oz.)	$\left \begin{array}{c} 0 \\ 0 \end{array} \right $	$\left \begin{array}{c} 0 \\ \end{array} \right $	W	$\left \begin{array}{c} 0 \\ 0 \end{array} \right $	\bigcirc	D	\bigcirc	\bigcirc	\bigcirc		
	PIZZ	za (2 slices)			$\left[\right]$		W			D	\Box				
			BEVERAGES	Never, or le		1–3 per month	1 per week	2–4 per week	5–6 per week	1 per day	2–3 per day	4–5 per day	6+ per day		
BONATED	Low-Calorie (sugar-free)	Low-calorie	e beverage with caffeine, e.g., D	Diet Coke	\bigcirc	\bigcirc	W	\bigcirc	0	D	\bigcirc	\bigcirc	\bigcirc		
VERAGES	types	Other low-o	al bev. without caffeine, e.g., D)iet 7-Up	\bigcirc	\bigcirc	W	\bigcirc	0	D	\bigcirc	0	\bigcirc		
ider the ng size as ss, bottle	Regular		I beverage with caffeine & suga Pepsi, Mt. Dew, Dr. Pepper	ar,		\circ	W	0	\circ	D	0	0	\circ		
in for these onated rages.	sugar-free)		nated beverage with sugar, Root Beer, Ginger Ale, Caffeine-	Free Coke		\bigcirc	Ŵ	\circ	\bigcirc	D	\bigcirc	\bigcirc	\bigcirc		
THER BEVE	RAGES		ed beverages: Punch, lemonade, s gared ice tea (1 glass, bottle, can)				Ŵ			D					
			ar (1 glass, bottle, can)		0	0	W	0	0	D	0	0	0		
			e.g., Bud Light (1 glass, bottle,	can)	Õ	Ŏ	W	Ŏ	Õ	D	$\overline{\mathbf{O}}$	Õ	Õ		
		Red wine (5			0	0	Ŵ	0	0	D	\bigcirc	\bigcirc	\bigcirc		
			(5 oz glass)		\bigcirc	\bigcirc	W	\bigcirc	\bigcirc	D	\bigcirc	\bigcirc	\bigcirc		
		White wine	(5 02. glass)				Ŵ		$ $ \bigcirc	D	\bigcirc		\square		
		Liquor, e.g.	, vodka, gin, etc. (1 drink or sho		\bigcirc			- A			Õ				
		Liquor, e.g. Plain water	, vodka, gin, etc. (1 drink or sho : bottled, sparkling, or tap (8 o	z. cup)	\bigcirc		W	Ŏ	0	D	Õ	Ŏ	Ŏ		
		Liquor, e.g. Plain water Decaffeinat	, vodka, gin, etc. (1 drink or sho : bottled, sparkling, or tap (8 o ed tea, exclude herbal (8 oz. cu	z. cup) ıp)			w w		0	D					
		Liquor, e.g. Plain water Decaffeinat Tea with ca	, vodka, gin, etc. (1 drink or sho : bottled, sparkling, or tap (8 o ed tea, exclude herbal (8 oz. cu ffeine (8 oz. cup), including gree	z. cup) ıp)			(W) (W) (W)			D					
		Liquor, e.g. Plain water Decaffeinat Tea with ca Decaffeinat	, vodka, gin, etc. (1 drink or sho : bottled, sparkling, or tap (8 o ed tea, exclude herbal (8 oz. cu	z. cup) ıp)			w w			D					

		F PUBLIC HEALTH				6							Profess		\sim	w-Up Stuc
		ach food listed, fill			ndicati	ng ho	w ofte	en <u>on</u>	avera	g <u>e</u> yo	u have	•				
used the ar	nount	specified <u>during t</u> l	ne past ye	<u>ear</u> .												2 2
SWEETS, BAKE	D GOODS	S, MISCELLANEOUS	Never, or les once per m		1–3 per month	1 per week	2–4 per week	5–6 per week	1 per day	2–3 per dav	4–5 per dav	6+ per dav			4 (4) (8 (8) (8) (8)	
Milk chocolate (ba	· · ·			(W)			D					. 1	P (P) (
		rshey's Dark or Dove		$\overline{\bigcirc}$	Ŏ	Ŵ	Ŏ	$\overline{\bigcirc}$	(D)	$\overline{\bigcirc}$	Ŏ	$\overline{\bigcirc}$				
	-	rs, Milky Way, Reese'		\bigcirc	$\overline{\bigcirc}$	(W)	$\overline{\bigcirc}$	\bigcirc	(D)		$\overline{\bigcirc}$	$\overline{\bigcirc}$			1)(1)	1)(1)
Candy without cl			-	$\overline{\bigcirc}$	Ŏ	Ŵ	Ŏ	$\overline{\bigcirc}$	(D)	$\overline{\bigcirc}$	Ŏ	$\widetilde{\mathbf{O}}$			2)(2)(3)	
		or reduced fat		\bigcirc	$\overline{\bigcirc}$	Ŵ	$\overline{\bigcirc}$	\bigcirc	(D)		$\overline{\bigcirc}$	$\overline{\bigcirc}$			4 (4) (4	
		ady made or from mix	or dough	Ŏ	$\overline{\bigcirc}$	Ŵ	Ŏ	$\overline{\bigcirc}$	D	$\overline{\bigcirc}$	$\overline{\circ}$	$\overline{\bigcirc}$	$\overline{\bigcirc}$		8 8 6	
		baked, from scratch	· · · · · · · · · · · · · · · · · · ·	$\overline{\bigcirc}$		Ŵ			(D)		$\overline{\bigcirc}$	$\overline{\bigcirc}$	$\overline{\bigcirc}$		P (P) (
Doughnuts (1)		···· , · ····		$\overline{\bigcirc}$	Ŏ	Ŵ	Ŏ	$\overline{\bigcirc}$	D	$\overline{\bigcirc}$	Ŏ	$\widetilde{\mathbf{O}}$	$\overline{\mathbf{O}}$			
Cake, homemad	e or read	dy made (slice)		\bigcirc	$\overline{\bigcirc}$	(W)	$\overline{\bigcirc}$	\bigcirc	(D)	\bigcirc	$\overline{\bigcirc}$	$\overline{\bigcirc}$	$\overline{\bigcirc}$			
Pie, homemade o				$\overline{\bigcirc}$	$\overline{\bigcirc}$	Ŵ	Ŏ	$\overline{\bigcirc}$	(D)	$\overline{\bigcirc}$	Ŏ	Ŏ	$\overline{\bigcirc}$			
· · · · · · · · · · · · · · · · · · ·		syrup, or honey (1 Tb	s)	\bigcirc	$\overline{\bigcirc}$	(W)	$\overline{\bigcirc}$	\bigcirc	(D)		$\overline{\bigcirc}$	$\overline{\bigcirc}$	$\overline{\mathbf{O}}$			
Peanut butter (1			,	Ŏ	Ŏ	Ŵ	$\overline{\bigcirc}$	$\overline{\bigcirc}$	(D)	$\widetilde{\bigcirc}$	Ŏ	Ŏ	$\overline{\bigcirc}$			
	,	Fat free or light		Õ	Õ	Ŵ	Õ	Õ	(D)	Õ	Õ	ŏ	$\overline{\bigcirc}$			
Popcorn (2–3 cu	DS)	Regular		Õ	Õ	Ŵ	$\overline{\mathbf{O}}$	$\overline{\mathbf{O}}$	D	$\overline{0}$	Õ	Õ	$\overline{\bigcirc}$			
Sweet roll, coffee		r other pastry (1)		Õ	Õ	Ŵ	Õ	Õ	D	Õ	Õ	Ŏ	$\overline{\bigcirc}$			
		ain, Kashi, granola, P	anter's (1)	Õ	$\overline{\cap}$	Ŵ	$\overline{0}$	0	D	0	Õ	ŏ	$\overline{\bigcirc}$			
		ein bars, e.g., Clif, Zo		ň	ň	(W)	ŏ	ň	D	ň	ň	ň	$\overline{\bigcirc}$			
Diet nutrition drir	• •			$\overline{\bigcirc}$	$\overline{\bigcirc}$	(W)	$\overline{\bigcirc}$		(D)		$\overline{\bigcirc}$	$\overline{\bigcirc}$	$\overline{\mathbf{O}}$			
		neal replacement drin	ks (1)	$\overline{\bigcirc}$	Ŏ	Ŵ	Ŏ	$\overline{\bigcirc}$	(D)	$\overline{\bigcirc}$	Ŏ	ŏ	$\overline{\mathbf{O}}$			
Pretzels (1 small		•		$\overline{\mathbf{O}}$		(W)			(D)		$\overline{\bigcirc}$	$\overline{\bigcirc}$	$\overline{\bigcirc}$			
Peanuts (small p	-			$\overline{\circ}$	$\overline{\bigcirc}$	Ŵ	Ŏ	$\overline{\bigcirc}$	D	$\overline{\bigcirc}$	ŏ	$\overline{\circ}$	$\overline{\bigcirc}$			
Walnuts (1 oz.)				$\overline{\mathbf{O}}$		(W)			(D)		$\overline{\bigcirc}$	$\overline{\bigcirc}$	$\overline{\bigcirc}$			
Other nuts (small	packet	or 1 oz.)		$\overline{\bigcirc}$	Ŏ	Ŵ	Ŏ	$\overline{\bigcirc}$	(D)	$\overline{\bigcirc}$	Ŏ	ŏ				
Dried cranberries	·	,		$\overline{\bigcirc}$		(W)	$\overline{\bigcirc}$		(D)		$\overline{\bigcirc}$	$\overline{\bigcirc}$	$\overline{\mathbf{O}}$			
Mixed dried fruit		• /		$\overline{\circ}$	$\overline{\bigcirc}$	Ŵ	Ŏ	$\overline{\bigcirc}$	D	$\overline{\bigcirc}$	ŏ	$\overline{\circ}$	$\overline{\bigcirc}$			
	· ·	at, etc.), added to food	(1 Tbs)	$\overline{\mathbf{O}}$		Ŵ			(D)			$\overline{\bigcirc}$	$\overline{\bigcirc}$			
Wheat germ (1 T		al, 0101), addod to 1000	(Ŏ	$\overline{\bigcirc}$	Ŵ	Ŏ	$\overline{\bigcirc}$	D	$\overline{\bigcirc}$	ŏ	$\overline{\circ}$	$\overline{\bigcirc}$			
Chowder or crea		(1 cup)		$\overline{\bigcirc}$		(W)	$\overline{0}$		(D)		$\overline{\bigcirc}$	$\overline{\bigcirc}$				
Tomato soup (1 c				$\overline{\bigcirc}$	Ŏ	Ŵ	Ŏ	$\overline{\bigcirc}$	(D)	$\overline{\mathbf{O}}$	Ŏ	ŏ				
Ketchup or red c		ce (1 Tbs)		$\overline{\bigcirc}$		(W)	$\overline{0}$		(D)		$\overline{\bigcirc}$	$\overline{\bigcirc}$				
Flaxseed (1 Tbs)				Ŏ	Ŏ	Ŵ	Ŏ	$\overline{\bigcirc}$	(D)	$\overline{\mathbf{O}}$	Ŏ	ŏ				
. ,	owdered	d (1 clove or 4 shakes)	$\overline{\bigcirc}$		Ŵ	$\overline{0}$		D		$\overline{\bigcirc}$	$\overline{\bigcirc}$				
Olives, any type		- (/	Ŏ	$\overline{\mathbf{O}}$	Ŵ	Ŏ	$\overline{\bigcirc}$	D	$\overline{\mathbf{O}}$	Ŏ	ŏ				
Olive oil added to	. ,	r bread (1 Tbs)		$\overline{\bigcirc}$		Ŵ			D		$\overline{\bigcirc}$	$\overline{\bigcirc}$	$\overline{\bigcirc}$			
Low-fat or fat-fre		. ,		Ŏ	Ŏ	Ŵ	Ŏ	$\overline{\bigcirc}$	D	$\overline{\bigcirc}$	Ŏ	$\overline{\circ}$	$\overline{\bigcirc}$			
Regular mayonna				$\overline{\mathbf{O}}$		Ŵ			D				$\overline{\bigcirc}$			
Salad dressing (0		Ŵ	$\overline{\bigcirc}$	$\overline{\mathbf{O}}$	D	$\overline{\mathbf{O}}$	$\overline{0}$	$\overline{\bigcirc}$				
		Type(s): Nor	fat	.ow-fat	t () Olive	e oil	\bigcirc	Dther ve	egetabl	le oil					
Artificial sweet	eners	How often?		\square	$\left[\right]$	Ŵ	\square				\square	\bigcirc				
(1 packet)			enda 🔿 E	iqual		utraSw	veet	0.5	Sweet'N	llow		Saco	charin	\bigcirc		
27. Liver: bee			Vever (s than 1/i) 1/m) 2–3/) 1/we	ek or m		27		
			Never (s than 1/i) 1/m) 2–3/		_	ek or m				
		ou eat fried or sau) 1/110		2	4		
C Less tha	-		times per v				times p				Daily			-		0
		t is usually used for	· · ·		autéing							pray)	2	9		
◯ Real but	ter 🔘	Margarine Oliv	e oil	Veg	etable c	oil () Veg.	shorte	ning	OL	ard	<u> </u>	I/A			12
30. What kind	d of fat	is usually used for	r baking	COO	KIES a	t hom	ne?						3			93
		Margarine Oliv	-		etable c		Veg.	shorte	ning	OL	ard	O N	I/A		OLV	4
		oking oil is usually	used at	home	e? _		-						3	1)	CAN	5
(e.g., Maz			brand an												COR	6
		ou eat deep fried o				clam	ns or o	nion	rings a	away	from l	nome	? 3	2	soy	7
Less tha	-		times per v	week	C		times p		-		Daily				VEG	8

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